

Fife Branch Newsletter

PARKINSON'S^{UK} SCOTLAND

No. 33
June 2022

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Dear Readers

It's June and that sees us bringing the 33rd edition of our Branch newsletter to you. It was originally called 'Keeping Us Together' because that was our aim at the start of the pandemic and the lockdown that quickly followed. As life returns to some sort of normality and we can choose whether to wear masks in public or not we are determined to continue to produce a regular newsletter, which is aimed at keeping our readership informed and hopefully entertained.

We have been updating our distribution list and in the last two years, some of our readers have experienced a change in their circumstances, meaning that they no longer require updates about the Branch. Whilst we are sorry to see them go and wish them well, we have had some new additions to the fold and so, we extend a warm welcome to anyone who is reading our humble 'rag' for the first time.

Thanks to everyone who contributed to this month's edition and to those folk who donated a raffle prize for the May Raffle. We will be holding another raffle in our June meeting, so please bring a prize along.

Charles and Mark editor@fifeparkinsons.org

Chairman's Comments – John Minhinick

Since the beginning of 2022 the members of the Fife Branch Committee have been working hard to restart many of the in-person events and activities following the lockdown when we could only keep in touch via Zoom.

Thank you to the members who have supported the team in the last few months. We are aware that some of you are still coming to terms with meeting up even though we've worked hard to enable social distancing and follow other recommendations. During July and August some of our activities, as usual, will be suspended ahead of the restart at the beginning of September. I hope to see more of you enjoying the fun, friendship and fellowship when we move into late summer/early autumn. Before then you will see on page 8, we still have a full programme for June.



We are always ready to hear from you about changes you would like to see and maybe additions to the programme. The first session of Nordic Walking was a success and after the summer break Aqua Aerobics will be another option.

Best wishes for summer whatever you'll be doing.

⚠ WARNING

MEN AT WORK
WOMEN WORK ALL THE TIME.
MEN HAVE TO PUT UP A SIGN
WHEN THEY WORK.

Meet The Staff

Chloe Macmillan



When did you join Parkinson's UK?
I joined Parkinson's UK in Sept 2007

When you joined what was your first job title?
I was a Branch & Volunteer Support Officer

What is your current job title?
My current position is Area Development Manager

Briefly explain your role in Parkinson's UK.
I mostly work with the Scotland Development Team, which is 7 volunteers and 2 staff members working together. Our main aim is to ensure wherever you live in Scotland, you have access to the support and activities you need to help manage your Parkinson's.

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?
Working with Younger Parkinson's (YP) volunteers to successfully bring the YP information and support event online during the pandemic. Previously, we hosted an annual 2-day YP conference in Stirling and we were determined for this to continue, so that people of working age who were recently diagnosed with Parkinson's could still access peer support.

During your time at Parkinson's UK what has given you the most satisfaction?

Seeing members of the Parkinson's community enjoy and benefit from the support and the various activities that have been developed with the help of the volunteers.

What message would you give someone who has recently been diagnosed with Parkinson's?
We're here to help and you don't have to go it alone.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?
The family photo albums, our passports and my husband's wallet

Which do you prefer, dogs or cats?
Dogs win by a mile

What famous person (past or present, factual or fictional) would you like to be marooned on a desert island with?
Lee Mack - he always makes me giggle on 'Would I Lie To You?'.

Thanks very much Chloe!

Next Month we'll be talking to **Sam Ward**

YP Group goes from strength to strength.

Fife YP group numbers soared 167% between the return to Dunnikier monthly meetings on 4th May and our meal at the Indian restaurant Handi in Glenrothes on 21st May.

In non-post-Brexit soundbites that's a jump of 3 to 5 and we are ever hopeful of even more at the next meetings!

1 June, 6 July, 3 August, 7 September, 5 October, 2 November & 7 December.

If you are of working age or thereabouts, we look forward to seeing you.
David Rigg

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Join Us

Fife's Young Onset Parkinson's Group


On the first Wednesday of the month at 7:30 pm
Dunnikier Park Golf Club,
Kirkcaldy. KY1 3LP

Charles & Mark Would Like To Invite You To A Party



Our next meeting will take place in Glenrothes on Thursday 9th June in the Bridge Centre, Glenrothes. KY7 5NS from 12 noon to 3pm. Thank you to the 'regulars' who come almost every month, but there's so many people missing out. We would love to see a larger attendance this month, especially since this will be the last meeting before our summer break and we won't be back until Thursday 8th September.

