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Good Ad-Vice



I'm amazed that it's May already. Where does the time go? The activities of the Branch are gaining in momentum and more people are enjoying what we offer to the Parkinson's community in Fife.

This month's newsletter is a reflection of what we have been up to and the opportunities there are for you to join in. We are grateful to the Parkinson's Specialist Nurse team who plug our group to newly diagnosed patients. Getting told that you have Parkinson's is always a shock and people usually take a few years to come around to the idea of meeting other people with the affliction. This was the same in my case but I wish that I had overcome my fear and prejudices and come to the group much earlier. Admittedly, I was still working at the time, which made daytime meetings and activities difficult. That's why we have a Younger Person's group, which meets in the evenings and weekends.

If you have been given this newsletter because you have just received your diagnosis or you are reading this and you have been living with Parkinson's for some time, don't be a stranger. Okay you will be a stranger to begin with, but not for long. You will find the members of the Branch to be friendly, fun, fair-minded, fearless, first-class and occasionally flatulent! But seriously I'm glad that I'm in their gang because my Parkinson's would be a lonely place without their support.

Mark Coxe Vice-Chair

Notes From The Chair

Dear Members,

The choice of locations for the Fife Branch in-person events are based on good access in terms of public transport and car parking in addition to the important considerations for people using aids and those needing help when moving around a building.

For some people there will still be personal reasons why they cannot attend events such as the monthly meeting at Glenrothes and the fortnightly 'Coffee and Chat' sessions at venues in Dunfermline and Kirkcaldy. The Fife Branch Committee would like to hear from you. We might be able to provide ways for you to join us and enjoy the regular in-person events.

In addition to access issues, the monthly 10-pin Bowling session at Dunfermline is an opportunity for exercise for all abilities.

Please let me know if you need specific help to get to Glenrothes, Dunfermline, Kirkcaldy and any other places where you can enjoy friendships, fellowship and fun along with other members of the Fife Branch.

My contact details are M: 07917602484 or E: j.minhinick@btinternet.com

John Minhinick, Parkinson's UK (Fife Branch) Chair



Hello Liz Nash!

When did you join Parkinson's UK?

I joined Parkinson's UK in May 2018. These past five years have flown by, and I still learn something new every day!

What is your current job title?

I'm the Research Support Network Manager, in the Research Communications and Engagement Team.

Briefly explain your role in Parkinson's UK.

Our [Research Support Network \(RSN\)](#) brings together people driven to help find a cure and better treatments for Parkinson's. In my role as RSN Manager, I work with colleagues, [volunteers](#), community members and researchers, to ensure that everyone who wants to can get involved in Parkinson's research. I support our 12 volunteer-led [Research Interest Groups](#) around the UK (including 4 in Scotland), oversee our [research events](#) programme, work with our [Race Equality in Research](#) and Research Participation steering groups, and lots of other activities to encourage people to [take part in Parkinson's research](#).

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

I am most proud of the growth and expansion of our [Research Interest Groups](#) (RIG) programme. Through the work of lots of passionate and dedicated volunteers, staff and researchers, we've grown from having 6 active groups in 2018, to 12 - now in all 4 nations of the UK. Between them, RIGs have delivered more than 50 online and in-person research events in the past few years - helping build everyone's understanding of research and increasing communication between researchers and the community.

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

It's all about the lovely and brilliant people I work with! I'm lucky enough to have a UK-wide role, so I regularly work with volunteers and colleagues and plenty of inspiring researchers too. When projects and events we've co-created go well, this is incredibly satisfying. I love this collaborative and people-first way of working.



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

I've met so many people living well with the condition, so I would encourage them to seek out their local community as soon as they feel ready. Support and activity groups have a lot to offer. I would encourage them to get in touch with Parkinson's UK, to learn more about the condition, and to access our support services. And of course, I would encourage them to take part in research –

there are so many opportunities, and a huge range from surveys to drug trials - something for everyone! Taking part in research is a great way to learn more about the condition, and to contribute to the search for better treatments and a cure.

