

In this Month's Edition

- | | |
|-----------------------|--------|
| • Tanith Muller | Page 2 |
| • A Token Gesture | Page 2 |
| • Edinburgh Lecture | Page 3 |
| • Tesco Fundraising | Page 4 |
| • Drumming In My Ears | Page 6 |
| • Job Opportunity | Page 7 |

**SAME TIME,
SAME PLACE,
DIFFERENT
DATE**

**THE DATE OF OUR
GLENROTHES MEETING HAS
CHANGED TO THURSDAY
15TH FOR SEPTEMBER ONLY!**



**PARKINSON'S^{UK}
SCOTLAND**

Hello Readers

Our more eagle-eyed readers might have noticed that our monthly meeting has been postponed for a week and will be on the third Thursday, for one month only!

We are looking forward to welcoming you all back and particularly any new people joining us for the first time.

The format will be much the same, apart from a few subtle tweaks! The admission price is still £3, which will give you all of the regular activities: Tai Chi, Bingo, Arts & Craft, Singing, Massage & Complimentary Therapies, Great Company, Chance for a Blether, Tea & Coffee with biscuits (but bring your own lunch).

Don't forget to wear your name badge and a smile!

We recognise that Covid is still around, so we'll respect your wishes if you are still taking precautionary measures.

WHO IS TANITH MULLER?



When did you join Parkinson's UK?

I joined Parkinson's Scotland in September 2007

When you joined what was your first job title?

Parliamentary and Campaigns Officer

What is your current job title?

Parliamentary and Campaigns Manager

Briefly explain your role in Parkinson's UK.

I help people with Parkinson's and those close to them in Scotland to be heard so that their needs are met by those whose decisions affect their day-to-day lives. That includes politicians and officials in the Scottish Parliament and Scottish Government, as well as councils, NHS Boards and other organisations in Scotland.

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

Forcing the then Cabinet Secretary for Health to commit to opening the doors at the new Scotland-wide centre for Deep Brain Stimulation surgery in Glasgow live on radio after lots of bureaucratic hold ups.

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

My best ever meeting was with Nicola Sturgeon. It was a meeting about the proposed closure of Lightburn Hospital, and the real experts in the room were the people from the East End of Glasgow who used services there. They spoke passionately and honestly, and made all the points that needed to be made. They were absolutely brilliant, and there was nothing at all for me to add, so I said nothing. Nicola Sturgeon agreed with them, and overruled the NHS Board's plans.

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

I'd ask them what they wanted to talk about and take it from there. Everyone with Parkinson's is different, so I don't think there is any single message that is helpful for everyone.

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

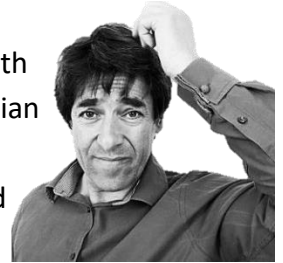
Mobile phone, medication, handbag. (I can't guarantee being able to find other stuff in a hurry!)

Which do you prefer, dogs or cats?

I'm a dog person, but I love cats too! We have 1 dog and 3 cats.

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

It would have to be someone with incredibly good chat. The comedian Mark Steele is reliably hilarious, but I am not sure how good we'd be at survival skills.



AND SO, IT CONTINUES!

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**

Don't give up now, there's still another month to run. The Fife Branch Tesco Token's Campaign doesn't finish until the end of September.

We made a strong start in June, with our token collection way out in front and indicating that we were on track to receive the maximum grant from Tesco of £1,500.

Now is not the time for complacency, don't let our other two competing charities get ahead. Please continue to support your Branch by voting for us with the tokens that you collect at the till, until the end of the month!

Edinburgh Parkinson's Lecture 2022 Evening of Wednesday 28th September



The annual Edinburgh Parkinson's Lecture is a flagship event for the Parkinson's community to learn about progress in the fight against the disease. I am delighted to say that this year, for the first time since 2019, the Lecture will be delivered live at the Royal College of Physicians of Edinburgh. 150 socially distanced places are available for a live audience in the 300-seat auditorium. The Lecture will also be streamed live to an online audience.

The Lecture will be given by Julie Jones, a physiotherapist specialising in Parkinson's and Senior Lecturer at Robert Gordon University in Aberdeen. Julie was awarded the first Clinical Academic Fellowship jointly funded by Parkinson's UK and the Scottish Chief Scientist Office to develop an intervention which combines exercise, education, and self-management with the aim of promoting increased physical activity and the development of a regular exercise habit for people with Parkinson's. The title of Edinburgh Parkinson's Lecture 2022 is -

The Importance of Exercise for People with Parkinson's: Evidence, Empowerment and Enablement

There will be a video Introduction to the Lecture by Prof Bastiaan Bloem who delivered the 2016 Edinburgh Parkinson's Lecture. There will be opportunity for members of both the live audience (chaired by Dr Gordon Duncan) and the online audience (chaired by Prof Tilo Kunath) to ask questions after the Lecture. The Concluding Remarks will be made by Dr Alison Williams, person with Parkinson's and Hon. Professor of Creativity, Centre for Person-centred Practice Research, Queen Margaret University, Edinburgh.

