

In this Month's Edition

- **Where there's Hope** Page 2
- **Claire's on the Money!** Page 3
- **Coffee 'n' Chat Change** Page 4
- **Time to Choose** Page 6
- **Gypsy's Just the Ticket!** Page 8

CONTACT THE BRANCH ON 07389 865538 or admin@fifeparkinsons.org (not monitored continuously).

A Message from the Chair

This is the first Newsletter since the Fife Branch Annual General Meeting. At the AGM, the disappointingly small number of members present approved the Chairman's and the Treasurer's Reports for 2022; the full reports were previously sent out to all online members.



The new Committee was appointed for 2023 with most people willing to serve for another year but a small number of vacancies were left unfilled. We need someone to look after the 'Social Programme', another to organise the ad hoc 'Transport' to events and another to coordinate the 'Nordic Walking' sessions. If you are interested in any of these roles, please speak to a Committee Member.

The keynote speaker at the AGM was our Parkinson's UK Director-Scotland. James Jopling. James was very complimentary about the achievements of the Fife Branch in the overall Scotland-wide picture. He reviewed a range of UK-wide and local issues including the charity's ongoing support to specialist nursing. James also touched on the item in the Chairman's Report regarding the Branch not yet being back to pre-pandemic numbers attending in-person meetings. He noted that the Fife numbers are indicative of the situation more widely. In particular, James noted that the percentage of Branch Members compared with people with Parkinson's is close to the national average.

During the Chairman's Report to the AGM, thanks were given to Frances Copeland and Catherine Wilson who did not wish to be re-elected. Roma Jefferson agreed to take over from Frances adding a third responsibility to her portfolio. Janice Johnstone was elected to the Committee to confirm her role in the Catering Team at Glenrothes. She also agreed to take over from Catherine.

As we move forward, we need to get some of our regulars to sign up as members and past regulars to come back into the family. Fife Branch's good reputation in the Scotland Group-network is only as good as your Continued support.



John Minhinick

Scottish Made Video Shortlisted for World Parkinson Congress 2023

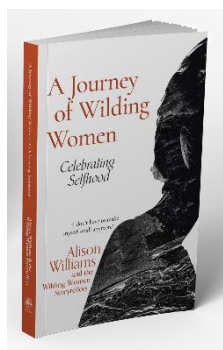
Alison Williams, who lives in Edinburgh, is delighted her video, created for the World Parkinson Congress video competition, has been shortlisted as one of the top twelve chosen for the People's Choice Award.



Alison, who has lived with Parkinson's for eleven years and is a volunteer with the Edinburgh branch of Parkinson's UK, gave the closing remarks at last year's Edinburgh Parkinson's Lecture. She received an abundance of positive feedback for the speech, which inspired her to share the message it contained even further, resulting in the creation of her video, entitled 'Hope'.

Public voting opens in April and, if successful, Alison's video will be shown at the opening ceremony of the congress in Barcelona on 4th July 2023.

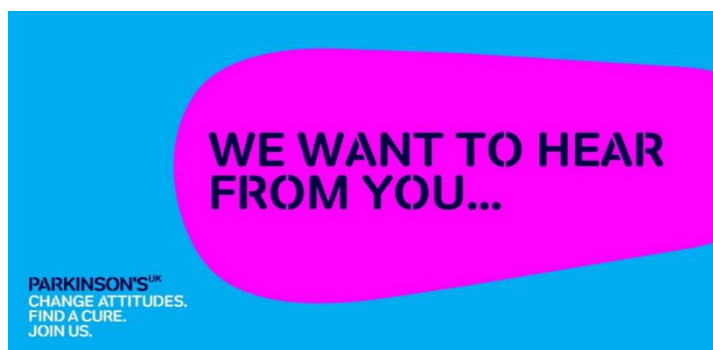
She has also recently published a fascinating book "A Journey of Wilding Women" celebrating selfhood.



Alison started writing a simple story of how the wilding idea was born on a New Mexico vision quest she undertook with WindEagle, her teacher. But as she wrote, it also became the story of how she met some extraordinary women; and then it grew as a library of stories written by these women – these wilding women

"Wilding, I am beginning to deeply understand, isn't mine. It came from the land, not from me. I was the person there and with the readiness to hear it, to accept it and to carry it out. I take a deep breath..... Once upon a time... Being, loving, doing..." — Alison

Alison's book is available from most online bookstores, including Waterstones and Amazon.



Parkinson's UK survey

Parkinson's UK has launched a new survey that aims to highlight the experiences of people with Parkinson's and how the condition affects their lives.

