

Fife Branch Newsletter

PARKINSON'S^{UK} SCOTLAND

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In this Month's Edition

- **Kerrful how you go!** Page 2
- **Who's Sam Ward?** Page 3
- **Nordic Wondering** Page 5
- **Don't Snicker** Page 6
- **Thistle Do Nicely** Page 7
- **Proclamation** Page 8

Hello Readers,

Where have the weeks gone? Here we are, more than halfway through 2022 already and starting on our usual summer break. Although our Glenrothes monthly meetings will not be taking place during July and August, it is good to know that some of the Zoom Programme meetings will continue and we would welcome any new faces who have not joined us before. Of course, we will be sending out an August newsletter so if you have any stories, recipes, poems, photographs etc. etc. you would like us to include please send them in.

Please remember to spread the word about the existence of our Fife Branch and all the activities we create. This goes especially if you come across someone who has recently been diagnosed with Parkinson's. If you give them the Branch's telephone number 07389 865538 or send them to our website or Facebook Page, they can make contact with us, we can forward a copy of the newsletter to them and answer any questions they might have.

Mark and I would like to wish everyone a most enjoyable summer and look forward to seeing everyone at Glenrothes on September 8th at noon.

Charles & Mark



Comments from the Chair – John Minhinick

Throughout this newsletter you will see articles about activities that have now 'closed down' for the summer but will be ready to get going again in September. Over the next two months it's a great time for you to have your say about any changes that you would like to see and any new initiatives that you would like your committee to consider.

At the recent committee meeting we discussed the missing faces; previous regular attendees who we have not seen since the Covid outbreak began. You may now have different interests and challenges but if there is anything about the Fife Branch programme that is stopping you from re-joining us, we would like to know. Please speak to any of the committee members or give me a ring on 07917602484.

MEETINGS FOR JULY & AUGUST

Monthly Meeting, Glenrothes Baptist Church - No meetings in July and August

Branch Zoom Get Together Mon. 11am – **July** 11th, 18th, 25th. **August** 1st, 8th, 15th, 22nd and 29th

Zoom Quiz Evening Wed. 7.30pm - **July** 6th and 20th **August** 3rd, 17th and 31st

Alex's Zoom Dance Exercise Thu. 11.15am – **July** 7th, 14th, 21st, 28th **August** 4th, 11th, 18th and 25th

Meri's Zoom Sing-along Fri. 9.45am – **July** 15th and 22nd **August** 5th and 19th

Janet and Isabel's Hebridean Adventure

A while ago, when Janet Kerr and Isabel Reid were cycling together, they discovered that cycling the Hebridean Way was high up on both their bucket lists.



After completing the NC500 in 2019, solo and unsupported, Janet realised that she would much prefer company and was delighted that Isabel decided to join her on her epic challenge.

Isabel is a fitness instructor and has the privilege of working with people with a variety of health conditions including Parkinson's, which she finds extremely rewarding.

They both met during an online Cycling UK event promoting women's cycling and discovered that they had a common interest in starting a Belles on Bikes - Fife group.

Due to the spontaneity of the trip, it was impossible to get accommodation and so they bought a tent! They did manage to secure one B&B, a hostel and also some couch surfing. They give a massive shout out to their husbands, Dave and Gary (Fife Branch), for their support and for transporting them to and from the start and finish points. Thanks also go to Anne Boink Macleod (Parkinson's Hebridean Support Group), her husband Dave as well as to Anne's parents for providing a support vehicle on the hard days over Harris and Lewis!

So far, the amount that the two adventurers have raised in aid of the national charity is over £2,000.

Well done to a couple of Belles on Bikes!

Time For Some Can Rattling

Look out for our Branch members who will be out and about fundraising with collection tins at Tesco Superstore (Fire Station) Dunfermline on August 27th and the Kingsgate Shopping Centre Dunfermline on November 12th. Let us know if you would like to help us fundraise at these venues. You would be most welcome and very much needed. 'Let's put the fun back into fundraising!