For more information and to register for Edinburgh Parkinson's Lecture 2022 go to:

[Edinburgh Parkinson's Lecture 2022 - Edinburgh Parkinsons](https://prksn.uk/Gathering22)

You're invited!

SCOTLAND GATHERING

Perth

Thurs 29 Sept 2022

11am - 3pm

RSVP: <https://prksn.uk/Gathering22>

PARKINSON'S^{UK}
SCOTLAND



Everyone is welcome at the Gathering on Thursday 29 September in Perth. It's an opportunity for the Parkinson's community in Scotland to come together in person, after being apart for so long.

And if you have Parkinson's, or are a partner, relative or friend of someone with Parkinson's, we'd love to see you.

You'll be able to meet others, share your views and find out about activities in your local area and Scotland-wide. There'll be information on Parkinson's research, physical activity, campaigning and more. And you can share your experiences and priorities with our friendly staff and volunteers to help us move forward, together, in Scotland.

We'll provide a light lunch and refreshments. The event is free, but you must register in advance. RSVP here [👉 https://prksn.uk/Gathering22](https://prksn.uk/Gathering22)



Briar Richardson, our Branch Secretary has received quite a few enquiries about the branch lately. These have been from a variety of sources - our website, Parkinson's UK, word of mouth and the Tesco collection.

Three of these enquiries are from people who are very keen to attend the meetings at Glenrothes. We now have 150 members in our Branch. Anyone reading this who is not a member of Parkinson's UK and the Branch can join and reap the benefits for free. Contact us for joining details.



There's No Escaping Parkinson's

But that doesn't mean that we can't have a good time!

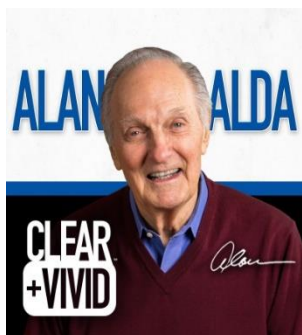


Six of the YP group enjoyed an evening escaping from the Go Escape Prisoner Room. We were tasked with finding clues, which enabled us to eventually escape from the cell. The task should take sixty minutes, but we took just a little bit over that. Thanks to the gaoler for stopping the clock at 59 minutes and 59 seconds.

We followed this by celebrating our freedom with a lovely meal at the Indian street food restaurant Dhoom.



The YP monthly meetings continue on the first Wednesday of the month (apart from this month because of the Pitlochry Theatre Outing), despite low numbers and Dunnikier Club House randomly closing. The hotel next door serves as an alternative venue but notably more expensive for refreshments.



Well worth a listen to.

Hear Alan Alda in conversation with Michael J Fox about 'How to Keep Going When Life Gives You Speed Bumps'.

<https://clear-vivid-with-alan-alda.simplecast.com/>

Thanks for the tip, Elizabeth Tait

PARKINSON'S UK HELPLINE

0808 800 0303



Every little helps

Other Supermarkets Exist, but we happened to be collecting in Tesco Dunfermline on Saturday 27th of August

Fundraising at Tesco's was a great success and I would like to thank all of the members who made it possible by giving up their valuable time on Saturday.

All told the branch raised £507.

One of our volunteer can shooglers told us that while they were helping with the Tesco collection they were "very gratified to witness the generosity of the customers. On the whole people were very keen to donate and a lot of people either knew of someone who had Parkinson's or acknowledged that it was a very worthy charity".



The use of one of the banners and Parkinson's balloons was a draw and encouraged people to donate,

although one of the balloons popping did have everybody dive for the floor!

Our next Fundraiser is on the 12th of November at the Kingsgate Shopping Centre, so put this date in your diary and come along!

Even better, let me know whether you would be available to help and put the fun in fundraising!

Mark Coxe

Disclaimer; those are not my shorts, or even my body!





We're Back On Track

The Fife Branch Walking Group has resumed its regular outings across

the Kingdom.

The itinerary began with a splendid walk from Aberdour Station to Silver Sands Beach and back, finding time to stop off at the Sands Café for some refreshments.

Here's the list of further walks and if anyone would like to suggest an appropriate route for next year, please get in touch. Everyone welcome!

