

PARKINSON'S UK FIFE

'KEEPING US TOGETHER' 25

Our November 'Autumnal' Monthly Meeting Update

After the success of our first two **Fife Branch face -to-face Monthly Meetings** in September and October we are pleased to announce that our third get-together will be on:

**Thursday 11th November 2021 from 12 noon to 3pm at:
The Baptist Church Bridge Centre, Falkland Way, Glenrothes KY7 5NS**

This month there will be a private service in the church before our meeting, so we would respectfully ask that our members do not arrive at the Centre until after 11.50 am.

We would love to see as many Branch Members, carers and friends at this meeting, which will be the last meeting before our Christmas Party on the 9th of December.

To make things as safe as possible for everyone, please remember:

- ✓ Please do NOT come if you are feeling unwell or develop any symptoms of COVID-19.
- ✓ Please bring your own mask with you.
- ✓ Please bring your own sanitizer or use the sanitisers provided regularly.
- ✓ Please follow the latest Government guidelines about safe distancing and handwashing.
- ✓ Please bring with you a pen.
- ✓ If you need help to move around, please bring someone with you from your own Household or Support Bubble as unfortunately we won't be able to help because of safe distancing.

If you develop COVID-19 symptoms after the meeting, you should follow Government guidelines about self-isolation and testing and inform the Government tracing service if your test is positive. Please also ask them to contact the Parkinson's UK Data Protection Officer using this email address: dataprotection@parkinsons.org.uk to make sure any requests he gets for contact information, are genuine.

- ✓ Tea/Coffee and a selection of biscuits will once again be provided free of charge in the Café Area but until we get some idea of how many people will be regularly attending, **we would ask you to bring along a snack/packed lunch or picnic to eat.**
- ✓ We will have 3 therapists on duty offering 20-minute complementary massage/reflexology sessions.
- ✓ We will run a Tai Chi Session, a BINGO Session, a Quiz, an Art/ Craft Opportunity and a Singing session too!

The usual admission price is £3.00, which helps towards the cost of our three-hour session. This initial admission price will be reviewed should any additional costs be incurred as the function develops.

Finally, can we remind everyone who received a name Badge at the previous meetings to bring it with you on the 11th and wear it with pride.

Monthly Message from the Chair

Dear Members



It is time to prepare the Fife Branch programme for 2022. At least early in the New Year, we expect to be still managing a mixed programme of Zoom and in-person events and activities. My important question to everyone is - **What do you want in the programme?**

With less than 20% of the membership taking part in the 2021 programme, I'm assuming that we are not organising events and activities that many of you would like to see in the programme. So please let me know about your wishes for 2022 via chair@fifeparkinsons.org or 07917602484.

In addition to your wishes for 2022, I would also like to hear from you if you are interested in joining the committee; it's a rewarding experience. I'm interested in hearing from you whether you just want to help or maybe being responsible for part of the programme. Any time commitment will be a valuable contribution to the Branch as well as a good experience for yourself.



John Minhinick

Hello Readers!

Welcome to our autumnal 'Keeping Us Together' and a special welcome to all of the new faces that we have seen in our Branch programme. It's great to have you on board, just a pity that you had to have Parkinson's to meet us!

Notwithstanding that, we are determined to enjoy ourselves, as can be witnessed in the various articles that have been submitted by our members, writing about their activities. We are looking forward to Christmas, so start digging out raffle prizes and keep a look out for the details in the next newsletter. Make a festive start now by sending us your Christmas Messages. Details on the back page. Don't hold back, but nothing Bawdy! Santa might be watching!

Contact editor@fifeparkinsons.org

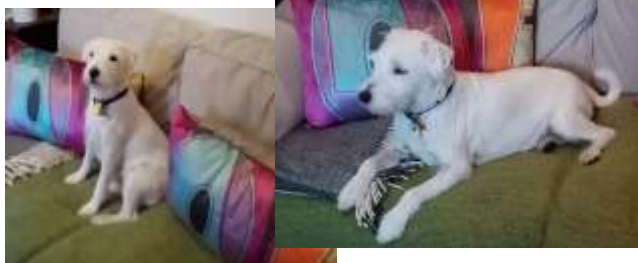


Charles Small and Mark Coxe

Just Loving It!

