



Summer Special!

What A Night! by Charles Small

It now seemed such a long way away
When we booked our summer ceilidh
But now it was here, let us all give a cheer
We're off to the Golf Club this evening.

Our members were travelling from all over the region
To meet all together for a grand celebration
There's nothing like fine food to make us feel good
And with music and dancing we should all be in the mood.

We were ready to eat as our brains felt quite weak.
Writing anagram answers down on our score sheets
Our thanks go to David and his team in the kitchen
For a beautiful meal well served, must get a mention.

Then on to the dancing with our new music man
Bernie Hewitt by name with his accordion
The feet started tapping, we clearly wanted more
We were out of our seats and onto the floor.



Bernie was great and he kept us all going
If we forgot the dance moves, he didn't mind showing
The steps we would need so we didn't go wrong.
And when we got tired he led us in song.

The surprise of the night was when Mark took the mic
And treated us to 'Happy Wanderer' which we all knew
and liked

Although it sounded funny in a yodelling sort
of way

We all joined in the choruses –
like mountaineers you might say



And you brought some lovely prizes for the raffle of the
night

For which you all bought tickets. Thank you all, we did
all right.

Thanks to all who sold the tickets. Thank you John,
Aileen and David too

Your help is much appreciated, without volunteers
what would we do?

Sad to say, like Cinder's ball, it was time for us to go
We'd had a fine time together which only goes to show
Our Parki Branch can celebrate and let our spirits soar
Roll on December 7th my friends, we can do it all once
more.



For those affected
by the picture of
Mark in
Lederhosen the

**PARKINSON'S UK
HELPLINE**

Won't be able to
help you with that
but they can with
plenty of other
things

**0808 800
0303**

DIDN'T WE HAVE A LOVELY TIME THE DAY WE WENT TO RATHO?

Thanks to everyone who joined in and made our day out on the Union Canal with the Seagull Trust so enjoyable. There were so many of us that we needed two boats. The first with Admiral John Minhinick on board and the second with Vice-Admiral Mark Coxe.



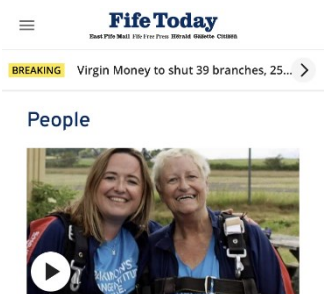
We were well looked after by the team of volunteers and treated to tea and biscuits on both the outward and homeward legs of the voyage. Needless to say, that the Vice-Admiral's boat got back to base first, giving some of us time for a crafty shandy before the Admiral's safe return.



Cheque This Out

A round up of fundraising for the Branch

Mark was extremely proud to accept a big cheque from Bank of Scotland employee Valerie Robertson, for the money that she had raised with her daughter-in-law Susan Flanagan, on completion of their parachute Jump for us at her local Parkinson's Branch.



They even made it into the local press!

Fife bank clerk does skydive for charity following encounter with customer

Thanks also to the members of the Glenrothes Lodge 1549. The Office Bearers John Hogg and Iain Vincent are pictured handing over the big cheque to our Chair, John Minhinick, at our June Glenrothes Gathering.



Keep an eye out for William Miller, who is the Master of Lodge St Fothad's No 1059 Bowhill. The Lodge has decided to nominate us as their charity this year and will be fundraising at the **Cardenden Village Fair on Sunday the 27th August** and the **Bowhill Highland Games on Sunday the 10th September**. I know that he would appreciate your support.

World Parkinson's Congress Adventurers

We are proud that so many of our members made it to the World Parkinson's Congress in Barcelona recently. Some decided to volunteer even though it meant that they missed out on some of the lectures.



L-R Jo Goodburn, Aileen Rigg, David Rigg & Brendan Hawdon

David and Aileen are just back from the World Parkinson's Congress 2023, which was held in Barcelona where they had a busy and amazing time.

