

In this Month's Edition

- **A Word to the Wise** Page 2
- **Beating Ben Nevis** Page 3
- **Give or Take** Page 4
- **Find Your Voice** Page 5
- **Pitlochry Poem** Page 6
- **One Foot Forward** Page 8

Join Us in Glenrothes



We're Back! Now that our holidays are but a mere distant memory it's time to get back into the swing of things and get the party started at our monthly **Glenrothes Gathering on Thursday the 14th**, starting at 12 Noon for three hours. The meeting is basically a drop-in event, so if you have a busy schedule or you tire quickly you don't have to stay until the end. For those readers who have not joined us at our monthly gathering, we offer a wide range of activities from

just sitting chatting to a quick knock around on a Table Tennis table. In addition, you can enjoy a light lunch, join in a Tai Chi class, be creative at the Arts and Crafts table, exercise your lungs with our Singing group, benefit from Massage and Reflexology Therapies, win at Bingo, puzzle over a Quiz and all for just £3!

A Message from the Chair – John Minhinick

As meteorologists we like to work on data that is agreed across the world, hence universally the seasons are split in three months. For us in the north, September through to November is Autumn. For us in the Parkinson's family it's the season to re-start our programme after a brief summer break.

My hope is to see more of you enjoying the wide range of activities; a new season and an opportunity trying something new. Since the pandemic shut-down, we will be re-starting the weekly bowls session at the Abbeyview Centre, Dunfermline on 27th



September. Again, since the 2020 shut-down we will be re-starting the monthly "Quality of Life" meetings.



These meetings are special, being the only activity limited to people with Parkinson's (PwP). The monthly Q of L meetings are always held from 2pm to 3.30pm on the first Tuesday each month at 49 Broomhead Drive, Dunfermline, KY12 9AA. It's an opportunity to:

- To talk, laugh, share experiences, and learn to be forthright about feelings and needs.
- To exchange information about what works for PwP as individuals: whatever has improved the quality of life for someone and so potentially for others.
- To learn how to deal emotionally with what the world throws at us now that we have PD; how to maintain our sense of humour and our fighting spirit.

We would like to hear from you if you have ideas for other activities and especially if you can help my committee to extend the programme to take place at venues to the North and East of Fife.

Volunteer For a Great Day Out



Walk for Parkinson's [Scone Palace](#) is on Saturday 30th September. It's a beautiful walk taking in the grounds of the palace and out along the river to the race course.

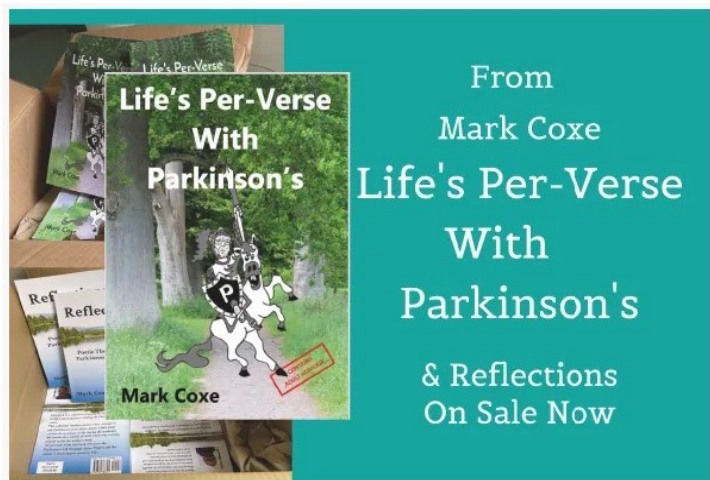
Walkers can enjoy the 1.3 miles which is fully accessible or our 5-mile route. Registration is open until 24th September.

To help our walkers enjoy the day we need a brilliant team of volunteers to help marshal the route and cheer all our walkers on, helping them feel supported and letting them know how brilliant we all think they are for fundraising for Parkinson's UK.

Can you spare time to help?

