

Fife Branch Newsletter

PARKINSON'S^{UK}
SCOTLAND

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Hello Readers

We hope that you are all enjoying our beautiful summer and taking every opportunity to slap on the sun cream and soak up the sunshine and Vitamin D. Both our Walking Group and our new Nordic Walking Group have benefitted from the good weather and the fresh air. Both groups would love to welcome new members so get in touch and share the exercise, the conversation and the friendship.

We are all very excited about restarting our monthly meetings in Glenrothes and constantly try to fine-tune our programme. What we would really like is a record-breaking attendance at our September meeting on Thursday 8th September from 12noon until 3pm to get the second half of the year off to a great start.

Details of what we have planned will appear in the September edition which should be with you before the meeting. Please check you have the date on your calendars and in your diaries.

Charles and Mark

Important Words from our Chairman John

WHERE ARE YOU?



For some time, most of the Covid restrictions have been lifted. During the last few months my committee has been working hard to re-start the in-person activities whilst maintaining a few of the Zoom activities introduced during the pandemic restrictions. However, we are **DISAPPOINTED** that the **SUPPORT FROM THE MEMBERSHIP HAS BEEN POOR** compared with pre-pandemic levels. As an example, we've failed to find the support needed to get the two types of bowling sessions re-started and the attendance at the Monthly Meetings has, to date, been barely 50% of the pre-pandemic numbers.

The role of my committee, of volunteers, is to provide the support that you want, so it's fair to ask the question **WHAT CAN WE DO TO GET YOU BACK?**

THE FIFE PROGRAMME HAS DEVELOPED OVER TIME – WHAT NEEDS CHANGING?

After the summer break, the full range of activities is due to re-start in September, including Nordic Walking that started at the beginning of August and will now happen every Monday afternoon. **WE NEED YOUR EARLIEST FEEDBACK** to any committee member to let us know what you want to see in the autumn and early winter programme. If you want to speak to me my details are

M: 07917602484 or johnminhinick@gmail.com

HELP US TO HELP YOU - YOUR EARLIEST FEEDBACK IS ESSENTIAL

Meet The Staff – Paul Jackson-Clark



Hello Paul, Thank you for taking part in our 'Smash Hits Interview' we're sure our readers will enjoy your answers (even No.8).

1. When did you join Parkinson's UK?

I joined the Parkinson's Disease Society in March 2009. And then joined Parkinson's UK a few months later. It really was like leaving one organisation and joining another the change was so big; to me at least.

2. When you joined what was your first job title?

I was Director of Fundraising, with a team of c. 30 raising c £12m

3. What is your current job title?

I'm currently the Director of Engagement

4. Briefly explain your role in Parkinson's UK.

I'm here to help improve people's lives with Parkinson's and find a cure. On a day-to-day basis, I've overall responsibility for Fundraising, Engagement, Volunteering and Membership. I've a team of c 80 and within that a fundraising team who raise c £35m

5. What do you consider to have been your biggest achievement whilst working at Parkinson's UK?

I'm proud to have taken on a £12m a year income organisation and helped it grow beyond £40m (pre covid). We're constrained by many things, but the more money we have the more we can do, on both the support and research sides of the charity's work.

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

That's easy - working on things like World Parkinson's Day with a team of volunteers and staff whereby every voice, opinion and idea counts and inevitably great things happen. This year is a case in point - who'd have imagined that getting poets together

to write and share limericks would have resulted in a fully donated outdoor ad campaign across 1,000 UK wide locations with a value of over £300K and reach to millions. That's magic. Love it!

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

Find other people who've experienced the diagnosis journey - people who you can relate to - and talk about how you feel, your worries, your hopes. The Parkinson's UK advisor service can help connect people together.

8. If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?

Wallet, rain jacket, passport (ummm, that's more sensible than I'd hoped)

9. Which do you prefer, dogs or cats?

Well, I've both and share the love evenly.

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

The genie in the lamp would come in very handy!



Put Fife First!



Nominations are open for the 'People's Choice Award' category at the Royal College of Nurse's first Scotland Nurse of the Year Awards. Get behind our Parkinson's Nurse Specialist team and vote for them.

Voting is open until the 14th August, so don't hang about!

Voting is easy and can be done online at the following link <https://bddy.me/3uRjKLJ>

Choose 'Nursing Team' in the drop-down menu and pop their names in: Lead Nurse Gillian Aldrich, with Abby Whiting and Nicola Mercer making up the team.