2500 researchers, clinicians, doctors, students, volunteers, PWP and carers came together to discuss the latest research, findings, nutrition, exercise and wellbeing, over four days in July. It was really fantastic and again made us thankful for all the people working to try and help us. There was so much to see and even splitting up each day and covering different workshops and lectures, you still have to pick and choose what you can go to and pack into the long days. We are busy writing up notes and creating a presentation for the group when we come back after summer. It was great to see some of the group there and Parkinson's rock Gods Tilo, Dario and Joy. Thanks to Fife Branch, Parkinson's, UK, and The Michael J Fox. Foundation for funding us. **David and Aileen.**



Jo Goodburn (pictured) says "To be with so many people with Parkinson's, care givers, therapists, scientists, clinicians all in one huge room was amazing. It is a lot to take in to see people at all different stages and to see what drive and energy some of them bring to

the causes of raising awareness, finding a cure, improving their quality of life and just generally supporting each other, made me ashamed I don't do more. Volunteering at the Convention is a great way to be here and we have met so many lovely people. I would thoroughly recommend it and I certainly intend to be at the next one!"

Janet "Super Gran" Kerr Has Done it Again

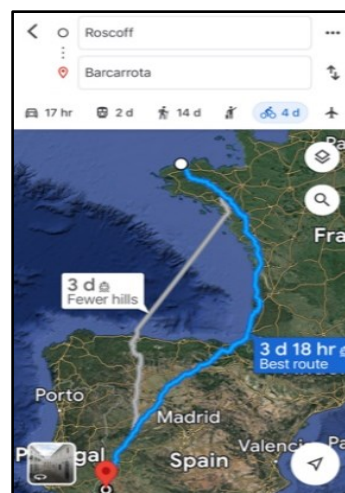


Surpassing her previous endeavours to spread the word about Parkinson's, raise some funds for the charity and even volunteer with Fife Member Gary at the recent Parkinson's World Congress (WPC) in Barcelona. Janet travelled to England to meet up with her cycling partner Gill, who also has the condition and the pair crossed over from Plymouth to Roscoff, France, ready to start their journey on June 12.

The plan was for them to follow the Atlantic coast route to Barcelona but the women ended up separating shortly after arriving in France. Janet then ended up cycling solo for ten days through the country, covering an average of around 50 miles a day. Janet had to modify her route and met up with her husband, Gary, 62, and friend Gillian who were also cycling to the WPC but from Valencia.

The three of them continued together to Barcelona arriving on June 30. Gary, Janet and Gillian all volunteered at the Congress, working around five hours each day.

We see them here greeted by Marc van Grieken (L) and Brendan Hawdon (R) both part of the Dundee Research Interest Group.



Well done for such an exhibition of strength, endurance and tenacity.

Can't help feeling that the Google route with 'fewer hills' would have been more of a challenge on a bike, no matter how much you pump the tyres up!

WALK FOR PARKINSON'S

It's said that "nature awaits in abundance" around Scone Palace.

That's where we're hosting our Walk for Parkinson's on 30th September 2023 Just watch what you step in!

Sign up now for either the fully accessible 1.3 mile route or the more challenging 5 mile walk to help raise funds for [Parkinson's UK](https://www.parkinsons.org.uk).

You can still register, here on our website, until 24th September 2023 🙌
prksn.uk/3XO5tfY

Our Next Glenrothes Gathering is on the 14th September

We're looking forward to welcoming you back and if you know of anyone with Parkinson's who doesn't come, bring them along!



We hope that you feel rejuvenated and haven't any life-threatening wildfire stories to regale us with!

Rock The Rovers

There's still a chance to get tickets to listen to great Fife groups on 27th August, supporting local charities including Fife Branch.

Buy your tickets from the Styx Kirkcaldy website to guarantee entry or you can purchase them on the day.

Are You Drinking Enough?



1 in 4 people aged over 65 are dehydrated, according to a review by an international network for people working in health and social care.

CHAIN (Contact, Help, Advice and Information Network) conducted a review, which found dehydration is prevalent among non-hospitalised over 65s.

You can read the full detail here, in Clinical Nutrition 🙌 prksn.uk/3XZFD8P

Please remember to take plenty of fluids and encourage older people you know to drink regularly.

Tickets to Edinburgh Lecture

We are delighted to let you know that this year's Edinburgh Parkinson's Lecture will take place on 20th September 2023 before a live audience at the Royal College of Physicians of Edinburgh.

