



# Fife Life

PARKINSON'S<sup>UK</sup>  
SCOTLAND

## No. 49

### October 2023

## Welcome Back – We're Delighted To See You.

Following our long summer break, I was a little concerned that the attendance at our first meeting on September 14<sup>th</sup> would be quite low. However how wrong could I have been! We achieved our second highest number since we moved to Glenrothes, and we had received several apologies too. 'We're taking off,' I thought! It was so good to welcome back our regulars, but it was extra especially good to have seven new members join us who were most enthusiastic about joining us regularly in the future.

There was quite a buzz in the room as everyone arrived, registered, and booked one of our therapy sessions which were quickly filled. The good news is that we have asked 'Circle of Comfort' to bring along an additional therapist to October's Gathering which will provide six additional slots. But remember if you do not receive a treatment in October leave your name at reception and we will ensure you will be given a slot first for November's Gathering.



The buzz continued through the Tai Chi slot, which had to be adapted to light exercise at short notice due to the absence of our regular Tai Chi tutor. It was a surprise for me when I was the surprise guest leader and led the very patient and cooperative class participants. After lunch and a Quiz, we were all impressed with the advice and free gifts from the two gentlemen from SP Energy, who advised us all to add our names to their Priority Services Register (See page 8 for details).

We were also delighted to welcome Chloe Macmillan and Shona Lawson who are members of the Parkinson's staff. Their time was well spent, assisting the volunteers, talking to members both old and new and giving sage advice when requested. The afternoon continued with Catherine at the craft table helping her artists to create beautiful plates and with Meri helping her 'Minstrels' make beautiful sounds in the music corner, before we ended the gathering with our prize Bingo session.

**Thanks to everyone for making the afternoon so enjoyable and we look forward to meeting you all and doing it all over again on October the 12<sup>th</sup>.**

**Charles Small**

### Notes from the Chair Down Under

I'm coming to the end of three weeks with my family in Australia. Last weekend they changed the clocks to summertime.

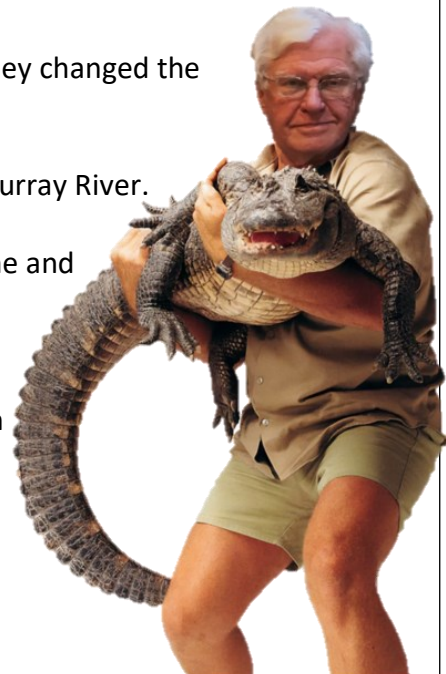
Although based in Melbourne we spent five days in the north of Victoria on the Murray River.

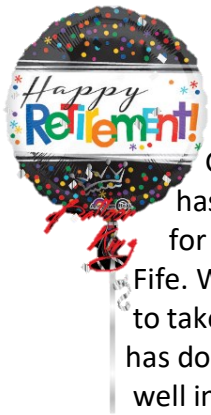
Just like UK Springtime the weather has been variable. Days with plenty of sunshine and temperatures over 80° and some days with rain and only 60°.

The big sporting event here was the Grand Final of the Australian Football League; a very different game from our football, attended by over 100,000 spectators with much betting on the result and much eating and drinking in homes with friends.

I leave here at 9pm on Monday arriving home early afternoon on Tuesday.

Once again Charles and Mark have brought together an outstanding newsletter.





Just to let you know that Dr Nicola Chapman is retiring on the 19<sup>th</sup> October this year. She has worked as consultant Geriatrician in NHS Fife since 2000 and has been involved with Parkinson's service for over 20 years, predominantly in West Fife. We will miss her as a colleague and want to take this opportunity to thank her for all she has done during her time in Fife and wish her well in her retirement.

## Indoor Bowls Gets an Impressive Turn Out

Diane Dunbar was impressed with the number of people that came to the Abbeyview Indoor Bowling Club for the roll out of the first game for 42 months, since the first lockdown in March 2020.



