

## In this Month's Edition

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### Greetings to our devoted reader from your newsletter Editors.

Well, we've come to an end of an era. Our Chair John Minhinick is due to retire at the AGM after eight years chairing meetings and steering us through the Covid years without having to delete his WhatsApp messages!

Unfortunately, we missed the opportunity to link last month's newsletter with the number 52. So, we're taking the belated opportunity to link this one with a B52 Stratofortress (don't ask why!). We've put John in charge in the Pilot's seat one last time to fly off into the sunset.

We wish him well on the Aberdour Community Council, where he has newly been elected Secretary. Rest assured he will still be active for us in the background and has graciously made himself available



when his expertise is required and for guest appearances whenever he's needed. He certainly won't be joining the queue at the Labour Exchange!

Mark Coxe (the current Vice-Chair) is standing for John's vacated position and members are urged to come to the AGM and cast their vote. Mark admits that, if he is elected, he will have a tough act to

follow but he has some ideas to take the Branch forward although he reassures the members that he won't be making any drastic changes anytime soon.

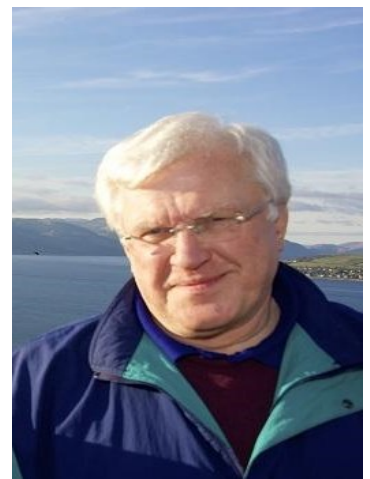
If anyone wants to join the committee to help develop ideas for the Branch, please don't hesitate to come forward either before or at the AGM.

### A Last Word From The Chair – John Minhinick

This is the last time that I will write a brief article as the Parkinson's UK (Fife Branch) Chair. It's been a stimulating, challenging and enjoyable eight years leading the Branch; thank you for your support. I'm proud to stand down with the Fife Branch so highly regarded by the Parkinson's community across Scotland in terms of our innovation, programme of events and activities. The Branch has also been well represented in the Scotland Development Team and the Dundee Research Interest Group.

2023 was the year for completing the return to our pre-lockdown range of events and activities. Some aspects of the Zoom-based programme, that we introduced during the Covid 19 emergency, remain in the portfolio.

In closing I have two requests first please show your support for my committee by attending the AGM on 15<sup>th</sup> February, and going forward try at least one new Fife Branch event or activity in 2024.



## Enter Andi Brogan . . . . . . And the Dance Goes On

It seemed a long time ago, the members of our Shaper Caper Dance / Exercise Group met on a Thursday morning at 11.15 to loosen up our bodies and Hoover our brains. It wasn't because of any one thing that caused the classes to be cancelled but appointments, illnesses, Christmas Parties, technical issues etc. etc. all seemed to happen on a Thursday morning. However, on Thursday 18<sup>th</sup> January, with a new year and a new start, we managed to be in our own houses in front of our computers ready to take our first 2024 class.

Another surprise was waiting for us on Zoom. Enter Andi Brogan, our new tutor, who is taking over our class after Iliana Parousi had left the company. Andi had taken our class for a session last year and said she was thrilled to be working with us again.

She then started to warm us up with a series of stretches, short sequences, and longer routines. The programme has been designed for standing and sitting participants. It felt so good to be back!

This would be an ideal time for new members to join this class, so I have added the dates until June so that we can write up our diaries. Why don't you come along for one session. You will quickly decide whether or not this class is for you. Exercise and fun - a great recipe for a Thursday from 11.15.