In our last edition we announced that the retail outlet Next had released a new exclusive range in collaboration with internationally-renowned artist Alex Echo, who was diagnosed with Parkinson's in early 2020. This is a partnership to not only raise funds for our charity but also to raise awareness of our condition.

Well, we were delighted to receive these photographs from Jennifer Ferguson whose dog, Brooke, was thrilled to model the cushions from the Next collection!



Thanks Jennifer and thank you Brooke.

DONATIONS TO OUR BRANCH - Alex Rodger

Our Fife Branch of Parkinson's UK 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. Mrs J. Watson, Mrs S. Prior and Mrs K. Kirkcaldy.

Thank You

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. You can find the link on our own web site, fifeparkinsons.org

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).

Attention – Great News for all YP Members

Great news - the programme for this year's online Younger Parkinson's event is now finalised.



"I attended this event for the first time last year and found it highly informative, highly enjoyable, and immensely beneficial to someone like me who had been relatively recently diagnosed. Hearing the experiences of others greatly

helped me. It was also a great way to meet people with Parkinson's and their carers, hear from a wide variety of specialists in the condition, ask questions, exchange tips, and have a laugh."
Brendan Hawdon, Younger Parkinson's (YP) volunteer

This event is for people with Parkinson's of working age and those closest to them. The event will run over 2 weeks, starting on 18th of November and will include a range of workshops and presentations. Attendees can dip in and out flexibly, but you will need to register for your session choices - registration link: <https://www.eventbrite.co.uk/e/scotland-younger-parkinsons-2021-online-event-registration-172580431717>

Please contact Chloe for booking details on 0300 123 3679 or scotland@parkinsons.org.uk.

Download the Program here.

<https://www.parkinsons.org.uk/sites/default/files/2021-11/Online%20YP%20Event%202021%20-%20programme%20FINAL.pdf>

Support Sessions for Families, Friends and Carers

What can we learn from each other?

Tuesday 30 November (2.00-3.30pm)

An informal session where participants can learn from their shared experiences of supporting someone with Parkinson's. This session will be relevant both for those supporting someone who is newly diagnosed and those who's partner, friend or family member has had Parkinson's for a long time.

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

Coffee and Chat Group



The third anniversary of our Coffee and Chat Group fell on Wednesday 3rd of November – yes, it's hard to believe! How the time has passed since our first meeting on 5th of November 2018 held in the coffee shop at Rejects, Kirkcaldy. A total of 25 people have joined the group – and the largest attendance on one day was 18 at Dunfermline on 11th February 2019.

Why is it working so well?



This is due to informality – no pressure to attend, just come and go. The Branch has coped with the pandemic by switching to Zoom meetings and everyone rates this a success. We can share problems and good things too while enjoying each other's company. One past highlight which was enjoyed by all was the celebration of a special birthday for Elsie Weir – 90 years old in June 2019 and looking very "young".

To all those who have assisted in the past, we would like to say a thank you, and if you have any queries, please get in touch with myself - Frances 01383 726383 or Liz Tait 01383 822668.

Frances Copeland



MEETINGS FOR NOVEMBER

Joining codes and Passwords can be found in the Branch Schedule email.

Mon.8, 15, 22 & 29th 11am **Branch Zoom Get Together**

Wed.10 & 24th 10.00am **Zoom Camera Club**

Wed.10 & 24th 7.30pm **Zoom Quiz Evening**

Wed. 10, 17 & 24th 2pm **Bowling, Abbeyview, Dunfermline**

Thu.11 **Midday Monthly Meeting, Glenrothes Baptist Church**

Fri.12th 10.30am **Walking Group: Culross**

Fri. 26th 10.30am **Walking Group: Kirkcaldy Promenade**

Wed.17th 11am **Zoom Coffee & Chat**

Thu.18, 25th 11.15am **Alex's Zoom Exercise**

Tue.23rd 11am **Eric's Zoom Tai Chi**

Fri. 26th 9.45am **Meri's Zoom Sing-along**



Camera Club - Bob Copeland

At the 13th October meeting we had set ourselves a task of following in the steps of the famous photographer, Edward Weston, who among other things liked to capture unusual shapes and photographed vegetables with weird shapes.

One of his famous ones was a pepper that looked like two Sumo wrestlers. As the photograph was in black and white, it showed up all the shadows and highlighted the shapes of the pepper.



