

Parkinson's UK. Fife Branch

Keeping Us Together No.8

Hello Readers,

We would like to welcome you to the eighth edition of 'Keeping Us Together'. Once again, thanks to everyone who has contributed to this issue. We are delighted to tell you that Mel Barnes has allowed us to print another one of his short stories and our resident poet Mark has a new offering for us all to enjoy. Finally we must draw your attention to the article on Page 3 about Home Massage and how to apply for 4 sessions paid for by our Fife Branch.

Editors: Charles Small & Mark Coxe "Still Lame"



Message from John Minhinick

For several weeks staff members from Parkinson's UK and volunteers from across the Parkinson's family have been discussing the decision-making stages for starting-up in-person activities. By the time that you read this newsletter a "toolkit" will have been made widely available. The toolkit is the step-by-step process for the Committee to assess the possibility of re-starting the Fife Branch activities that have been cancelled for the past six or more months.

Before we can start any in-person activities we have to assess feasibility, risk and in particular the readiness of the venue to satisfy our new and strict operational requirements. In some cases we might have to change the format, duration and even the location for certain activities.

In addition to the organisational issues we need to be aware of the need for members to be comfortable and confident to return to in-person contact.

Going forward I don't expect that we will be offering in-person activities for a while. The earliest date for any back together activities could be October but towards the end of the year is more likely for several elements of our old programme. It's also likely that circumstances will lead to modifications to the previous activities.

Meantime the Zoom programme will continue with something happening in Fife every day, Monday to Friday, and sometimes twice on Wednesday. I am currently part of a small working group tasked with enabling more people across Scotland to be confident and capable to take part in Zoom meetings. We are hoping to produce a promotional video/DVD and develop the existing guidance information about using Zoom from whatever equipment that you have. For those needing to obtain equipment, we are looking at providing guidance ahead of purchasing. The working group is also looking at ways of sourcing suitable refurbished equipment for those who can't currently connect to the meetings.

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THE VIRTUAL WALKING GROUP

– Update from Bob and Frances Copeland

Hello everyone. The year is marching on with the schools now returning. It is also true that most of us would like to get our boots on and enjoy a walk before the winter sets in. Of course, we await advice from Parkinson’s UK on the restrictions for such a suggestion.

On the seventh of August we enjoyed an interesting trip from the Glen Nevis Caravan Park to the summit of “The Ben” -a full day walk by Bob Copeland and his two brothers-in law, Keith and Andy, on possibly the hottest day of the summer. This walk is no “dawdle” and takes a full four hours to go up – plus the same on descent. However, it is worth the effort for the views alone. Despite the ordeal, the achievement is superb knowing that you have climbed the highest mountain in the UK.



Our next meeting was on the twenty-first of August. To start off we had a quiz from the OS puzzle book which covered the Whipsnade White Lion, the largest hill figure in Britain. The questions varied - some were pretty difficult and very few were easy. Elizabeth Tait then put together a presentation on the FIFE PILGRIM WAY, a medieval trail across Fife, 64 miles starting at North Queensferry and Culross and finishing in St Andrews. The trail is divided into 7 sections and the history of the places of interest was related well. The photographs too showed the places of worship where the travellers offered their prayers or received a blessing for their onward journey.

The Branch Walking Group is looking at the Fife Coastal Path and villages in Fife, and the Fife Pilgrims Way would give us a variety of interesting spots to visit and all on our doorsteps.

New folks are very welcome, and it is surely a bonus to sit in your armchairs -especially in all kinds of weather and find out more about Fife itself. We would also welcome any volunteers who would like to share their slides or photos with the group. Please get in touch as we would love to hear of your adventures.

PLEASE NOTE – The September Dates for the Walking Group Zoom Meetings are Friday 4th September at 10.30 and Friday 18th September at 10.30 hours and NOT the 11th and 25th as previously intimated.

Contacts – Bob and Frances Copeland – (tel. 01383.726383) Elizabeth Tait (tel. 013893. 822668)

The Tait Teaser!

Place a number from 1-9 in each square so that every row, column and 3x3 block contains the numbers 1-9. Thanks Elizabeth.

4		9			8	6		
			2	6			9	
5				4		7		3
	2		8					7
	5	1				8	3	
6					3		1	
8		4		9				2
	9			8	2			
		6	3			9		8

FIFE BRANCH COMPLEMENTARY THERAPY SCHEME.