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

Ooh, that's a tough question. Perhaps something related to climate change, the environment and the amount of harmful chemicals we've introduced into our daily lives. If we could go back and instigate greener and more natural ways of living and working from the beginning of industrialisation, I think we'd all be healthier and happier now.

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

I'm from the USA originally and I have a small but much-loved collection of American-made vintage ceramics and glassware - which can't be replaced.

Which do you prefer, dogs or cats?

Before working at Parkinson's UK, I spent 5 years as the Volunteering Manager at Battersea Dogs and Cats Home - lots of happy memories, but I'm definitely a cat person.

I envy their attitude (and the amount of napping they get!)



What famous person would you like to be marooned on a desert island with?

David Attenborough. I could listen to him for hours, and he could teach me a lot about the flora and fauna of the island. I feel confident he'd know what to do and would have a very sensible approach to our predicament.

Ed; I know that Liz probably wouldn't have been born when this photo was taken, but I just couldn't resist it!

IMPORTANT NOTICE

The Branch Committee still has some tickets available for the popular annual trip to the Pitlochry Festival Theatre to see this year's musical 'Gypsy' on Wednesday 9th August.



We've decided to extend the closing date until Thursday the 8th June to enable more members to sign up. We will then have to confirm final numbers for tickets and food etc.

CLOSING DATE EXTENDED

If you would like to join the party, please let either Elizabeth Tait or Charles Small know.

The cost of the outing to members is £35 each which is the cost of the ticket. Transport and high tea costs are paid for by the Branch.

However, if members would like to bring along a relative or friend then the first guest would similarly be only charged £35 but the second and supplementary guests would be charged £52 each, which is the cost of the ticket and the food with the Branch paying the transport cost.

Please phone Charles if you have any questions.

Let's hope we can fill the bus and make this a day to remember.

Charles Small

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:

John Wilson (on the occasion of his birthday).

Thank You

Can YOU Help to Collect Funds For Our Branch?



As part of our ongoing Fund-Raising efforts our Vice-Chair, Mark, has made arrangements with the Kirkcaldy Supermarket *Morrisons* for our Branch to do a collection **on Friday 9th and Saturday 10th June between 10.00 and 16.00 each day**. This is a great opportunity for our Branch members, family members and friends to rally round and give Mark all the support we can.

If you can spare 1 or 2 hours on either or both days, please let Mark or any member of the committee know and he can make up a rota so that the collection can be fully manned. It has been quite a long time since we collected in Kirkcaldy so hopefully, we can do well.

Cauliflower and Bacon Savoury.

Thanks Diane Dunbar, for sharing your very tasty savoury dish with us all.

Ingredients

- 1 Cauliflower, broken into florets
- 1 onion chopped
- 2 oz 50g mushrooms sliced
- 4 oz / 110g diced bacon
- 2 oz / 50g butter
- 1 tblsp Worcester sauce
- Seasoning

For the cheese sauce

- 4 oz / 110g grated cheese
- 1/2 pt / 284ml milk
- 2 oz / 50g flour
- 2 oz / 50g butter

Method

Cook cauliflower,
Fry onion in the butter until transparent,
Add the bacon, mushrooms, and Worcester sauce.
Simmer until the liquid is absorbed
Arrange cauliflower in a heated dish, sprinkle the bacon mixture over and keep warm
Make the cheese sauce and pour over the dish
Serve immediately



An Opportunity Not To Be Missed!



We have been given a great opportunity of a wellbeing session delivered by Louise Anderson, in partnership with Brighter Futures Health Hub, which will improve the wellbeing of people living with Parkinson's disease.

Louise offers an enjoyable, relaxing interactive session within a group setting. Participants will experience aspects of different forms of self-care and stress reduction techniques and ways to work on mindset. The session will use a combined approach using different methods from her extensive experience. She would be aiming to provide different elements of therapeutic techniques for relaxation and stress reduction.

