

# Parkinson's UK. Fife Branch

## Keeping Us Together No.2

### Hello Readers,

Welcome to the second of a number of special newsletters that we are issuing during the COVID-19 emergency and which will hopefully help you cope with self-isolation.

Editor: Charles Small & Tea Boy: Mark Coxe

#### A Message from John Minhinick

I'm grateful to Charles and Mark for producing yet another informative and entertaining Newsletter.

By now I expect that you have got into a routine for coping with the lock-down and have been able to get your supplies including medication. If we can help, **do** speak to anyone in our Fife Branch committee. The PUK Helpline is also being staffed for longer periods. You can get in touch on 0808 800 0303 or via [parkinsons.org.uk/coronavirus](https://parkinsons.org.uk/coronavirus).

Our local supermarket has developed a one-way system for going around the isles with arrows on the floor marking the route. On my last visit, one man clearly did not understand the system. He went straight to the far corner to get bread and attempted to tour the store in his usual way but had many shoppers telling him he was wrong. A member of staff came to his rescue and carefully chaperoned the man to the front door and gave him some basic instructions. All's well that ends well!

On a recent walk into the local woods, Sheila and I came across three grazing deer – it temporarily took our minds from COVID-19 to the joys of spring.

I hope that you and your family can similarly find amusing incidents and experiences that, if only for a while, remind you of the better times to come.



**SCAM WARNING**

### Coronavirus-related Frauds

#### Increase by 400% in March

Here are just some of the scams we are aware of, but note that criminals come in all shapes and sizes and can contact you at the door, by phone, post or online.

#### Be aware of people offering or selling:

Virus testing kits, Vaccines or miracle cures, Over-priced anti-bacterial products, shopping or medication collection services or Home cleaning services.

#### Protect yourself and others:

Don't be rushed into making a decision. If it sounds too good to be true it probably is. Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information. Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush and panic you. Check with family and friends before accepting offers of help, if you are unsure.

For advice on scams call Advice Direct Scotland on

0808 164 6000.

To report a scam call Police Scotland on 101.

Contact your bank immediately if you think you have been scammed.

<https://www.actionfraud.police.uk/alert/coronavirus-related-fraud-reports>

## Guess Who? / Bonniest Baby?

Please send in pictures of yourself as a baby or toddler and a more recent photo and we will have a "Match the Mug" competition.

Starter for ten. Who's this then?



## Our Virtual Walking Group – Elizabeth Tait

'The Virtual Walking Group' had a successful first meeting on the morning of Friday, 3rd April – the date on which we would have had our Daffodil Walk to Aberdour. It was agreed that we would meet fortnightly at the same time and on the same dates that we had planned for our actual walks.

Bob, Frances and Elizabeth have discussed how best to conduct the get-together and have agreed that we will try to begin each meeting with a short quiz - walking or outdoor related - followed by reminiscences of past walks taken by the group or of memorable walks enjoyed in the UK or overseas by members in the past.

The next 'walk' is on Friday 17th April at 10.30am; Elizabeth will conduct a Picture Quiz and Bob and Frances will talk and show photographs of a memorable climb in Torridon in the north west of Scotland.

Useful Telephone Numbers if you need help.

### Scotland Coronavirus Helpline

0800 111 4000

### PUK Helpline

0808 800 0303

### Age Scotland Helpline

0800 124 4222

## Name the film star who connects each group of 3 films

1. The Mask, The Cable Guy and Dumb and Dumber
2. Houdini, The Great Race and The Boston Strangler
3. Seven, Meet Joe Black and Thelma and Louise
4. Flatliners, Hook and the Pelican Brief
5. Mermaids, Moonstruck and Tea with Mussolini
6. The Dirty Dozen, Cat Ballou and Gorky Park
7. Little Women, Edward Scissorhands and Beetlejuice
8. Kluge, the China Syndrome and Coming Home
9. Speed, Chain Reaction and Dracula
10. All about Eve, the Little Foxes and Whatever Happened to Baby Jane

Answers on the last page.

## Café Society

We had our first meeting of the amalgamated Coffee and Chat group and the Glenrothes Café group on Monday 6<sup>th</sup>.

Everyone had a good blether but we could have done with some more people to look at and chat to.

Since we have group Zoom meetings on Mondays and Thursdays the general opinion was that we would leave it at that for the moment.



Unless you disagree!

