



Parkinson's UK. Fife Branch

'Keeping Us Together'

No.10

Hello Readers,

Mark and I would like to welcome you to our very special tenth edition of 'Keeping Us Together'. Little did we know when we put together Issue 1 that we would still be producing our more regular newsletters to keep us together especially for members who are not online. We plan to continue this service to the Branch as long as needs exist. As ever, thanks to everyone who has contributed to this issue. We really appreciate your commitment and would welcome articles from new writers.

Editors: Charles Small (01592 713824) & Mark Coxe (01592 560160)

A message from our Chairman – John Minhinick

Celebration Time

Well done to Charles and Mark for achieving "Keeping us Together 10". Another celebration will be the 200th Zoom Meeting on 22nd October. If you've not experienced the very popular Exercise and Dance session on Thursday, why not make this special occasion the time to start. Come and join us with your morning coffee and chocolate biscuit; fancy dress is optional. Sarah Greene is promising a programme to match the occasion.

If you cannot enjoy any of our Zoom meetings because you don't have the right equipment, I've been working with a group of experts looking at options for basic hardware; I hope to soon be able to discuss some options. If you have the suitable equipment but need some assistance, then we are already able to help. Mark Coxe has so far turned at least six worried novices into regular Zoomies.

We've just heard from Sarah Green that her company, Shaper/Caper has just received funding to host "Respire", creative respite breaks for carers and cared-for people. The sessions would be from 10:30am - 3pm once a month (12 sessions in total), lasting a full year. Although planning the start date is currently difficult, we are aiming for Jan 2021. Would you like to benefit from this service that will happen in Dundee?

With a theme of Health & Wellbeing, "Respire" will offer dedicated relaxation sessions to carers only whilst their cared for people simultaneously join a separate creative activity of their choice. These will be followed by a joint creative dance session and a shared lunch at the community café, after which everyone will enjoy watching a professional show with an opportunity to meet the artists and engage in conversation.

If you're interested contact Sarah via sarah@shapercaper.com or telephone number 07464945348 to put your name on the 'waiting list' for the project.

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Calling All Members!

Hello everyone – this year has been like no other for all of us, and we have so much uncertainty to face. Our daily lives have changed totally and the main issues – health, travel, holidays and our social lives have caused us lots of anxiety and stress. I think it is safe to say that we are missing the company of our friends whom we used to meet in person in Falkland, Dunfermline, Kirkcaldy, Glenrothes, or on outings elsewhere in Fife and beyond.

Our committee very quickly set up a Fife Programme so that we could keep in touch with each other during the lockdown. Firstly, our two monthly Branch Newsletter became a three weekly communication to inform and entertain us. Secondly a series of well organised Zoom meetings was arranged to provide opportunities for members to blather, share thoughts and ideas and enjoy the company of friends - and this is free!!! We could also join in various activities – Quiz Nights, Walking Group, Tai Chi Class, Camera Club, Dance Exercise with Sarah or Sing-along with Meri.

During a recent Zoom Meeting, I shared the idea to hold a regular 'Zoom Meeting' for say one hour as a bonus chat time (especially for us ladies) as we head into the shorter



days of winter. I am delighted to report that the 'Zoomies' present thought this was an idea worth exploring. **It was decided to hold an initial Zoom meeting on Wednesday 21st October at 11am to which all members are invited to take forward ideas and comments.**

To join all you need is internet access. Current 'Zoomies' are familiar with the Zoom system, and anyone needing assistance can contact Mark Coxe (07913 207057) or our Chair, John Minhinick (01383 860145) Please get in touch with me if you have any comments.

Best wishes Frances Copeland (01383726383)

Camera Club Developments - Important

The Camera Club has decided to change the frequency and time of its meetings. Members will now meet fortnightly on a Wednesday morning at 10 a.m. The next meeting, still on Zoom, will be on Wednesday 14th October at 10am to which everyone is invited. Please use the same I D Number and Password.



Bob Copeland tells me that the Camera Club will still be a place where members can share advice and ideas on improving their photographic skills. They also use Instagram to show their photographs and we can follow their progress on <https://shakearazzi.one>



The topic for the meeting on Wednesday October 14th will be 'Afternoon Teas/Coffees' when members will share and discuss their photographs inspired by this tasty topic.

New members are always made most welcome so why not visit The Camera Club on October 14th at 10 a.m. and share the fun.

Can YOU help Jenny make PAPERBACK ANGELS?

Jenny Anderson likes to keep busy and she has found a way to make Christmas Angels from old paperbacks. The only problem is that she has run out of old paperbacks she no longer wishes to keep! **CAN YOU HELP JENNY?**

If you have any 'no longer wanted paperbacks', why not contact Jenny on 01592 305527 and make arrangements for getting them to her. She would be most grateful to hear from you.