**Charles Small**

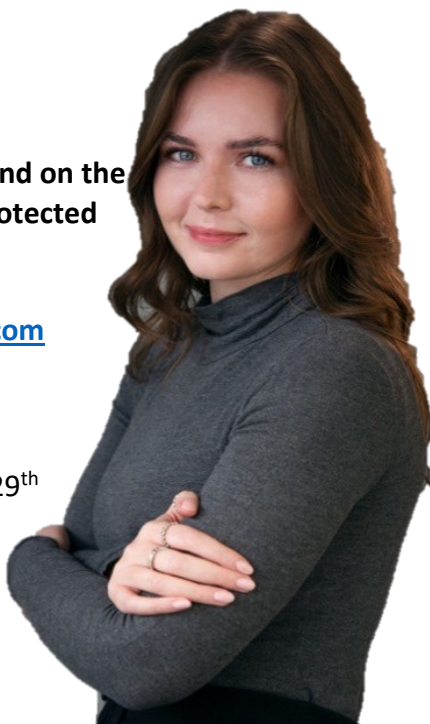
**Friday 11.15 – 12.30**

**Zoom Codes can be found on the Member's Password Protected Page on our website.**

**Contact**  
[parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com)  
**for details**

**Term 1**  
February 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
March 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Term 2**  
April 18<sup>th</sup>, 25<sup>th</sup>  
May 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
June 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>



The Walking Group has still to restart its programme for 2024. We just need the weather to be kind to us as we start the year's programme of walks. Our first walk is a Snowdrop Walk at Dunimarle Castle near Culross on Friday 16<sup>th</sup> February.

As the Risk Assessment has still to be completed nearer the day, we cannot confirm the details just now but if the Risk Assessment is not up to our standard, we will go to Valleyfield Woods and the West Fife Trail. The details of the walk will be emailed to all who indicate that they wish to join the group for this walk.

Snowdrop walk at Valleyfield



Daffodil Walk at Dalgety Bay

Last year was mainly a good year for getting our walks done as the weather was mostly good. However, a few walks had to be cancelled and we hope to pick these up this year. So far, we have not managed to attract more members to join us but hopefully in 2024 we can encourage more to come along.

**Bob Copeland**

### 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.

Donation:

**Amanda Michie**

**Pittenweem  
Probus Group**



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.

# Let's Talk About Parkinson's – An Update

**ADAM SMITH  
THEATRE  
KIRKCALDY**

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

**NHS**  
Fife

**We've got the venue.** The Beveridge Suite at the Adam Smith Theatre, Kirkcaldy

**We've got the date and time.** April 10<sup>th</sup> 6pm to 9pm.

**We've got the Speakers.** Dr James Woods and the NHS Team (well, most of them confirmed) with Parkinson's UK Scotland Director, James Jopling, and staff from Parkinson's Scotland.

**We've also got tea, coffee and chocolate biscuits from 5:15pm.**

## Now all we need is you!

Book your free place on Eventbrite or contact Alice Hall at [ahall@parkinsons.org.uk](mailto:ahall@parkinsons.org.uk)

<https://www.eventbrite.com/e/lets-talk-about-parkinsons-tickets-806372932147>

## A Message from Anita Jefferies who is one of the Local Development Managers for Parkinson's Scotland



We (the Scotland team) are currently working on our priorities for 2024 and one of mine is to explore support provision for people with **Parkinson's and Dementia**.

It would be really helpful to hear your thoughts / experiences / suggestions, but also, it's always great to share anything you've tried / experienced before within your group with each other - perhaps things that have / haven't worked well in supporting group members with Parkinson's and dementia or things you have been considering.

Of course, You might have your own personal experience of Parkinson's related dementia, if so, your thoughts and suggestions would be hugely valuable.

Do you currently have group members attending who are living with Parkinson's and dementia?

Is there any particular support you have put in place that has really helped or any group activities you have undertaken with this particular focus?

I'm really interested in things like 'Sporting Memories' and wondered if anyone has tried any reminiscence type activities within their groups at all?