She was joined by six others, of varying skills. Everyone enjoyed the experience and are looking forward to going next week. It costs £5 for 2 hours and starts at 2.15 until 4.15 with a short break for a chat and a drink. Contact [parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com) for more details.

## HOT OFF THE PRESS!



Pharmaceutical companies have shared with us that they are facing supply problems with some Parkinson's medications.

You can find the full list of affected medications and advice on what to do if you cannot access your usual products here [👉](https://www.parkinsons.org.uk/news/parkinsons-medication-supply-issues)

<https://www.parkinsons.org.uk/news/parkinsons-medication-supply-issues>

## The October Quiz

1. If you were born in October, what would your birthstone be?  
a. Opal b. Ruby c. Emerald d. Sapphire
2. Which of these flowers is considered to be the flower for October?  
a. Carnation b. Poppy c. Marigold d. Narcissus
3. What traditional holiday do Canadians celebrate in October?  
a. Thanksgiving b. Flag Day c. Labour Day d. Independence Day
4. If you were born on the 3<sup>rd</sup> of October, what would your western zodiac sign be?  
a. Pisces b. Libra c. Capricorn d. Cancer
5. Which President of the United States was born on the 4<sup>th</sup> of October?  
a. Franklin Roosevelt b. Rutherford B. Hayes c. John F. Kennedy d. John Adams
6. Which infamous outlaws were killed on the 5<sup>th</sup> of October?  
a. The Barkers b. Bonnie and Clyde c. The Dalton Gang d. The James Gang
7. What famous US landmark opened to the public on 9<sup>th</sup> of October 1888?  
a. The Guggenheim Museum b. The Statue of Liberty c. The Washington Monument d. Yellowstone National Park
8. Which famous Queen was beheaded on the 16<sup>th</sup> of October 1793?  
a. Anne b. Mary c. Marie Antoinette d. Catherine
9. The first "talkie" opened in New York on October 6<sup>th</sup> 1927, what was it called?  
a. The Jazz Singer b. Blackmail c. Don Juan d. The Terror
10. What war ended on the 19<sup>th</sup> of October 1453?  
a. The Hundred Year War b. The War of the Roses c. The Spanish Civil War d. The Boer Wars
11. What famous fashion item made its debut on the 24<sup>th</sup> of October 1939?  
a. Nylons b. Bras c. Jeans d. Trench coats
12. Which radio broadcast, that created mass panic, aired on the 30<sup>th</sup> of October 1938?  
a. The announcement of WWI b. The bombing of Pearl Harbour c. The War of the Worlds d. The Sinking of the Titanic

Answers somewhere else!

# REPORT YOUR MEDICATION SIDE EFFECTS

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

“My symptoms worsened. I went from being totally independent to having to have my food cut up for me as I was throwing it everywhere” - Barrie, Parkinson's UK volunteer

If you have had your branded Parkinson's medication switched and suffered as a result, please report it to the Yellow Card Scheme.

Read the web story for more information 🙌

<https://prksn.uk/3teHB9P>

## New Balls Please! Or Then There We're Three!

The tenpin bowling was played by three intrepid males this month. Although the scoring was low (handicapped by Parkinson's) they managed to last long enough for two games before retiring gracefully to Dobbies for tea / coffee and cake.

The highlight of the session was the centre staff rolling out some extremely shiny new bowling balls.



We're not sure whether the glare from these beauties contributed to the low score because the glare from the three gents' foreheads was just as formidable. Let's just say that a new and shiny bowling ball gathers no dust, even when rolling along the gutter!

Thanks to Aileen Rigg for taking the photo and for not passing judgement on our game.

## Book Sails Over the Horizon

Mark's second poetry book 'Life's Per-Verse With Parkinson's' is doing well with the first £1,000 from the sale of the book already donated to the charity and the Branch.



Thanks to everyone who has bought the book and I hope that you've enjoyed it.



Don't lend it to your friends and family, make them buy their own and then we can donate more money!

Use the QR code to find the online shop, where you can securely buy both of his books, or go to:

<https://mark-coxe-publications.sumupstore.com>

## Making Waves at Townhill Loch

The Walking Group enjoyed a lovely walk on the 22<sup>nd</sup> of September. Despite the forecast of rain, the group wrapped up and sallied forth.



