



In this Month's Edition

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Life's Per-Verse with Parkinson's. Well, it definitely is for Mark Cox. Join him as he celebrates and berates his Parkinson's condition and makes observations on life, current affairs (or they were current at the time) and the odd thought that he may have had. All perversely in verse!

The book retails at £10.95 and all profits go to Parkinson's UK and his local Branch in Fife.

You can order it at all good high-street bookshops and on line. Or if you live near Mark, you can get it directly from him at the offer price of £10.00. ISBN 978-1-7393886-0-7

Author: Mark Cox. eBook available as soon as he figures out how to upload it!

Done, Buy The Book

Tell me if I've mentioned this
About my splendid poetry book
It's well worth the stated price tag
So why not go and take a look.

To use a word like splendid
In the same context as poetry
I must need my head examined
But then you know that anyway.

But this one is really funny
In a wry old sort of way
But as it's written by yours truly
It's just a little bit risqué.

The book is "Really rather good"
On stuff that's varied and diverse
Poems cover lots of different things
Pandemic, Parkinson's and worse.

So go ahead, please buy my book
I know it's only poetry
But it's for a very worthwhile cause
For Parkey people just like me.

Mark Cox

Mid-Year Thoughts John M

From mid-Winter, through Spring and now in Summer my Committee has done a fantastic job providing events and activities every day Monday to Friday; thank you to everyone. The number of people attending has been less than in the pre-pandemic times. This is a common theme for other Groups across PUK Scotland and also other organisations but nevertheless disappointing.

During the holiday months of July and August, in line with tradition, the in-person activities and many of the Zoom activities will be suspended; apart from **two one-off events**. If you've not yet signed up for the Canal Boat trip in late July or the theatre visit at the beginning of August, **please book your place in the next few days**.

Our full programme will start up at the beginning of September. My personal challenge to all members is to have-a-go during what I'm calling **'September Challenge Month'**. Either take your first step if you are an attendance virgin or sample something new to add to your experience portfolio.

Have a safe and enjoyable time during the summer months because September is the beginning of autumn!!

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.



Watch Out For The Barcelona Cycle Paths!

Branch member Gary E Kerr is cycling to Barcelona to attend the World Parkinson's Conference with his wife Janet, and their friend Gillian Sharpe, both of whom live with Parkinson's.

Gary admits that he is not a natural cyclist, so this adventure will be tough for him, but not as tough as it will be for Janet and Gillian, who are fighting their condition through exercise, guts and determination. So, please show them your support by donating to Parkinson's UK on their Just Giving page.

Their intention is to raise awareness of Parkinson's Disease, and hopefully some much needed funds for research into a cure. Please read their story and support them through, the gruelling task that lies ahead. You can donate on their Just Giving page: <https://www.justgiving.com/page/tresamigos-bikingtobarcelona>

We mentioned in last month's newsletter that Valerie and her daughter-in-law are doing a parachute jump for the Fife Branch on 24th June at Glenrothes Airport.



The intrepid Bank of Scotland duo are just organising their Just Giving page, so your chance to donate and have the Bank of Scotland match it, will come soon. We're banking on it!

Football Is A Walk In The Park



Early last month staff and members of Parkinson's UK Scotland were delighted to join the Celtic FC Foundation and Glasgow Life, to formally launch their walking football partnership.

Working together they are offering free weekly sessions for people with Parkinson's at Toryglen Regional Football Centre. Celtic FC midfielder Matt O'Riley even came along to give his seal of approval to the project and took part in a kickabout with the lucky participants!

'Parkinson's Active' project officer, Amanda McKay, said, "Walking Football can help with some of the symptoms of Parkinson's and there is a significant level of interest in the activity within the Parkinson's community across the UK.

"We are delighted to be able to expand opportunities to access Walking Football sessions in Glasgow through this partnership with Glasgow Life and Celtic FC Foundation. We know that we are currently only scratching the surface in terms of the numbers attending sessions and look forward to growing the offering of a tried and tested programme suitable for people with Parkinson's."