Research opportunity could a new treatment slow Parkinson's down?

Pharmaceutical company UCB needs people to take part in a study looking at whether a new drug can slow progression of Parkinson's in newly diagnosed people, **but their time is running out to recruit all the people needed to ensure the trial can continue.**

Who do the researchers need?

- 450 people diagnosed with Parkinson's in the past 2 years
- between 40-75 years of age
- who have not taken drug treatments for their Parkinson's (if you have taken a drug for less than 1 month you will still be eligible)
- who can travel to a study site in **Glasgow**, London (Marylebone and Tooting) or Plymouth

What is involved?

You will be asked to visit a study site 16 times over the space of 1.5 years, where you will be given either the active drug or a placebo drug. Three of these visits can take place at your home. The study will involve a variety of investigations at each visit, including an MRI scan if you have not had one in the past 6 months.

Your expenses will be reimbursed for your participation in this research.

Interested in taking part?

[Find out how to take part before the 30th September.](#)

This opportunity is not managed by Parkinson's UK.



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 also 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 **Mrs Christine Wilson, Mrs M. McKie**

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.

A graphic with the words 'THANK YOU' in a bold, blue, sans-serif font. Below the text are two blue, wavy lines that resemble a stylized ribbon or a wave.

An Update On The Can Rattling Situation

We mentioned in last month's newsletter about Branch members being outside Tesco Superstore (Fire Station) Dunfermline, with collecting tins, on August 27th and at the Kingsgate Shopping Centre Dunfermline on November 12th.

So far we have had some volunteers, but we need some new faces (no offence to the regular volunteers!) 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!

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).

The Walking Group Picnic.



On Friday 8th July, the members of the Walking Group met at Aberdour for our annual picnic. Thirteen walkers and Roma's granddaughter, Eleanor, arrived in good time to pick our spot before the beach got busy as the school holidays were on.

As it was a bit blowy, Liz and the first arrivals picked a good spot behind the hedge adjacent to the road to the cafe. We set up our tables and went to erect the gazebo. Disaster! The aluminium supports had broken and we couldn't stretch the gazebo out. However, after chatting to the RNLI Lifeguards, they gave us some first aid tape and running repairs were made. Once erected we set up the food tables and as usual the food presented was plentiful and looked delicious.

The group set off on our little walk to the navigation light which during the Second World War, had a Naval Base situated there to train personnel how to use Hydrophones.

On our return, everyone tucked into the delicious food and what a choice we had! Our picnic menu included pasta cheese, smoked salmon, pizza, salads, fruit salad plus homemade cakes, strawberry tarts and much more. Thanks to everyone who contributed to the super spread and a special thanks to our favourite Buckhaven Fish Monger, Alex Rodger.



We then had our competitive game of Rounders where Roma's granddaughter showed us how it should be played, with tons of enthusiasm. A draw was a fair result after all the huffing and puffing from the oldies as the wind was making it difficult to catch the ball.

At the end of our picnic, we all helped to pack up, but the Gazebo wouldn't play ball and wouldn't fold away, so sadly the Gazebo is no more.

Bob Copeland



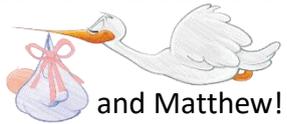
What A Wonderful Picnic!

We must let everyone know what a most enjoyable day we spent at our Fife Branch Walking Club Picnic.

Thank you, Elizabeth, Frances and Bob, for the time you spent organising this event which everyone voted a great success. Roll on next year.

Charles & Mark

Fife Branch Scoop, Hot From The Maternity Ward

Congratulations to Jay  and Matthew!

Flora has a new playmate, a baby girl, 7lb 11oz, was born at 5:16am on Friday 5th August in Victoria hospital. Mum and baby are both doing great and so is Matthew.



They haven't decided on a name yet, but seeing that she's a girl we suppose Charles or Mark is out of the question!

MEETINGS FOR AUGUST

Monthly Meeting, Glenrothes Baptist Church next meeting September 8th

Branch Zoom Get Together Mon. 11am
1st, 8th, 15th, 22nd and 29th

Zoom Quiz Evening is having a summer break

Alex's Zoom Dance Exercise Thu. 11.15am
4th, 11th, 18th and 25th

Meri's Zoom Sing-along Fri. 9.45am 5th and 19th



The next YP meeting is on the 7th September at 7:30 pm at Dunnikier golf club.