Responses will help improve Parkinson's UK's media work to better reflect the lived experiences of the community and help increase understanding.

The survey is being run by Opinium and is completely anonymous. It's an opportunity for people with Parkinson's to have their voices and experiences heard. HURRY IT'S ONLY OPEN UNTIL 24 March 2023 and can be completed here:

[Opinium Research Survey](#)

Or by putting **prksn.uk/40rLG74** in your search engine.



WPC 2023 Video Competition Vote Now!

We've already spoken about Alison Williams video 'Hope', which was one of 49 submitted from around the world for the competition. It has been selected by the judges and is in the top twelve that can be voted for in the WPC People's Choice Award.

It is also worth a mention that fellow Fifer Janet Kerr gets an Honorary Mention for her splendid video, which details her journey with Parkinson's and it's all in verse!

Vote for Alison below and get her video played at the opening ceremony on Tuesday July 4th. You can also access Janet's video on the same page.

[Top 12 Videos WPC 2023 - World Parkinson Congress](#)



Time to meet Claire McNeill, Totally Trustworthy and Seriously Fundy

When did you join Parkinson’s UK?

I joined in September 2014 so that's 9 years this Autumn.

What is your current job title?

Trusts and Statutory Fundraiser Scotland

Briefly explain your role in Parkinson’s UK.

I work with funders to let them know about the amazing work that the team is doing to support people with Parkinson's across Scotland and the amazing research happening to try and find a cure.

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

I was really lucky to have worked on the bid to the National Lottery Community Fund that has supported our Parkinson's Active project over the last 3 years. This project has been really successful and I've loved hearing stories of how people have felt a huge improvement in their symptoms because they have increased their levels of physical activity. Amanda (Mckay) has also encouraged me to be more active and I am now able to run more than the length of myself!

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

I really enjoy working with my team. The people I work with make me hugely happy in my work every single day. It sounds a bit soppy but I am surrounded by good friends and people who share the same goal as me to really make a difference. Everyone cares immensely about the work that they do.

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

Reach out and use our support services. Our advisers, our nurses, our helpline, our groups and branches... there's so much to help you. A whole community of support. I have heard time and time again people saying the words 'I wish I knew about you sooner' - so I'd encourage everyone to come and be part of our support community.

If you could travel back in time, what intervention would you make to change things for the better?

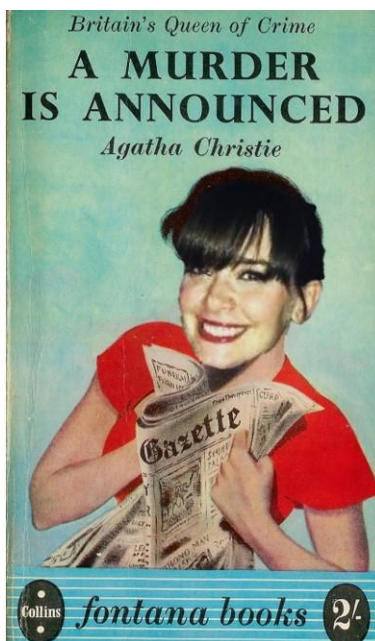
I'll sidestep a political reply. I'm a fundraiser so I have to say that I'd want to change something that helped me make it easier to ingrain impact measurement. This would help me to show the amazing work that's being done every day in a really simple way without having to trouble staff to tell me what they've been up to.

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

My first thought was my hard drive that has family photos but they live in the cloud (I don't know where exactly, hee-hee) so I am going to change that answer to saving a book of poems!! Just thinking of your poetry [Mark Coxe] made me realise that my most prized possession is a book of poems, written for my 40th Birthday from all of my friends who either wrote something themselves or chose a poem for me. Its beautifully written by one of my best friends. Also a floppy eared dog plush (for my boy) and a horsey plush (for my girl) that they cannot sleep without.

Which do you prefer, dogs or cats?

I own both so it would not be possible choose a favourite (cats) (no dogs) (no cats).



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

I'd like to be marooned with Agatha Christie – without a doubt. Where did she go for those 11 days, I'd have plenty of time to solve the mystery?

Next month we meet James Jopling, who will have been with us for a year.

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).

'Coffee and Chat' Group

It's all change at the 'Coffee and Chat' Group! After hosting the Coffee and Chat Group for six years, Frances Copeland has decided to step down from her role as Leader.