Please register to walk or volunteer today as we would love to see you at our final walk in Scotland this year. <https://events.parkinsons.org.uk/.../walk-parkinsons.../home>

On Sale at the Glenrothes Gathering



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DRIG Talking Sense

You know how specialists in their field use jargon and complicated phrases to describe something? Well, the clever scientists at the Life Science Centre at Dundee University are no exception. The Dundee Research Interest Group have teamed up with some of the academics to 'dumb down' their presentations so that



the ordinary person in the street can easily understand them. Members of DRIG have paired up with a scientist and here you can see Professor Miratul Muqit, John Minhinick and Mark Coxe after their discussion about Protein Phosphorylation!

July/August Quiz

1. What is the French holiday on the 14th of July normally called in English?
2. What is the July birth flower?
A) Marigold B) Aster C) Chrysanthemum D) Larkspur
3. July is the warmest month in the Northern Hemisphere on average. True or False
4. In California, the 1st to the 10th of July is the only time of year when you can legally buy fireworks. True or False
5. On the 20th of July 1969, Neil Armstrong and Buzz Aldrin became the first humans to walk on the moon. What was the name of the rocket that took them there?
6. The eruption of which volcano on August 27, 1883, is thought to be the loudest sound ever heard?
7. Princess Diana died in the early hours of 31 August in which year?
8. Which well-known term do they call the 12th of August, the start of the grouse shooting season?
9. What made news headlines on August the 8th, 1963?
10. Augusta, named after Princess Augusta of Saxe-Gotha, mother of King George III, is the second largest city in which American state?

Well Done Jo!

You may remember, a few weeks ago, we were the first to break the news to you about Jo Robertson, who lives in Perthshire and travels to Kirkcaldy every week to play with Dysart Colliery Silver Band.

Jo had set herself the challenge of cycling the 50-mile trip to rehearsal in a bid to raise funds for the main charity Parkinson's UK. Her trumpet teacher, Bryan Allen, lives with Parkinson's and was the inspiration for the fundraising bike trek.



Well, on the 23rd August 2023, Jo completed her challenge and, in the process, raised an amazing £610! Congratulations to Jo, pictured at the

end of her trip, for raising such a brilliant amount for Parkinson's UK.

There is still time to donate to support Jo here prksn.uk/30sj31

Bowhill Highland Games Calling

Willie Millar is pulling out all of the stops, supporting Fife Branch this year. Willie is the Master of the Masonic Lodge at Cardenden and the son of one of the members was diagnosed with Parkinson's in his thirties. As a result, they have picked us as their charity this year and have already raised some money for the Branch at the Cardenden Village Fair last week. The Bowhill Highland Games are on the 10th of September at the Wallsgreen Gardens Park and Willie and his team will be there raising much needed funds for us again.

Why not pop over and show him some support, we're sure that he'd appreciate it?



A First-Class Brand!



Ben Nevis is not an easy climb and definitely not for the faint of heart. We all know that it's the highest mountain in the British Isles, standing at 1,345 metres (4,413 ft) but did you know that last month two intrepid mountaineers, Martha, 11, and her mum Susan climbed to the top walking more than

ten miles and raising an incredible £1,026 for the main charity Parkinson's UK.

Susan is the daughter of John and Martha Brand, who are members of our Branch and regularly attend the monthly Glenrothes Gatherings. Martha did the walk on



behalf of her Grandad, John Brand who has Parkinson's and persuaded her mum to take part too!

Well done both of you for an amazing achievement. We know how proud your Grandparents are Martha.

GREETINGS PILL POPPERS!

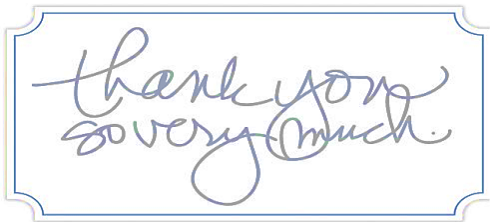
If you have any empty pill blister packs from your medication or over the counter medicines unfortunately you will no longer be able to drop them in to us at our Glenrothes Gathering reception table. Instead, you can take them to Superdrug in the Kingdom Shopping Centre, which is just around the corner from our monthly gathering venue at the Bridge Centre.