Obviously, it's great to be able to share suggestions or ideas amongst the groups to learn from one another, but equally if it is a personal experience that you would like to share directly with me, please just drop me a line:

[ajefferies@parkinsons.org.uk](mailto:ajefferies@parkinsons.org.uk) / 07876135817

## Just a Reminder



## FIFE BRANCH AGM

Dunnikier Park Golf Club, Kirkcaldy  
February 15th at 7PM

# PARKINSON'S UK

# HELPLINE

# 0808 800 0303

# Singing Is Good For You

Research keeps telling us that Singing is good for people with Parkinson's and we have Singing on our Branch Menu of Activities both in Glenrothes but also on Zoom for those who have access to a computer.

Meri Goad, our singing expert, has been giving up her time to work with our Branch members for at least eight years. She continues to bring us a wide range of songs from all over the world and makes our sessions most enjoyable.

However, our singers who have numbered over sixteen in the past, are going through a rough time at present as there were under ten members singing together at our last session in Glenrothes. Now we would love to be joined by more voices.

Why don't you come along and give singing a chance? If you can sing one note, two notes or more notes you have a place in Meri's Minstrels. Hope to hear from you soon.

**Charles**

**Zoom Codes can be found on the Member's Password Protected Page on our website.**

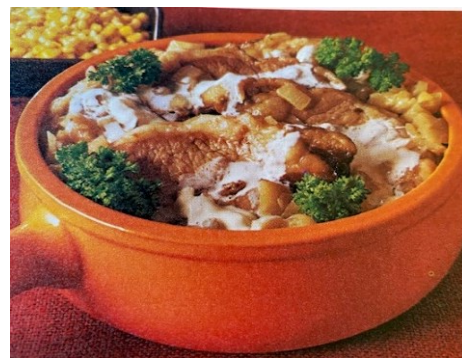
**Contact**

[parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com) for details

**Thanks to Diane Dunbar for sending us one of her favourite pork recipes.**

This one looks as if it will be another tasty treat.

## Pork Chops in Cider



### Ingredients

- 4. Pork loin chops
- 1 oz butter
- 1 large onion chopped
- 1 large cooking apple peeled cored and chopped
- 1/2 pint cider
- Salt and vinegar
- 1/4 pint double cream

### Method

- Fry chops in butter on both sides for 5 minutes
- Remove and put in casserole dish
- Fry onion and apple together for 5 minutes
- Add to the chops
- Pour cider into the casserole over the chops, onion and apple and season with salt and pepper
- Cover and put in oven for 1 hour or until chops are tender
- Stir in the cream

Chicken can be used instead of chops  
Oven setting 350°F 180°C Gas mark 4

## THE MUSIC THEORY SONG



**Drop-In Sessions on Zoom are**

- February 9<sup>th</sup> & 23<sup>rd</sup>
- March 8<sup>th</sup> & 22<sup>nd</sup>
- April 5<sup>th</sup> & 19<sup>th</sup>
- May 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup>
- June 14<sup>th</sup> & 28<sup>th</sup>

**In Person Singing (at Glenrothes)**

- February 8<sup>th</sup>
- March 14<sup>th</sup>
- April 11<sup>th</sup>
- May 9<sup>th</sup>
- June 13<sup>th</sup>



The YP group consists of a 10 strong WhatsApp group plus a few extras on email. The idea is that the 'young persons' are of working age and may prefer to meet in the evening and do different things to the Main

Branch. In 2023, we elected to go to zoom meetings rather than meeting at Dunningier.

We have been out for a meal, challenged the Main Branch to tenpin bowling, tried barefoot Yurt dancing and group exercising.

Members were individually successful in table tennis, golf and research activities. But we could do more! David Rigg is standing for the position of Vice-Chair at the AGM, so we might be looking for someone to volunteer to take the YP group to the next level in 2024?

## It is with much sadness

that we have just learnt of the passing of **Jean Ballantyne** on the 26<sup>th</sup> September 2023. It was Annabel Blair who broke the news to us when she hadn't received a Christmas card from her and decided to find out if anything was wrong.