It's an Ill Wind...

By Melvin Barnes

I watched the orange plastic bag in full sail as it hovered inches above the dark pavement: undecided, it would seem, whether it should stay in situ, or make a sudden break for the other side of the crescent. An unexpected flurry added to its uncertainty; blowing the bag first one way, then the other, before finally sending it in my direction to scurry around my feet like an affection seeking, orange terrier.



I bent over, this way and that, twisted around that way and this to recover this mischievous plastic sprite. For a fraction of a second, the wind dropped, and the handles of this orange miscreant seemed - almost deliberately - to wrap themselves around my thumb and index finger, so quickly I consolidated my grip on the bag and with ill-concealed triumph, I yelled, 'Gotcha.' At the same time, the library books fell from their secure position beneath my arm.

It's an ill wind, they say, that blows nobody any good. It had started to snow, and what better place for my library books than a captured plastic bag. Suiting action to the thought, I popped both books into the confines of its sheltered orangeness. It's always warm in the library at this time of the year; something much appreciated by a pensioner, rich in time, but poor in pocket. The living room in my semi-detached is not as Saharan as the library, but then again, I suppose, neither is it the North Pole. We're reasonably comfortable Sandy and I; thank you very much. We don't want charity. Sandy's a Collie - in case you were wondering.

On returning home, I placed the bag with my library books on the kitchen table. It was only then that I noticed it. I hadn't spotted it before, because it was almost the same colour as the bag: a lottery ticket, as orange as the bag itself and valid for that evenings draw.

We watched the Lottery that evening. It was a winning ticket: not the big win itself of course: not in the millions, but in the middle to upper thousands mark - five numbers and the bonus ball.

PS. The house is kept warmer now, and in more ways than one. I have a cleaner, a widow, who comes in Tuesdays and Thursdays - She's a lovely lady. Confidentially, we are going out on a date this very evening. Who would have thought that so much luck could be found in a small orange bag?

PPS. I gave half of the winnings to a local charity

TEN about TEN TRIVIA QUIZ

1. Which USA President is on the **10**-cent coin?
2. What is another name for a **10**-sided polygon?
3. What is the traditional **tenth** anniversary gift?
4. In which books of the Bible will you find the **Ten** Commandments?
5. Name the four stars of the 1979 American romantic comedy film **TEN**?
6. What did your true love give you on the **tenth** day of Christmas?
7. What sport has **10** players on each team?
8. Which is the **tenth** Astrological sign of the Zodiac?
9. Name the group who released 'Perfect **Ten**' in 1998?
10. What is the Roman numeral for the number **ten**?

**GET IN TOUCH with
Parkinson's UK**

0808 800 0303

KEEP IN STEP WITH THE WALKING GROUP

As usual we started with a quiz, this time devised by Elizabeth Tait. It had us trying to remember our days at scouts and guides as the quiz was about trees and leaves. We were taken from sequoia woods in California to avenues of trees in France. A big thank you to Elizabeth for getting us back to nature in a most interesting way.

At our virtual Walking Group meeting on the second of October, John Minhinick took us on a photographic journey on a walk we should have done earlier in the year as part of our Fife Coastal Path adventure. It started in Aberdour and

ran to Burntisland and John had managed to find out an amazing number of facts about the history and industry in those two short two



miles. He accompanied his talk with photographs of the wildlife and scenery on the route.

We were amazed to find out that a quarry was sited high on the hill between Aberdour and Burntisland. It used a gravity railway to take the wagons full of material excavated from the quarry down to the harbour and pulled the empty ones back up the hill to the quarry.

John told us about the history of Ross End Castle in Burntisland which is now used by a firm of Architects. You can book a tour to see inside the original parts of the castle, still in excellent condition today. We also saw photos of the shipyard in Burntisland which in its heyday was a very busy place until it closed in the sixties.

Our next meeting is on the sixteenth of October. We're also looking forward to October 30th when Janet Kerr will be taking us on her journey, walking the West Highland Way. All are welcome to join our Virtual Walking Group fortnightly Zoom meetings.

Bob Copeland

No Escape!



School's Out Escape Room

In an effort to juj up the quiz evenings with something a little bit different some of us tried out an escape room online.

The theme was a school reunion and we had to get out of the school after being locked in. Although everybody enjoyed the game, which lasted for over two hours, was quite difficult considering it was a beginner module. The clues were a bit vague and the solutions even more so. Admittedly we cheated a couple of times otherwise we'd still be in there! Would it be a good evening for the Fife Branch to enjoy rather than a Quiz? Endure more like! Would we do it again? Probably not. One good thing was seeing the effort most of the participants made to dress up as school kids.