Perhaps we can get something sorted out for Fife, Amanda. After all, why should the Weegies get all of the fun?

Let's hope that James keeps those knees covered!



YP Cafe for Family, Friends & Carers

Linda Brown and Lorna Fraser are hosting their next online YP cafe for family, friends and carers on Zoom on 15th June 2023 at 7pm. For anyone who has not attended before, the cafe is a chance to share experiences and challenges with people in a similar situation. Send an email to Lorna (lfraser@parkinsons.org.uk) or call 0344 225 3729 for a link for Zoom. Cafe only for family, friends and carers.



PARKINSON'S UK HELPLINE

0808 800 0303

Styx Supporting Fife Parkinson's Again

The benefit of listening to loud Rock Music at Styx in Kirkcaldy at the the 'Rock the Rovers' gig on the 27th August is that some of the proceeds are going to be donated to Fife Branch.

You all know that having a Parkinson's tremor is a good excuse to play air guitar!



STYX KIRKCALDY

ROCK THE ROVERS

RAFFLE PRIZES

Returns

27TH AUGUST 2023

STATE OF EMERGENCY
REWIND
COLOURFUL NOISE

SLIPSTREAM
STEPH
CHARLES WOOD
& ALBO

6 BANDS £10 TICKETS 1PM 9PM

Tickets available from Gavin Quinn,
Styx Kirkcaldy & styxkirkcaldy.com

PARKINSONS FIFE, ANDYS MAN CLUB, BUTTERFLY TRUST & RAITH ROVERS



Parkinson's Scotland's **Walk for Parkinson's series** is back and registration is open. This year they have two walks happening in Scotland and they would love to have your support. The walks play a really important part in the fundraising that they do for research into new treatments and a cure. Help by joining in or promoting one of the walks.

Walk for Parkinson's Inverness Sunday 25th June

Start 11 am

This year there is a new walk at Torvean Park, Inverness. You can choose to walk 2 or 6 miles which will take you along some of the beautiful canal paths around Inverness and out to River Ness and Ness Island. It's a fairly flat route and on good solid ground making it suitable for the whole family. The 2-mile route is fully accessible.

To register to walk or volunteer log on here [Walk for Parkinson's Inverness | Parkinson's UK | Walk for Charity \(parkinsons.org.uk\)](https://www.parkinsons.org.uk/walk-for-parkinsons-inverness)

Walk for Parkinson's Scone Palace Saturday 30th September

Start 11 am

A new date for this very popular walk which hopefully brings better weather with it! The organisers have refreshed the routes on both the 1.3 miles and 5 miles, taking you around the stunning grounds of the palace, its gardens and out to the race course. The 1.3-mile route is fully accessible.

To register to walk or volunteer log on here [Walk for Parkinson's Scone Palace, Perth | Parkinson's UK | Walk for Charity \(parkinsons.org.uk\)](https://www.parkinsons.org.uk/walk-for-parkinsons-scone-palace)

Parkinson's Scotland has also introduced a new Event Village at the start of the walks and would love to bring the Parkinson's community to the space. If you would like to know more, please contact Marion or Julie at Scotlandfundraising@parkinsons.org.uk

United on the Union Canal

Ahoy there! We are looking forward to our summer trip on the still waters of the Union Canal. If you would like to secure some of the

few remaining places on board, please get in touch. If you leave it too late and the vessels are full, we will have no option but to shout 'Repel boarders!'



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).

Anyone for a Game of Tennis?



Scottish Parkinson's International Open 2023

4 - 6 August 2023

Table Tennis that is. Well Brendan Hawdon and Mark Coxe do because they have signed up for the Scottish Table Tennis Open Championships in Largs at the beginning of August. Unfortunately, Mark has injured his left knee, but is hoping to be 'match fit' well in time for the competition.



Brendan has been getting some experience representing Fife at the recent Perth & Kinross

Disability Sport Table Tennis Championships at the Bells Sports Centre in Perth. The event was well attended by people with a range of disabilities from all over Scotland. I must remember to give a nod to Doreen and Alastair, our Perth Ping Pong partners, who also took part.