The group were entertained during their walk by a water-skier, which was expertly photographed by Bob Copeland.



If you would like to Join us for a walk, a chat and a bite to eat contact us at [parkinsonsife@gmail.com](mailto:parkinsonsife@gmail.com)

We'd be pleased to see you.

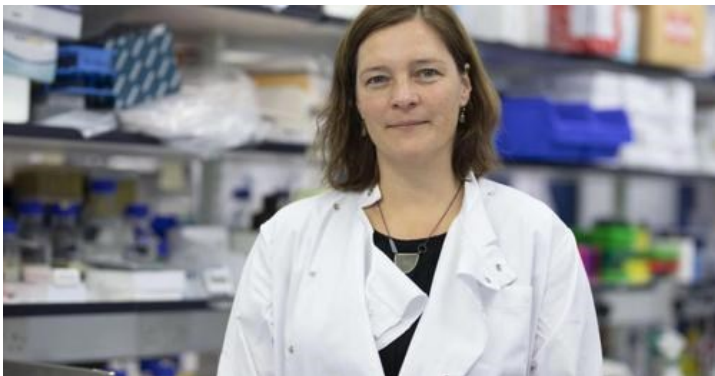
**PARKINSON'S UK  
HELPLINE  
0808 800 0303**

## Good News from Dundee University Researchers for Parkinson's Patients

Words by Helen McArdle, Health Correspondent for the Herald

Parkinson's is a disease that affects one in every 375 adults living in Scotland, but for the first time in decades researchers feel optimistic that a cure for Parkinson's could be possible.

"This is a very exciting time," said Dr Esther Sammler, one of dozens of scientists and clinicians based at Dundee University who are helping to unravel what causes the neurodegenerative disorder - and how to treat it.



"Right now, we have lots of things that can help with the symptoms of Parkinson's but nothing that would change the underlying disease cause," said Dr Sammler.

"There have been lots of trials over the last decades and our understanding of the complexity of Parkinson's has really increased. The exciting thing is that these drug targets are now in clinical trials."



**Circle of Comfort is a registered Scottish charity which offers complimentary therapies to people throughout Fife who are living with Parkinson's.**

Since 2021 they have been working with our Fife Branch offering Massage and Reflexology therapies.

Circle of Comfort have a number of therapists who attend the monthly Glenrothes Gatherings. They can also provide a Home Service whereby you can receive four therapy sessions from a fully qualified therapist in the comfort of your own home. This complimentary service is financed from an allocated budget agreed by the Fife Branch Committee.

If you have any questions or would like to find out more about the Home Service they provide please email [parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com)

"I sought the help of Circle of Comfort when I was experiencing a high level of pain. The practitioner was extremely professional, surprisingly knowledgeable about the condition and the quality of treatment I received was outstanding and helped me immensely. It really eased the pain and helped me relax". Janet



A warm, if belated Fife Welcome to our new Parkinson's Nurse Specialist, Kimberley Strachan.

Kimberley replaces Abby, who has gone on to pastures new. Our Parkinson's Nurse Specialist team now comprises of:

Gillian Aldrich - Lead Specialist Parkinson's Nurse Practitioner, Queen Margaret Hospital, Dunfermline.

Nicola Mercer - Specialist Parkinson's Nurse, St Andrews Community Hospital

Kimberley Strachan – Specialist Parkinson's Nurse, Victoria Hospital, Kirkcaldy

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.

# BUMS OFF SEATS... Fife Walking Initiative

COME AND JOIN US!

## Nordic Walking in Fife

Nordic walking is a great way to socialise, learn a new skill and increase your fitness. Using poles helps work your whole body whilst walking. Our walks are also complete with some warmup exercises and stretches afterwards. Our trained walk leader volunteers will also teach you how to use the poles and refine your technique!