TRIVIA QUIZ ANSWERS

1. Franklin Roosevelt
2. A Decagon
3. Tin
4. Exodus:20 and Deuteronomy:5
5. Bo Derek, Dudley Moore
6. Ten Lords a-Leaping
7. Field Lacrosse
8. Capricorn
9. The Beautiful South
10. X

Thank you, Diana Penman, for sharing your rather naughty but delicious recipe with us.

It is just what we need to celebrate our tenth edition!

DIANA'S MALTESER TRAY BAKE



Ingredients

- 4 oz/110g block margarine
- 3 tbsp syrup
- 5 oz/150g milk cooking chocolate
- 8 oz/225g digestive biscuits roughly crushed
(if mixture seems too soft add another couple of biscuits at this stage)
- 4oz/110g Maltesers, cut in half with scissors
- 8 oz/225g milk cooking chocolate
(Dairy Milk if you're feeling decadent!!!)

Method

- 1 Melt the first three ingredients.
- 2 Add the Digestive biscuits and Maltesers.
- 3 Mix well and press firmly into tin.
(I use an 8 inch square tin)
- 4 When cool cover with chocolate of your choice.
- 5 Cut into squares when chocolate is set.

HINT ONE Before putting your mixture into your tin, line your tin up and over the sides with cling film - easy to lift out and cut when cool.

HINT TWO A hint for smooth chocolate on top, Once you cover with choc give the tray a good shake or a good "dunt" on the worktop !!!!!

No extra charge for hints!

Mark's Fox Trot for Parkinson's



The Michael J Fox Foundation 10K run got off to a wobbly start on Saturday 3rd October, namely because Mark had hurt his Achilles' Tendon a couple of weeks earlier and it was still causing him pain.

However the show must go on and Mark elected to cycle rather than walk his challenge but increased the distance from 10km to 20k. He ended up completing 22.7k. As the event could start at any time, after a lie in, he started after midday. Since U.S. Eastern Time is five hours behind us, he managed to start three hours early! His 'race' was invigilated by that well-known retired school headteacher, Mr Charles Small, who fired the virtual starting gun sending Mark on his way.

Unfortunately, the weather was awful on the day and the rain which fell throughout all of Mark's journey was torrential but as Mark said, 'Once you're soaked through, you can't get any wetter.'

On the whole Mark said that he had 'endured' the ride and didn't do too badly for an overweight, late fifty-year-old who's only exercise is Sarah's Zoom sessions once a week and hasn't been on a bicycle for years!

Would Mark do it again? Well he has joined the Parkinson's UK Scotland 'Love to Ride' team, so the answer's out there somewhere! So far Mark has raised \$288 for The Michael J. Fox Foundation. Well done Mark.

Ghosts and Ghouls



Do you believe in Ghosts and Ghouls?
There are some say they're not sure,
But on October 31st,
They'll come knocking on your door.

But Heather won't be thwarted,
She's got a cunning plan,
She's throwing a big party,
And it's gonna be online.

Well maybe not this year alas,
Or perhaps the next one too,
It's because of the pandemic,
Just see what Covid can do.

It's to get us all together,
In aid of a good cause,
It's for people who've got
Parkinson's,
And we all know one of those.

So get your stuff together,
And dress up like a freak,
Have a Happy Covid Halloween,
Join on Zoom and make us shriek.

It's going to be wonderful,
Even though it is online,
Joining details are to follow,
Hope you have a real good time.

Mark Coxe

Parkinson's Scotland Halloween Party
October 28th 2PM. Contact Charles or
Mark for joining details.

AN EXERCISE IN WELLBEING

Shaper Capers dance exercise with Sarah has been a real tonic on a Thursday.
Good exercise for the body and also for the mind as you have to remember the routines.
Great combination of repetitive actions to become familiar with the steps and also
new routines to keep it interesting.
Excellent addition to this the Zoom calls and suitable for all with the sitting and standing exercises.



David Rigg

CHRISTMAS GREETINGS

To Ruby and Jenny
Have a Lovely Xmas
And a Boozy New
Year.
All the Best
From Evelyn



We would once again like to give members the opportunity to send their Christmas greetings to their fellow readers. All you have to do is send Charles or Mark your greeting to an individual, a group or to the entire Branch membership. You could fill in the form below or email your message, if that is easier. We will do the rest by adding a Christmas motif.

We will then produce a special Christmas edition.

Happy Christmas
One and All



From
The Editors

If you would like to place a Christmas message in our Christmas Newsletter, please either email your message to cjsmall12@tiscali.co.uk or markcoxe@blueyonder.co.uk or complete this form and return it to Charles Small, 12 Erskine Street, Buckhaven, Fife. KY8 1JT ASAP. Thank you.



To _____

My/Our Christmas Message 2020 is

From _____