'Learning to Listen – a patient-centred approach to Parkinson's care and research' will be the title of the lecture, delivered this year by Professor Camille Carroll.



Professor Carroll is the new Professor of Clinical Neuroscience at Newcastle University and Honorary Consultant Neurologist. She is also Joint Clinical Director of the Parkinson's Excellence Network.

For those who cannot be there in person, the lecture will also be streamed online. For more information and to register please visit prksn.uk/3zi3KRY

Listen to Professor Dario Alessi Talk



Professor Dario Alessi (Dundee University) gave a talk to the Parkinson's West of Scotland Research Interest Group recently, which is well worth listening to.

<https://parkinsons-org-uk.zoom.us/rec/share/nDk3pSpEpJUdjb3bv2b08hDp7TFdNeMnlpfRnglfuibjyoX8mswbwD5AubOzc28.PIXsRJ6viuCcQBhI>



Parkinson's UK and the North of Scotland Parkinson's Research Interest Group are hosting a free event in Inverness for you to learn more about living well with Parkinson's.

It's happening on 9th September 2023 from 10.30am to 3pm at Eden Court.

Meet other people from the Parkinson's community, listen to talks, hear the latest research news, browse information stalls and try out new activities. This is also an opportunity to tell Parkinson's UK what you would like to see in your local area.

Lunch and refreshments will be served.

Please register by 4th September 2023. Places are limited. To book your free place, email Anita Jefferies on ajefferies@parkinsons.org.uk or call 0207 79633814. You can also book online by visiting here prksn.uk/44yL29j and reserving your place via Eventbrite.

ARE YOU FEELING THE PINCH?

Did you know that a typical Scottish household, including a person with Parkinson's, faces additional costs of

more than £16,000 a year? And as inflation continues to rise, more and more of us are under financial pressure.

If you're looking for support or advice with the cost of living our friendly advisers can help.

To get in touch, call 0808 800 0303 from 9am to 6pm, Monday to Friday, or 10am to 2pm on Saturday.

Our free helpline is a confidential service and we're here for anyone affected by Parkinson's.

More information on our helpline and adviser service here prksn.uk/3PXibXW



Off To a Flying Start - Airport Assistance

I'm sure that you all know that I've got a dodgy knee, but that didn't deter us from going abroad to Corfu for a holiday, not during the heatwave but admittedly on the build up to it. Thank goodness we didn't encounter any wildfires or it would have been more that the resort being evacuated!

On the way out I had booked Airport Assistance at Glasgow Airport but although we had plenty of time, I decided to bypass the assistance desk and carry on regardless. Pride comes before a fall, although in this case not literally. I estimate looking at the airport website that I ended up walking over 1250m, probably double that if you take into account the maze of crowd control barriers. By the time we got to the aeroplane I was nearly on my knees, literally this time! Not an awe-inspiring start to a long-anticipated holiday!

However, on the return journey the service was first class. I had a wheelchair, which the attendant used to wheel me through the packed airport at some speed, parting the travellers before me like Moses with his staff. *Who were Moses's staff, you never hear them mentioned again, do you?* I felt like some potentate with an entourage, because my family were close behind keeping up the rear. The transition from plane to car, through customs and immigration was seamless.

The service is a must for those of us who need it and recognises and respects people with hidden disabilities. The stress of modern-day airport travel can burn through your meds faster than a 747, one minute you are up and the next you're down, so strap in for the long haul.

I only wish that I had used the same service going out, which would have given my knee a head start. Needless to say, there wasn't any dancing for me on holiday!



Facilities For Travellers Needing Assistance Through Glasgow and Edinburgh Airports

Special assistance is available free of charge at **Glasgow Airport**, and they will assist you from your arrival (including arrival at Car Parks 1 and 2, and drop off points or bus stands), through to your plane. Similarly, support is available from disembarking your plane at Glasgow through to your point of onward travel.

It is best to contact the airport in advance of your travel because if you have not requested this in advance there may well be longer waits involved.



PRM provides the service at Glasgow Airport and you can get hold of them with any questions or booking requirements via [0141 842 7700](tel:01418427700) or by emailing GLA.PRM@ocs.co.uk.

