



Parkinson's UK. Fife Branch

Keeping Us Together No.4

Hello Readers,

Welcome to the fourth edition of our special newsletters that we are issuing during the COVID-19 emergency. The aim of these newsletters is to inform and entertain you during this period of lockdown and isolation. We are thinking especially about our branch members who do not have access to computers, tablets or iPad's or do not feel confident using them. If the latter applies to you, please do not hesitate to contact any of the members listed in 'Keeping Us Together No2' under 'Phone A Friend' or any member of our Committee. However we are all at the other end of a telephone, so please do not hesitate to give us a ring if you need a blether or a little help.

Editor: Charles Small & Typesetter: Mark Cox

Message from John Minhinick

The Zoom meetings have now been going for several weeks and many people have found the sessions a vital part of their days in lock down with expressions like ".....I look forward to every session...", "...I miss Zoom at the weekends...", "...It's just like going out to meet friends..." Personally, having limited pre lock-down experience of Tai Chi, I look forward to Tuesday mornings with Eric in his conservatory with the view of his garden and me in our study. Just recently the soothing music was enhanced by the mating calls of two pheasants in Eric's garden.

It would be great to see more of you benefitting from Zoom. Some of you may be reacting to negative stories in the media. We don't have the reported problems for three reasons:

1. Our sessions are private and not advertised publicly, 2. Nobody is allowed to connect before the host is online and 3. I operate a waiting room system so that I only admit known people.

All that you need is a computer with camera if possible, a laptop, tablet or smartphone to join-in. However if you've not got the right equipment or are still anxious about coming online, please contact any of the Fife Branch Committee if you need help or just want to have a chat.

When the day comes when we are back to what passes for normal, is there any activity you would like to see added to our Branch Programme? Today I had a request for archery so we're already getting suggestions. Stay well and stay safe.

My Zoom Experience

A zoom session / call uplifts the spirits. I feel I have been meeting up with friends at this difficult time. I recommend it to everyone. Keep up with the good work all Zoomers!

Margaret Martin

Quite a Quiz Night!

Many thanks to Charles Small for his BIG effort on the musical quiz night. It's a tough act to follow. The next one's on Wednesday 27th so brush up on your General and Local Knowledge! "Thanks to David Rigg for following on from Marks quiz on the 27th".



LOOK WHAT'S NEW FOR THE FIFE BRANCH!

PARKINSON'S^{UK}
SCOTLAND Fife Branch

 Find us on
Facebook

We have developed a Facebook Group which you are invited to join.

The group is visible to anyone searching on Facebook for us, or even someone who has been recently diagnosed and is looking to see what's out there.

Rest assured our group is private, which means that only members of the group can see the content. Anyone finding the group will only see the group description, which is "We are a group of people with Parkinson's and their carers in Fife who get together in various ways to help and support each other.

The group will hopefully complement the existing Fife Branch communications, which include the website, newsletters, Zoom meetings and WhatsApp group.

Once you join, you are welcome to post anything that you think will be of interest, however we do have to abide by some rules....



**Parkinson's
One World
Keeping
Spirits up**



Zoom and Me!

Before the lockdown I had never used Zoom, but with the help of the Parkinson Group, I am now using it regularly. Zoom has become my contact with the outside world.

My Laptop is upstairs in our 'office'. Each morning when we have a Zoom meeting, I go to the office with my coffee and spend the next hour or so talking with Parkinson friends. At the end, when I come back downstairs, I feel as though I have been out for coffee with friends. The quizzes and talks with the Walking Group have been excellent. The Tuesday Tai Chi has been another morning out and has introduced me to Tai Chi which I am now thoroughly enjoying.

If anyone is thinking about joining the Zoom sessions but lacks the confidence to take the first step, I can assure you it is not too difficult. Contact one of our Branch volunteers and take the first step. You do need a camera connected to your computer to get the full experience.

Diane Dunbar

Singing Group VE Day Celebration!

Thank you Meri for taking us back in time to sing many of the much loved and mostly well-known War Songs 2 songs such as 'We'll Meet Again', 'The White Cliffs of Dover' and 'Bless Them All'.

We also sang some World War 1 songs such as 'Pack Up Your Troubles' and 'It's A Long Way To Tipperary' too. It was great fun!

However rumour has it that the singers are in trouble with the authorities for the attempted murder of 'Mary Mac'! Further investigation and lots of practice should improve the situation!

Bonny (or not so) Baby Competition.

We've had a few pictures so far but could do with a couple more to make it more of a competition and less of a turkey shoot.

So get those dusty shoe boxes out and send in a picture if an awkward youth!

Following the Delicious Oatcakes

What goes well with oatcakes? Cheese, of course but what goes with cheese? This gorgeous apple chutney!