**Mondays at 10.30am, (23<sup>rd</sup> October-11<sup>th</sup> December 2023); meet by the Glen Pavilion Car Park (Peacock Rooms), Dunfermline**

**Wednesdays 10.15am, (25<sup>th</sup> October-13<sup>th</sup> December 2023) meet at various points:**

- 25<sup>th</sup> October- Asda Car Park, Dalgety Bay
- 1<sup>st</sup> November- Pitreavie Athletics Centre, Dunfermline
- 8<sup>th</sup> November- North Pier Car Park, Limekilns
- 15<sup>th</sup> November- Beveridge Park, Kirkcaldy
- 22<sup>nd</sup> November- Lochore Meadows by the Willie Clarke building
- 29<sup>th</sup> November- Dunnikier Woods, by Dunnikier House Hotel Kirkcaldy
- 6<sup>th</sup> December- Water-Ski Centre Car Park, Townhill Dunfermline
- 13<sup>th</sup> December- Culross East Car Park, Preston Island

Christmas Break from 15<sup>th</sup> December with walks resuming week commencing on 8<sup>th</sup> January 2024

**FREE LOCAL WALKS AROUND FIFE**

## IS THERE ANYBODY THERE?



IS there anybody out there who would dearly wish to come to future Glenrothes Gatherings but can't?

Is it because you don't have your own transport or can't rely on a friend or family member to get you there?

Is it because you don't live on a direct bus route to Glenrothes or you can't manage public transport?

Is it because you don't have enough at the end of the week and think a trip to join us in Glenrothes is too much of a luxury.

Well fear not! We may be able to help with subsidised transport in the future.

Just email your details to [parkinsonsfide@gmail.com](mailto:parkinsonsfide@gmail.com) and we'll try to get the ball rolling.



## SUDOKU

Place a number from 1 -9 in each square so that every row, column and 3x3 block contains the numbers 1 – 9.

7								
			7	4				9
					6	1		2
	4				2			
	3					5		
		5	9			6	1	3
		6		9	3			8
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W	V	Y	P	X	G	S	E	N	Q	K	T
Y	A	O	Y	H	Y	M	T	N	U	A	H
K	B	N	O	W	U	D	R	A	Z	I	W
C	D	S	D	T	N	I	K	P	M	U	P
I	T	R	S	C	A	U	L	D	R	O	N
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R	V	H	O	S	K	E	L	E	T	O	N
B	M	M	T	R	E	A	T	C	C	T	D

## Halloween Wordsearch

DRACULA HAUNT MOON SPELL WAND COSTUME  
GHOST MASK SKELETON TRICK WIZARD CAULDRON  
FANGS MAGIC PUMPKIN TREAT WITCH



A carer is someone who, without payment, provides help and support to a relative, friend or neighbour who can't manage without their help.



Fife Carers Centre can help you with

- Applying for welfare benefits and grants
- Information to help you as a carer
- Befriending for carers
- Advocacy for carers
- Help with problem solving tips & ideas to ease your caring role.
- Referrals to other organisations
- Contact with other carers
- Someone to talk to when you need someone who understands

## Carer Support Groups in Fife

**Glenrothes Information Drop-In for Family & Unpaid Carers:** The CISWO, 390 South St, Glenrothes. Every Tuesday 2pm – 4pm.

**Befriending Group:** Linton Lane Centre. Fortnightly on Tuesdays 1pm – 2:30pm.

**Levenmouth Carers Group;** The Caledonian Hotel. Every Monday 10am onwards.

**Crafty Carers Group:** At Fife Carers Centre. Fortnightly on Thursdays 1pm – 2:30pm.

**NE Fife Support Group:** Fischer & Donaldson, Ceres Road, Cupar. Last Monday of each month. 2pm – 3:30pm

**Carers Social Group:** Church Hall, Main Street, Cairneyhill. Fortnightly on Thursdays 11am – 12:30.

**Men's Group:** Fife Carers Centre. 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month 2pm – 4pm.

**Polish Carers Support Group:** Polish Veterans Club, Kirkcaldy. First Monday every month 6pm – 7:30pm

**Online Group:** Every First Monday of the month 4pm.  
**For more information call 01592 205472**  
 or email [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)



## Black Car - David Cunningham

Brian could clearly see  
 A black car stop by him  
 It's my black cab thought he  
 No it's a hearse so grim

The drivers smile a leer  
 As he looked behind  
 And Brian felt cold fear  
 As no breath he could find

Upon the coffin lid  
 His name there he could see  
 A plea Oh God forbid  
 This casket's not for me

Brian was always late  
 Today was no exception  
 Death was indeed his fate  
 Despite his dereliction



DC 10/19  
 Apologies to Emily Dickenson!

## Calling All Budding Writers

David Cunningham, one of our regular contributors, has noticed a wealth of budding writers also contributing to our award-winning newsletter.