Edinburgh Airport are responsible for providing assistance when at the airport. Your airline is responsible when you are on board the aircraft.

In order to book special assistance for your journey, you should:

Advise your airline or travel agent in advance that you will require assistance when travelling – ideally, more than 14 days prior to departure or at least 48 hours before your flight to advise them. Passengers are encouraged to always pre-book assistance with as much notice as possible. However, if you haven't done this, they will make all reasonable efforts on the day to assist you.

PARKINSON'S UK

HELPLINE

0808 800 0303

The Walking Group. - 9th June 2023

The Walking Group, all four of us, met at Ravenscraig Park in Kirkcaldy for a walk around the park and onto Dysart and the Harbourmaster's Cafe. On arrival, we were met with a full car park, due to a local school using the park for school sports! It became a waiting game until someone left and we could get the space. Soon we headed off around the park which was busy with people out enjoying the sun, even although it was chilly in the strong wind. The walk is a pleasant one and not taxing. As we moved on to the beach, we could see across the River Forth to East Lothian and all of the ships anchored in the bay.



After a tasty lunch at the cafe' we retraced our steps back to the starting point which ended a pleasant walk.

23rd June 2023

The final meeting of the Walking Group before the summer break, took place at Pittencrieff Park with a good turnout, including 2 new members.



The attendance at walks for the early part of 2023 has been fairly consistent with core members making up the majority. However, we have had three new members coming along and hope they will continue to attend when we resume in September.

Because a large number of the core walkers weren't going to be available for the Picnic at Aberdour planned for July, we decided to postpone it until **Friday 25th August 2023**. The programme for the latter part of the year will be arranged over the summer.

Bob Copeland & Elizabeth Tait

Hi Walkers,

We talked about having an ad-hoc walk during the summer break and many of you were quite enthusiastic, so we've come up with the following suggestion.



**Royal
Botanic Garden
Edinburgh**

Friday 11th August

- Meet at 10.30am and walk from Dean Bridge in Edinburgh along the Waters of Leith to the Royal Botanic Gardens (*1.5 miles*); any of the Edinburgh buses from Fife will set down at the bus stop a little before Dean Bridge. For those coming by bus I would suggest either meeting at Ferry Toll for the X61 that departs at 10.01 or if you are coming from the Kirkcaldy area perhaps it would be more convenient to pick up the X61 at 9.53 from Halbeath P&R.
- Lunch followed by a stroll in the Gardens before returning by bus back into town. As the Gardens and restaurants will be busy (*school holidays and the Festival*) we would suggest bringing lunch and finding picnic benches, – perhaps we could find a picnic table near the city viewpoint.
- The bus returning to town is easily accessed from the East Gate Entrance on to Inverleith Row. The more energetic of you might want to walk back via Leith up into town or take the tram part of the way.

If you'd like to come along but can't manage the walk then we would hope to be at the Botanics around 11.30am.

As this isn't one of our arranged walks no recent recce has been done; however, I did this walk in early June and confirm that in the main the walk is level with a few minor inclines and a short flight of stairs.

Let us know if you'd like to come.

A Cautionary Tale

We all know that getting too much exposure to the sun isn't good for you, especially if you are fair skinned and/or you get badly sunburnt. But did you know that people with Parkinson's have a higher risk of contracting skin cancer?

A report by UCLA in 2021 states that "Studies also show that people who have PD not only have a higher level of alpha synuclein in their brain but also their skin. That increased level of alpha synuclein in the skin puts you at a higher risk for melanoma."

Sun Foolery by Mark Coxe

By now with my experience,
You'd think I should know better,
After all, when it's a chilly day,
I always wear a woolly sweater.

But when the sun is shining bright,
And I'm out and I'm about,
I don't wear a hat upon my head,
Just what do you think of that?

Now I've heard Baz Luhrmann's record,
Suggesting people wear sunscreen,
But I forget about my baldy head,
You know exactly what I mean?

My bald patch is getting bigger,
It's growing more over the years,
Now I haven't even enough hair,
To keep the sun from off my ears.