Superdrug collect them and send them off to a specialist recycling centre in aid of the Marie Curie Trust. Not all Superdrug branches partake in this scheme and Glenrothes is the only one that we know of in the area, so why not take the opportunity to drop them in when you visit us on the second Thursday of the month?

WE ARE STILL COLLECTING PRINTER CARTRIGES TO RECYCLE, WITH A SMALL DONATION GIVEN TO FIFE BRANCH.

Any cartridges are accepted not just brand names although we get more money for the posh ones.





DONATIONS TO OUR BRANCH - Alex Rodger, Our Fife Branch of Parkinson's UK Treasurer, is always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for a local charity. We are aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness. Thanks to the latest donors.

The 'Bluebell Girls'

Margaret Herriot & Fiona Johnstone

If you or someone you know is thinking about fundraising, remember that our Fife Branch has its own 'Just Giving' page, where you can increase your donation with Gift Aid.

Margaret Herriot and Fiona Johnstone

Margaret and Fiona have been friends for many a year and are great members and supporters of Leven Amateur Musical Society and Leven Parish Church. They are also both very talented craft enthusiasts and over the last few years they have been creating items to sell to raise funds for local charities and good causes.

We were delighted to learn that the ladies are hoping to join us at one of our Glenrothes meetings to hand over a cheque for £150 for our Fife Branch Activities. Thank you both very much indeed for thinking about us and I hope you enjoy your time with us.

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

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.

A Fine Gesture

Charles received an unexpected and welcome surprise from Diane Dunbar in the form of a letter from Pamela Tait, one of Dianes neighbours. Read the story below, which explains everything.

My name is Pamela Tait, a member of a group of ladies called 'The Bluebell Girls'. Some forty years ago we formed the Parents' Committee of the 3rd Dunfermline Boys' Brigade' of which our sons were members. We originally called ourselves, 'The BB Girls', but then someone referred to us as 'The Bluebell Girls, - a name which has stuck.

After all these years we still regularly get together socially, and each put £2.00 into a kitty – once we reach £50 we donate it to a local charity. Your Branch of the Parkinson's Charity became known to us because I am a neighbour of Diane Dunbar and her late husband, Ken. I know how much Ken and Diane appreciated the activities and friendship of your Group, so 'The Bluebell Girls' would like you to accept this donation with our best wishes.

To Gift Aid or Not to Gift Aid? That is the donation.

Gift Aid is paid by the government on behalf of a tax payer to their chosen charity when they make a donation. The charity will receive 25% of the donation or more simply put 25 pence in every £1 donated.

Now we all know that the government doesn't like giving money out, so there are some stipulations:

You must be a UK Tax Payer.

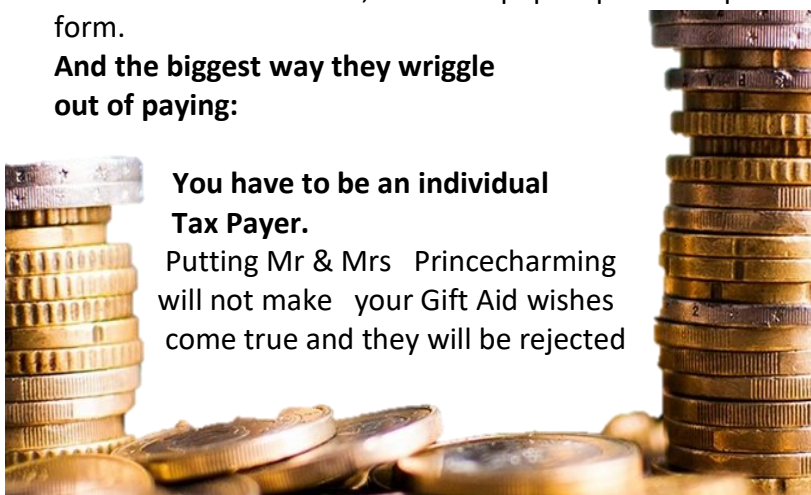
You can only Gift Aid the amount that you have paid in Tax.

You have to tick the box and/or fill out the form on the method of donation i.e., online or paper sponsorship form.

