



## In this Month's Edition

- Bargain Hunt Bob Page 2
- Director Approach Page 3
- Parkinson's Podcast Page 4
- Pill Poppers Beware Page 5
- Bountiful Mhairi Page 6
- WPD Page 7

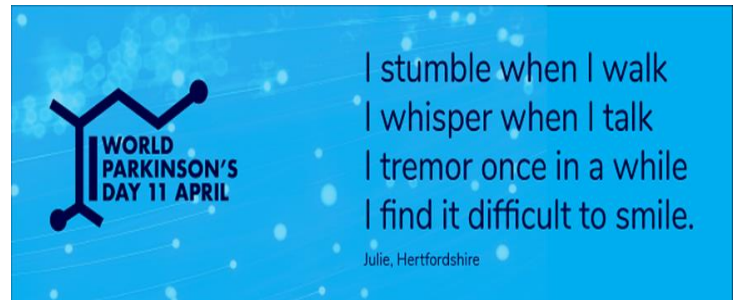
CONTACT THE BRANCH ON 07389 865538 or [admin@fifeparkinsons.org](mailto:admin@fifeparkinsons.org) (not monitored continuously).



### Hello to our Readers

It's April already and with the clocks going forward it occasionally feels like spring has sprung. We have another packed edition for the 225 people that we distribute our newsletter to. We hope that you are informed and dare we say it 'enjoy' our efforts. If you do, you can always share it with friends, family and colleagues. If you don't happen to enjoy it, you could always share it with people that you don't like! As P.T. Barnum said "There's no such thing as bad publicity".

April is Parkinson's Awareness Month, so keep an eye out for public buildings and landmarks that have been illuminated blue and send us a photo if you can. Poems for Parkinson's are also featuring this month, so look out for Parkinson's Poems on electronic billboards.



All the Best and Keep Safe, Your Editors Charles & Mark

## WHAT DO YOU WANT?

There is now an opportunity for the 40 Parkinson's Groups and Branches from across Scotland to regularly meet on Zoom and occasionally in-person. An important benefit from the meetings is to exchange ideas about activities and events that appeal to local members.

With some of the activities in Fife attracting less than 5% of the membership, are some changes needed?

From the recent Scotland-wide meeting a popular activity was highlighted that could be considered for inclusion in the Fife programme; a regular speakers programme.

A number of Groups have a monthly programme of speakers on a range of topics including Parkinson's wellbeing, other health issues, local authority topics, personal management issues (finance, home security, holidays etc etc) and general interest.

Please let me have your suggestions for possible changes to the programme of events and activities in Fife – [j.minhinick@btinternet.com](mailto:j.minhinick@btinternet.com) or 07917602484.

John Minhinick, Chair



# THIS MONTH

PARKINSON'S<sup>UK</sup>  
SCOTLAND  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

## JOIN US

At the  
Glenrothes Gathering

The Bridge Centre  
Falkland Place, Glenrothes. KY7 5NS  
Thursday 13<sup>th</sup> Midday to 3pm.

This month we are pleased to welcome Paul Rooney from Citizens Advice & Rights Fife to our meeting, so have your questions ready.

Have you started your spring clean for this year?

Now's the chance to clear out the old and raise funds for Parkinson's UK.

We have so many ways you can recycle and are super excited to have a new 'Recycle for Parkinson's UK' partner alert 📣

We are thrilled to have partnered with [We Buy Books](#) so that you can recycle books, CDs, DVDs and games and choose the value of your items to be donated to Parkinson's UK!

Find out more about [We Buy Books](#) and how to get started here 📄 [bit.ly/3X1SGVO](https://bit.ly/3X1SGVO)



Our walk on the 10<sup>th</sup> of March was nearly called off due to the weather warning of heavy snow but looking out of the window and seeing blue skies we decided that it would be okay to go ahead, after all the weather in Scotland is changeable but not that much!

We had a very pleasant, if frosty, walk in Riverside Park in Glenrothes, which was broken by a very pleasant and warm, break for lunch at the Fettykill Fox before returning to our cars.