Suppose the thing I should consider,
But more often I forget,
My Parkinson's medication,
Can have a detrimental side effect.

The leaflet says you may react,
When exposed to strong sunlight,
Skin cancer, no thanks, after all,
That just doesn't seem quite right.

So, when the sun is shining,
And is out most of the day,
And the weatherman says that it is great,
It's not going to go away.

I really must remember,
To wear a hat upon my head,
Don't want my Parkinson's physician,
Being an Oncologist instead!



Mark Coxe 

Poet
Living with Parkinson's

mark-coxe-publications.sumupstore.com 

mark.coxe@icloud.com 

Mark Coxe Poetry 



PUZZLE PAGE

SUMMER WORDSEARCH

If you would like to find the 22 hidden 'Summer' words in the square, please go ahead.

If you want to know the hidden words so that you can find them in the square, please see the list on the Back page.

Good Luck

H	T	E	W	A	V	E	S	C	W	W	U
O	T	R	N	U	G	E	T	O	A	O	N
T	E	D	U	A	H	D	A	A	V	F	R
E	K	T	G	N	L	A	T	C	A	H	U
L	C	G	A	G	K	P	I	H	R	C	B
F	U	Z	S	I	R	S	O	T	A	A	N
L	B	B	K	U	R	E	N	R	C	E	U
I	N	I	K	I	B	P	T	N	E	S	S
S	T	R	O	H	S	F	O	A	G	A	K
E	N	I	H	S	N	U	S	F	W	O	O
S	W	I	M	M	I	N	G	F	T	Y	T
S	K	O	O	B	A	C	K	P	A	C	K

Spot The Dog

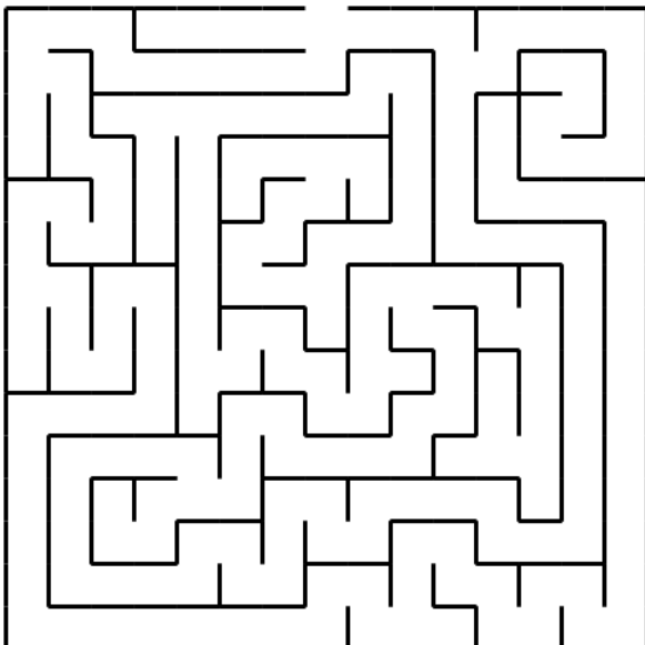


Answer on Back Page

Summer "sunbather" Sudoku

Fill in the grid with the letters S, U, N, B, A, T, H, E and R, making sure no letter is repeated in every row, every column and within each mini grid.

GO ON, AMAZE YOURSELF!



s		h		a		e		b
e	r	u		n		t	a	h
t	b	a	u	e	h	s	n	r
			h	u	a			
	e						s	
u	h	b				a	r	n
		s				r		
h			a	s	e			t
b	a		n		t		h	s

Donations to the Branch

Thank you to Sandra Wilson and the people of Kelty for buying her homemade tablet. *Come on dentists, fill a cavity and chip in!*

Thanks to Diana and Bill Penman for the money raised from their tomato plant sales.

Thanks also to:

Valerie and Susan for their Skydive. The ladies would like to thank their friends, families and the customers of the Bank of Scotland's Leven and Glenrothes branches for donating.

The brethren of Glenrothes lodge 1549

And Finally:

Our thanks and condolences to David Anderson's family, who made a generous donation following his funeral, which was very well attended.

