

Parkinson's UK. Fife Branch

Keeping Us Together



Hello Readers,

We would like to welcome you to the seventh edition of 'Keeping Us Together'. Thanks to everyone who has contributed. Every edition seems to have its own personality and we are delighted to welcome Mel Barnes to our merry band of contributors. Mel writes short stories and he has been good enough to share one with us. Thank you, Mel.

Please continue to contact our volunteer Zoom helpers to assist you with the technology and link you with other members. It has been good to see the new faces who have zoomed in on us for the first time. Our Fife Branch is very lucky to have such a comprehensive programme to zoom into. Just what have you started, John Minhinick! Please continue to keep well and stay safe.

Editors: Charles Small & Mark Coxe

Message from John Minhinick

Volunteers are now in consultation with Parkinson's UK about restarting 'in person' activities; the aim is to have guidelines in place by the end of August. However, it is likely to be quite a while later before we can restart our Branch Programme even if future Scottish Government guidelines permit restarting. Given that the virus will be present for some time, our planning will be focussed on reducing risk and building confidence towards coming back together. We also need to remain aware of any restrictions imposed by our insurers.

It is unlikely that we will return to just restarting the old programme. For some events/activities we have found effective alternatives such as virtual meetings using Zoom and WhatsApp. However, we need to work on more people being involved. Currently around 73% of the members have the necessary equipment and connectivity but only around 30% have taken part in any Zoom meetings. This suggests some important actions (a) help the 27% without online access to get connected if they are interested (b) encourage the "missing" 70% with the equipment, to use Zoom either through some training or initially persuading them that it will not compromise their other uses of their PC, laptop or tablet.

For 'in person' meetings we have two different types of venues; public venues where we are paying users and private venues where we are hirers. In both cases we need to be confident that the facilities meet the standards that PUK will establish by the end of August. Regular cleaning will be important especially if we are using any equipment such as bowls. For venues that we hire, such as The Falkland Community Centre, necessary social distancing may be difficult to achieve and we would also have to consider our responsibility for regular cleaning (including toilets) during our three-hour hire.

Going forward the Fife Branch Programme is likely to be different in terms of what we do and where we do it. I am hopeful that the Walking Group programme could get going in the autumn. A full range of 'in person' meetings may not be possible until early 2021.

In the short term, there are opportunities for one-to-one help if you would like to become familiar with Zoom to join any of the meetings. The options are, general get together twice a week, Tai Chi, photography, quizzes, dance/exercise or singing. Let me know if you need any help via 01383 860145 or j.minhinick@btinternet.com.



Cheers! – and it’s only a Monday!

Heather Kirk from the Inverness Branch organised a virtual tennis themed Prosecco and Strawberry Afternoon on Monday 13th July to celebrate this year’s Non – Wimbledon and raise a few pounds for Parkinson’s UK at the same time. Mark, Janet, Charles and Margaret went along.

What a wonderful way to spend a Monday afternoon. Heather provided a short history of both Prosecco and Strawberries before testing our knowledge of famous tennis celebrities in a fun Q of S Picture Board - just like Sue’s! Annie MacLeod then brought us up to date with a few topics before Heather challenged us to a tennis-based quiz. The strawberry tarts disappeared, the Prosecco flowed and all was well with the world!

The afternoon finished by drawing the raffle which was won by David from Elgin. The prize was an afternoon tea, delivered to his home and the raffle raised £275.

Well done Heather, your afternoon event was an excellent follow-up to your virtual coffee morning. What next I wonder? - A Super Supper!

DONATIONS TO OUR BRANCH

Our Parkinson’s UK Fife Branch is always very grateful to receive donations. We recognise that they are given not just after times of celebration and enjoyment but they are also gifted after times of sadness.

If you are thinking about fundraising, remember that details are on our web site, fifeparkinsons.org

Here are the latest donations.

In Memoriam: Peter Blyth

Other Donations: Diana Penman



“Appy” Carers Required



With the help of carers, the team at Stirling University have developed a mobile app called ‘Caring Together’, which is meant to enable informal carers to receive peer support for their caring practices, access targeted, credible and accurate learning resources, and minimize isolation – particularly during COVID-19, where carers have been left with reduced amounts of face-to-face support.

They are currently recruiting carers who are willing to test the app and provide feedback during interviews that will take place after a few weeks of app use.