Jean can be described as a 'force to be reckoned with' by people who had known her in the Parkinson's world and could "call a spade a spade".

When Jean and her husband Mel moved to Fife from Solihull near the end of 1990, Fife Branch and even Parkinson's Scotland were very different than they are today.

Fife had two branches, Kirkcaldy and Dunfermline, although the latter wasn't doing too well with low attendance. The two amalgamated in about 1993 to create Fife Branch and the then Chair, Bill Seago, persuaded Jean and Mel to become Committee Members.

In 1996 they took over Branch publicity, putting posters up in hospitals, doctor's surgeries and chemists. They also became members of a team which was led by the Consultant Dr Stuart Roschow and was intended to meet quarterly to bring together Parkinson's patients and relevant NHS staff who had a real interest in Parkinson's.

Jean and Mel took part in the first worldwide Parkinson's Awareness Day on 11<sup>th</sup> April 1997 by booking a stand in the Kingdom Centre, Glenrothes to raise awareness and get people to sign the European Parkinson's Disease Association (EPDA) Charter that clearly laid out the rights of People with Parkinson's in terms of management.

Mel, who had been diagnosed at 46 in 1985, and Jean were part of the first Young Alert Parkinson's, Partners & Relatives (YAPP&R) meeting to be held in Scotland at the Berni Inn, Perth in 1998.

Mel and Jean were instrumental in obtaining a

Mobile Resource Unit (MRU) in 1999, which visited every hospital, every surgery where parking was permitted, every town and as many villages as possible in each area.



The pair were also partly responsible for the introduction of the first Parkinson's Nurse in 1999 following a meeting with Cathy Cowan the Director of Services for Fife, where Jean broke the ice by striking up a conversation about knitted dolls!

Jean was adept at fundraising, applying for funding from Lloyds Bank for transport to ferry members around and even getting a grant from the National Lottery to purchase an adapted residential caravan at Pettycur Bay. She even raised money through a Lottery funded scheme to introduce carpet bowls and dancing to the Fife members.

Jean persuaded Liz McBain (Edinburgh) to start an indoor bowling competition and Annabel and Alex to start a walking group.

Jean would be best described as an activist today. She stood for Chair of the Scottish Council in 2004, a post she held for six years. In 2007 She gave a presentation on the importance of getting medication on time to members of the Scottish Parliament at Holyrood.



The last word should come from someone who knew and worked with her - Annabel Blair.

"Jean and Mel had many friends in the Branch community and I know that those of you who did not know she had died will be saddened by the news.

I know that though we crossed swords many times, I respected how much she did for the Branch and for all people with Parkinson's."

And a final thought from Jean herself. "What happened to the Caravan and the MRU?"

The Fife Branch Caravan had reached an age when it would have to be replaced. The caravan was sold and moved from the site and the money went into General Accounts.

The MRU was used until more rural areas were supported by Parkinson's staff.



**Parkinson's Scotland have brought out a new report called Scotland Can't Wait**, which makes recommendations for change across 3 important themes.

**Theme 1:**

**People with Parkinson's can't wait for the healthcare they need.** NHS Scotland is falling a long way short of providing enough specialist doctors, nurse specialists and allied health professionals to support people with Parkinson's and their families. In the report we highlight issues around waiting times, access to care and huge caseloads. We call for increased capacity and specialist integrated teams to provide the specialist care that people with Parkinson's need.

You can see what Mark Coxe has to say about how his nurse helped him.

<https://www.facebook.com/share/v/DhJXWZx7MF7iv9em/?mibextid=WC7FNe>

**Theme 2:**

**People with Parkinson's can't wait for their time critical medicines** when they are in hospital. We report on our long-standing Get it on Time Campaign to prevent people with Parkinson's being put at risk from medication errors in Scotland's wards. We call for NHS Scotland to implement the potential of electronic prescribing and provide training and leadership to make it easier for ward nurses to deliver safe care.