July Quiz

- 1, The Battle of Marston Moor took place in 1644 during which war?
A) 1958 B) 1962 C) 1966
- 2, In 1943, Judith Durham achieved fame as the lead singer with which group?
- 3, Tom Cruise, the American actor and producer was born in July, but in which year?
A) 1958 B) 1962 C) 1966
- 4, Which Zodiac symbol is associated with the month of July?
A) Aries B) Cancer C) Capricorn D) Libra
- 5, What is the birthstone for July?
A) Sapphire B) Ruby C) Opal D) Emerald
- 6, The Americans celebrate Independence Day in July. What is the exact day?
A) the first B) the seventeenth C) the fourth D) the twenty-third
- 7, The UK celebrates National Kissing Day in July. What is the exact date of this event?
A) the eighteenth B) the sixth C) the twenty-first D) the ninth
- 8, The month of July was named after ...?
A) Juno B) Jupiter C) Julius Caesar D) King Jules
- 9, Which American President was shot on the second of July?
A) Kennedy B) Garfield C) Lincoln D) Bush
- 10, In July 1938 the world speed record for a locomotive was set in England by which train engine?

Dates For Your Diary

Scotland's Gathering For All

The Parkinson's Scotland team is planning a gathering/get together in Perth on the 29th September. The format will be similar to the very popular, pre-pandemic, gatherings and we'll share the details nearer the time. If you have any suggestions for what you would like to do, please let us know.

How about starting a collection to stop Mark reading his poetry?

Meet The Staff - Sam Ward



Hi Sam, when did you join Parkinson's UK?
I first joined Parkinson's UK in March 2018

When you joined what was your first job title?
I joined as a Volunteering Business Partner and have only quite recently moved into my new role.

What is your current job title?

Participation and Involvement lead

Briefly explain your role in Parkinson's UK.

My job is to bring together people who are involved with people living with Parkinson's, supporting them to do this well and encouraging them to learn from each other. Our ambition is to develop more opportunities for people living with Parkinson's to influence and shape the work of the charity in flexible and inclusive ways. If you'd like to hear more about how to get involved, please do feel free to contact me. sward@parkinsons.org.uk

What do you consider to have been your biggest achievement whilst working at Parkinson's UK? The thing I have most enjoyed recently is my involvement in supporting the community led group who produced our activities for World Parkinson's day this year. I really enjoyed working with a group of volunteers and seeing their two community ideas of Light Up for Parkinson's and Poems for Parkinson's be supported by the teams across the charity to reach as many people as possible. Seeing over 300 poems be submitted and having over 170 buildings light up really was amazing to see and I loved seeing the combined efforts. Thank you to everyone who got involved.

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

Working with volunteers and members of the community is what gives me the most satisfaction. I really enjoy working with people and the way that everyone is always really committed to the charity and making positive change for people living with Parkinson's. I must say the poetry shared around World Parkinson's Day was a highlight. Reading them really moved me and made me smile, laugh, cry and feel more determined to help people understand what it is like for people living with Parkinson's

What message would you give someone who has recently been diagnosed with Parkinson's?

That I was glad that they had found the charity and that we are here to offer support and community as and when they are ready.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?
My mobile phone, iPad and yoga mat. Those are my most used items and can keep me happy and entertained for a while.

Which do you prefer, dogs or cats?

Dogs, I have one called Barney and the unconditional love they give means dogs pip cats to the post for me.

What famous person (past or present, factual or fictional) would you like to be marooned on a desert island with?

Joanna Lumley. She survived very well in a TV show where she was marooned on an island that I saw, so I think she would be a very practical support and also hugely entertaining company.



Coffee & Chat Group

Here we are at the start of summer with the hope of improved weather – and the freedom to plan holidays at home or abroad. The group has been meeting every two weeks and the Branch has coped with the pandemic by switching to zoom meetings. There is no pressure, you simply catch up with the news from the comfort of your armchair. Everyone has rated this a success – we can share problems and enjoy success stories too. But the most important thing is that we have shared each other's company. It is amazing the range of topics we discuss and how quickly an hour passes by!