Unfortunately they are in a bit of a bind time-wise, as this is a very short project and their recruitment is taking place now – although they might have to extend recruitment up to next week, but ideally volunteers should start using it as soon as possible.

If you are interested don’t hesitate to get in touch with Dr. Victoria Esteves by emailing victoria.esteves@stir.ac.uk



Thanks to John Minhinick for lowering the tone but it is very funny, John!

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The Element of Surprise

By Melvin Barnes

Peter Templeton-Smith looked across his desk, and into the warmest pair of eyes, he could ever remember seeing. His heart was beating just a little bit faster. Tiny droplets of perspiration formed under his arm and slipped sensuously to the waistband of his trousers. This reaction was more than a little disconcerting, for the owner of those disturbingly beautiful peepers was not some sexy super model, dressed, in curve hugging silk, but in the severe angular black and white serge of a Nun

With a supreme effort of will, Peter Templeton-Smith maintained eye contact, and said, "Should I call you Sister Angelica, or simply, Sister?"

Sister Angelica smiled and shrugged her shoulders gently.

There was something so familiar, thought Templeton-Smith, about that shrug, but couldn't quite pin it down.



He leaned forward, and returned the smile, "We'll go for Sister then, shall we?" He paused, and then went on, 'My secretary tells me, you belong to the Order of The Sisters of Patience; just around the corner in Lincoln Road?'

Sister Angelica nodded.

Templeton-Smith looked down at the open file on his desk. "You say, Sister, that you are being watched, and that this has been going on for quite some time."

She nodded again: this time a little more vigorously.

Templeton-Smith pursed his lips, and wondered if his client had lost the power of speech, "Any idea", he asked, "Why this person should continue to pursue you"?

The lips of Sister Angelica blossomed into a smile: "I have no idea", she giggled, but then again he doesn't really exist; he's what you might call a silent witness; it just seemed like the only way to get five minutes alone with my elusive hard working husband".

The limbic and the cortex joined forces: light dawned, and Templeton-Smith laughed. Leaning across the desk, he pulled the delectable Sister Angelica into his arms. "Marcia," he chuckled, "what a resourceful little witch you are."

Lips met, in succulent embrace. Templeton-Smith walked to the office door and turned the key in the lock.

After all, it surely wouldn't do for another member of chambers to find him *in flagrante delicto* with a Nun.

PARKINSON'S^{UK}
SCOTLAND Fife Branch

The Branch Facebook group continues to grow with new people joining every month. We now have seventeen members. We don't just let anyone join, but once you have been accepted you can access such delights as our newsletter (hot off the virtual press), as well as topics and articles which don't necessarily have to be Parkinson's related.

Any member can post on the group site for the rest to see. Anyone can join although we do monitor suitability and keep it private.

If you are reading this and think that you would like to join, naturally you'll have to be on Facebook. Just search 'Fife Parkinson's' and you should find us.

Fake Advertisement

In celebration of our seventh edition of our **Fife Branch Keeping Us Together**, we have teamed up with the lesser known High Street Chemist

Bots



If you would like a free

Presentation Pack of

Bots Make-Up,

You'll have to wear

Your face mask and

SHOPLIFT it!

Alternatively we strongly suggest that you buy it instead!

F	L	A	T	U	L	A	N	C	E	K	I	C	F
A	D	S	A	D	D	I	C	T	I	O	N	O	B
D	Y	S	K	I	N	E	S	I	A	E	S	N	A
Q	S	T	I	F	F	N	E	S	S	W	O	S	L
A	T	S	I	N	E	M	E	T	W	Y	M	T	A
C	O	R	T	A	S	X	R	K	E	Y	N	I	N
H	N	L	E	V	A	D	O	P	A	K	I	P	C
E	I	V	K	T	H	P	P	J	R	B	A	A	E
M	A	G	D	R	Y	A	I	U	I	Y	R	T	Y
I	N	C	O	N	T	I	N	A	N	C	E	I	R
P	K	A	P	A	E	N	A	S	G	N	N	O	I
A	D	R	A	U	I	D	R	O	O	L	I	N	G
T	R	E	M	O	R	Y	O	K	F	H	D	G	I
C	F	R	I	R	K	T	L	T	F	I	F	E	T
H	P	D	N	U	R	S	E	E	T	F	Y	F	Y
Y	S	K	E	F	T	Y	I	C	R	A	M	P	S

The Camera Club Exposed!