**Theme 3:**

**People with Parkinson's can't wait for mental health support.** It's time to make sure that people with Parkinson's get full care for their condition, including treatment for common symptoms affecting mood and behaviour. We ask for specific action on hallucinations, delusions and dementia, including access to mental health teams, training for professionals and better data on Parkinson's dementia.

You can hear Tanith talking about it on BBC Scotland from 1h. 43m. 00s

<https://www.bbc.co.uk/sounds/play/m001vlw3>

Hard copies have been posted to all of the chairs and coordinators of the groups in Scotland, so you should be able to have a look at your next meeting, or get in touch with Alice Hall if you'd like a copy posted to you. [ahall@parkinsons.org.uk](mailto:ahall@parkinsons.org.uk)

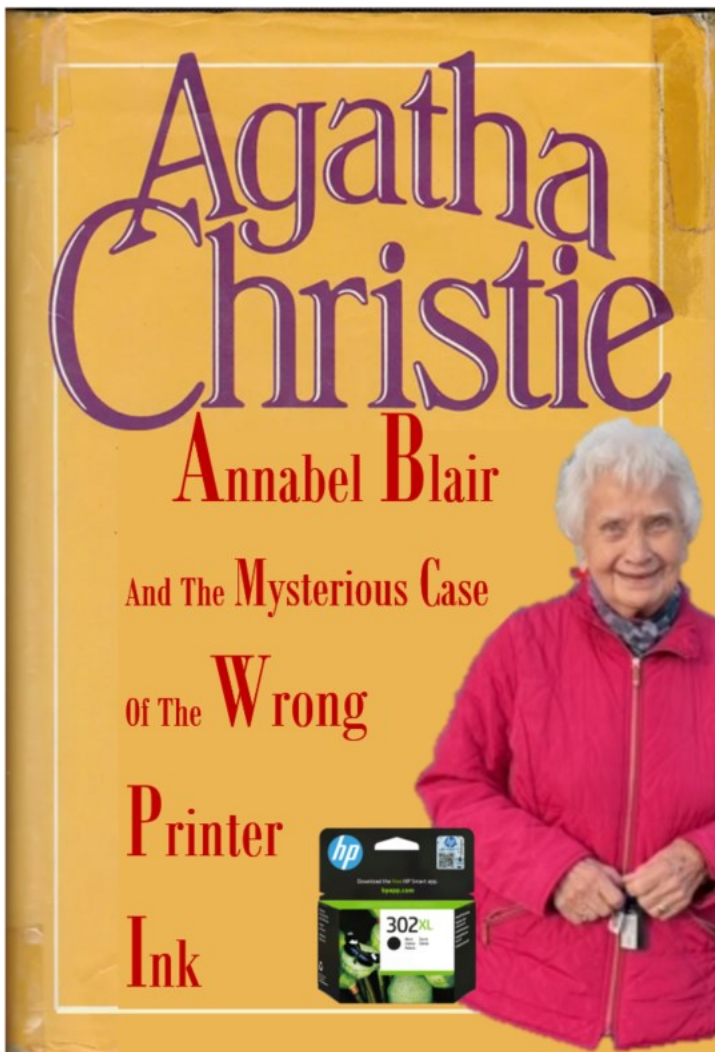
You can [download a copy from the news page on the website](#) and click on [our X thread](#). (Please do!)

**Sudoku**

Place a number from 1-9 in each square so that every row, column and 3 by 3 blocks contain the numbers 1 to 9.

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

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.



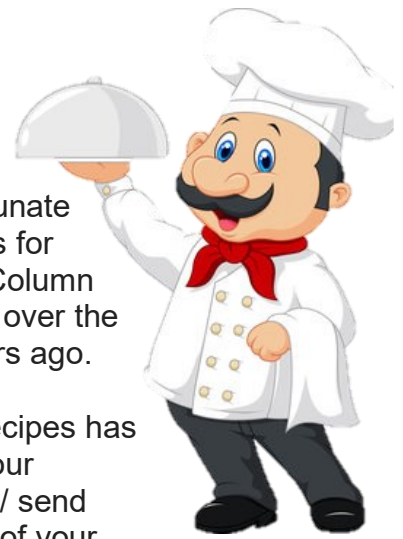
**Does anyone use HP 302XL ink (RRP £43.99)?**

If so, I have at least one black cartridge to dispose of. I bought it by mistake after getting a different printer.