And the biggest way they wriggle out of paying:

You have to be an individual Tax Payer.

Putting Mr & Mrs Princecharming will not make your Gift Aid wishes come true and they will be rejected



Nordic Walking Change of Pace



We have had to change tack on our Nordic Walking provider because the low turnout made paying for an instructor unfeasible. Thanks to Kay Hall, who has become a friend of the Branch. We hope to see her at some of our outings and Ceilidhs, she would be most welcome. In future we will be joining in with the regular Bums off Seats walks, which deliver a programme of short volunteer led health walks in towns across Fife every week, from Rosyth to Cupar.

Bums off Seats is managed by Fife Council. The aim of the health walk programme is to encourage people to start walking regularly in their local area, especially the less active members of Fife's population.

Walking is a great way to get active and with the help of a huge team of fantastic volunteers, Bums off Seats offer a wide range of welcoming walks and everyone is encouraged to get involved. Bums off Seats Walk Leader team includes Dementia Friendly Walk Leaders and Macmillan Friendly Walk Leaders and they happily welcome people with long term conditions such as Parkinson's.

Whether you would like to start walking more for pleasure or for exercise, to discover walks in your local area or to have some company, Bums off Seats are always looking for new people to join in their fun and sociable walks.

The group meets every Monday at 10:30 at Pittencrieff Park and Wednesdays at 10:15 at the following locations.

- 6th September- Beveridge Park, Kirkcaldy
- 13th September- Lochore Meadows by the Willie Clarke building
- 20th September- Dunnikier Woods, by Dunnikier House Hotel Kirkcaldy
- 27th September- Water-Ski Centre Car Park, Townhill Dunfermline
- 4th October- Culross East Car Park, Preston Island

PARKINSON'S VOICE EXERCISE GROUP

Give your Parkinson's a Voice
- Breathe, Move, Sing and Socialise



Parkinson's Scotland is supporting a 3 month pilot of a new weekly Scotland-wide online voice exercise group starting on Wednesday 13 September.

The instructor, Rachel Hynes, has been working with Parkinson's Scotland for over 5 years providing sessions for people with the condition that includes voice, muscle and breathing exercises. The emphasis of this new online Parkinson's Voice Exercise Group is more on exercising and strengthening the voice, than on singing; although, the sessions will include elements of music, movement and singing.



Pilot Details

Scotland's online Parkinson's Voice Exercise Group - have fun using and strengthening their voices together!

Sessions will be weekly on Wednesdays, 10.45am - 12pm, on Zoom, starting 13 September
Cost: £3 per session/per household

Online sessions tailored for people with Parkinson's - with family members welcome too.

We use music, movement, breathing, vocalising and singing to help strengthen our bodies, minds and voices and keep them supple. Sessions include fun exercises that you can use at home.

Faith says: "I always leave each session better than when I arrive. My voice is stronger and more relaxed. I speak more clearly and loudly. My mood is lifted. I have benefited from an hour's brain activity focused on positive experiences, shared with a great bunch of like-minded souls."

For further details, contact Chloe on 0300 123 3679 or cmacmillan@parkinsons.org.uk

Fruit Scones Makes 9 scones.

Ingredients

225g / 8oz self-raising flour
50g / 2oz caster sugar
50g / 2oz margarine
¼ teaspoon salt
110g / 4 oz sultanas
1 medium egg
5ml / 5 tablespoons milk
Strawberry jam and
whipped cream for
the filling
7cm round cutter



Method

1. Heat the oven to 220 °C
2. Grease a baking tray with cooking oil.
3. Sift the flour into a large bowl.
4. Add the sugar, margarine and salt.
5. Use your fingertips to rub the margarine into the sugar, salt and flour until the mixture looks like fine breadcrumbs.
6. Stir in the sultanas with a wooden spoon
7. Break the egg into a small bowl and beat it well with a fork.
8. Add the milk to the egg and stir it in.
9. Put one tablespoon of the eggy mixture into a cup to use later.
10. Pour the eggy mixture from the small bowl the large bowl a little at a time. Stir the mixture well between each addition. The mixture should form a soft dough.
11. Sprinkle your work surface with flour and place the dough onto it.
12. Lightly roll out the dough until it is about 11/2 cm / ¾ in thick. Use the cutter to cut out circles.
13. Squeeze the scraps of dough into a ball. Roll it out again and cut out more circles.
14. Put all the circles onto your oiled tray. Brush the top of them with the eggy mixture from the cup. Leave a space between the circles.
15. Bake the scones in the oven for ten minutes until they are golden.
16. Take the tray with your scones carefully out of the oven. Use a broad knife or spatula to lift them onto a wire rack to cool.