The session will be focused on providing a relaxing supportive experience, where people also learn easy to use, practical methods, which they can implement in their daily lives.

Session Outline & Methodology.

Breath work – Louise would show us the benefits of different breathwork to breathe properly, promote calm and release stress.

Silent Counselling – Louise would introduce us to silent counselling. This is a form of Non-invasive Meridian Therapy – Rapid Energy Release, using touch and breathwork to rapidly release emotions such as stress, anxiety, self-doubt and frustration.

Guided Relaxation/Meditation – Louise regularly works with people that have never tried meditation before and she delivers this in really down to earth accessible way. It is a quick way to calm your thoughts and enables people to very quickly centre their energy and feel much more grounded.

Muscle Relax/Mindful Movement – You will learn to use very simple muscle relax techniques, which can be used alongside breathwork to help people to quickly get out of fight or flight and trigger the parasympathetic nervous system to get back into rest and digest. Simple stretches can also be used to help people to release stress and tension from the body.

A one-off session, would provide people with a toolkit, which they can use at home for;

- 1) Breathing techniques for stress reduction
- 2) Grounding Technique
- 3) Video download for Simple Silent Counselling technique for anxiety/stress reduction release and getting energy back into balance.

However, more than one session would enable Louise to build on the techniques which had been introduced in the first session.

The session/s have been generously donated by Brighter Futures Health Hub, which means that they are free to our Branch members and would be held at their premises at 37 Peplow Drive, Glenrothes. KY7 6PF. The session would benefit from about ten people attending.

Contact admin@fifeparkinsons.org if you are interested and we will arrange a mutually convenient time and date.



An appointment at my local Bank of Scotland branch has led to my Financial Consultant, Valerie Robertson, pledging to do a parachute jump in aid of Fife Branch on the 24th June.

Not only is she doing it but her daughter in



law, who also works for the bank (Business Banking) is also taking part and sharing the Just Giving link. Not only that, but the Bank will match whatever she raises! So, dig deep and support them. Details on how to donate will be in next month's newsletter. Valerie has also made sure they'll have a giant cheque in the branch to use for a photo opportunity, so let's make it worthwhile!

Mark Coxe

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).

A May Quiz Dozen

1. Who did Queen guitarist Brian May marry in November 2000?
2. Which tennis Open Championship normally begins in the last week of May?
3. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?
4. Historically, what sort of dancing has been linked to May Day celebrations?
5. 'The Third of May 1808', is a painting completed in 1814 by which Spanish painter?
6. How long is the lifespan for the adult female Mayfly, *Dolania Americana*: 5 minutes, 5 hours, or 5 days?
7. According to a 1732 traditional saying, what should you never cast till May be out?
8. What is the more common name for the Mayflower shrub?
9. Theresa May was born in which town?
10. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May, 1945?
11. In the nursery rhyme 'Nuts in May', on what sort of morning are the nuts gathered?
12. The Mayflower left England for the Virginia Colony with which other ship on the 15 August, 1620?



The Walking Group

On Friday the 14th April the Walking Group headed off to Backhouse Rossie Estate near Auchtermuchty to visit the estate walled garden which is famed for the propagation of daffodils.



Six members attended and the sun shone throughout our visit. Armed with an information leaflet, we headed off around the wooded part of the gardens to see the estate house and follow the Bear Trail which was filled with carvings of bears and squirrels.

We then walked around the walled garden which has two sections; one grassed with lovely water features, the other with all the different kinds of daffodils.

We chatted with a group from East and Mid Lothian who had travelled to see the daffodil festival. We then headed to the cafe and had lunch outside in the sun.



We had a lovely time chatting in the warm sunshine. Unfortunately for Elizabeth her choice of sandwiches, which three of us had been served with, had run out of ingredients and she had to settle for her second choice after waiting for a wee while. However, a lovely day in the sun at the garden was well worth a visit.