It is free but I'm sure a wee donation to Parkinson's wouldn't go amiss.

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

**HELP NEEDED!  
CAN YOU HELP?**



We have been very fortunate to have received recipes for our Newsletter Recipe Column ever since Charles took over the editor's job over six years ago.

However, his stock of recipes has run out and he needs your assistance, please give / send Charles or Mark a copy of your favourite starter, main course, sweet, home baking or anything you think we would enjoy, and we will try to publish them over the next few months. If you can send a photograph too that would be super but not essential.



**The Dundee Labs  
Open Day  
February 6<sup>th</sup>**



But you might get some late cancellations.

Contact Liz Nash on [lnash@parkinsons.org.uk](mailto:lnash@parkinsons.org.uk)

*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).*

**Parkinson's Research in Scotland, an event for World Parkinson's Day.**

Join us for this hybrid research event on Tue, 23 Apr 2024 10am – 5pm at The Royal College of Physicians of Edinburgh, 11 Queen Street Edinburgh EH2 1JQ.

You can choose to attend the full event, or the morning or the afternoon session. **Book early, tickets going fast.**

The morning (10am to 1.30pm, including lunch) features a range of in-depth, high level scientific talks. The afternoon (12pm lunch, talks from 1.30 - 5pm) features talks designed for a lay audience, plus a panel discussion featuring researchers, clinicians and people affected by Parkinson's, with time for audience Q&A. <https://www.eventbrite.co.uk/e/811396738487?aff=odtdtcreator>

# TAKE A TRIP WITH PARKINSON'S FIFE BRANCH TO SEE



PITLOCHRY  
FESTIVAL  
THEATRE

# FOOTLOOSE

THURSDAY MATINEE

29<sup>th</sup> AUGUST 2024 at 2pm

Revisit the '80s' with *Footloose* the story of Ren McCormack, a teenage boy from Chicago, who moves to a small farming town with his mother. Ren is prepared for the adjustment to his new high school, but what he isn't prepared for is a ban on dancing by the town Preacher.

With the help of Ariel, the Reverend's rebellious daughter, and Willard, a local lad who becomes his best friend, Ren convinces the Reverend to let the teenagers dance, and in the process helps the town to heal from a tragedy that affected them all.

The Theatre Trip Booking includes one theatre ticket, coach transport from Kirkcaldy and Dunfermline, time to dash around Pitlochry if you wish and High Tea at Taste Perthshire in Bankfoot, on the return trip. The cost for Branch Members and people with Parkinson's (+1 Carer if needed) is £30.00 each. We have secured 4 wheelchair spaces so, please advise us if you need accessible seating.

Extra Guest tickets will be made available from Monday 1<sup>st</sup> April. The tickets for Branch Members and people with Parkinson's +1 are subsidised by Fife Branch. Extra guest tickets cost £50.00 each and include all of the above.

Payments should be completed by 11<sup>th</sup> May and can be made by Cheque, Cash or Card. Payments can be made at the Glenrothes Gatherings and by post (CHEQUE ONLY) or online at <https://fife-parkinsons.sumupstore.com>



Name (s):			
Address:			
Telephone Number(s):			
Email address: (in order to confirm booking)			
I/We would like to join the bus at (please circle your choice)	KIRKCALDY (Beveridge Park)	DUNFERMLINE (Fife Leisure Park)	

**PLEASE RETURN TO ELIZABETH TAIT, 1 HOPEWARD COURT, DALGETY BAY KY11 9TF  
A.S.A.P. CHEQUES SHOULD BE MADE PAYABLE TO PARKINSON'S UK, FIFE BRANCH**