Join Hands and Form a Circle

The Circle of Comfort staff have been working with our Fife Branch for several years now to provide massage and reflexology sessions at our monthly Glenrothes Gatherings. They're holding two events and would be grateful for support from our membership.

Hosted by and raising funds for  **CIRCLE OF COMFORT**
SCO38004
We provide a funded Complementary Therapy Service for people with cancer diagnoses living in Fife and Perthshire

Afternoon Tea

at the abbey church hall

Sunday 11th June
from 1.00pm till 4.00pm



£15 per person

includes sandwiches, sausage rolls, scones and a selection of delicious cakes

Children's boxes available at £5 per child
includes drink, sandwiches, sausage roll, traybake and sweets.

The Abbey Church Hall,
6 Abbey Park Place, Dunfermline, KY12 7PD

There will be a chance to purchase tickets for the Summer Hamper and an on-the-day raffle with a selection of other great prizes.

To buy tickets, please go to paypal.me/circleofcomfort on your web browser or scan the QR code opposite to pay via Paypal with your name as a reference or call 07563 242916.



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.

Thank You

Thank you to David Anderson and his family and friends (including members of the Kirkcaldy United Services Institute) for sponsoring him on his fundraising walk along Kirkcaldy Esplanade.

CIRCLE OF COMFORT SUMMER HAMPER RAFFLE



The lucky winner will be drawn on 11th June 2023 during our Afternoon Tea Fundraiser.

Just £3 per ticket!

Enter our draw to win a fantastic summer hamper (pictured opposite) worth approx **£250!**

It includes everything you need for a great summer day out (cool bag, towels, travelling rug, water bottles, sun-creams, games, snacks and drinks etc.) It also includes a Kindle PaperWhite for all your summer reading.



To buy tickets, please go to paypal.me/circleofcomfort on your web browser or scan the QR code opposite to pay via Paypal with your name as a reference.

The winner will be notified via email.

WHAT'S IN YOUR GARDEN?

Put your garden fork down and while away a few minutes in the sun with this wordsearch and a cup of tea.



PARKINSON'S

Excellence
Network

AWARDS 2023



It's time to get ready for the Parkinson's Excellence Network Awards, which recognise the hard work and ingenuity of individuals, teams and services that make a difference to people living with Parkinson's.

Can you think of an outstanding example that merits recognition? If so, show your appreciation for a health and social care professional or service that is improving the lives of people or groups in the Parkinson's community by nominating them for an Excellence Network Award.

Two of the six award categories are open to nominations from people with Parkinson's. Nominations can be submitted now and more information on how to do that and the categories can be found here. [Parkinson's Excellence Network Awards](#) | [Parkinson's UK \(parkinsons.org.uk\)](#) Nominations must be submitted by the closing date, 23 June 2023.

Can You Meet Your Local MSP?



Parkinson's UK is working on a new report about Parkinson's in Scotland, and we need your help to make a splash with politicians in August and September. With about 12,500 people diagnosed in Scotland, Parkinson's needs to

be on the radar of every MSP. Decisions they take about the health service, social care, new disability benefits, blue badges, accessible buildings, public places and toilets, research funding and more have a huge impact on the daily lives of people with Parkinson's, their partners and families.

Parkinson's UK is pulling together a report that tells decision makers what they need to know about Parkinson's and how they can make things better for people living with the condition across Scotland. In order to deliver the critical messages that the report will contain, Parkinson's UK is looking for as many people with Parkinson's as possible to commit to meeting their local MSPs in their constituency. You can talk to them about Parkinson's and how it affects you and people you know, and give them a hard copy of the report. **Please email Tanith Muller, tmuller@parkinsons.org.uk, or telephone 0344 225 3726 to be added to the list.**

Talk with Professor Dario Alessi

Join the West of Scotland Research Interest Group later this month, as it hosts an online talk with Professor Dario



Alessi, on the 'Molecular causes of Parkinson's'. Professor Alessi and his team at the University of Dundee study the molecular causes of Parkinson's, in particular the LRRK2 gene, one of the most commonly mutated genes that causes familial inherited Parkinson's. He will talk about how increased knowledge in this area is leading to exciting drug discovery work, looking for new drugs that may have the potential to slow down the progression of Parkinson's. It's happening on 15th June 2023, 2.30pm to 3.30pm, on Zoom.