Date	Lead	Destination
16 September	Bob & Fran	Ravensraig Park to Dysart
7 October	Mark	Pillars of Hercules to Falkland Stables Loop
21 October	Bob & Fran	Seafield, Kirkcaldy to Seafield Tower with option to continue to Kinghorn
4 November	Liz	Leven to Blacketyside
18 November	Liz	Culross
2 December	Mark	Lower Largo Treasure Hunt

SODUCAN'T

						4		5
5	3	7	9					8
			2				3	
		5		2	4	1		
		8		1	9	7		
			7				8	
3	2	6	4					1
						2		9

Cullen Skink

Cooking time:

45 mins serves 2

Ingredients:

100ml (3 ½ fl. oz.) whole fat milk

426ml (¾ pint) vegetable/fish stock

2 fillets smoked haddock

25g (1oz) butter

1 small onion

1 medium potato, diced

1 tsp parsley, chopped

2 tbsp double cream

salt and freshly ground black pepper

Method:

* Heat the milk and half of the stock in a pan. Add the smoked haddock and poach for 10 minutes until lightly cooked.

* Remove from the heat and cool the fish in the liquid.

* In another pan, melt the butter, add the onion and cook gently for 5 minutes without colouring.

* Add the potato and the remaining stock, then bring to the boil. Cover and simmer for 15 minutes until the potato is soft.

* Add the liquid from the poached haddock to the pan, but not the fish.

* Blend until smooth, return to the pan. Add the smoked haddock, chopped parsley and heat gently for 2 minutes.

* Add the double cream, season to taste and serve.

Thanks Meri, definitely worth singing for your supper for!



TRY EXERCISE DRUMMING!

Free online taster sessions:

Fri 2 Sep 11am
Mon 5 Sep 2.30pm
Wed 7 Sep 7pm
Thu 8 Sep 11am

No drums needed - use common household items

PARKINSON'S^{UK}
SCOTLAND

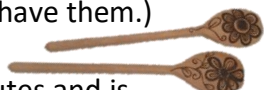


And now for something completely different - and organisers Jo and Heather promise that it will put a big smile on your face!

We've missed the first class and the second might be a bit tight, but there's still an opportunity to join in and make some noise on Wednesday 7th at 7pm and on Thursday 8th at 11am.

Exercise drumming is great for improving muscle tone and coordination, gives a full body work out and helps thinking and wellbeing. So why not give it a try at one of the free online taster sessions?

All you need is a laundry tub, 2 wooden spoons, a chair and an internet connection - and away you go! (You can also use drumsticks, an exercise ball and a plastic garden trug if you have them.)



Each session lasts up to 60 minutes and is open to people with Parkinson's and unpaid carers. Please contact Jo or Heather for joining info.

jhollandparkinsons@gmail.com

or

hkirkparkinsons@gmail.com

You don't have to be as good as the Cadbury's drumming gorilla, but it helps if you like chocolate!



DONATIONS TO OUR BRANCH

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;

Mrs Agnes Thomson

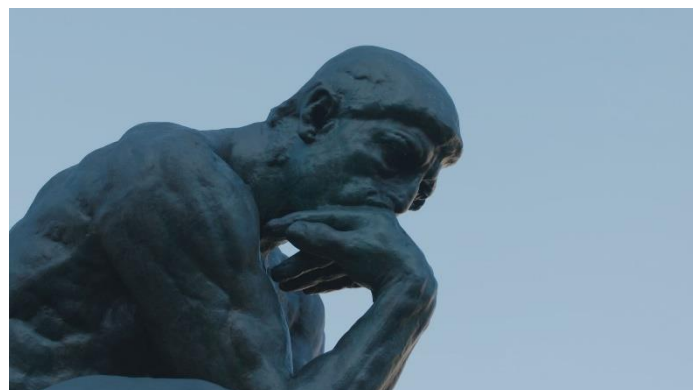
Mrs Sandra Wilson



The collecting team, staff and customers at Tesco Dunfermline.

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.

The Lament



Oh! To be creative
Or even innovative
With joy and hope instil
But nothing fits the bill

There's no need for genius
Just something serious
Or just a bit profound
With words that will astound

No matter how I try
My thoughts oft go awry
No literary mosaic
Just simple and prosaic

David Cunningham

Thanks, David, for sending us your short but expressive poem. We certainly feel your frustration and hope that the muse will come quickly to land on your shoulder!

All the Parkinson's Men!



Your modest newsletter editors have recently had the tables turned upon them and been featured on the Parkinson's UK Staff and volunteering website Assemble.

The flattering article (without the above photo) went out to volunteers and staff nationally. We couldn't produce such an acclaimed newsletter (not our words) without the contributions from the Parkinson's Fife Branch family.

Thanks for the much-appreciated warm words from the Parkinson's UK volunteering Team, which were "Mark and Charles, thank you so much to you both for everything you and the rest of the Fife Branch do, what a big difference this makes in helping people stay connected- throughout the coronavirus lockdowns and beyond!"