Frances, as we all know, is a lady of ideas and the 'Coffee and Chat' was one of her best. She has championed the group since it began and kept us all informed about all the changes, when we found ourselves in the middle of the pandemic. During the pandemic the face-to-face meetings transferred onto Zoom and she led the group forward.

I am sure I speak for everyone who has ever been part of the group when I say a big 'Thank You' to Frances for all her great work as Leader.



Frances is handing over her post to Roma Jefferson who is well known to the membership and is always ready to have a blether or share good advice. Thank you, Roma, for taking the group forward and we wish you well for future meetings.

Roma has asked me to put in a note of future meetings, venues and Zoom sessions and she is looking forward to meeting up with old and new faces.

It's All About March!

1. What is the birth flower for March?
2. The lives of the four March sisters feature in which famous novel?
3. March is named after Mars; what is Mars the Roman god of?
4. Complete the saying: 'March comes in like a lion and goes out like a . . .?'
5. International Women's Day is celebrated on which day in March?
6. What famous board game was invented on March 7th, 1933?
7. The Ides of March is a day on the Roman calendar that corresponds to which date?
8. Symbolising courage, name March's birthstone.
9. The March Hare is a character from which book?
10. On which date in March is St Patrick's Day?

Just for the Record - Frances Copeland

The idea of having a regular informal get together was considered through chatting at our Falkland meetings away back in 2018. From our first Coffee and Chat group meeting on 5th November 2018, ladies and the occasional man, have met regularly and have coped with the pandemic by switching to Zoom meetings. From September 2022 onwards, we have resumed our face-to-face meetings and established a regular programme.

Key points -

- Working well since introduced in November 2018.
- Informal chance to catch up with news and share problems.
- No pressure to attend – just come and go when suitable.
- Discussion not centred around Parkinson's.
- Emphasis on friendship and shared company.
- Zoom meetings have benefits for members living on their own.
- Advantage of open to everyone.
- Flexible times for taking part.
- Meetings held in Rejects Kirkcaldy and Dobbies Dunfermline after summer break.
- Rota set of 8 -week cycle - 4 meetings total. i.e. 2 Zoom plus 2 face-to -face.



Cheers!

Catherine Wilson also deserves a mention, having worked very hard for the last four years as our Branch Almoner. Prior to that Catherine spent four years as our Branch Social Secretary. She has now decided to step down.

Thank you, Catherine, for all your hard work and the lovely way you have carried out your responsibilities. Catherine will be handing over to Janice Johnstone.

Coffee and Chat Dates for your Diaries	Venue / Zoom
March 22 nd	Zoom
April 5 th	Dobbies, Dunfermline
April 19 th	Zoom
May 3 rd	Rejects, Kirkcaldy
May 17 th	Zoom
May 31 st	Dobbies, Dunfermline
June 14 th	Zoom
June 28 th	Rejects, Kirkcaldy

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.

TRY THIS ONE OUT!

Tomato Soup Without Tomatoes!

Thanks to Diane Dunbar, one of our regular contributors, for sending in the most intriguing recipe we have published since we started our new look newsletter.

Ingredients

Makes 2.5 Litres.

- 100g butter or margarine
- 50g bacon diced
- 50g onions diced
- 50g carrots diced
- 50g plain flour
- 250g tomato purée
- 2.5 litres chicken or ham stock
- 1 bouquet garni
- 25g sugar
- Cream
- Salt and pepper



Method

1. Melt the butter or margarine in a large pan
 2. Add the bacon, onions, and carrots and cook until soft
 3. Add the flour and cook to a blond roux
 4. Add the purée and stir to combine
 5. Add the stock, bouquet garni, and sugar.
 6. Bring to the boil, then simmer for an hour
 7. Strain through a sieve
 8. Re-boil and adjust the seasoning and consistency
- Add cream.

DONATIONS TO OUR BRANCH

Our Treasurer, Alex Rodger, at Fife's Branch of Parkinson's UK 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 always aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness.

Donations:

Crossroads Carers. Brighter Futures Health Hub and Sandra Wilson

In Memoria:

Davina Jenks

*Thank
You*

Thank you to Kenn McLeod for overindulging on January 25th, I think! Read on

THE GREAT MEALIE PUDDEN



First, catch yer haggis. This is no' very easy fur if a haggis sees ye comin' ower the hillside it'll roll doon the hill like a fitba' an' ye'll be sair pressed tae keepup wi' it. Hooever, on a hot day ye can quietly sneak up tae it on the grouse moor while it's lyin' on its back baskin' in the sun an' quickly throw a butterflynet ower it.