It might have been cold for the ducks but we were well wrapped up. As they say in Norway, "Det finnes ikke dårlig vær, bare dårlige klær!"

"There's no such thing as bad weather, just bad clothing!"

Unfortunately, our walk around Carlingnose Point and Nature reserve was called off due to the heavy rain.

However, nine members met for coffee and cake at the Majestic Café in Inverkeithing. We enjoyed our lunch and had a browse around the sale room of Flemings which is in the same building and which has featured on the Bargain Hunt programme on BBC1. The range of items for sale was very interesting even a piano for £45 seemed a bargain.



Hopefully the weather will play ball for our next walk at Rosie Estate on the 14<sup>th</sup> April. The estate is famous for its range of daffodils and gardens.

## Time to Meet James Jopling

### When did you join Parkinson's UK?

I joined Parkinson's UK in April 2022

### What is your current job title?

Country Director Scotland  
Parkinson's UK



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

My role is to support the team here in Scotland to ensure that together, with the community of people affected by Parkinson's, we can affect change in policy, the NHS, care information and support so that people affected can live with their Parkinson's in the best way possible.

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

Keeping the excellent staff team here in place and I hope relatively happy to be able to do their jobs in the best way. We have one person working with all our volunteer groups and branches, two people working to identify new ways to support people and one person to work on all the policy issues that affect healthcare. We are powerful beyond our means thanks to the community who we work alongside.

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

Realising the commitment and passion of people who through no fault of their own have this devastating condition, yet are prepared to help themselves and others in the communities where they live.

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

Find a person to help you navigate through some of the stormy waters ahead. Might be your Parkinson's Nurse, someone you meet at a group, one of our helpline team or advisers. And remembering that your experience is specific to you - it is such a complex condition affecting different people in different ways.

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

Find a different way to ensure new drugs and treatments could be developed and funded without needing commercial interests behind them. There must be a better way to take the discoveries of the brightest minds and get them to patient benefit.

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

I kept a scrapbook which I wrote in regularly and directly to my son from when he was 17 months old to when he was about 10. It details things like every film we ever saw in the cinema in that time, all the holidays we had. I wrote it mostly by hand so it is irreplaceable!

### Which do you prefer, dogs or cats?

Cats - I am regularly visited by the cat of a neighbour of mine and it was a pleasant treat during lockdown - except when it brought mice or a bird in my flat!



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

Has to be Ray Mears. I have no practical skills or experience and I'd need someone to help me stay alive!



The Camera Club continues meeting fortnightly on Zoom using a theme to keep our challenges fresh and novel.

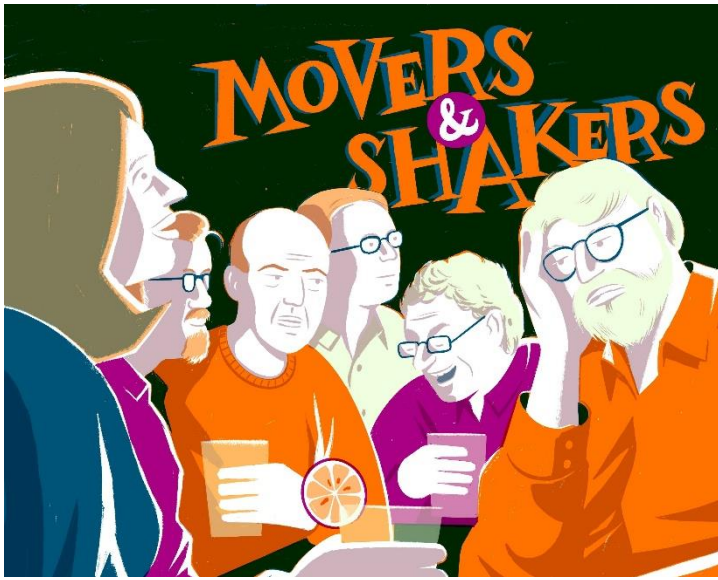
The latest challenge was named, 'Back to Basics'. By using the rule of thirds and the 20% rule to remind ourselves of the



classic photographic techniques, which were originally copied from the fine art masters, we hope to improve our compositions. We continue to evaluate our photography trying to encourage ourselves to become better photographers.

