

# PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

FIFE BRANCH NEWSLETTER

APRIL 2018

*Hello Everyone from John Minhinick, Chairman*

As I write these words, Sheila and I are visiting our family in Melbourne, Australia. We've been doing some touring around Queensland before enjoying time with our eldest son Brian, his wife Helen and our two grandchildren Alistair and Patrick.

I've been kept in touch with what has been happening in Fife. I was disappointed to hear that no one turned up for the recent adaptive cycle event. If the same thing happens on the 30th April then we will have to cancel our monthly booking with Lochore Meadows.

We would also like to see more people at the next Quality of Life meeting on 1st May; a special opportunity for people with Parkinson's to have their own get together.

I hope to see members with your friends and neighbours at the Quiz Night on 26th April. Do come along and test your knowledge - there will be a wide variety of questions some challenging but others rather easier being based on your day to day experiences.

John M



The first meeting of our new Quality of Life Group

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FIFE BRANCH  
**PUB QUIZ  
NIGHT**  
AT 7PM ON  
THURSDAY 26<sup>TH</sup> APRIL  
IN DUNNIKIER GOLF CLUB  
  
*IS YOUR TEAM  
READY FOR THE  
CHALLENGE AND  
THE FUN?*

This year's **Summer Outing** is to **New Lanark Mills World Heritage Site** on **Thursday 31<sup>st</sup> May 2018**. Pick up times will be confirmed later but generally speaking the first pick-up at Beveridge Park, Kirkcaldy will be at 10am returning home in the late afternoon / early evening.

**New Lanark World Heritage Site** is a unique 18th century mill village sitting alongside the picturesque River Clyde less than one hour from Glasgow and Edinburgh. Visitors can see recreated millworkers' houses, historic working machinery and the nearby 'Falls of Clyde' waterfalls. There's a Mill Shop selling locally made textiles and a welcoming Mill Café. The ticket price allows you access to all attractions and includes admittance to 2 daily guided tours.

For anyone who is interested in finding out about the Great Scottish Tapestry Project, panels from the Tapestry will be on display in a special exhibition during the summer months. You can discover the story of the Tapestry alongside fascinating insights from Dorie Wilkie, the Lead Stitcher, who with her team of 1000+ stitchers worked on the project across Scotland. There is an additional charge for admittance to this special exhibition. You can find more information on the excellent New Lanark website at [www.newlanark.org](http://www.newlanark.org).



**SUMMER OUTING COACH TRIP TO NEW LANARK MILLS WORLD HERITAGE SITE  
ON THURSDAY, 31<sup>ST</sup> MAY 2018 - ADMISSION £8.50**

**PLEASE COMPLETE AND RETURN THIS SLIP**

I/We would like to book a place for the trip to New Lanark

<b>Name (s)</b>		<b>Membership No(s):</b>	
<b>Address:</b>		<b>Tel Number:</b>	
		<b>Email address: (optional)</b>	

I/We would like to join the bus at (please tick choice):

**Beveridge Park, KIRKCALDY**   
**Opposite Chiquitos Restaurant, Fife Leisure Park, DUNFERMLINE.**

**Payment of £8.50 each to be made no later than 10<sup>th</sup> May 2018.**  
**Payment can be paid either at the monthly Falkland get-together or by post.**

**PLEASE RETURN TO ELIZABETH TAIT, 112 MORAY PARK, DALGETY BAY KY11 9UN**  
**Telephone 01383 822668**  
**CHEQUES SHOULD BE MADE PAYABLE TO PARKINSON'S UK, FIFE BRANCH**

**ANNUAL COFFEE MORNING - SATURDAY 21st APRIL 2018 – Diane Dunbar – 01383 724501**

It's April and only a few days to go until our annual Coffee Morning which will be held this year at the Corn Exchange in Cupar on Saturday 21<sup>st</sup> April 2018 from 10am. This year we are having the following stalls - **Home Baking, Books, Tombola, Bottle, Raffles, Crafts, and Plants.** **PLEASE NO BRIC-A BRAC.** We would appreciate it if you could collect and hand in articles for our any / all of our stalls.