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 	9	10

£3.00 admission gives you the choice of numerous activities, including Tai Chi, Bingo, Singing, Crafts, Massage Therapy. As well as Tea/Coffee and a selection of biscuits in the Café Area. Don't forget to wear your name badge and bring along a lunchtime snack!

We will be holding another raffle at our June Glenrothes meeting and would welcome any donations of gifts we could give away as prizes.

Remember to bring your old printer ink cartridges and empty pill blister packs, which we can recycle for cash!

Don't Forget!

The Kelpies, Falkirk
6pm, Thursday 9 June
2022

PARKINSON'S^{UK}
SCOTLAND



See What You Can Achieve With 'Creative' Catherine

Our monthly meetings continue to have an impressive ART THERAPY table for everyone to experience and enjoy.

Our inspired Art Tutor, Catherine Mills, believes that Art is for all - everyone can have a bash, everyone can produce a piece of art and everyone can enjoy the experience!

I say, 'Forget your old school days if you did not quite reach the standards of Goya, Turner or Picasso and come to the table with a fresh pair of eyes and discover just what you can do with the support and the fabulous materials Catherine brings along with her.'

Unfortunately, so far, we have only had a few brave souls who have stepped up to join Catherine at her magic table and come away with both large smiles and beautiful pieces of artwork too! So why not make a promise to yourself in June to join Catherine and you never know just what you can achieve.

Here is a selection from last month's table.



PARKINSON'S UK HELPLINE

0808 800 0303

The Walking Group in May

As Spring is left behind and summer approaches, daffodils have given way to bluebells in the woods and parks and on our Ravenscraig Park to Dysart Harbour walk on a sunny 6th May morning. The walkers enjoyed strolling along the paths and through the woods, carpets of bluebells covering the woodland floor on the way. The route took us down to the coastal path and we made our way along to Dysart Harbour for lunch at the Harbourmaster's Cafe – highly recommended!



Our walk on 20th May took us to the coastal village of Limekilns. Although it was rather cloudy, the rain stayed away and we enjoyed a sociable walk along to the harbour at Charleston, where we admired the massive Lime Kilns which are built into the hillside below the village and learned a little of their history. While retracing our steps the sun made an appearance and at the end of our walk, we enjoyed lunch at the Bruce Arms hotel in Limekilns.



Thanks to Elizabeth and Bob for organising the walks. Details of further walks can be found at <https://fifeparkinsons.org>



Best wishes for a speedy recovery Bob.



Gavin's Got The Gong!



'Well Done' goes out to Gavin Richardson, Briar and Brian's son who ran in the Edinburgh Half Marathon on Sunday 29th clocking in at ninety-two minutes, his personal best. Gavin decided to celebrate his upcoming fortieth birthday by taking part in the event and in his own words he's "running the half marathon for my 40th and I'm raising money for Fife Parkinson's. A charity that has been supporting my mum and dad over the past few years".
Gavin's link to donate is:

<https://www.justgiving.com/fundraising/gavin-richardson8>

June Quiz

It's all about June in this topical quiz

1, Trooping the Colour is held in London annually on a Saturday in June, on which parade ground?

2, June has two zodiac signs, name both?

3, What in the UK is celebrated on the third Sunday of June?

4, What is June's birthstone?

5, In which year did June Brown first play the role of Dot Cotton, in *EastEnders*?

6, Which historical novel begins in 1815 and culminates with the 1832 June Rebellion in Paris?

7, The longest day of the year can occur on one of three dates in June, name any of the three?

8, In 1968, June Whitfield began her long television partnership with which actor and comedian?

9, Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June Is Bustin' Out All Over'? (Hint: the film revolves around Billy Bigelow)

10, What takes place near Pilton in the last week of June, each year?





Gazpacho Soup

Ingredients

- 1 tin chopped tomatoes
- 1 cup of olive oil
- ½ cucumber chopped
- 4 tbsp white wine vinegar
- 1 red pepper chopped
- 2 tbsp basil chopped, 6 spring onions chopped,

salt & pepper, 3 cloves garlic chopped ¼ tsp sugar if desired

Garnish with Croutons / chopped boiled egg / chopped parsley

Method

In a large bowl or food processor combine tomatoes, cucumber, red pepper, spring onions, garlic, olive oil, vinegar, salt, pepper and blend to a chunky base.