We then planned to consider the set-up for the future. We decided to have a 'summer break' and then to resume in September with the zoom meetings.

We look forward to meeting face-to-face – venues in Kirkcaldy – Rejects and Dobbies at

Dunfermline. A rotation e.g. Zoom – Dobbies – Zoom – Rejects, sounds good but it would be a bonus to have suggestions from the "body of the kirk". What do you see the future of the Coffee and Chat Group to look like? Meantime we hope that you have a most enjoyable summer.



If you have any queries, please contact us via our website or Facebook Page



The Walking Group Takes a Break

The stalwarts of the Walking Group have continued to get together on a fortnightly Friday morning to enjoy a convivial walk, in good company with lots of laughter over lunch in various Fife watering holes.

On 3rd June Mark led the walk in the Falkland Estate. This involved 'his nibs' and six other walkers taking a one-mile stroll through the woods and past the cricket club, before taking lunch at the Falkland Estate Stables.

The return journey was of a similar length but took a different route back to the carpark.

We welcomed some new walkers, who don't usually get a Friday off, and it was noteworthy that the age range of the participants covered three generations.



All in all, it was a most enjoyable walk.

On a cloudy 17th June with rain forecast, Elizabeth, who was leading the walk, wondered who – if anyone – would turn up. However, she needn't have worried as everyone who had confirmed they would come, undeterred by the weather, arrived at the Beach Car Park at Burntisland and armed with umbrellas, we braved the on-off rain and made our way along the beach front coastal path to the Sands Hotel.

Bob and Frances had brought along a cake to celebrate their wedding anniversary and we enjoyed a slice with a pre-lunch celebratory drink. We then put the world to



rights over an enjoyable lunch before heading back, cutting through the Links and under the railway line to get back to the car park. Unfortunately, we were too early for the Fair, so regretfully we couldn't have a go on the Dodgems or the Waltzers!

This was our final walk before the summer break but we are looking forward to our annual picnic at Silver Sands, Aberdour on Friday 8th July and we will resume our regular programme in the Autumn on Friday 2nd September.

For further information about the Walking Group, please get in touch via our website or Facebook Page.

A Summer Surprise Salad

Serves 6-8

Ingredients

2 tins of tuna fish, drained
2 spring onions, finely chopped
1 stick of celery, finely chopped
1 or 2 apples, peeled and chopped
½ a cucumber, peeled, deseeded and chopped
1 green pepper, finely chopped
1 mango, peeled and chopped
A handful of chopped parsley
A handful of nuts of your choice
mayonnaise to bind ingredients together
the juice of a lemon or lime

Method

Mix all the ingredients together and serve either on a bed of crisp lettuce leaves or with a small baked potato



ART GROUP

Thanks, Catherine, for sending in your photographs of the wonderful results of the hardworking Art Group at the recent Glenrothes meeting.



Well done artists and well done

Catherine

PARKINSONS

POLES FOR PARKINSON'S

Exercise can be as important as your medication to help you take control and **manage your symptoms**.



Opinion Poll Urgently Required!

Fife Branch is always keen to try out new activities especially when they have been proven to be beneficial to those living with Parkinson's. You'll have read that we've been trying out Nordic Walking lately and following on from the successful trial we would now like to introduce it to our activity list.

Our Edinburgh Branch neighbours have been taking part in Nordic Walking for a number of years and one of their regular walkers, Bill Wright says "I find it invigorating and therapeutic. The major benefits are in my posture, left arm mobility, cardiovascular fitness and co-ordination. After the initial training, NW is a bit like marching, you swing your arms up before bringing the pole down onto the ground. This gives the upper body exercise as well as the legs and, if like me, you have one arm which doesn't work so well when you are walking, this gets it moving!"

The walk details are to be finalised but will be on a weekly basis, probably starting in August on a Monday afternoon.