As the **Plant Stall** is a new one, we have been appealing to all our gardeners. We would be especially grateful if could you pot up plants for us to sell at the coffee morning.



Please bring your items for our stalls to any of our meetings or ask any member of the committee to collect them from you.

As this is our main fundraising event of the year, please put the date – **SATURDAY 21<sup>ST</sup> APRIL** - on your calendars, tell the world about the event and come along with family and friends to support our Branch and Committee on the day.



Unfortunately we had a poor turnout last year, so the committee is working hard to improve on last year. Let's all get together to make this year's Coffee Morning, one to be remembered!

**WALKING GROUP – WALK REPORTS – Bob Copeland – 01383 726383**



Our walk in March was around Calais Muir Woods in Dunfermline on what was a cold, blustery day. But once we were in the woods we were out of the wind and it wasn't too bad. Due to weather conditions we opted for the short walk through the woods and the group thoroughly enjoyed the experience. We felt we could have been anywhere despite the fact that we were not far from the M 90 and the Amazon complex which did not detract from the peace and quiet of the walk.

After our exercise, we retreated to Dobbies for coffees and scones and of course a grand chat to exercise our tongues!

For our February walk, we did one of our favourite walks around Aberdour. We started on a pleasant day from the railway station and headed to the Harbour where we were treated to good views across to Edinburgh.

The group then walked around the harbour past the moored yachts sheltering from the winter weather. From there we walked to the cafe at the Silver Sands for some sustenance of coffee and scones in the pleasant surroundings of the Sands Cafe. We then strolled back via the playing fields returning to our cars, after a pleasant walk through familiar surroundings.

If you would like to find out more about the Walking Group then get in touch with Bob and Frances Copeland on 01383 726383 or Elizabeth Tait on 01383 82266

## WALKING GROUP – Parkinson’s UK Fife Branch Programme for 2018

DATE	ORGANISERS	WALK PLANNED
April 20 <sup>th</sup>	Bob & Frances Copeland	Daffodil Walk, Rossie Estate, Collesie
May 4 <sup>th</sup>	Werner & Eleanor Remmele	Himalayas Golf, St Andrews
May 18 <sup>th</sup>	John & Sheila Minhinick	To be arranged
June 1 <sup>st</sup>	Eliz.. Tait & Cath. Wilson	Dalgety Bay
June 15 <sup>th</sup>	Eliz. Tait & Cath. Wilson	Leven to Silverburn Coastal Walk
July 6 <sup>th</sup>	<b>Summer Picnic</b>	<b>To be arranged</b>
August 3 <sup>rd</sup>		To be arranged
August 17 <sup>th</sup>	Werner & Eleanor Remmele	Amazing Maze at Cairnie Fruit Farm
September 7 <sup>th</sup>	<b>Group outing – to be arranged</b>	
September 21 <sup>st</sup>		To be arranged
October 5 <sup>th</sup>		To be arranged
October 19 <sup>th</sup>	Werner & Eleanor Remmele	To be arranged
November 2nd	John & Sheila Minhinick	To be arranged
November 16th		To be arranged
December 7th		To be arranged

## CAMERA CLUB – Bob Copeland – 01383 726383

The Camera Club met in February and we discussed various types of cameras explaining what each is capable of and that every camera is designed to deliver good photographs. There is no need to have an expensive camera to take good photographs. After all it's the photographer that ensures the outcome!

At the March meeting our topic was 'Photograph Composition', a vital component of taking good photographs. By using examples of each component, such as the rule of thirds, we were able to identify and discuss together a range of things to consider when planning to take our photographs. Our members left inspired and keen to try out their new knowledge and skills.

At our next meeting in April we will see the photos taken by our group before covering our new topic 'Editing Photographs' when we will discuss programmes designed for the purpose.

It is interesting to note that each member of our group has a different camera. For the most part people have smart phones as many of them have good cameras and editing apps which can enhance a good image.