The Fife Branch Camera Club is continuing with our weekly Wednesday Zoom meetings and we have settled into a little core group with others coming in as and when. It's great that people feel they can come and go as there is no pressure on anyone to be there every week. We must not forget that some members are still working.

We are grateful for the continued support from the members of the Cupar Camera Club and for their input to our meetings.

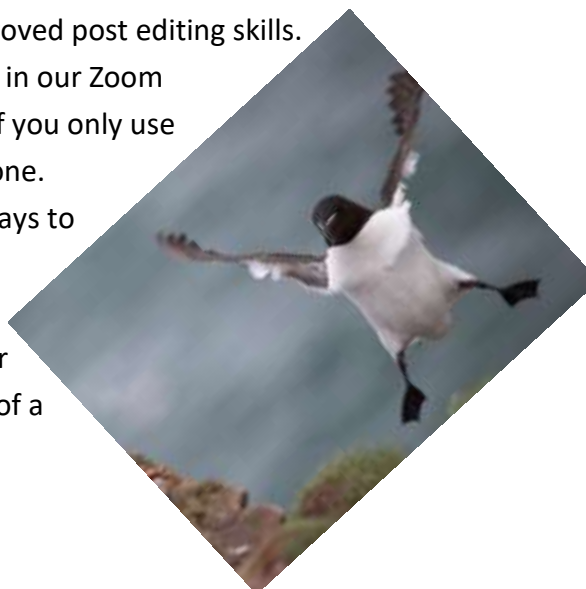
Our sessions have been very informative and I'm sure, like me, we have all learned a lot and can now put into practice our new-found knowledge of how to take better photographs and our greatly improved post editing skills.

Anyone can join in our Zoom meetings even if you only use your mobile phone.

There are still ways to get the shot you want.

Thanks to Bill for his photograph of a landing with air brakes full on.

Bob Copeland



Parkinson's Related Word Search

ACHE, ADDICTION, BALANCE, CARER
 CONSTIPATION, CRAMPS, DOPAMINE,
 DROOLING, DYSKINESIA, DYSTONIA, FIFE,
 FLATULANCE, INCONTINENCE, INSOMNIA,
 LEVEDOPA, PATCH, PD NURSE, RIGITIY,
 ROPINAROLE, SINEMET, STIFFNESS,
 TREMOR, WEARING OFF

FIFE BRANCH MEETINGS FOR AUGUST

Branch Get Together Mondays 11am

Code: 414757393 Password: 886058

Eric's Tai Chi Tuesdays 11am Code:

933719944 Password: 099173

Camera Club Wednesdays 10.30am Code:

610082550 Password: 447546

Quiz Evening Wed. 5 & 19th 7.30pm Code:

94386184709 Password: 892282

Sarah's Exercise & Chat

Thursdays 11am

Code: 414757393

Password: 886058



Walking Group Fri. 7 & 21st 10.30 Code:

838404255 Password: 855592

Meri's Sing-along Fri. 14 & 28th 10am

Code: 95044591219 Password: 130018

S	P	M	A	R	C	I	Y	T	F	E	K	S	Y
Y	F	Y	F	T	E	E	S	R	U	N	D	P	H
T	E	F	I	F	T	L	K	R	I	R	F	C	F
I	G	D	H	F	K	O	Y	R	O	M	E	T	R
G	N	L	I	O	O	R	O	I	D	U	A	R	A
I	O	N	N	G	S	A	N	E	A	P	A	P	K
I	R	E	C	N	A	N	I	N	O	C	N	I	N
Y	T	R	Y	I	U	I	V	A	Y	R	D	G	M
E	A	V	A	B	R	J	P	P	H	T	K	V	E
C	P	I	K	A	P	O	D	V	A	L	E	N	H
N	I	N	Y	E	K	R	X	S	V	T	R	O	C
A	T	M	Y	W	T	E	M	E	N	I	S	T	V
L	S	O	W	S	S	E	N	F	F	I	T	S	Q
A	N	S	E	A	S	I	S	E	N	I	S	K	D
B	O	N	O	I	O	T	C	I	D	D	A	S	A
F	C	I	K	E	C	N	A	L	U	A	T	A	F

Fife Branch Walking Group Programme

10th July Virtual Walking Group Meeting.