## Don't Just Sit There. Take a Virtual Tour!

### America's National Parks

<https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>

### A Tour Through The Paris Catacombs

<https://www.timeout.com/news/you-can-take-a-virtual-tour-through-the-paris-catacombs-burial-chambers-032520>

### The Vatican Collection

<http://m.museivaticani.va/content/museivaticani-i-mobile/en/collezioni/musei/tour-virtuali-elenco.html>

## Tae a Virus

Twa months ago, we didna ken,  
yer name or ocht about ye  
But lots of things have changed since then,  
I really must salute ye

Yer spreading rate is quite intense,  
yer feeding like a gannet  
Disruption caused, is so immense,  
ye've shaken oor wee planet.

Corona used tae be a beer,  
they garnished it wae limes  
But noo it's filled us awe wae fear  
these days, are scary times.

Nae shakin hawns, or peckin lips,  
it's whit they awe advise  
But scrub them weel, richt tae the tips,  
that's how we'll awe survive

Just stay inside, the hoose, ye bide  
Nae sneakin oot for strolls  
Just check the lavvy every hoor  
and stock-take, your loo rolls

Our holidays have been pit aff  
Noo that's the Jet2 patter  
Pit oan yer thermals, have a laugh  
And paddle 'doon the waater'

Canary Isles, no for a while  
Nae need for suntan cream  
And awe because o' this wee bug  
We ken tae be...19

The boredom surely will set in,  
but have a read, or doodle  
or plan yer menu for the month  
Wi 95 pot noodles.

When these run oot, just look about  
A change, it would be nice  
We've beans and pasta by the ton  
and twenty stane o rice.

So dinny think ye'll wipe us oot  
Aye true, a few have died  
Bubonic, bird flu, and TB  
They came, they left, they tried

Ye might be gallus noo ma freen  
As ye jump fae cup tae cup  
But when we get oor vaccine made  
Yer number will be up.

Willie Sinclair.... March2020

## RECIPE CORNER

It was lovely to hear how much everyone enjoyed making and eating Diane's Double Biscuits. Thanks to everyone who let us know by email, Zoom or by phone.

This edition's recipe is from Diane once again and it's for an Australian Tea Loaf. Happy Baking Everyone!

### Australian Tea Loaf.

#### First Ingredients

1 cup sultanas  
1 cup raisins  
1 cup sugar  
1 cup water  
1 tsp cinnamon  
1 tsp mixed spice  
1 tsp bicarbonate of soda  
4 oz margarine

#### Second Ingredients

1 cup SR flour  
1 cup plain flour  
1 egg, beaten

#### Method

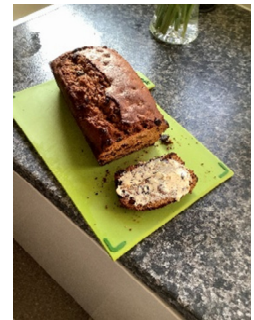
Put all **First Ingredients** in a pan and bring slowly to the boil.

Leave to cool.

Then add **Second Ingredients** into the pan.

Mix well, then put in a lined 2lb loaf tin.

Bake for 1 hour 15 minutes in a moderate oven



## Bad News / Good News



The bad news is that the Pitlochry Festival Theatre has postponed its 2020 summer season, so our Branch Outing on Saturday 1<sup>st</sup> August has been cancelled.

The good news is that the theatre will present its 2020 programme next year in 2021 so Annette has kept our booking to see **Gypsy** which should now be on Saturday 31<sup>st</sup> July 2021.

Annette would also like everyone to know that due to increased prices she has changed the after-show meal to an 'Afternoon Tea'. The price remains the same.

If you have any questions, please contact Annette on 01592 874421

## Keeping in Touch

If you have a smartphone, a tablet such as iPad, a laptop or a personal computer (PC) you could join in with the Fife Branch members who are already enjoying regular contact across Fife.

**There have been some reports in the press about unsavoury characters barging in on meetings. This can't happen with our group because we don't invite just anyone to join. Their mistake has been to advertise their meetings on the internet. Our meetings are perfectly safe.**

With your smartphone you can join the "PWP Fife Keeping in Touch" WhatsApp group where people are sharing pictures, videos, poems, puzzles and odd observations. It's easy to get started and just as easy to finish if you wish.

Every day of the week, if you have Internet access, there are opportunities to enjoy coming together with your friends in sound and vision via Zoom:

CONTACT PARKINSON'S UK FIFE BRANCH FOR MORE DETAILS

ANSWERS  
1. Jim Carrey 2. Tony Curtis 3. Brad Pitt 4. Julia  
Roberts 5. Cher 6. Lee Marvin 7. Winona Ryder 8.  
Jane Fonda 9. Keanu Reeves 10. Bette Davies

*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 7554).*