We all use our mobiles and cameras to take photographs so if anyone wants to join our group and only have a mobile, please come along to our Zoom meetings.

Bob Copeland



In a quiet back corner of a pub in leafy Notting Hill, six friends share a drink and their experiences of life. They are the Movers and Shakers: Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn, and Jeremy Paxman. They are united by two things: their fascinating and wide-ranging careers, and having Parkinson's disease.

Honest yet uplifting, this will be a balm to people with the condition, their friends and family, and a source of enormous interest and empathy for those on the outside of the community.

*"It's fascinating, the way we 'Movers and Shakers' respond to the illness, from Paul's hysterically funny and brightly optimistic determination to regard our collective curse as a personal blessing to Jeremy's gloomy fury and trademark, incisive questioning of accepted wisdom. The podcast is of course for people with Parkinson's and their friends but also for anybody interested in the human condition. We learn to cope. That pesky packaging? When your fingers fail, attack with scissors, a knife, determination – and hope."*  
*Mark Mardell*



Movers & Shakers is sponsored by Boardwave in support of Cure Parkinson's. The podcasts are available on most popular platforms.

## Singing To Help Parkinson's



For many years researchers have found that singing can help people with Parkinson's. For many years Meri Goad has worked with our Fife Branch to provide singing sessions for our members who came along to our monthly meetings in Falkland and now Glenrothes. When we were not allowed to meet in person during the worst of the pandemic, Meri stepped up to the mark and provided us with more than 50 Zoom singing opportunities. Meri now leads us in a combination of face-to-face sessions at our Glenrothes monthly meetings and Zoom sessions between the meetings.

The sessions always start with a few warming up exercises for our lungs and our voices before we move on to the songs. We sing songs from all over the world - 'old ones, new ones, loved ones and some forgotten ones' too. We are always amazed that Meri can remember all the tunes she teaches us! We also sing some of our songs as 'rounds' or with harmonies when we are feeling adventurous.

The best thing about our sessions is that we have great fun, even although we have to work hard. The very best thing is that we do not be 'SINGERS'. All we ask is that our members have a positive attitude to 'have a go' and see where we end up.

Come along and give us a try at Glenrothes, on Zoom or both. You will have lots of fun and know that you are helping your fight with Parkinson's too!

**Charles Small**

**PARKINSON'S UK  
HELPLINE**

**0808 800 0303**

## Potential Problems for Parkinson's Pill Poppers



Parkinson's UK has advised us that there could be a substantial problem for people with Parkinson's having their prescriptions fulfilled.

### Sinemet

Organon, who produce Sinemet products, have said that one strength of their products (Sinemet 25mg/250mg) will have supply issues from mid-March to May 2023.

This might mean you are not able to get your Sinemet product for a short time. If so, you should speak to your GP or the person who prescribes your medication to discuss an alternative. All other presentations of Sinemet will be unaffected and will continue to be available for patients.

*(Details of this were posted on our Facebook page in March)*

### Madopar

or to use its clinical name **Co-beneldopa** has been reclassified as "Special Container" medication, which means they will only be supplied in pack sizes of 100.

Special Container status means that the medication must be supplied in complete manufacturers original packs. When the quantity prescribed falls exactly between 2 containers, pharmacists have been told to round down, and supply the nearest complete container, which in this case is 100. When the quantity ordered is more than halfway into the second pack size, the second complete container should also be supplied.

Consequently, people with Parkinson's may need to get their prescriptions altered to ensure they have enough medicines. Please share this update to ensure that people make the necessary arrangements.

**Updates can be found on the Parkinson's UK website.**

### April Sudoku Puzzle

All you have to do is fill in all the squares so that each row, each column and each of the nine 3 x 3 squares contains all the digits from one to nine.