David is also a member of the Buckhaven Writing Group, which meets every Tuesday 2pm – 4pm in Buckhaven Community Centre, Kinnear St, Buckhaven, Leven KY8 1BH.



“Come and join us for a blether, to exchange ideas, drink tea or coffee and with plenty of biscuits thrown in for good measure!”

**David Cunningham**

## Catherine Mills Takes the Biscuit!

Our resident Arts and Craft guru, Catherine, has pulled out all of the stops, as usual, and enabled some of our craftier members to produce stunning plates of art to rival anything that Josiah Wedgwood could knock up (or at least that's our unbiased opinion). If the proud owners got them home unscathed and baked them the designs became permanent. Good enough to serve cake on or even chocolate biscuits.



Why not bring them back to our Glenrothes Gathering on the 12<sup>th</sup> so that we can appreciate how laden with goodies they can be?! Better still, bake some of the lovely Digestives from our recipe and serve them smothered in chocolate!



## The October Quiz Answers

1. Opal 2. Marigold 3. Thanksgiving
4. Libra 5. Ruthfield B, Hayes
6. The Dalton Gang
7. The Washington Monument
8. Marie Antoinette 9. The Jazz Singer
10. The Hundred Years War
11. Nylons 12. The War of the Worlds

## Donations to the Branch

Donations to the Branch funds are always welcome because they enable us to continue to provide our members support and reassurance.

You can make a donation to the Branch on the or Just Giving page

[https://www.justgiving.com/fundraising/chair-fife?utm\\_source=copyLink&utm\\_medium=fundraising&utm\\_content=chair-fife&utm\\_campaign=pfp-share&utm\\_term=ba6a2a96dd4f469ba700acd5c735e367](https://www.justgiving.com/fundraising/chair-fife?utm_source=copyLink&utm_medium=fundraising&utm_content=chair-fife&utm_campaign=pfp-share&utm_term=ba6a2a96dd4f469ba700acd5c735e367)

*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).*

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

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

## John's Winning with His Parkinson's

Well would you believe it? John Ramsay has only WON THE SCOTTISH OPEN CHAMPIONSHIP for the second year running. The competition was held at the Strathmore Golf Club on behalf of Scottish Disability Golf and Curling. John says that this year was the hardest 3 days of golf that he's had, following surgery and not being able to play golf for seven months. He was utterly exhausted but rallied round to come out on top.



### What a grin!

John would like to thank The SDGC and Jim & Janet Gales for all their hard work. Thanks also to Strathmore Golf Club and a huge thanks to STYX KDY/ GLENROTHES & SPONSORS. PLUS, AND EVERYONE WHO BELIEVED IN HIM TO MAKE IT POSSIBLE, THANKYOU!

Congratulations to all the SDGC major winners this year:

John Pennycott, Scottish National Champion  
John Ramsay, British Open Champion (stable ford)  
Glenn Jackson, British Open Champion (nett)  
Gordon Mclay, British Open Champion (gross)  
Stumpey Daley, British Masters Champion.

## Digestive Biscuits – Makes 22



### Ingredients

175g / 6 oz wholewheat flour  
25g / 1 oz oatmeal  
½ teaspoon salt  
1 teaspoon baking powder  
75g / 3 oz butter or margarine  
40g / 1 1/2 oz soft brown sugar  
2-3 tablespoons milk

### Method

Mix the flour and oatmeal together.  
Sift in the salt and baking powder  
Rub in the butter or margarine until the mixture resembles breadcrumbs  
Stir in the sugar  
Add the milk and mix to a stiff dough.  
Roll out thinly, and prick well  
Cut into 6 cm / 2-5 inch rounds with a plain cutter.  
Place on a greased baking sheet  
Bake in a preheated moderately hot oven 190C/375F Gas mark 5 for 15 to 20 minutes.  
Transfer to a wire rack to cool.  
Serve with butter or cheese if liked.  
*(Or better still smothered in lashings of chocolate).*



In the event of a power cut, their teams work around the clock to

restore your electricity as quickly as possible. They appreciate for some customers this may be particularly distressing and that's why they offer extra support to customers who feel they need their help.

If you would like to be added to the Priority Services Register, complete a quick form on their website or text PSR to 61999. They will normally contact you within 48 hours.

[https://www.spenergynetworks.co.uk/pages/priority\\_services\\_register\\_form.aspx](https://www.spenergynetworks.co.uk/pages/priority_services_register_form.aspx)