'Circle of Comfort' is a registered Scottish charity that offers complementary therapies to people in Fife who have been diagnosed with Parkinson's disease, Multiple Sclerosis or Cancer. Clients are given the choice of massage and reflexology treatments, in their own home, by fully qualified therapists who are extremely knowledgeable about the condition of the person they are treating. The Fife Branch has allocated some budget to be able to offer this service to you. **The only criteria is that you have Parkinson's disease.** The scheme is for 4 sessions each one lasting about 1.5 hours.

Unfortunately, due to the current situation, treatments are suspended, but 'Circle of Comfort' is keeping a close eye on government guidelines and there is hope that services will resume later this year. In the meantime, we are trying to gauge numbers within our Fife Branch



If you are interested, please apply via the application form on the Fife Branch website. <https://fifeparkinsons.org/complementary-therapy-scheme> or contact Janet Kerr, 07707 633642 or David Rigg, YP Group Leader, 07745 897690.

As there is a limited budget, recipients will be considered on a first come, first served basis and if numbers exceed the budget, you will be placed on a waiting list, until more budget becomes available.

If you would like to learn more about 'Circle of Comfort' please visit <https://circleofcomfort.org.uk/index.php>

A few Branch members have already benefited from Circle of Comfort's excellent service and this is what they said:

"Due to daytime commitments, I was unable to attend the Falkland meetings to benefit from the complementary therapy treatments and on the one occasion I did, I was too late, as there were no more spaces available. A friend told me about a charity called 'Circle of Comfort'. I benefit from regular massage to help with pain. I have never had a therapist who was so knowledgeable about my condition. It was like she just knew what I needed. From the outset, her professionalism was second to none. They were the best treatments I have ever had. The fact that they come to your home just adds to the outstanding service. This charity really helped me when the chips were down, particularly when I was putting my body through the rigours of my 50 in 50 @ 50 challenge last year to raise money for PUK and the Fife Branch." Janet Kerr.

'Circle of Comfort provided a professional quality friendly service. Wendy was excellent and had gone out of her way to learn about Parkinson's disease specifics and each session built on the last. I thoroughly recommend them.' David Rigg

A Quiet Night In By Mel Barnes

It was just the kind of night when there was nothing on the telly: to be honest, almost any night you could mention, there is nothing on the telly. I generally watch the BBC, and that does restrict selection: it's not that commercial television doesn't produce good stuff; it's just that programmes continually interrupt the adverts.



Anyway, as I was saying: 'there was nothing on the telly'. So, when my wife says: 'Can we do it then?' I thought, 'What the hell', and said: 'Yeah!' I brought a small chair in from the kitchen – my wife's not as tall as me – and placed it in front of the lounge settee: we got ourselves into position, she tipped me the wink, and we got started.

At first, we couldn't quite get the rhythm; eventually, though, everything began to synchronise, like a well-oiled lawn mower. It was almost exciting; knew I should have tied up the dog and put out the cat. And, to be honest, I'm not sure why it started. All I know is: Cuddles, the cat, gave a snarl and with a swift stroke of a razor-sharp claw, drew blood from Brutus' nose. Cuddles: deciding that retreat was the part of valour, made a beeline for the kitchen door, at a speed that would have had Roger Bannister, turn green with envy.

Brutus; no slouch in the speed department, rocketed out of the corner of the room in hot pursuit of Cuddles. Brutus zipping past me on his way to the kitchen caught his paw on the edge of my cardigan. I was now attached to Brutus, and my wife was attached to me. I found myself kissing the cupboard door beneath the kitchen sink. From somewhere in the middle of the lounge, I heard my wife cursing: 'That bloody dog'

As for me, my lips were firmly pressed against the cupboard door: I couldn't open my mouth to scream; I couldn't move a little finger; I couldn't even flicker an eye. As I lay there in absolute agony, I swore to God that I would never: no, not ever again, help my wife, by holding a shank of wool, while she rolled it into a ball.