We quickly found that it is very hard to find a vegetable today with an unusual shape, most being clones of each other. There are only a few independent grocer shops that might sell all kinds of vegetables, but we did our best and the results



were amusing and interesting. We were shown carrots which had grown with a mind of their own and one we couldn't show in a family newsletter! One that we can show is my photograph of a pear that looked like a penguin.

At our last meeting we were treated to a video presentation by the Canadian photographer, Mike O' Connor, which had previously been given to the Cupar Camera Club.



We had high hopes that our meeting on the 27th of October would attract a larger than usual attendance. Unfortunately, that was not the case as only two members came along and we can only say that a memorable opportunity to see and hear from the photographer himself was missed.

However, those who attended were treated to a photographic journey around the world. Mike O'Connor who has Parkinson's himself, travelled with his wife. It would take too long to describe all the places visited by the couple. I suppose "The World" would adequately describe their photographic journey. The photographs were stunning and the dialogue given in support, transported everyone to the magical places they visited on their journeys. Mike said his Parkinson's has curtailed his journeys now but he is still determined to see and photograph more of the special places in the world.

One interesting fact was that our own member, Werner, who has a similar photographic style, showed two photographs similar to Mike's style. It was as if the two photographers had been photographing the same objects and they were both there together.



Mike O'Connor
Vientiane - Laos
Was with D.O.O.D. Ladies



Mike O'Connor



Werner Remmel




Werner Remmel

Our thanks go to our friends in Cupar Camera Club for allowing us to see the presentation.

Action for Autumn Competition - closing date extended to 30 November!

Autumn is now with us and what better way to celebrate the beauty of the season than by heading outside and taking some photos? You don't need a fancy camera - your phone will do the job perfectly, and by entering our competition you will be helping us provide exercise opportunities for people with Parkinson's as part of our Parkinson's Active Scotland Campaign. You will also have the chance to win a £200 voucher kindly donated by [WEX](#)

Entry:

- £10 to enter up to 4 photographs (1 in each of the 4 categories)
- Closing date for entries: Tuesday 30 November 2021
- Enter  the following link: events.parkinsons.org.uk/action21
- Then send your photos into us at scotlandfundraising@parkinsons.org.uk stating which category each photo is in

We would really appreciate it if you could please share this information with all your members as we would love to get everyone involved in the competition. For more details please see the attached leaflet or contact your local Regional Fundraiser:

East Scotland - Marion Pirrie

- mpirrie@parkinsons.org.uk 0344 225 9857

YP Group Golfing Greats

Our local Lads were “On par” for Parkinson’s Scotland, playing for Team Parkinson’s Scotland. Highlights for Andy and Jarlath included meeting the 32 Parkinson’s golfers, following in the footsteps of golfing icons and rubbing shoulders with celebrities including Scotland team members Gavin Hastings, Rory Lawson, Dougray Scott and Alan McInally.

Fife Branch’s YP Group Golfing Goliaths, Andy McCaulay and Jarlath Busby had a once in a lifetime experience playing for Scotland in the Sport Parkinson’s Four Nations event at the iconic Belfry golf course last month.



Andy added “It was indeed a great honour to represent Scotland and to have been asked to be the team captain at such an iconic golf course. It was great to meet so many golfers who all get such a buzz from the game despite living with Parkinson’s.” He also added that “This only goes to show that having Parkinson’s is no barrier to doing well and participating in sport.”

Jarlath blames his wife, Dawn, for introducing him to golf about 20 years ago. Prior to that, his main sport was rugby which seemed a much simpler game to grasp. Jarlath says that “Parkinson’s gives you a fresh perspective to appreciate the exercise and social interaction that even your worst round of golf offers.” Being an occasionally positive person, he recognises that the up side of being diagnosed with Parkinson’s was that he could quit work to concentrate on his golf. And the outcome? “Ironically my handicap is now lower than before I suffered from my handicap!”

Jarlath would like to claim credit for bringing his friend and team captain Andy back to golf after his PD diagnosis which was very rewarding until he started to beat him.

Jarlath and Andy would like to thank those who donated- it was a truly inspirational experience.

Carers Rights Day 2021 - 25 November

Whether you are a new carer or have been caring for someone for a while, it’s important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.



This year's Carers Rights Day campaign will focus on raising awareness of the rights that unpaid carers have. The pandemic has had a massive impact on the lives of carers, affecting access to services, the ability to juggle work and care and much more. That's why it's more important than ever that carers are aware of what they have the right to.