You can register to attend by visiting the group's Zoom registration page. If you have any questions about this event, please email the organisers ahead of time on hello@wosrig.org.uk

MHAIRI'S TRAYBAKE

Thanks, Mhairi, for your second recipe. I wonder if it will help my 'Slimming for Summer' campaign!



Ingredients



- 198g of Condensed Milk (½ of a 397g tin)
- 1 and a half tablespoons of drinking chocolate
- 15 marshmallows
- 75g / 3 oz butter
- 21 digestive biscuits
- 150g / 5oz chocolate to cover.

Method

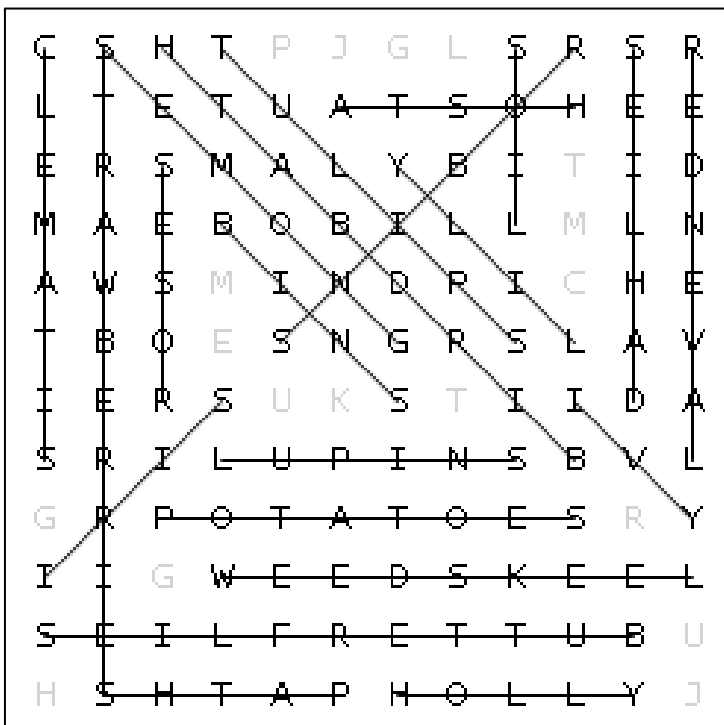
Slowly melt the condensed milk, butter, drinking chocolate and marshmallows in a pan over a very low heat.

Stir the mixture frequently to avoid burning. While this mixture is melting you should crush up the digestive biscuits.

Once all of the marshmallows have melted, stir in the crushed biscuits and pour the mixture into a small tray (8in x 13in / 20cm x 31cm)

Cover the flattened mixture with the melted chocolate and put the tray into the fridge to harden.

Cut into slices and enjoy and maybe share!



Birds

David Cunningham

Bird song the worlds delight
Birds in flight a beautiful sight
Soaring upward high in the sky
Pure pleasure to the eye

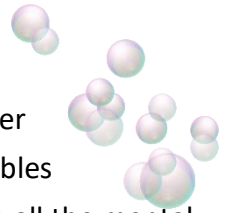
Winter winds ruffle their feathers
Few survive stern weathers
Yet greet each dawn in joyful song
To this earth they belong

In springtime when all things grow bright
On green boughs they alight
And with sweet song this earth revere
Pure pleasure to the ear



The Shower

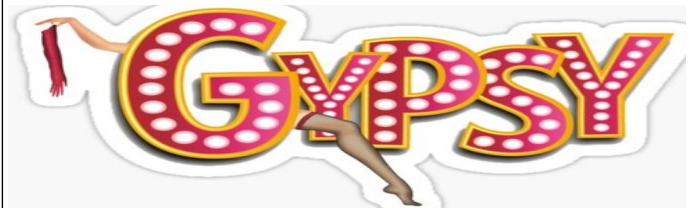
Water, hot strong	Imagine
Beating down on you	The water
Or gentle soothing flow	The bubbles
Scent of shower gel	Washing all the mental
Bubbles cleansing body	And physical pain away



Sheena Bell

Final Curtain, or its Curtains!