SUDUKO ANSWER

8	4	9	1	5	3	6	7	2
6	7	3	2	8	4	5	9	1
2	5	1	7	9	6	4	3	8
9	1	2	3	7	5	8	4	6
4	3	8	6	2	9	1	5	7
7	6	5	4	1	8	3	2	9
3	8	7	9	4	1	2	6	5
1	9	4	5	6	2	7	8	3
5	2	6	8	3	7	9	1	4

Frances and Bob's Granddaughter's in a Spin!



Great photograph Bob!

You'll find more if you join our Fife Branch Camera Club every Wednesday.

Cross Dresser

I'm what's known as a cross dresser,
Have been for many years,
Something I have got to live with,
But can drive me close to tears.

It started very slowly,
Sort of just crept up on me,
And then finally I realised,
A cross dresser I must be.

It might have started with a sock,
Or a button on a cuff,
But by the time I had got dressed,
I'd really had enough.

I was getting so much slower,
Taking longer by degrees,
And a simple thing like getting dressed,
Would bring me to my knees.

It really was frustrating,
Getting help to put on clothes,
It felt like going back in time,
When mum wiped my runny nose.

What's caused this situation,
This dressing without ease?
A neurological condition,
Called Parkinson's disease.

Now there's others on the market,
And you don't choose what you get,
But it made me a cross dresser,
Bloody furious! You bet!

Mark Coxe

Treat Yourself!

Make Jenny's Home-Made Ice Cream

The ingredients below will make about 1 litre of delicious ice cream. If you wish more, just double the measures. You will love your results

Ingredients

3 eggs
110g sugar
300ml double cream
Flavouring to taste

Method

Separate eggs.
Beat whites until very stiff.

Beat yolks with sugar.
Beat cream until thick (Do not make butter!)
Mix beaten egg yolk/sugar mixture with cream.

Fold in beaten egg whites.

Add either about 3 teaspoons of vanilla essence or a flavouring of your choice. Try strawberry, chocolate, coconut, Gin or even a little jam.

Spoon the mixture into a container and freeze.

After 1 hour stir the container to avoid separating.
Store in freezer until use.

Thank you, Jenny, for your simple recipe for making the most delicious ice cream.

Better than the shop bought. After all 'Walls have ears'!



We still have **ONE VACANCY** on our **Fife Branch Committee**

Could this be for YOU?

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 this position, please speak to Chairman, John Minhinick (01383 860145) or Secretary, Diane Dunbar (01383 724501).



FIFE BRANCH ZOOM MEETINGS FOR SEPTEMBER

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. 2nd, 16th & 30th 7.30pm Code:
94386184709 Password: 892282

Sarah's Dance & Chat

Thursdays 11am Code: 414757393
Password: 886058

Walking Group Fri. 4th & 18th at 10.30 Code: 838404255
Password: 855592

Meri's Sing-along Fri. 11th & 25th 09.45am Code:
95044591219 Password: 130018



In the immortal words of Captain Mainwaring. "You stupid boy!"

Mark Coxe has registered for a virtual 10K walk/run in aid of The Michael J Fox Foundation, which takes place on the weekend of the 3rd / 4th October.

Mark admits that his motivation wasn't to raise money, but the snazzy tee shirt and goody bag that comes when you sign up!

However now that he's committed (in more ways than one!), please make it worthwhile by donating what you can on the link below. Apparently the Dollar/Pound exchange rate is good at the moment!

<https://foxtrot.michaeljfox.org/fox-trot-virtual/ParkiMarkCoxe>

Handicap Heroes!



Congratulations to Andy McCauley who teamed up with Jarlath Busby (AKA Dawn's better half) to come first in a Golf Tournament earlier this month.

The dynamic duo whose Team Name was appropriately 'Rattlers and Shakers' took part in a Gents, Seniors, Four Ball Open Competition – and not Football Competition as I first thought! Who would be in goal?

Obviously 'Seniors' and 'Gents' are terms used loosely to this pair from our Fife Young Person's Group!

The aim of the game is to play a round in teams of two (a pair) with a ball each (four balls) but only count the score of the player in each pair who gets the fewest number of strokes at each hole. At the end of the round the lower total team score wins.

Our two 'Rattlers and Shakers' romped into first place with a final score of 58. Well done Andy and Jarlath.

Not bad considering in golf, everyone's got a handicap!



Need Help or Reassurance?



GET IN TOUCH with Parkinson's UK
0808 800 0303