Add a little water if the mixture is too thick. Chill in fridge for a minimum of 3 -4 hours. Serve with garnish.

This soup can be served as above or pureed as a light starter.

A favorite of Charles and Margaret's in the Buckhaven summer heat!

We're busy compiling a book of all the mouthwatering recipes that we have collected over the months of producing our newsletters.

We know that you treasure our monthly bulletins and print them off because they might be worth something one day. Especially if there's ever a shortage of toilet paper in the supermarkets again!

To make life easier (and fundraise) we have decided to collate them all together

and put them in a handy booklet that will grace any coffee table or kitchen bookshelf.



If you have any family recipes that you would like to share with us, please send them to editor@fifeparkinsons.org

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Get Tokens At Tesco

Vote for Fife Branch at selected stores!

Vote For
Parkinson's
Make It
Count

PARKINSON'S UK
SCOTLAND

Dunfermline Superstore, Extra &
Express, Rosyth & Dalgety Bay

You know those Tesco tokens
That they give you at the till
And if you were to swallow one
It would really make you ill?

Well, if you're buying stuff at Tesco's
In July, August and September
Use them wisely - vote for Parkinson's
Don't forget now please remember.

They're at the three shops in Dunfermline
Express, Extra and Superstore
Get your tokens in Dalgety Bay
And in Rosyth you'll get some more.

So, when they offer you some tokens
Don't refuse them like a clot
Try to scoop up a small handful
And put them in the Fife Branch slot.

Camera Club

You won't be hearing
from us for a couple of
months because we're
taking a break.



That doesn't mean we won't be taking pictures.

We're taking a break from Zoom and when we
resume in September, we'll be refreshed and ready
to show and criticise each other's photographs. All
in the spirit of continual learning and improvement.



DONATIONS TO OUR BRANCH - Alex Rodger,

Our Fife Branch of Parkinson's UK Treasurer, is
always very grateful to receive donations from
members, their families and friends and from
individuals and groups who wish to raise money for
a local charity. We are aware that these donations
are given after times of celebration and enjoyment
but that sometimes they are gifted after times of
sadness. Thanks to.

Robin Gibb and Gordon Brodie in memoriam.

If you or someone you know is thinking about
fundraising, remember that our Fife Branch has its
own 'Just Giving' page, where you can increase your
donation with Gift Aid.



Nordic Walking Taster Session

Thanks go to our intrepid instructor Kay Hall who was
not put off her stride by the Fife Branch novices at her
Nordic Walking Taster session in Pittencrieff Park on
Monday 30th.

She explained how Nordic Walking was developed as
a summer exercise for cross country skiers to keep
them in shape for their winter sport. Let's not
mention global warming!

As well as working the usual leg muscles when
walking, proper use of the poles helps you tone up
your core muscles and your arms. A sort of 'Pilates on
the move'.

Kay has very kindly offered to hold another taster
session on Monday 20th June at 2:30pm in Pittencrieff
Park for those that were away, soaking up the sun.

Contact admin@fifeparkinsons.org for more details
and to reserve a space.

Life Goes On

The sun is shining, but it isn't fair
Children are laughing, don't they care?
Bees are humming, don't stop their flight
Roses are blooming, it's just not right.
The month is June, so why all the gloom?
Gardens flourish, foreboding doom
Blackbirds' songs sound all wrong
Something's missing. Something's gone.
Friend concerned with sympathy
Vacant gaze, just go away.
Wishful thinking, go back to May
When the sun was shining, it was a lovely day
Birds were singing, life was good
All taken for granted, as you would.
Heavy heart sorely cries
But this day in June my mother dies
Dismal day which just won't end
Deepening sorrow lost my best friend.

How will I cope without my best friend?

But time has moved on, the month is June
Birds are singing, roses bloom.
Busy bees, sunny blue skies
Looking at life through my mother's eyes.
No time for gloom or dismal thoughts
Appreciate what life has taught.
Every day to be lived and cherished.
Good with bad, families treasured
As years go by, I'll try to be
Someone's best friend, as she was to me.