Thanks to Xander Rodger for this recipe from his school.

Pitlochry 2023

We were in the car park at Kirkcaldy, all present and correct
Waiting for our coach to arrive
To take us on our outing to Pitlochry that day
It felt good to be alive.

The coach duly arrived with Nathan at the wheel
Our driver for today and a 'richt guid chiel'
He smiled as he lowered the chair lift down
A first for our branch – now onto Dunfermline town.
Where the others were waiting to get on our bus
Up the stairs or the chair lift without any fuss
We were off to Pitlochry to the theatre and stores
Then high tea at Bankfoot, couldn't wish for anything more.

It was Frances who first passed her sweeties around
But where was the orange box? Was it misplaced, not found?
'Fear not', said Diane. 'It is right here with me
Tradition dictates it keeps us company
But first it's to be filled with goodies afresh
So that's what she does so we can eat to excess
Thanks to everyone on board who contributed this year
It just makes our theatre outing a day of good cheer.

The weather was fine, we could explore round the town
But the town was gie busy some of our members found
That getting something for lunch was a task quite demanding
And left some of the group feeling really quite starving
But time moves on and we must meet at the bus stance
To head back to the theatre for the matinee performance
The auditorium filled up quickly and the band began to play
We just knew the show would be quality and it was, I can say.

The cast was multi-talented, there was nothing they couldn't do
They acted, played instruments, danced and sang too
The scenery was simple but so creatively employed
This production was quite special and very much enjoyed
Then back to young Nathan to drive us for high tea
The staff of Taste Perthshire were as welcoming as could be
Our outing to 'Gypsy' had been grand in so many ways
Everything had gone smoothly we'd enjoyed a lovely day.



We must thank Elizabeth Tait for taking on the task
Of organizing such a wonderful day, a memory which will last
It must have taken lots of planning so that our day went well
And to judge from our smiles your organisation is swell
We've one thing more to ask now that we have got your ear
Can we do it again about the same time next year?
And thanks to our members, carers, friends and neighbours too
Thank you for your support – without it what would we do?

The Walking Group Picnic

Despite the changeable weather the Walking Group had the most enjoyable time together at its Summer Picnic which was held at the Silver Sands in Aberdour.

From 10am members turned up to set up the gazebo, the food tables and set out some chairs. The chatting was constant as it seemed such a long time since we met up and we had lots of news to share.

After an hour or so we set off on our walk down to the sea where the naval training base had been situated during the wars. Frances and Annabel were



put in charge of guarding the picnic set up for us, on our return – and what a splendid two course picnic we shared. There was quiche, smoked salmon, cold meats, pies, prawns, mussels, salads and French bread, to name but a few of the magnificent dishes on offer.

For those who had a special pudding stomach there was a host of sweets to choose from. There were delicious home-made strawberry tarts, lemon cheesecakes, home-made cakes, macarons and fresh fruit salad. It was just as well we had gone for our walk before lunch!

Unfortunately, the rain decided to join us and the game of rounders was called off but a few picnickers played a short game of boules before packing up the cars and setting off home having had a most enjoyable time together. What a nice lot of folk we have in our Fife Branch!



Walking Group Stepping Back Out After Summer Break

The Fife Branch Walking Group Leaders have organised the walks for the autumn season, which can be found below.

The walks are all risk assessed and can be adjusted to take the walkers' abilities into account.

If you want to enjoy a few hours in the Fife Countryside, a coffee or tea and probably something to eat, join us and bring a friend or carer with you too.