Fife Branch Donates to Parkinson's UK Research

Occasionally the boot is on the other foot and it's our turn to donate to the main charity. We do this annually to reinforce our commitment to a charity that does so much for us. Branches and Support Groups who have a healthy number of members are able to raise more funds than our smaller colleagues, so it is only right that those that can afford it give back.

This does not mean that our coffers are overflowing and we will always welcome donations to the Branch because without your kindness we would not be able to support our members in Fife.

Thanks to the Treasurer and members of the committee for allocating the funds in the annual budget.

If anyone knows of a project that we could be involved in next year please get in contact. The only stipulation is that it has to be beneficial to people with Parkinson's in Fife. There are a lot of people living with the condition in Fife who don't join in.

Any ideas why or how we can attract more people. We have happily seen new people visiting us and they've even carried on coming, but like Oliver we want more!



Then why not try helping scientists understand how anxiety affects your Parkinson's by taking this survey?

It is part of a project that aims to promote wellbeing in people with Parkinson's. The focus is on 'mental flexibility', which describes the ability to stay in the present moment rather than allowing unpleasant thoughts, feelings or bodily sensations to dominate. Ultimately, we aim to use the information to think about how we might best adapt psychological therapies to reduce anxiety in people with Parkinson's.

This is a long-term goal of Rebecca Gould (Prof of Psychological Therapies), Anette Schrag (Neurologist leading a PUK funded study on anxiety in Parkinson's).

Here is a link to the Parkinson's UK page

<https://www.parkinsons.org.uk/research/mental-flexibility-and-being-present-moment-associated-good-mental-health>

On the link, it is possible to scroll down to 'take part online on the survey website'.

Emily, part of the research team, needs more people to take part before 18th August so that she can include the information in her dissertation, but the survey itself will remain open for several months and will be written up for publication in a peer reviewed journal.

Wellbeing Session Cancelled

Cast your minds back to our May issue No.45 when we mentioned about a wellbeing session that was being hosted for our members by practitioner, Louise Anderson. The session was free and had the potential to grow into a bigger course. In order to make the course viable we needed about twelve participants. However, sad to say we only had two people put their names forward, so due to lack of interest the project cannot go ahead.

Scottish Parkinson's International Open 2023

The big week has arrived for Brendan and Mark. Both will be travelling to SportScotland's National Training Centre at Largs at the weekend to take part in the Scottish Parkinson's International Open.

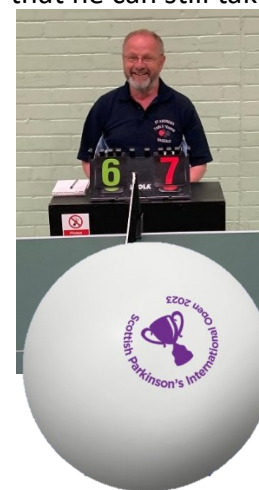
While Brendan will be competing in singles and doubles, injury is preventing Mark from playing he has been honing his umpiring skills at the St Andrew's 'Rascal's' Table Tennis Club, so that he can still take part proudly wearing his



Rascals shirt as modelled in the photograph.

The whole club wishes them both an enjoyable weekend - and if they have time, they can have a couple of debriefing sessions at the magnificent Nardini's on the waterfront!

Elaine Forbes



Quality Of Life Group Restarting after Covid



The Fife Branch Quality of Life Group will be meeting at 49 Broomhead Drive, Dunfermline. KY12 9AA on Tuesday the 5th of September between 2;30 and 3pm and every first Tuesday of the month thereafter.

The aim of the group is to maintain mental, physical, emotional and spiritual wellbeing by sharing our experiences in a safe and welcoming environment.

Bob Graham is looking forward to welcoming old friends and the opportunity for making new ones.

Being Active with Parkinson's



Parkinson's UK has created a new guide to help more people living with Parkinson's to enjoy being active. 'Being Active with Parkinson's' is free and gives you the resources and tips to start your physical activity journey.

Whether you're newly diagnosed, have progressing symptoms, or your symptoms are more complex, you can find the best workouts and activities to help you.