Why being aware of your rights is so important.

In a **recent survey** of nearly 6,000 carers, Carers UK found:

- Four in five unpaid carers are providing more care for relatives
- 78% reported that the needs of the person they care for have increased during the pandemic
- Two thirds (67%) worried about how they will cope through further lockdowns or local restrictions.

Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home. This Carers Rights Day, Carers UK want to empower carers with information and support, so they can feel confident asking for what they need. They also want carers to know how to challenge things when their rights are not being met.

<https://www.carersuk.org/news-and-campaigns/carers-rights-day>

Carers Rights Day 2021 is supported by Barclays LifeSkills

GET IN TOUCH with Parkinson’s UK
0808 800 0303



Paprika Beef

Ingredients

20g / ¾ oz margarine
 1 onion
 110g / 4 oz mushrooms, sliced
 1 teaspoon tomato puree
 150ml / ¼ pint beef stock
 ½ green pepper
 Mixed herbs



350g / ¾ lb / stewing steak, cubed
 ½ teaspoon paprika
 1 tomato, skinned and quartered
 10g / ½ oz plain flour
 Salt and pepper
 Garlic salt
 2 tablespoons of plain yoghurt

Method

Melt margarine and fry meat lightly. Remove from heat, drain and place in covered casserole.
 Fry onion then stir in paprika, tomato puree and flour. Cook for 1 minute then slowly add beef stock. Bring to boil stirring all the time.
 Season with salt and pepper. Add pinch of garlic salt and mixed herbs.
 Pour over meat in casserole.
 Cook for two hours at 150 degrees Centigrade
 Add sliced mushrooms, tomatoes and sliced pepper.
 Cook for 30 minutes.
 Stir in yoghurt before serving.



Autumnal Quiz

- 1, What is autumn known as in North America?
- 2, Which king did Mr Fawkes try to blow up?
- 3, What are hedgehogs' spines or quills made from?
- 4, In Australia, autumn begins in which month?
- 5, Name the pigment which trees stop producing, thus causing leaves to lose their green colour?
- 6, Pheasant shooting season starts at the beginning of which month?
- 7, In Britain, the autumn internationals or November internationals take part in which sport?
- 8, SAD is sometimes known as Autumnal depression, what do the initials in SAD stand for?
- 9, The Oktoberfest is held annually in which German city?
- 10, Which celebration is influenced by the Celtic autumn festival, Samhain?

This month's poem which was written after a Welsh mining disaster, by Ian Brown, is rather special. It is called a Terzenell. As you will see the second line of each verse is also the last line of the next verse.



Fading Hope

Mothers, fathers, sisters and brothers
 In silence they stood all huddled together
 Awaiting the news from down below

Called from their homes to this dank, dreary place
 Families they knew came face to face
 In silence they stood all huddled together

The rescue itself was well under way
 The outcome of which no one could say
 Families they knew came face to face

On through the night 'til the sun broke the sky
 Grief on the faces all asking why
 The outcome of which no one could say

They sweated and toiled into the night
 Hope fading fast as they waited 'til light
 Grief on the faces all asking why

Prayers being said for each man underground
 God, if you're there, let them be found
 Hope fading fast as they waited 'til light
 Awaiting the news from down below.

Ian Brown

If you have been inspired to try to write your own Terzenell, please sent it in to us for publication in a future edition.

'Can you help the Scotland Development Team?' asks Dave Wilson.

"As someone who's had Parkinson's for a few years, I know how much of a difference it can make to spend time with other people who know what it's like. But even though there are more than 12,000 of us in Scotland, it can be hard to know what's available locally. I'm a volunteer with Parkinson's UK Scotland because we want to change that, and develop more local opportunities that can help people with Parkinson's - and our partners, family members and friends - to live as well as we can.



But to do that, we really need to hear about what activities would help you. We know that everyone is different, and that many people are not in touch with us. If you have Parkinson's or are close to someone who does, you can help us by completing our quick survey. You can do it online at <https://prksn.uk/ScotSurvey21>. Or you can phone 0344 225 3724 or email us at scotland@parkinsons.org.uk to ask for a paper copy and freepost envelope. The survey takes less than 10 minutes. And your response will help us to deliver the activities that people like you want. We can't wait to hear from you!"