But if that looks like too much hard wark ye can aye buy yin frae the butcher. He'll hae got it frae a local organic haggis ferm. If the fermer could only get the haggises tae lay eggs he'd hae a braw extra source o' income:mebbe some day. Until then he'll juist hae tae let the haggises roll free around the ferm yaird. Ye'll hae tae mak' shair that the butcher cuts aff the legs o' the haggis an' gies its erse a guid dicht.

An' if believe a' that, then it's no' the haggis that's the great chieftain o' the pudden race! Auld Scotia's joy, auld Scotia's treasure!

Not Just a Token Gesture!



Thanks to Rose Duncan at Brighter Futures Health Hub Glenrothes, for introducing the wide variety of health clinics and complimentary therapies, which are on offer to people with Parkinson's and their carers.

She has kindly given the Branch some vouchers to go towards the cost of the things that BFHH offer. Their services are spread across two venues: Cadham Pharmacy and the Hub at 37 Peplow Drive.

Contact the Branch by email if you want to take up this fantastic offer or alternatively **BFHH on 07926 503923**

Walking Group Report

Since our last report, we distributed fliers at the February Meeting in Glenrothes to promote our Branch Walking Group. So far, we have had one member who had expressed an interest and turned up to join our most recent walk with her little dog.

Please come and join us if you would like to add a little light exercise to your weekly programme. Contact admin@fifeparkinsons.org for more details.



Our hardy walkers met on the morning of Friday 10th February at the Valleyfield Snowdrop Trail where we were met by Ronnie Collins, an enthusiastic Volunteer from the West Fife Woodlands Group. Ronnie, who accompanied our group told the members about the history of the estate as we enjoyed a stroll through the

woods and witnessed the work done over the past few years, by the Volunteers who are restoring the woodlands of the estate bit by bit. After our walk we enjoyed the coffee and cake prepared by members of the group.



Thanks go to the Shiresmill Therapy Riding Centre who allowed us the shelter of one of their stables, use of their kettles and their warm hospitality!

Our next walk took place on 24th February, a sunny Friday, where we met at Ravenscraig Park to walk through the park and along the coastal path to the lovely village of Dysart where we enjoyed both the lunch and the conversation at the Harbourmaster's Café before taking the return walk to Ravenscraig.



Elizabeth Tait

Do you want a Summer Outing?

We're thinking of having a summer outing this year and we're looking for some ideas and help organizing it. So, how about letting us know about any urges that you have for an affordable day out.

To kick us off, here's a few ideas that have been floated already. No pun intended!



Seagull Trust, Ratho Branch

<https://seagulltrust.org.uk/ratho-branch/>



New Lanark Heritage Site

<https://www.newlanark.org/>

Bowhill House, Selkirk

<https://www.bowhillhouse.co.uk/plan-a-visit/group-visits/>



Strathspey Railway

<https://www.strathspeyrailway.co.uk/events/events-calendar/>

Let us know your thoughts and we'll try and make them a reality.



It's All About March - Answers

- 1 Daffodil
- 2 Little Women
- 3 War
- 4 Lamb
- 5 8th March
- 6 Monopoly
- 7 March 15th
- 8 Aquamarine or Bloodstone
- 9 Alice's Adventures in Wonderland
- 10 17th March

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 with lemonade instead?

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.

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.

Now the solution to this question?
Is stay at home and just drink tea,
Although I don't get woolly headed,
I still get an urgent need to pee!

Mark Coxe



HOPE

Hope came with the flowers
The scent of them freshening the room
Flowers coming with good wishes
And hopes of return to health.

Daylight brought hope of another day
The time for the birds and their song
She sat alone watching the birds
Their song was free, so free.

In her room she smelt the flowers
Heard the birds greet the day
If the birds sing tomorrow
There will be hope she thought
And the birds sang.

Sheena Bell



She was the first act on and quickly strapped the audience in for an evening of riotous entertainment.

Whoever said that woman couldn't do bawdy, never heard this lot!

Luckily, she didn't pick on me from the stage, but she did come over during the interval for a chat.

The atmosphere was fantastic (Especially as they have a BYOB policy) and we all thoroughly enjoyed ourselves, *but don't try coming next time because it's a very small and intimate venue and I want to be able to still get a ticket!*

Shona was driving so couldn't imbibe, but she said that she was looking forward to a cider when she got home.



Mark Coxe

She's partial to a rare Australian brew made by the family firm of Dickens and although she can't always get it, when she does, it's a rare treat.

NB Italicised print may not be entirely factually accurate.

Stand Up & Be Counted!