**If you have a camera, an interest to improve your skill level and an enthusiasm to learn more about taking photographs, then this club could be for YOU. Contact Bob Copeland 01383 726383 or Werner Remmele 07502 350791 for more information.**

## ADAPTIVE CYCLING



Now that Spring is with us / just around the corner / who knows / it is time to get out and about, so why not support our Adaptive Cycling Sessions at Lochore Meadows.? The next session is on Monday 30<sup>th</sup> April at 10am. Just think of the fun, the exercise and the fresh air.

Hi Everybody

The next meeting of our Fife Branch Quality of Life Group will be held on Tuesday 1<sup>ST</sup> May, 2018 from 15.15 to 16.30 in the Community Facility at [49 Broomhead Drive, Dunfermline KY12 9AA](#) and all People with Parkinson's are welcome.

The aim of the Group is to maintain our mental, physical, emotional and spiritual wellbeing by sharing our experiences in a safe and welcoming environment.

We hope that you will be able to attend and look forward to seeing you on the day.

Bob Graham



**CAN YOU HELP? - IS THIS FOR YOU? – AN INVITATION FROM PARKINSON'S UK**

## **PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.**

We are the UK's leading charity supporting those affected by Parkinson's and we want to make sure that we are supporting **everyone** affected by the condition.

With that in mind, we're carrying out a piece of work looking at people who are living with more advanced symptoms of Parkinson's. We want to speak to people with Parkinson's and their families, friends and carers about their experiences of the condition as it progresses and how their needs have changed over time.

We will then use what we find to shape our services and support, and inform our work with healthcare professionals to ensure that people at all stages of the condition receive the best care possible.

We'd like to speak to you for about an hour either by phone, Skype or in person at a location and time convenient for you.

If this is something you or somebody you know is would be interested in being part of this work, or have any other questions please get in touch with **Jade Oorthuysen-Dunne, Involvement Manager** by email at [joorthuysen-dunne@parkinsons.org.uk](mailto:joorthuysen-dunne@parkinsons.org.uk) or by phone on **020 7963 3962**

*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).*

**Parkinson's UK Free Confidential Helpline**  
**0808 800 0303**

**The HELPLINE is open Monday – Friday 9am – 7pm and Saturday 10am – 2pm**

## DONATIONS TO OUR BRANCH FUNDS – Matthew Dodd – 07792 330 003

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. It has been suggested that we acknowledge these donations in our newsletter.

### Donations since January 2018

In Memorium	Fundraising	Other Donations
Brian Petrie and Anne Hastie	Race night: £1800	Nil



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](http://fifeparkinsons.org)

## PARKINSON'S UK FIFE BRANCH PROGRAMME 2018 – April, May and June

Date/Time	Subject	Venue
Wed 11 Apr	World Parkinson's Day	
Th 12 Apr 12noon	Monthly meeting – Q&A with lead Parkinson's Nurse Linda	Falkland
Tue 17 Apr 2pm	10 Pin Bowling	Bowlplex, Dunfermline
Sat 21 Apr 10am	Coffee Morning	Cupar
Th 26 Apr 7pm	Pub Quiz Night	Dunnikier Golf Club
Mon 30 Apr 10am	Adaptive Cycling	Lochore Meadows, Lochgelly
Tues 1 May	The Quality of Life Group	Dunfermline - See Page 5
Wed 2 May	YP Group, Q&A with Parkinson's Nurse Gillian	Dunnikier Golf Club
Th 3 May 2pm	Bowls	Abbeyview
Th 10 May 12noon	Monthly meeting	Falkland
Tu 15 May 2pm	10 Pin Bowling	Bowlplex, Dunfermline
Mon 28 May 10am	Adaptive Cycling	Lochore Meadows, Lochgelly
Th 31 May, all day	Outing to New Lanark	New Lanark
Wed 6 June	YP Group Social Evening	
Th 7 June 2pm	Bowling	Abbeyview
Th 14 June 12noon	Monthly Meeting	Falkland
Tue 19 June 2pm	10 Pin Bowling	Bowlplex, Dunfermline
Th 21 June 6pm	Summer Ceilidh – Lomond Ceilidh Band	Dunnikier Golf Club
Mon 25 June 10am	Adaptive Cycling	Lochore Meadows, Lochgelly

Most meetings, outings and activities are detailed above; however the following take place on other days.  
Every Wednesday afternoon at 2pm - Bowling at Abbeyview.