APPLE CHUTNEY

1½ kg cooking apples, peeled and diced

750g light muscovado sugar

500g raisins

2 medium onions, finely chopped

2 tsp mustard seeds

2 tsp ground ginger

1 tsp salt

700ml cider vinegar



This will make approx. 6 jars.

Combine all the ingredients in a large, heavy saucepan. Bring the mixture to a boil over a medium heat, then simmer uncovered, stirring frequently, for 30-40 mins, or until thick and pulpy. It's easy to take it off the heat too soon, when you think it's thick but stick with it, until it's like most of the liquid has gone. Remove from the heat, leave to cool and transfer to sterilised, clean, dry jars and seal.

TOP TIP

I sterilise my jars in the dishwasher or I microwave them for 5 minutes. I sterilise the lids in boiling water for 10 minutes. I try to fill the jars when everything is fairly hot as it creates a vacuum seal but failing that place filled jars in a pan of boiling water and you should hear the lids pop which, for me, is always a happy sound, to confirm they are nicely sealed and will keep for a year.

Janet Kerr

Quiz Corner - Scotland

- 1 A 'Munro' is the name for a Scottish mountain above which height?
- 2 Where do the smoked haddock known as 'smokies' come from?
- 3 Roughly, how many golf courses does Scotland have?
- 4 In the Scots language what does it mean to 'haver'?
- 5 The first ever Scotland football team was made up entirely of players from which club?
- 6 Towards the end of the Victorian era, Dundee was famous for its three J's - Jam, Jute and what?
- 7 What is the longest river in Scotland?
- 8 What are curling stones traditionally made of?
- 9 Who was the Scottish Jacobite who saved the life of Bonny Prince Charlie in 1746?
- 10 Which youth organisation did William Alexander Smith form in 1883?

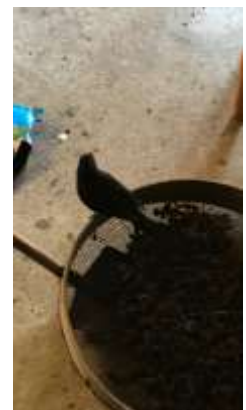
Answers below

Pets Corner

John Ramsay's new family member

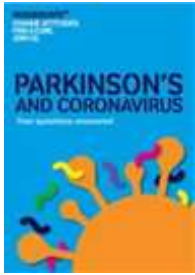


Diana and Bill's Blackbird



Answers 1. 3,000 feet. 2. Arbroath 3. 505. 4. Talk nonsense. 5. Queen's Park Football Club. 6. Journalism. 7. River Tay. 8. Granite. 9. Flora Macdonald. 10. The Boys Brigade.

A NEW Publication
'PARKINSON'S and CORONAVIRUS
Your questions answered'.



Parkinson's UK has produced an outstanding booklet for all members but especially aimed at people without online access. Parkinson's UK knows that lots of

people with Parkinson's and their families, friends and carers may not have easy access to online information, or aren't online at all. That's why it has made the information available in print.

Order a copy from the PUK Bookshop, telephone 0808 800 0303 or 0333 003 0523.

If you are online you will find the booklet on

<https://www.parkinsons.org.uk/sites/default/files/2020-05/Parkinson%27s%20and%20Coronavirus%20-%20your%20questions%20answered.pdf>

In **"PARKINSON'S and CORONAVIRUS – your questions answered"** Parkinson's UK have put together information on Parkinson's and coronavirus to support members and to help you and help you cope during the crisis. They have tried to give you answers to some of the most common questions people have been asking. Inside you will find information about staying safe, healthy, active and connected, including practical information and tips. And you can find out about different ways to get support.

Parkinson's UK is here for you with information and support throughout the coronavirus crisis. You can call the helpline on **0808 800 0303** or email PUK at **hello@parkinsons.org.uk**. If you are able to get online, or know someone who can help you, PUK have lots of information about coronavirus and more at **parkinsons.org.uk**, which is updated regularly.

Stay safe and stay well.

Westminster's Latest Announcement...



Westminster's proclamation,
Urging us to stay alert,
So we can save our nation,
This virus to subvert.

What's this Boris? We don't know,
Another catch phrase from your lips,
It's not a prime-time game show,
Now we've really had our chips.

Who coins these catchy phrases?
That the ministers repeat,
Do they think they will amaze us?
To take them seriously a feat.

It ends in pandemonium,
Daily briefings imprecise,
PM Boris at his podium,
Like a fool in paradise.

He's the master of oration,
Consummate extrovert,
His hands hold our salvation,
But just serves to disconcert.

Now are we right to criticise?
Not one better than the rest,
Driven to politicise,
For their party they think best.

Now Nicola, Scotland's number one,
You know she's not a bore,
She'll end what Covid has begun,
Barking "Frank get the door"*.