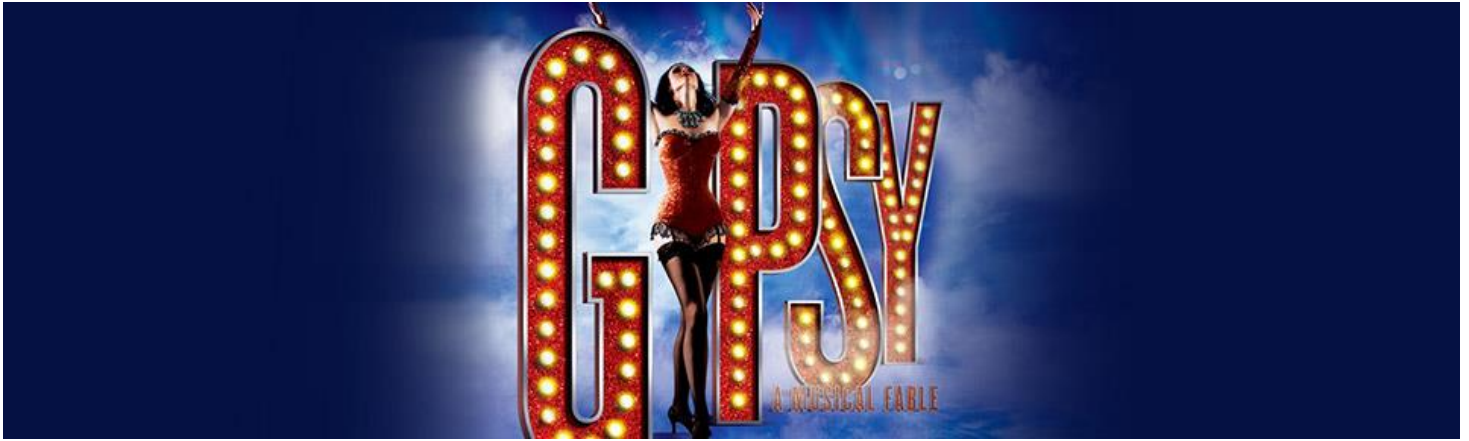
I recently had the privilege of seeing our very own Shona Lawson (newsletter 37) on the Comedy Club stage at The Aurrie in Lower Largo.

She was part of an all-female line up including the headline act Josie Long, who were celebrating and giving us their take on International Women's Day.



**PARKINSON'S UK
HELPLINE
0808 800 0303**

**PARKINSON'S UK FIFE BRANCH
ANNUAL TRIP TO PITLOCHRY FESTIVAL THEATRE, 9th AUGUST 2023**



Gypsy is one of the greatest and most dazzling of all musicals. Based on the tantalising memoir of famous striptease artist, Gypsy Rose Lee, it tells the story of ambitious showbiz mother Rose, who travels across America with her daughters, Baby June and Louise, in search of success with their homemade vaudeville act.

When Baby June leaves the act to elope, Rose vows to make introverted Louise into a star, and will do almost anything to see her daughter break into the big time.

Prepare to fall in love again with iconic songs, including *Some People, Let Me Entertain You*, and the show-stopping *Everything's Coming Up Roses*.

Come and join us on our annual outing to enjoy this year's musical treat at the Pitlochry Festival Theatre; here are the details:

TRIP TO PITLOCHRY FESTIVAL THEATRE FOR THE MUSICAL 'GYPSY'

WEDNESDAY, 9TH AUGUST 2023



Office Use Only

I/We would like to book a place/s for the trip to the Pitlochry Festival Theatre on Wednesday, 9th August including High Tea afterwards at the Taste of Perthshire, Bankfoot.

Name (s):		
Address:		
Telephone Number(s):		
Email address: : (in order to confirm receipt of cheque etc)		
I/We would like to join the bus at (please tick):	<input type="checkbox"/> KIRKCALDY (Beveridge Park) <input type="checkbox"/> DUNFERMLINE (Fife Leisure Park)	

Payment of £35.00 per ticket with completed form to be made no later than Thursday 11th May. Payment can be paid either at Glenrothes (cash/card/cheque). or by cheque in the post. The deal is that you pay for the ticket/s and the Branch pays for the transport and the High Tea.

**PLEASE RETURN TO ELIZABETH TAIT, 1 HOPEWARD COURT, DALGETY BAY KY11 9TF
A.S.A.P. CHEQUES SHOULD BE MADE PAYABLE TO PARKINSON'S UK, FIFE BRANCH**