Margaret Stewart

June Quiz Answers:

1, Horse Guards Parade
2, Gemini (until June 20) and Cancer (from June 21 onwards)
3, Father's Day 4, Pearl, Alexandrite or Moonstone
5, 1985 6, Les Misérables 7, 20th, or 21st, or 22nd
8, Terry Scott 9, Carousel 10, Glastonbury Festival



Do You Have Parkinson's?

Do You Feel The cold?

Carers Advice Project Fife can help.

If you have Parkinson's, you could get a one-off lump sum through Home Heating Advice Scotland and the Scottish Government. The non-means tested; one off payment will be paid to your energy provider to help towards your heating bill. This is in addition to the recently announced UK Government scheme.

Maureen Macpherson is the Project Lead for a new service covering Fife. As part of the award winning, Connect 2 Support team, Carers Advice Project Fife is being run by Deafblind Scotland in partnership, with Fife Health and Social Care.

Mark Coxe has signed up and says, "All you have to do is give Maureen your name, address, what energy provider you use and your energy account number and she does the rest. It took me about two minutes, so give her a phone"

Maureen's main work is with people who have experienced sensory loss, which may be a visual or hearing loss, or both. The purpose of the project is to provide specialist knowledge to carers, or the person they care for, with a sensory loss. The main aim is to ensure that carers, and their families, are accessing their rights and entitlements.

This may be in the form of a 'benefit check', carried out by the Project Worker in the persons' own home, to ensure that people are not missing out on benefits that they are entitled to. Also, we can refer people internally to various projects, such as their Health and Well-being project, that is being run within Deafblind Scotland.

They can also provide Deafblind Awareness training.

Please contact Maureen for further information on 07950 936 114 or via email at carersadvice@dbscotland.org.uk

Fife Branch Parkinson's UK

Private group · 27 members



Time To Facebook Up To It!

The Fife Branch Group on Facebook was set up on the 8th May 2020, two months into the pandemic and was created so that Fife Branch members could communicate, get information and keep in touch as part of our 'Keeping Us Together' initiative. The Group has twenty-seven members and since it is a private group only the members can see the content. Now that the pandemic appears to be drawing to a conclusion the decision has been made to shut the group down at the end of May and concentrate on the new Facebook page and our soon to be launched revamped website.

Why a new Facebook page when we have a group?

We are entering a new era, following in the wake of Covid and Facebook is an ideal platform for us to promote our Branch to Fife's wider Parkinson's community. People that were diagnosed just before or during the Covid crisis have, until now, had nowhere to go. We need to attract more members, so that we can continue to give people living with Parkinson's the support they deserve. The new Fife Branch page can do just that.

The average post on the group page reached approximately twelve out of the potential twenty-seven. The new page has reached 187 people so far and the post about James Jopling's Glenrothes visit was seen by 155 people alone. And all that in a month.

If you have been part of the group, or you want regular updates and news please look for the new page and follow us.



Parkinson's Fife Branch
Charitable organisation



Follow

MEETINGS FOR JUNE

Joining codes and Passwords can be found in the Branch Schedule email.

Monthly Meeting, Glenrothes Baptist Church Thursday Midday June 9th

Branch Zoom Get Together
Every Monday at 11am.

Zoom Quiz Evening Wed. 7.30pm 8th & 22nd.

Walking Group: Fri. 3rd & 17th.

Zoom Coffee & Chat Wed. 11am 1st, 15th & 29th.

Alex's Zoom Dance Exercise Thu. 11.15am
16th, 23rd & 30th.

Meri's Zoom Sing-along Fri. 9.45am Yet to be agreed, so that we're all singing from the same song sheet!

Trying To Find A Pulse!

Last chance to take part in the People Pulse Survey, which ends on the 6th June

The survey is a way for volunteers to tell Parkinson's how they feel about volunteering with Parkinson's UK - they're looking to gather as many responses as possible - and they can only do this with your help!

This year they're aligning surveys between staff and volunteers, working with both groups to gather and act upon your views and opinions as we move forward together. The information you provide is key to developing new ways of working and help them to focus on the right areas to improve life for those with Parkinson's, and their friends, family and carers.

They've responded to our feedback on last year's survey and reduced the questions, and have more straight forward options for responding. The survey should take no more than 10 minutes to complete and each answer you provide will give vital insight and value.

Use the QR code to take you to the survey and let them know how well they're doing or whether there's room for improvement!