Bob Copeland

Dundee Research is De Rig-ueur



The University of Dundee aims to become the global centre for Parkinson's research. Recently, with donated funds, the University has bought leading-edge equipment (i.e. a liquid chromatography system) which will help to contribute to this overall objective. The team at Dundee, which consists of excellent researchers and clinicians, focuses considerably on LRRK2 (pronounced 'lark two') since changes in this gene are the most common genetic cause of Parkinson's.

The research team, through a platform known as the DRIG (Dundee Research Interest Group), work with people living with Parkinson's (PwP's). There was a meeting of this platform on 17 April last where amongst things the following was discussed:

- Simplifying the language of Parkinson's scientists, which is an exercise to make the layperson understand what research is being done at the University,
- A planned event this autumn which will be open to all and involve visits to the University laboratories, and
- A planned event next year, 11 April, that has scientists as well as PwP's speaking about their experiences in being involved with research.

The minutes of this meeting, which contains more details, will be available shortly on the DRIG website.

<https://drig.org.uk/>

B. Hawdon, Chair DRIG

Fife man David shares his experience of living with early-onset Parkinson's disease

As part of Parkinson's Awareness Month in April, David Rigg was featured in the local paper and also on Facebook. He was telling his story about what it was like to get diagnosed at the tender age of 46.



His article went on to explain about Parkinson's, his symptoms and how he has benefited from the friendship and various activities that the Fife Branch has to offer.

Also featured in the press last month was Marc van Grieken, who lives in Perthshire and is heavily involved with the Dundee Research Interest Group.

Shona Lawson (Newsletter 37) one of our Local Advisors wrote a piece for the Scottish Sun telling people about Parkinson's and what the charity can do for all of those affected by it.

Well done to David and the others for raising awareness and becoming tomorrow's fish and chip wrapping! Curry sauce please!!

QUIZ ANSWERS

- 1, Anita Dobson 2, French Open 3, Lily of the Valley
- 4, Morris Dancing 5, Francisco Goya 6, 5 minutes
- 7, A clout (an old word for a piece of clothing)
- 8, Hawthorn 9, Eastbourne 10, 8th May
- 11, On a cold and frosty morning 12, Speedwell



FIFE BRANCH SUMMER OUTING CRUISE ON THE UNION CANAL on Sunday 23rd July 2023

This summer we will be travelling to Ratho to cruise on the Union Canal. We will travel to Ratho for a two-and-a-half-hour cruise. The Seagull Trust will take us in two barges licensed to carry 12 passengers, which can include wheelchairs. **This is a free outing.** The Branch will cover the cost of the transport and The Seagull Trust is a charitable organisation. The Trust will provide tea/coffee and biscuits but we suggest that you bring a packed lunch/snack (unless you are prone to seasickness!)

The first pick up at Beveridge Park, Kirkcaldy, will be at 11.30. and the second pick up at the bus stop adjacent to Tim Hortons, Dunfermline Leisure Park, at 12.00. Return home will be late afternoon. If you would like to join the party, please give your details to Charles Small 01592 713824 by Thursday 8th June. All times will be confirmed nearer the time.

Well, Everyone Else Seems to Have a STRIKE!

April witnessed a first, last month. The tenpin bowling group was joined by the younger members of the Branch for a friendly competition.



After a sticky start, with bowling balls rolling down the gutters and nil points the YP group started to find their form, although the seniors rallied around and the tortoises almost caught the hares up. The competition was won (narrowly) by the kids.

The event was enjoyed by everyone and a grudge return match is on the cards for the future. Thanks to David Rigg for providing the surprise medals to the winning team, which were presented by Dawn Busby. Commiserations go to Roma, who missed out because of a bad cold and could have swung it even further in the YP's favour.