The group will be taken by our instructor who will lead a maximum of twelve people.

Partners and carers are welcome to join in with their Parkinson's walker.

The walks will be initially in Pittencrieff Park although other venues will be considered.

Walking Poles will be provided, just bring your walking shoes.

The cost of each instruction session will be subsidised by the Branch, with a contribution of £3 from each walker.

Please show your interest by email to admin@fifeparkinsons.org or phone the Branch's telephone number 07389 865538.

Only you can make this exercise and social activity viable, help us to help you. Sign up today!

July Quiz Answers

- 1, English Civil War 2, The Seekers 3, B 1962
- 4, C) Capricorn 5, B) Ruby 6, The fourth
- 7, The sixth 8, C) Julius Caesar 9, B) Garfield
- 10, The Mallard

Edinburgh Branch Lunch Tastier Than On Zoom

Charles and Mark enjoyed meeting friends old and new at the Edinburgh Summer Lunch, which was held on the 22nd June at the Leonardo Hotel Edinburgh, Murrayfield.

We were lucky enough to be seated with the Chair David Adams at his table, more by luck than judgement. We were able to share our thoughts and experiences as well as Marks soup!



Thank you to everyone at Edinburgh Branch for making us feel so welcome, especially David, Olivia, Chris and Jim.

Thanks also to Anne for her technical knowhow, extending the Eventbrite booking window so that we could squeeze Charles in!



Get Tokens At Tesco

**Vote for
Fife Branch at
selected stores!**

**Vote For
Parkinson's
Make It
Count**

PARKINSON'S
SCOTLAND

**Dunfermline Superstore, Extra &
Express, Rosyth & Dalgety Bay**

Rising To The Occasion



A member of the Fife Branch has had the opportunity to put a fantastic therapeutic posture chair up for auction, with the proceeds going to our funds.

Thank you to Margaret Aitken and your family for your generous donation.

Great Result!

Just a quick update because we thought that you would like to know that Briar and Brian's son Gavin, having completed the Edinburgh Half Marathon in record time (PB) has beaten his Fundraising Personal Best and has raised £750 (plus Gift Aid) for the Branch.

Gavin would like to thank everyone for supporting him and donating.

Ed. *"Just imagine how much you'd have raised if you had run the whole marathon, Gavin?!"*



Parkinson's UK is the operating name of the Parkinson's disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SCO 37554).



Nurses and doctors came from far and near
To insert the tube in Johnny's rear
All together and then with one mighty shove
A doctor cried, 'There's a light above'.

What were they dealing with - nobody knew
Everything inside appeared to be blue
Pictures of Walter and Ally we're told
No Miller however, for he had been sold.



A strange case indeed the doctors did say
What could it be that just won't go away
A professor was called, an opinion was sought
Aniseed balls were one line of thought.

As he lay on his front with his bum in the air
He dreamt about Rangers and how they would fare
The doctor returned with the verdict to read
"A doze of the 'Greens' is just what you need".

John jumped from the table one thought in his mind
To pull out the tube, still up his behind
He ran from the room with his nurses in chase
Only to meet all his friends face to face.

'Never again will they get me in here!'
Laughing together they went for a beer
Life is too short, that they all did agree
As they pulled out the tube and set poor Johnny free.

Thanks, Ian, for this wonderfully funny poem. Johnny and Ian are great friends.

Johnny is of course, a Rangers supporter who likes aniseed balls. This poem was written when Johnny had to go into the hospital for an operation!



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.

Thanks to Diana and Bill Penman and Judy McLean

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.

Please note that the views expressed in the newsletter are those of the contributors and editors and do not necessarily represent those of Parkinson's UK.

Fife Branch Spreading The Word

The Thistle Foundation and Fife Branch have been working together to spread the word about a new service that has started in Fife. We hope that you find the following article by Leanne Connolly, Thistle Health and Wellbeing National Development Lead informative and useful.