We started with a walking themed quiz presented by Bob and Frances. This time the questions were based on the features and icons of the Ordnance Survey map of St Andrews.



The quiz was followed by a photo presentation of Aberdour by John Minhinick which took in the sites and local history of the town. We got to see and find out lots of interesting facts about this lovely town. There are some super views of Edinburgh from the Fife Coastal Path and John showed us a nice panorama of Edinburgh taken from his garden. Thanks to John for his most informative slide show.

Did **you** know that during the First World War there was a submarine testing station based just around the corner from Silver Sands?



24th July Virtual Walking Group Meeting

We started the day with a devilishly hard walking themed quiz set by Elizabeth Tait. Her questions covered all categories including songs. Now we all knew the song titles, but the names of the artists and the release dates escaped many of us! However, it was great fun and really got our brains cells going, so thanks to Elizabeth for that.

We were joined that day by Tanith Muller who is the Policy and Campaigns Manager who wanted to see what information she could gather for Parkinson's UK Facebook page.



Our photo presentation this week was by Bob and Frances. They took us back to 1996 when they undertook a ninety-five-mile trail called, 'The Tour De Mont Blanc'. The walk travels through France, Switzerland and Italy and took us two weeks which included rest days.

The walk started in France at Le Contamines and took a route over mountain passes, past mountain meadows and along the foot of glaciers. At night, we stayed in mountain refuges some quite basic! There were long benches with mattresses on them for sleeping and there were no male / female dorms - so it was all together!

As we had decided to make it a holiday, we took rest days to explore the villages we stayed in. Suffice to say the scenery was fantastic and we were lucky with the weather which was mainly sunny.

There was a great camaraderie among the walkers as you met the same people at certain times along the trail. About 10,000 people a year walk this route, so it is very busy at peak times. Bob and Frances went early hoping the mountain passes would be free from snow and as luck would have it, they were. They ended their holiday with a stay at the youth hostel in Geneva which at that time was very good.

The next Zoom meeting of the Walking Group is on Friday the 7th August to which all members of our Branch would be warmly welcomed. Elizabeth is putting together another quiz for us and we will be climbing Ben Nevis!

Robert Copeland

We'll Meet Again (Covid style)

Feel like singing? Here's just the song to cheer up your day! You know the tune – now after four! 1,2,3,4,

We'll meet again
When the lockdown's at an end
But I know we'll meet again
When Covid's gone.

Until we do
Wash your hands through and through
After being in the queue
It's up to you.

And we all know that one day
That's not too far away
We will meet once again.
Then the smiles will shine through
Just as they used to do
In the pre-Covid times.

We'll meet again
When the lockdown's at an end
But I know we'll meet again
When Covid's gone.

And it will just go to show
That our Nicola must know
More than Boris I fear.
With her team by her side
And with caution applied
She has led us through the year.

We'll meet again
With a happy refrain
Oh I know we'll meet again
Down Falkland way.

Coxe & Small

How to Make a Poached Egg with a Perfect Runny Yolk in Just 60 Seconds – Sally Rodger

This easy poached egg recipe will give you a perfectly rounded poached egg with a firm white and a deliciously runny yolk and it takes only 60 seconds to cook.

Ingredients:

- 1 egg
- Half a mug of cold water

Method:

- Half fill the mug with cold water.
- Crack an egg into it.
- Microwave on high for 1 minute.
- Use a spoon to lift the egg out of the mug and pop it on kitchen paper to drain
- Serve on hot buttered toast / yellow fish / or with whatever you want.



Thanks, Sally for sharing your method with us.

We have **TWO VACANCIES** on the **Fife Branch Committee**

Minute Secretary - We need someone to take the minutes at our Committee Meetings that happen every two months. These normally take place at Dunfermline Fire Station but in September and for the immediate future the meetings are held via Zoom

Bowls Organiser - Before the lock-down bowls took place at Abbeyview, Dunfermline weekly on a Wednesday and monthly on a Thursday - although the future programme could be quite different. We need someone to look after the bookings and liaising with the players.

If **you** are interested in either or even both of these positions, please speak to Chairman, John Minhinick or Secretary, Diane Dunbar.

GET IN TOUCH with Parkinson's UK 0808 800 0303