We are planning to take part in an Escape Room in Dunfermline followed by a meal at the Dhoom restaurant, for those who manage to escape.

Thanks to Yvonne P for inviting us to Movement Medicine, a free flow dance class, outdoors in the Falkland Estate Forest. We moved to the rhythm at one with nature, the elements and the harvest. No pictures are available.!

Our thoughts and sympathies go out to our friend, David Lockhart's family. David was a member of the Edinburgh YP group who tragically passed away after a recent car crash.

Scotland's Gathering

Don't forget that the Parkinson's Scotland team is planning a gathering/get together in Perth on the 29th September. The opportunity to book your place will be very soon, so watch this slot!



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

We're Doing Well But Don't Count Your Tokens Too Soon!

The vote for Fife Branch is going well and we are out in front, meaning that we could get the top £1,500 donation from Tesco.

Don't rest on your laurels and encourage all of your friends, associates and even those you don't like, to vote for us when they shop at Tesco.



There is no age limit as Flora Dodd has ably demonstrated, 'doing her bit for the Branch!'

The opportunity to cast your token continues until the end of September, so keep up the good work!



Take part in or volunteer for the Scone Palace Walk on Saturday 9th October.

The Scotland Fundraising Team are looking for volunteers who are willing to take some posters and flyers and help spread the word about the event to help give our final walk of the year a big push. If you think you can spare the time and help please get in touch with our regional fundraising team at:

Scotlandfundraising@parkinsons.org.uk

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.

Strawberry Tarts

Ingredients

175g / 6 oz plain flour

25g / 1 oz sugar

150ml 1/4 pt hot water

115g / 4oz stork margarine

(hard margarine for pastry and biscuits) or why not just use shop bought shortcrust pastry and enjoy the time saved in the garden?



Strawberries

Double cream

Strawberry tart jel



Method

1. Mix together the sugar and water and put into the fridge to cool
2. Mix together the flour and margarine
3. Add the sugar solution slowly to bind the pastry together.
4. Roll out, cut out 7cm / 3-inch rounds
5. Put in bun tins
6. Bake for 10-15 minutes at 160 F
7. Whip the double cream to piping consistency
8. Pipe a small amount of cream into each pastry case
9. Add a strawberry on top of the cream
10. Finish off with the strawberry jel

Nordic Walking – Not For All

We mentioned in our last newsletter and our Facebook page about the new Branch activity Nordic Walking.

A group of eleven Branch members gathered at Pittencrieff park in Dunfermline on Monday 1st August for our first official walk, which was led by our instructor Kay Hall. Although eleven of us set off, it quickly became apparent that one of us was having some challenges freezing and decided to 'rest it out' with a cup of tea.

We enjoyed the walk, even though some of us had to concentrate on walking, talking and using the poles. On our tour of the park, we came across a baby hedgehog, which allowed us to take it's photograph. We wondered what he was doing out in the open at this time of day and it was suggested that he might have been looking for his flat mate!

All in all we thoroughly enjoyed the exercise, which not only obviously uses your legs But gives your arms and upper body a workout too.



We meet every Monday at two-thirty in the afternoon at the Pavilion carpark. Everyone is welcome to join in for a nominal £3 fee. This can be paid for on the website <https://fifepay.co.uk/checkout/nordic-walking> or on the day. If you are keen to join, contact us because we have to advise Kay what your height is so that she can supply the correct length poles.

Parky Players

We want to let you know about a play being delivered at the Edinburgh Festival this year, which has a focus on Parkinson's.



The play is a comedy, based around the theme of Snow White which looks at the real-life experience of living with Parkinson's. It has been written and acted by members of our East Midlands community who live with Parkinson's. This is an independent project. It is led by Janet who lives with early onset Parkinson's and is from Nottingham.

There is a facebook page where you can find out more <https://www.facebook.com/parkyplayers>



Parkinson's Perth Players Proudly Practicing Ping Pong Post-Pandemic!

Well done to our neighbours in Perth for their article about the start of their Table Tennis group in the Courier a couple of weeks ago.

Pat Duffy created the group after learning about the benefits the sport can have on symptoms of the progressive disorder. He heard about the benefits that table tennis can have on Parkinson's and was inspired to form a group in Perth.