Find out more here [👉 prksn.uk/3pU9WRM](https://prksn.uk/3pU9WRM)



Why not try this workout, which was devised by Joe Wicks with Carol, who has Parkinson's, for World Parkinson's Day. This doesn't need to be just done in April but all year round.

<https://www.youtube.com/watch?v=ufat0isRhSw>

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.

Let Them Eat Luscious Lemon Cake

Ingredients

- 175g caster sugar
- 2 large eggs
- 1 lemon, zest only
- ½ lemon juice
- 80ml crème fraiche
- 160g plain flour sifted
- 2 tsp baking powder sifted
- 55g margarine melted
- Icing sugar sifted to dust the cake



Method

1. Preheat the oven to 170 °C
2. Line a large loaf tin with baking paper
3. In a bowl whisk together caster sugar, eggs, lemon zest and lemon juice
4. Fold in the crème fraiche and baking powder
5. Finally pour in the melted margarine and mix well until combined
6. Pour the mixture into the prepared lined loaf tin and bake for 40 minutes (approx.) or until a skewer inserted into the cake comes out clean.
7. Once completely cooled, top with sifted icing sugar and serve with more crème fraiche.

FIFE CARERS CENTRE

GLENROTHES INFORMATION DROP-IN SESSIONS FOR FAMILY AND UNPAID CARERS EVERY TUESDAY FROM 2PM - 4PM

The CISWO, 390 South St, Glenrothes

IF YOU ARE LOOKING AFTER A FRIEND OR FAMILY MEMBER BECAUSE THEY ARE ILL, DISABLED, OR FRAIL THEN YOU ARE PROBABLY A CARER, AND THERE IS HELP FOR YOU!

DROP IN FOR AN INFORMAL CHAT AND A CUPPA!

WE CAN HELP YOU WITH...

- APPLYING FOR WELFARE BENEFITS AND GRANTS
- INFORMATION TO HELP WITH YOUR CARING ROLE
- BEFRIENDING FOR CARERS
- ADVOCACY FOR CARERS
- HELP WITH PROBLEM SOLVING, TIPS AND IDEAS TO EASE YOUR CARING ROLE
- REFERRALS TO OTHER ORGANISATIONS
- CONTACT WITH OTHER CARERS
- SOMEONE TO TALK TO WHEN YOU NEED SOMEONE WHO UNDERSTANDS

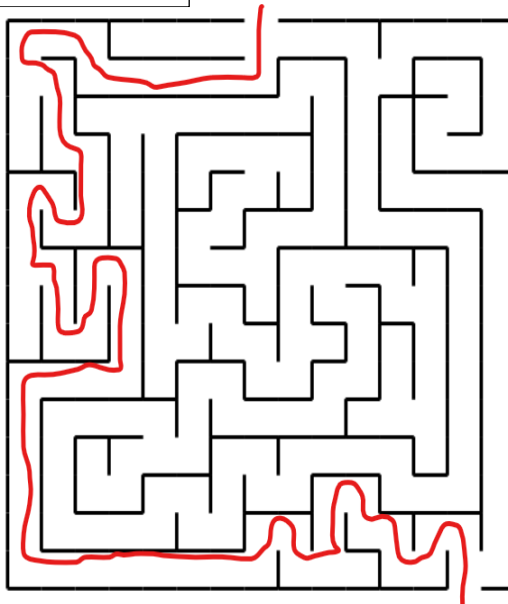
FOR MORE INFO ON FIFE CARERS CENTRE VISIT www.fifecarerscentre.org

WORDSEARCH ANSWERS

AEROPLANE	AIRPORT	BACKPACK
BEACH	BIKINI	BOOKS
BUCKET	BUS	CARAVAN
COACH	FUN	HOTEL
LUGGAGE	SHORTS	SPADE
STATION	SUNBURN	SUNSHINE
SWIMMING	TRUNKS	WATER

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s	n	h	t	a	r	e	u	b
e	r	u	s	n	b	t	a	h
t	b	a	u	e	h	s	n	r
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a	e	t	r	b	n	h	s	u
u	h	b	e	t	s	a	r	n
n	t	s	b	h	u	r	e	a
h	u	r	a	s	e	n	b	t
b	a	e	n	r	t	u	h	s



Spot The Dog The Answer!