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

**Gillian's Gems –**  
Advice from our Lead  
Parkinson's Nurse Specialist



## 1. Appointments

It appears that recently more appointments with the Parkinson's Team are not being kept and there are probably many good reasons for this to happen.

However, a lot of people are NOT informing the Team that they will not be attending!



This means that the allocated time is wasted and other patients who are desperately seeking an appointment do not have the opportunity to use this valuable time slot.

Please keep the hospital telephone number in a safe place (you'll find it on your appointment letter) and if you are not able to keep your appointment, please give the team a call so that your appointment can be offered to another patient.

Appointments are very scarce at the moment and your help with this matter will help improve the situation for everyone.

**Thank you.**



## 2. Parking

Give yourself plenty of time to park your car so that you have time to compose yourself prior to your appointment.

Alternatively get dropped off at the door, or even take a bus.



## 3. Dr Kelman

Appointments with Dr Kelman are now being held in Ward 8 of the Victoria Hospital rather than in the Outpatient's Department as before.

However, NURSE appointments in the Victoria Hospital still remain in Outpatients as at present.

### Exercise Class Dates with Shaper Caper



**April 20<sup>th</sup> the and 27<sup>th</sup>**

**May 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>**

**June 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**

## Mhairi's Bounty Bar

### Ingredients

50g / 2 oz butter  
 110g / 4 oz icing sugar  
 225g / 8 oz of desiccated coconut  
 Half a tin of condensed milk (397g)



### Method

Melt the butter and condensed milk slowly over a low heat.

Mix the coconut and icing sugar together.

Add this to the melted mixture of butter and condensed milk.

Put the mixture into a small baking tray 8"X 13 inch / 20X30.5cm.

Cover with melted chocolate.

Put into the fridge to harden.

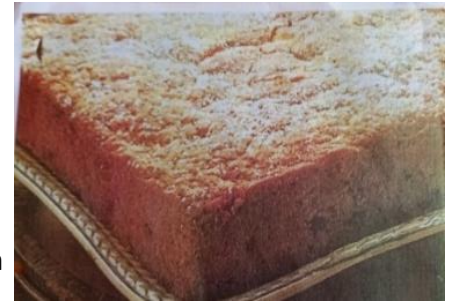
Cut into slices, eat and enjoy

### Mhairi Bell

**Thank you, Mhairi for not only sending us your recipe but also for bringing samples along to our Glenrothes meeting to taste. Delicious.**

## Apple and Cinnamon Cake

Our thanks go to the youngest ever contributor to our Branch Newsletter, 14-year-old Zander Rodger. Sally and Alex, Zander's mum and dad, were very proud of their son when they tasted his wonderful cake.



**Thanks Zander.**

### Ingredients

1½ teaspoons of Ground cinnamon  
 ½ teaspoon salt  
 300g/10 oz self-raising flour.  
 250g / 8oz of demerara sugar  
 50g / 2 oz raisins  
 125g / 4 oz melted butter,  
 2 large eggs, beaten  
 175 ml / 6 fl oz milk  
 250g / 8 oz apples, peeled cored and chopped  
 Icing sugar for dredging.

### Method

Sift the flour, cinnamon and salt into a bowl.

Stir in the sugar and raisins, mix in the melted butter, eggs, milk and apples and beat until smooth.

Turn the mixture into a lined and greased 20cm/8 in square cake tin.

Bake in a preheated moderate oven until the cake springs back when lightly pressed.

Turn onto a wire rack to cool then sprinkle with icing sugar.

## National Mobile Phone Emergency Alert Test

A siren will go off on nearly every smartphone in the UK at **3pm on Sunday 23 April**, the government has announced.

The 10 seconds of sound and vibration is to test a new emergency alerts system, even if your phone is set to silent.