Pat told the Courier that he went online to find out more, he discovered Parkinson's ping pong was a worldwide phenomenon.

"That got me thinking, if we can do something to help people here in Perth, surely we should." He said.



According to a Japanese study, participants who played ping pong weekly demonstrated "significant improvements in speech, handwriting, getting dressed, getting out of bed, and walking".

They also showed significant improvements in facial expression, posture, rigidity, slowness of movement and hand tremors, which are common Parkinson's symptoms.

The findings are backed up by what the players in Perth say. Other participants commented on how the class has helped them improve concentration, balance and co-ordination.

They also provide a social aspect and the opportunity to talk about the condition with others who know what you're going through.

'Once they start playing, symptoms stop'

While the group is just getting off the ground, it is popular and Pat sees a difference in participants already.

He says: "I notice quite quickly, once they start playing, the hand tremors stop. The tremors are involuntary, you can't control them.

"The symptoms pretty much stop while they're playing and for a short while after, depending on the severity and stage of the condition.

"My understanding is, the symptoms only go away for a relatively short space of time, which is why you have to keep doing sessions."

Those with Parkinson's, as well as their carers, are welcome and encouraged to go along and try ping pong, to feel the benefits for themselves.

One of the organisers Alastair Brookes has invited us to join them and you never know, if you enjoy it, we might even be able to form our own team! Let us know if you are interested.

"The classes are informal, very friendly and you're not put under any strain.

"It's very much a social activity."

The Parkinson's ping pong sessions take place every Monday at Bell's Sports Centre in Perth from 10.30am to 11.30am. Each session costs £3 to attend.

To book, call Bell's Sports Centre on 01738 454647 or you can just turn up on the day.

Commonwealth Quiz



1. How many countries currently make up the Commonwealth?
2. What year were the Glasgow games held?
3. How many Commonwealth countries recognise the Queen as the head of state?
4. What is the smallest Commonwealth member country?
5. Which Commonwealth country has the largest population?
6. Which African nation rejoined the Commonwealth in 2018?
7. The first Commonwealth Games was held in 1930, but what was it called?
8. The Commonwealth Games is often referred to as what?

Summer Frost – A Personal Journey

You would think that I would know by now
And come to terms with my condition
That my Parkinson's will not improve
I'll not experience remission.

I've been lucky for ten years or so
My symptoms haven't got much worse
But it sort of just creeps up on you
In fits and starts and little bursts.

I think I've started freezing more
My foot won't do its shoe
It won't obey my orders
It's like it has to think it through.

An errant foot is bad enough
But now my legs have joined his gang
And my fingers strike in sympathy
As if they're on the picket line.

We had a day out in St Andrews
Went window shopping, had a meal
But my body had its own ideas
And thought of ways to spike the deal.

And so it started on a go slow
At least it didn't go on strike
But it started getting difficult
Because that's what Parkinson's is like.

And the straw that broke my Parkey back
Was the awful revelation
That I was standing like a statue
In the Gent's at the Bus Station.

Now I must have been there quite some time
Because my wife was getting worried
And she peered around the toilet door
And found me standing there unhurried.

But the thing that really got to me
The thing that made me so distressed
Was the vision of my future
The way my condition might progress.

I do not want to be a burden
I do not want to take up time
I thought that I controlled my Parkinson's
It seems control is his not mine.

Mark Coxe

Banner Envy!

Those eagle-eyed members, who also frequent the monthly meeting at Glenrothes will have noticed a striking similarity between one of our banners and the one in the Perth Ping Pong news article.

Well, we are pleased to tell you that we have been working closely together and exchanging ideas with our colleagues and friends in Perth.

One such idea was the design of our banner.

One of the Perth Support Group organisers liked the design so much he had to have one for himself!

When I spotted it in the photograph in the Courier I couldn't help but beam with pride.

Alastair told me that "It has been well admired I can tell you. Even the manager of the Sports centre wanted a photograph to put on their Facebook page."



**PARKINSON'S UK
HELPLINE**

0808 800 0303

Commonwealth Quiz Answers

1, 54 2, 2014, 3, 16 4, Nauru in the Pacific Ocean
5, India 6, The Gambia 7, The British Empire Games
8, The Friendly Games

PARKINSON'S^{UK}
SCOTLAND

Have You Got Parkinson's?



**SO HAVE WE!
JOIN US
AT
FIFE
BRANCH**

**CALL
07389 865538**