SODUCAN

6	9	2	3	5	1	4	8	7
1	7	5	8	9	4	6	2	3
4	8	3	2	9	7	9	5	1
6	5	7	9	1	3	8	4	2
2	4	8	6	7	5	3	1	9
3	9	1	4	2	8	5	7	6
7	3	9	5	8	2	1	9	4
8	2	9	1	4	9	7	3	5
5	1	4	7	3	6	2	9	8

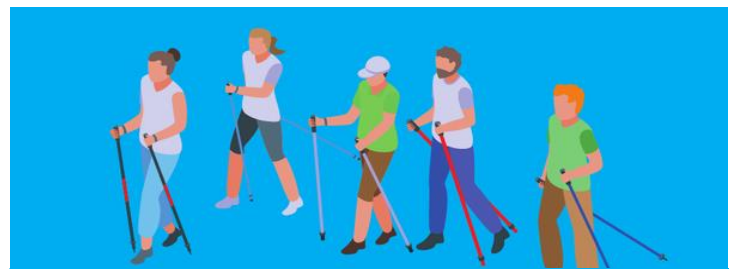
So Long



The Branch has recently learnt that Katherine Crawford has decided to step down from her role as Director of Services at the end of September.

Katherine has been with the charity for over 18 years and has undertaken several roles in her time with us, including as Parkinson's Adviser, an Education and Training Officer and the Country Director of Scotland. Katherine, who resides in Fife has been a good friend to the Branch and we wish her well in her well-deserved retirement.

Katherine has worked closely with volunteers in every role she's had and has made a significant contribution to making sure we're providing services to those living with Parkinson's and their families.



Join the Nordic Walkers as they terrify local park goers looking like cross-country skiers but without the snow and skis!

We are averaging seven members but could always do with a few more.

Contact us for details.

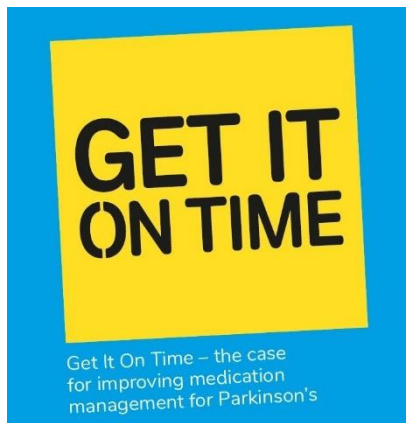
A FANTASTIC VOLUNTEERING OPPORTUNITY HAS ARISEN AT FIFE BRANCH FOR A SOON TO RETIRE FIFE RESIDENT (OR NOT !)



PARKINSON'S^{UK} SCOTLAND

Get It On Time

I recently had my regular consultation with my Parkinson's Nurse Specialist and the conversation went something like this



Now I know there's others like me
Who don't take their meds on time
I didn't think it was a biggie
I didn't count it as a crime.

I've just come from my appointment
With my PD Specialist Nurse
She explained in words so simple
Why my Parkinson's is worse.

Her explanation made me realise
I was acting like a chump
That I wasn't being clever
Brought me earthbound with a bump.

I'm not doing me a favour
If I don't give my meds a chance
My Parkinson's I'll not control
I may as well be in a trance.

You've got to take your meds on time
So that they can work their magic
If they don't get the chance to work
The consequence could well be tragic.

How can they assess the situation
On how bad your Parkinson's is
If you do not timely take your pills
How can your doctor treat your ills?

So that's how she explained it
My wonderful parkinsonian nurse
So I'd better take my pills on time
Or she's really going to curse!

A very chastised Mark Coxe

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.

Thanks For Thinking Of Us!



Thank you to all of the residents of Pittenweem who opened their gardens and raised the considerable amount of £2,000 for charity - 60% has been donated to the charities chosen by our local gardeners - Parkinson's UK and PSPA. The remaining 40% goes to the Scotland's Gardens Scheme (itself a charity) and their three core beneficiaries (Maggie's, QNIS and Perennial).

The ten Pittenweem gardens presented an inspiring variety, many being tucked away behind houses and garden walls. These gardens display a wide range of styles: from traditional to landscaped, and to include those which are richly productive and others incorporating many interesting and unusual plants.

The gardeners chose the charities in tribute to Jan-Karel Querido, who resurrected the opening of Pittenweem gardens with Scotland's Gardens Scheme in 2011. He organised the event with 'punctilious efficiency and good humour' until the progression of his Parkinson's led to him to stand down.



Taking up the reins is neighbour Hazel Mills, who is pictured with Jan-Karel and the wonderful flowering aeonium that spent the winter in Hazel's shed.

Thank you, Jan-Karel for your continued support and fundraising for Parkinson's

UK and your contribution to the Fife Branch Camera Club, your surgical like wit and general good humour. I really must come along and drink a cup of your splendid coffee and wish your wife Anne-Marijke a speedy recovery!

Mark Coxe