The alert system will be used to warn of extreme weather events, such as flash floods or wildfires. It could also be used during terror incidents or civil defence emergencies if the UK was under attack. **Don't Be Alarmed!**



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

*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).*

### DONATIONS TO OUR BRANCH - Alex Rodger,

Fife Parkinson's is always very grateful to receive donations from friends of the Branch

Donations are given in times of joy, happiness and also great sadness and are always greatly appreciated by the Branch members. Recent donations are:

#### In Memoriam

John Kennedy  
 Eddie Michie

*Thank You!*

*If you wish to contribute a donation, please consider using our **Just Giving** page, which allows you to top up your donation with **Gift Aid***

*Click on the **Donate** link on our Fife Branch website*



If you have been touched by Parkinson's, help us to shine a light with a poem this World Parkinson's Day. We are delighted to have the [Scottish Poetry Library](#) helping us this year to find more Poems for Parkinson's.

Share your poems with us through our website (details below) or social media, using the hashtag [#WorldParkinsonsDay](#)

More information available here: <http://www.scottishpoetrylibrary.org.uk/poems-for-world...>

Read more and submit poems here: [www.parkinsons.org.uk/get-involved/poems-parkinsons](http://www.parkinsons.org.uk/get-involved/poems-parkinsons)

#### Limerick #4

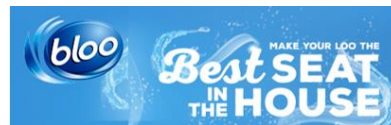
Parkinson's, ain't what you'd choose for yourself,  
As if you could pick what's ails you from a shelf,  
But what if you could?  
What's the likelihood?  
You'd choose something less c - - p for yourself!

**Mark Coxe**

#### Iconic Landmarks Mark World Parkinson's Day

Parkinson's UK in Scotland is calling for buildings all over Scotland to 'Light Up Blue' to mark World Parkinson's Day.

Could you light up your home, village hall or place of worship? We would love to see more iconic landmarks lit up across Scotland.



More information on how to 'Light Up Blue' can be found here:

[www.parkinsons.org.uk/get-involved/light-up-blue-parkinsons](http://www.parkinsons.org.uk/get-involved/light-up-blue-parkinsons)

#### Save the Date - World Parkinson's Day

Heather Kirk is hosting a Scotland-wide Zoom call to mark World Parkinson's Day at 6pm on 11 April 2023.

We will celebrate the great work carried out by Parkinson's UK and also hear from different speakers.

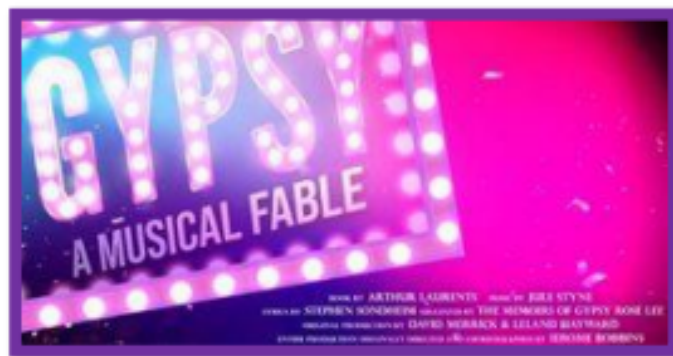
Put the date in your diary now!

Contact us for the link and passcode.

[admin@fifeparkinsons.org](mailto:admin@fifeparkinsons.org)



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



Have you remembered that our outing to The Pitlochry Theatre to see the musical 'Gypsy' is on Wednesday the 9<sup>th</sup> August? Your Booking Form has to go to Elizabeth Tait as soon as possible and your payment has to be with Elizabeth by Thursday 11<sup>th</sup> May which is the date of our Glenrothes May meeting.

The cost of the outing is £35 which is the price of your ticket. You do not have to pay for either the transport or the High Tea at The Taste of Perthshire, Bankfoot. What a great day out and what a bargain, so don't miss out!

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, 9<sup>TH</sup> AUGUST 2023**



Office Use Only
-----------------

I/We would like to book a place/s for the trip to the Pitlochry Festival Theatre on Wednesday, 9<sup>th</sup> 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):		KIRKCALDY (Beveridge Park) DUNFERMLINE (Fife Leisure Park)

**Payment of £35.00 per ticket with completed form to be made no later than Thursday 11<sup>th</sup> May. Payment can be made 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**