At Thistle we believe in a world of inclusion, free of isolation and loneliness, where a health crisis doesn't mean a life crisis.

Over the last year and a half, we have been receiving referrals and providing wellbeing support to people with neurological health conditions across Fife. We've had some really positive feedback to date, "I can see the advantage of your service. It's massive to my service, so productive." (NHS Specialist Nurse referrer).

We want to reach as many people as possible who need our support and this update aims to provide you with more information about our courses and services, the impact they have and how you can refer people to us!

Lifestyle Management Course

From 20th July we will run a 10-week lifestyle management course for people living with neurological health conditions in Fife. This online course takes place over Zoom and lasts approximately three hours. It provides people with a range of tools to support them with learning how to self-manage their individual situation and get back in control.

We are also planning for a face-to-face lifestyle management course in August - more details to follow.

You can self-refer by contacting referrals@thistle.org.uk / 0131 661 3366.

Our other support services



We have developed a range of wellbeing support that can be tailored to the individual, including:

- 1-2-1 wellbeing coaching – over the phone or online;
- Support to develop personalised wellbeing plans;
- Online mindfulness courses;
- Social prescribing and peer support.

You can self-refer by contacting referrals@thistle.org.uk / 0131 661 3366.

SINCE LAUNCH, OUR THISTLE NEUROLOGICAL WELLBEING SERVICE HAS:

Supported over **90** people across Fife. We have an engagement rate of **80%** and aim to **provide a first appointment within a week** of referral.

We are reaching people who need our support: **73%** of people we met reported very low WEMWEBS* scores. This cohort's average initial score of **25** is significantly lower than the population average of 51(+/-7). After support, their average score is **32**.

32% referred themselves for support, with **68%** being referred through the NHS and voluntary sector.

Primary health conditions reported by people we supported include a range of neurological condition such as **MS, Parkinson's and Stroke**, and other conditions such as **Anxiety, Depression and Diabetes**.

* Warwick-Edinburgh Mental Well-being Scale (WEMWEBS)

Camera Club – Still Focused!

The Camera Club is having a well-deserved break from Zoom meetings until September. However, everyone is encouraged to keep on taking photographs, whether with a mobile phone or a 'proper' camera remembering the tips and techniques that have been shared throughout the years. Camera Club

members are sharing their compositions on Instagram and anyone is invited to join in.



PARKINSON'S UK HELPLINE

0808 800 0303

Totally Tea

There's a question I've been pondering,
It often gives me a sore head,
If Parkinson's makes me feel quite drunk,
Should I stick to lemonade instead?

It seems that with this 'ere condition,
When I've had a drink or two,
I end up wanting forty winks,
When I'm not desperate for the loo.

Does my Parkinson's control me?
Or should I take the lead instead?
But it's made me a cheap night out,
I'd rather go back home to bed.

Now the solution to these questions
Is stay at home and just drink tea,
Which doesn't make me woolly headed,
But I still urgently need to pee!

Mark Coxe



TRIP TO PITLOCHRY - Wednesday 7th September 2022



and start a Stand-by list.

Thanks to everyone who has booked a place on our trip to Pitlochry on Wednesday 7th September 2022 to attend the matinee performance of the fantastic musical, 'Sunshine On Leith'. **It is now time to send Elizabeth Tait your money if you have not already done so**, as the tickets have to be paid for very soon!

Surprisingly we have two tickets left and we would ask anyone now wishing to join us to get in touch a.s.a.p. (details below). If we have more than two applicants, we will allocate the two tickets we have

You can join the bus at either KIRKCALDY or DUNFERMLINE. We'll let you know the details nearer the time.

The cost of the theatre ticket is £35, which is paid by the individual. The coach and high tea after the performance will be paid for by the Fife Branch. What a deal!

Payment should be made a.s.a.p. by cheque made payable to Parkinson's UK, Fife Branch and can be given to any member of the committee. Contact us by emailing admin@fifeparkinsons.org or by clicking on the 'Contact Us' button on our website or Facebook Page.