Dave Wilson, Parkinson's UK Scotland volunteer, Perth.

Why Not Be Bowled Over?

Fife Branch is hoping to resume its popular Ten-Pin Bowling Group in the New Year. Could this be something that you would like to take part in? No experience required (bumper bars can be used) just a willingness to have a bit of fun. The venue is at the Hollywood Bowl in Dunfermline.

If this sounds like it could be for you contact Roma on 07908 175832. Please let Roma know as soon as you can so that feasibility can be decided and bookings can be made.



Walking Group - Bob, Frances and Liz.

Our walk on the fifteenth of October was around Ravenscraig Park in Kirkcaldy. We met at eleven on a lovely sunny morning with a blue sky and a crisp autumn day. Thirteen members came along plus Mark's sprocker, Alfie - who was extremely well behaved, especially in the Harbour Master's House Cafe.



We set off on our leisurely walk around the park heading west to the wooded area, past the wooden sculptures and then turned and headed back east towards our starting point at the main car park.

The autumn colours were just starting to show which contributed to the ambiance of the walk and as the day was so lovely, most of the group decided that they wanted to walk to the Harbour Master's Cafe along the shoreline via the Harbour itself.

Able led by Elizabeth and Frances they set off, while the ones left continued on the route to the car park then onto Dysart and the Harbour Masters Cafe.

The walkers arrived shortly after us and we all retired to the cafe for lunch, which was pre-ordered. The staff at the cafe looked after us well, taking order changes in their stride. We must say a thanks to Daniel the waiter, who entertained us as well as giving us his undivided attention. On previous walks we have asked people we have met to join in our group photo and Daniel happily obliged.



Some of the members who walked down decided to return to the cars by continuing the walk as it was such a nice day.

I'm sure everyone enjoyed this walk as the weather played its part and the conversation flowed. They say the sun shines on the righteous and that Friday - it shone for us all - or maybe it shone on Alfie!

Autumnal Answers

- 1, The fall
- 2, James I
- 3, Keratin
- 4, March
- 5, Chlorophyll
- 6, October (October 1)
- 7, Rugby union
- 8, Seasonal affective disorder
- 9, Munich
- 10, Halloween

The Thistle Foundation Neurological Wellbeing Service (Fife) – Online Lifestyle Management Course

We welcome anyone who would like to participate in our Lifestyle Management Course online via ZOOM. The course is an approach that explores non-medical ways of managing symptoms and life better. Our session this Friday (stress management and relaxation) is an important skill for anyone living with a long term health condition. Many people living with PD notice that motor symptoms worsen during stress and experience stress related non-motor symptoms such as pain, fatigue, anxiety and depression.

The aim of our stress management and relaxation session is to understand the effects of prolonged stress and how to manage stress in your life and to understand the therapeutic value of relaxation training and how to start relaxation practice.

Friday 12th of November The effects of stress and benefits of relaxation

Friday 19th of November Pacing and energy management

Friday 26th of November Getting active and motivated

Friday 3rd of December Planning and prioritising what's important

Friday 10th of December Communication skills

Friday 17th of December The mind-body connection

Christmas break

Friday 7th of January Preventing, minimising and recovering from relapse/ Reflection and forward planning



If anyone would like to find out a bit more or to register your place please contact Leanne Connolly (Health and Wellbeing Lead for Thistle Foundation) on 07342035670 or by email: leanneconnolly2@gmail.com

Christmas Greetings

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. We will do the rest by adding a Christmas motif.

If you would like to place a Christmas message in our Christmas Newsletter, please either email your message to Charles cjsmall12@tiscali.co.uk or markcoxe@blueyonder.co.uk or put pen to paper and send your Christmas Message to Charles Small, 12 Erskine Street, Buckhaven, Fife. KY8 1JT ASAP. We will then produce a Christmas edition.

Here are a few examples of messages from the past.

To Meri

Thank you for a wonderful year of songs. Enjoy the festive season.

Charles



Our Best Festive Wishes to all our lovely Parkinson's friends.

From

Bill and Diana



Wishing all who attend the Tai Chi Class,
the Dance Class,
the Walking Group, the Singing Group and the Camera Club – Thank You to Zoom and have a good Christmas
Alan Chapman



My/Our Christmas message is to _____

My/Our message is _____

From _____