*Janey Godley

Mark Coxe



Our Camera Club Update or Snap Chat

Our Camera Club continues during lockdown with our weekly Zoom meetings in conjunction with Cupar Camera Club members and we are thankful for their presence and participation in the weekly meetings.

Joining the meetings is easily done through the Zoom App. Once Zoom has been downloaded, it is easy to join in the discussion and presentations delivered by the club.

Each week we discuss a new topic of photography, illustrated by photos taken by the presenter photographer. The group has had chats on composition, basic considerations on how to take a good photo, such as how to hold the camera or phone to prevent camera shake so no blurred pictures. We are now looking at post editing photos to enhance and improve your shot.

We also go on a photographic journey of one member's life, showing photographs of the magic moments captured with his camera.

The Zoom meetings are open to anyone who has an enthusiastic interest in photography from beginners to experienced photographers.

Our Zoom meetings take place every Wednesday at 10:30. Contact Bob Copeland (01383 726383) or Werner Remmele (07502 350781) for the meeting number to join in.

Bob

The Virtual Walking Group

The next meeting of **The Virtual Walking Group** will take place at 10.30am on Friday, 29th May 2020. On this occasion we will follow the format that has worked well for us in previous meetings. We will commence with a short quiz - Bob and Frances have this in hand - and this will be followed by a short talk by Jenny and Victor Anderson who will tell us about their lives in Zimbabwe, with special emphasis on the landscape, animals and flora and fauna.

I hope many of you will be able to join us to keep in touch and enjoy the chat and company.

Bob & Frances Copeland (01383 726383) and Elizabeth Tait (01383 822668)

AMAZE YOUR FRIENDS IN ISOLATION LOCKDOWN WITH THIS FABULOUS CARD TRICK FROM DAVID 'HOW DOES HE DO THAT' RIGG.



1. Take 4 different playing cards
2. Shuffle
3. Tear all four together down the middle of the shorter side
4. With four halves in each hand, place one set on top of the other - you choose which
5. Take top three cards and place anywhere in the middle of the deck
6. Take next card and sit on it
7. Put the next top card on the bottom of the deck and throw the next top one away - you don't need it
8. Put the next top card on the bottom of the deck and throw the next top one away - you don't need it
9. (If someone is playing alongside - swap your top card with them and then put that card on the bottom of the deck and throw the next top one away - you don't need it) **OR** same as before, put the next top card on the bottom of the deck and throw the next top one away - you don't need it. Put the next top card on the bottom of the deck and throw the next top one away - you don't need it
10. Throw the next two cards away. Compare the one remaining piece of card with the one you are sitting on...
11. Shout out 'Praise be to Debbie McGee!'

Have Fun! David

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).

DONATIONS TO OUR BRANCH

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.

Parkinson's UK is looking at restructuring local branch funds into one central account with each local branch becoming a sub-account holder. This form of 'cash pooling' is already being practiced by large charities like Multiple Sclerosis. Centralising the funds enables the charity to put its money to work by investing it and for the first time ever boost our funds with some earned interest.

Rest assured the money in our existing Branch account is ours and still will be in the new account.

We can still spend the money how our Branch sees fit. The only major difference is that PUK puts the money in our account to work instead of it lying dormant. Please continue to donate and to fundraise. We cannot continue to support folk in Fife with Parkinson's, their families and their carers without your support.

If you or someone you know is thinking about fundraising, remember that our Fife Branch has its own 'Just Giving' page with a link in our own web site, fifeparkinsons.org



SPORT Update

Some of the Branch Members have not been sitting around idle during the lockdown period.

Apart from Janet's escapades young Andy McAuley has been piling on the miles virtually cycling around the world, whilst most of us have probably been piling on the pounds!

He's set himself a target of 100KM a week on his virtual bike!

He was an enthusiastic road cyclist until his love of cricket knocked that for six!

He can now Umpire at international level, although admittedly not at the moment!

Nothing like the sound of leather whacking on willow, although I'm sure that Willow would disagree!



ZOOM MEETINGS SUMMARY UNTIL 30TH JUNE 2020

11am Every Monday & Thursday: Get Together

<https://zoom.us/j/414757393>

11am Every Tuesday: Tai Chi

<https://zoom.us/j/933719944>

10.30am Every Wednesday: Camera Club

<https://zoom.us/j/610082550>

7.30pm Wednesday 27th, 10th & 24th: Quiz Evening

<https://zoom.us/j/94386184709>

10.30am Friday 29th, 12th & 26th: Walking Group

<https://zoom.us/j/838404255>

10am Friday 5th & 19th for Sing-along with Meri

<https://zoom.us/j/97796939887> *

* Password: 623442