Table Tennis Talents

The latest craze for Parkinson's
That's good for fighting the condition
Helps you forget about your tremor
And leads to good coordination.

What is this new phenomenon
That's on everybody's lips?
You'd be surprised to hear it's ping pong
They've just had the UK championships.

The Second National Championships
For Parkinson's has just occurred
Even though they found it difficult
Not one of them would be deterred.

All of the players have got Parkinson's
Some more afflicted than the other
But boy those Parkey people play
As if they hadn't any bother.

The medals and the prizes
Were given out to those who won
But it's the taking part that really counts
And also having lots of fun.

They say that standing on the podium
You have a very mixed reaction
The person who received the gold
Smugly stands with satisfaction.

The one who qualified for bronze
Who obviously just scraped in third
Is elated that they've made it
Standing on the shoulders of the herd.

But the one that got the silver
Could easily have been a winner
Still thinking of the point they dropped
And now feel worse than any sinner.

Well just look upon the bright side
You ping pong playing Parkey guys
Since the condition is degenerative
This year's winner might not thrive.

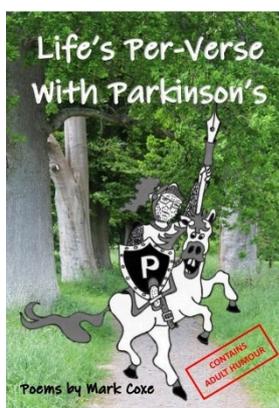


If their condition has deteriorated
While your own wellbeing has not
They won't be on the podium
You'll relieve them of their slot!

So, it's good if you've got Parkinson's
And you're in an annual competition
You only need to keep the status quo
To beat the last year's opposition.

The Second Book by Mark Coxe is Out Soon!

Now is the chance to pre-order a copy of the book, which retails at £10.95, but is available to members at £10.00. Contact Mark to reserve a copy.



You've got Parkinson's, but consider yourself lucky because unlike all of the other neurological conditions, it won't kill you, it'll just make your life miserable. That was how I was diagnosed, by an expert. Well, he got the first bit right, I do have Parkinson's. The bit in the middle is up for debate, since

the medical profession keep on changing their minds (it might kill me) but the third part was totally wrong. Looking on the bright side my glass is always half full, mostly because of my tremor.

This book is a collection of humorous and thought-provoking poems about Parkinson's and the world in general as we came out of the pandemic and got our lives back.

Summer Ceilidh 2023

After the success of our Christmas Ceilidh and back by popular demand, we'd like to invite you to our Summer Ceilidh, which is on Thursday 22nd of June in the Function Room of Dunnikier Golf Club, Kirkcaldy. A Return Slip is attached below for you to complete. This year our music will be provided by Bernie Hewitt, who will be making his debut appearance with us. We look forward to seeing as many of you as possible there to enjoy the meal, music and good company.



**SUMMER CEILIDH AT DUNNIKIER GOLF CLUB, KIRKCALDY
THURSDAY 22nd JUNE at 6PM FOR DINNER AT 6.30PM ENDING AT 9.30**

COST OF MEAL: TBC

**PLEASE RETURN TO CHARLES SMALL, 12 ERSKINE STREET, BUCKHAVEN, FIFE. KY8 1JT
or EMAIL admin@fifeparkinsons.org**

BEFORE THURSDAY 8th JUNE.

**CHEQUES SHOULD BE MADE PAYABLE TO PARKINSON'S UK, FIFE BRANCH OR PAYMENT
CAN BE MADE BY CASH OR CARD AT THE MAY & JUNE MEETINGS**

Name / s _____

Address _____

Tel. Number _____ Email Address _____

Do your needs require transport to KIRKCALDY to be provided? YES NO

**MY/OUR CHOICES FOR THE MENU WOULD BE:
(Insert the number required after choice i.e., 1 or 2)**

MAIN COURSE	DESSERT
	Followed by Coffee/Tea

**MENU TO BE
CONFIRMED**