For more details contact us at parkinsonsfife@gmail.com



The Autumn 2023 Programme of Walks

	Date	Destination
1	8 th September	Beveridge Park, Kirkcaldy
2	22 nd September	Townhill Loch, Dunfermline
3	6 th October	St Andrews
4	20 th October	Pillars of Hercules, Falkland
5	3 November	Lundin Links to Lower Largo
6	17 th November	Kirkcaldy to Seafield Tower
7	1 st December	Vane Farm to the Bird Hide, Loch Leven

Quiz Answers

- 1, Bastille Day
 2, Larkspur
 3, True
 4, False
 5, Apollo 11
 6, Krakatoa
 7, 1997
 8, The Glorious Twelfth
 9, The Great Train Robbery 10, Georgia

Table Tennis The Results Are In!

Well done Brendan Hawdon for picking up two silver medals at the inaugural Scottish Parkinson's Table Tennis International Open Championships last month. His categories were: Men's Class 2 Silver: Derek Main (SCO) & Brendan Hawdon (SCO) and Class 2 Mixed Doubles Silver: Brendan Hawdon (SCO) & Gill Shaw (SCO)

The medals for all doubles categories were presented by James Jopling, Scotland Country Director, Parkinson's UK.

This was a fantastic event staged in a world class facility. The atmosphere throughout the weekend was friendly, exciting and very positive, which is what we are used to when the Parkinson's community gather to play table tennis. Every match was played in a very sporting manner with all the players getting maximum enjoyment from the experience. The support from families, friends and the various table tennis clubs who were represented was superb and helped to energise the players.

Thanks go to the organizing Committee, Richard Yule, Terry McLernon, Brian Carson and Alison Woods, and all the volunteers who supported the event.



Do You Get Enough from Your Consultant's Meeting?

Do you ever come away from a consultation with your Neurologist or Parkinson's Nurse feeling that you didn't give them the full story? Well coming up this week is an online information and support session, open to all, on '**Getting the most out of your appointment with the consultant**'.

Dr Ben Adler, who is a consultant at NHS Lanarkshire, will advise on how best to prepare for your appointment. He will also be available for questions about his role and the consultation experience.

Join us on Zoom on 6 September 2023, 7pm - 8.30pm. To register please telephone Chloe MacMillan 0300 123 3679 or email cmacmillan@parkinsons.org.uk.

Please note Dr Adler will not be able to answer any questions about the individual circumstances of people at the session.

DON'T GET CAUGHT BY A SCAMMER

Scams, we've all received them, if you haven't you may be more vulnerable than you think! Scams are cleverly disguised as real emails, texts or bills, but are sent to get your personal information or infect your equipment with malware. Don't let your guard down and forget the basic rules of protecting yourself from a scammer.

Text messages – Modern scammers can make their numbers look like ones you trust, such as your bank phone number. The scam text message might even appear in the same conversation as legitimate texts you've had before. This is known as 'number spoofing'. Be careful, don't click links in unsolicited text messages, and if in doubt, contact the company directly using contact details from their website or correspondence to check whether it's a real message.

Emails- If you get an email and you are not sure about its authenticity, click or hover over the sender's name it will reveal whether it is legitimate or not. For example, the email might look like it is from TV Licensing but it's from Joe Bloggs.

If it sounds too good to be true, it usually is. Don't be conned by a begging letter or an offer that is too good to be true. Beware of emails asking for money to be transferred or Amazon vouchers purchased and sent to them.

Unsolicited or unexpected contact - If you've received any kind of contact, but particularly a phone call, out of the blue, it is best not to get drawn in.

Quick decisions - If you are pushed into making a decision on the spot, be suspicious, hang up. Scammers don't want you to have time to think about it.

Random competitions - particularly if you don't remember entering them, should ring alarm bells.

Personal details - full PIN codes and passwords. A legitimate company will never ask you for them.

Spelling errors or poor grammar on emails and in texts are other signs of a scam.

For more information drop me your credit card number and pinn! Enough said!

Watch the excellent 'Parkinson's UK Data Protection for Volunteers' presentation, *they won't mind.*

[Data protection for volunteers | Parkinson's UK \(parkinsons.org.uk\)](https://www.parkinsons.org.uk)