There are still some places left for the musical 'Gypsy' on Wednesday 9th August at the Pitlochry Festival Theatre.



We have to return the unsold tickets for resale next week, so this is your last chance, otherwise we will have let you down gently. If you would like to join the party, please let either Elizabeth Tait or Charles Small know **AS SOON AS POSSIBLE**.

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.

“Summer Is Comin’ In”

The **Walking Group** has been greatly encouraged by the prospect of the warmer weather slowly approaching and we have had 2 walks since our last Newsletter report. On 10th May from the village of Culross, 11 members enjoyed a walk along the coastal path by the railway track before heading back into the village. A few of the group enjoyed a stroll round the historic streets taking photographs, some of which you can see here. At the end of our walk, we repaired to the Red Lion Pub to enjoy lunch and some great chat.



On Friday 24th May our walk took us to the nature reserve at Loch Birnie and Loch Gaddon, near

Cupar, where on a lovely summer morning we enjoyed a ‘nature ramble’ along the waterside, admiring the huge range of flowers and foliage, and the multitude of birds and waterfowl that make their homes in the reserve.



Nearby is the Fife Zoo and we enjoyed lunch in the Africafe.



Drop-In Event for Unpaid Carers

Grants of up to £500 are available to
have a break of your choosing

Come along to find out more with
refreshments, holistic taster sessions,
examples of breaks and case studies

Short break activities must provide you with
a break from your caring responsibilities.

*Most reasonably incurred travel expenses will be reimbursed,
contact us for further details

**NO BOOKING NEEDED,
TRAVEL COSTS PAID*, FREE ENTRY
TO EVENT AND PRIZE DRAW**

Time to Live Funding
supporting Unpaid Carers in their valued role

**The Rothes Halls,
Glenrothes**

June 5th 2023 10am - 4pm

contact Fife Voluntary Action

t: 0800 389 6046

e: timetolive@fva.org

www.fva.org/shortbreaks

**Further details, including grant application forms, are available from John
Minhinick if you are unable to attend the event on the 5th.**



**Parkinson's UK Fife Branch
SUMMER CEILIDH
AT
DUNNIKIER GOLF CLUB KIRKCALDY
ON**

Thursday 22nd June 2023 at 18.00. Dinner at 18.30. Finishing at 21.30 hours

**Please make sure that the Committee has your completed form below and
payment of £14.00 per person has been made.**

Name/s _____

Telephone Number _____ Email Address _____

If you do not have your own transport, we may be able to help you find an alternative. Would you like our help? **YES PLEASE, CONTACT ME**

My/ Our menu choices are (Please insert the number required in the boxes)

MAIN COURSE

Braised Beef in a Red Wine and Rosemary Gravy served with Garlic Mashed Potato and a selection of Seasonal Vegetables

Grilled Haddock Fillet served with Pesto Mashed Potatoes, Sun Blushed Tomato and Green Beans

Wild Mushroom and Spinach Risotto with Rocket Leaves and Parmesan Shavings

DESSERT

Vanilla Cheesecake with Fruit Compote

Profiteroles served with Chantilly Cream and Chocolate Sauce

Peach Melba Topped with Raspberry Sauce

Tea and Coffee served with a Mint Chocolate

RAFFLE We would be very grateful if those coming along to the Ceilidh would bring a prize for the Raffle with them. Thank you.

So that we can confirm numbers with the Golf Club, we need to receive all completed forms and payment by June 8th which is our next monthly meeting in Glenrothes. If you prefer, send a cheque (payable to Parkinson's UK (Fife Branch) and your completed form to Charles Small 12 Erskine Street Buckhaven Fife KY8 1JT.