Twice a month on Friday mornings from Feb to Dec – Short walks at various locations in Fife see separate programme.



Although we have a good number of members who have expressed an interest in either one or both types of bowling, unfortunately the number attending each session is falling again and very few let me know whether or not they will be there.

When you receive the email inviting you to come along, please take a couple of minutes to reply so that we know exactly how many we can expect.

The Edinburgh match date has not been agreed yet but I will let readers know when anything definite is decided, bearing in mind that if we do not get 18 players then there will be no match!



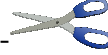
**SOME USEFUL CONTACT NUMBERS**

<b>Committee Role</b>	<b>Name</b>	<b>Telephone</b>	<b>Email</b>
Chairman	John Minhinick	01383 860145 07917 602484	<a href="mailto:j.minhinick@btinternet.com">j.minhinick@btinternet.com</a>
Vice Chairman & Young Parkinson's Group Leader	Gary Kerr	07703 297405	<a href="mailto:krrgzd@aol.com">krrgzd@aol.com</a>
Secretary & Membership Sec.	Diane Dunbar	01383 724501	<a href="mailto:kenneth.dunbar@sky.com">kenneth.dunbar@sky.com</a>
Treasurer	Matthew Dodd	01383 829864	<a href="mailto:bernard_dodd@yahoo.co.uk">bernard_dodd@yahoo.co.uk</a>
Social Team	Elizabeth Tait Annette Fitzsimmons	01383 822668 01592 874421	<a href="mailto:brianliz21@hotmail.co.uk">brianliz21@hotmail.co.uk</a> <a href="mailto:annettefitz@btinternet.com">annettefitz@btinternet.com</a>
Walks Organisers	Bob & Frances Copeland	01383 726383	<a href="mailto:b.copeland44@btinternet.com">b.copeland44@btinternet.com</a> <a href="mailto:f.copeland@btinternet.com">f.copeland@btinternet.com</a>
	Brian & Elizabeth Tait	01383 822668	<a href="mailto:brianliz21@hotmail.co.uk">brianliz21@hotmail.co.uk</a>
	Werner & Eleanor Remmele	07502 350781	<a href="mailto:info@remmele.uk">info@remmele.uk</a>
	John & Sheila Minhinick	01383 860145	<a href="mailto:j.minhinick@btinternet.com">j.minhinick@btinternet.com</a>
Bowling Group	Alex Blair	01383 721547	<a href="mailto:aandablair@gmail.com">aandablair@gmail.com</a>
Research Champion	Werner Remmele	07502 350781	<a href="mailto:info@remmele.uk">info@remmele.uk</a>
Newsletter Editor	Charles Small	01592 713824	<a href="mailto:cjsmall12@tiscali.co.uk">cjsmall12@tiscali.co.uk</a>
Website	Bob Copeland	01383 726383	<a href="mailto:b.copeland44@btinternet.com">b.copeland44@btinternet.com</a>
Transport Coordinator	David Fitzsimmons	01592 874421	<a href="mailto:david_fitz@btinternet.com">david_fitz@btinternet.com</a>
Almoner	Christine Blyth	01383 513786	<a href="mailto:cblyth1@icloud.com">cblyth1@icloud.com</a>
Home Therapy Programme	Frances & Bob Copeland	01383 726383	<a href="mailto:b.copeland44@btinternet.com">b.copeland44@btinternet.com</a> <a href="mailto:f.copeland@btinternet.com">f.copeland@btinternet.com</a>
Quality of Life Group Leader	Brian Tait	01383 822668	<a href="mailto:brianliz21@hotmail.co.uk">brianliz21@hotmail.co.uk</a>
Camera Club	Bob Copeland	01383 726383	<a href="mailto:b.copeland44@btinternet.com">b.copeland44@btinternet.com</a>
	Werner Remmele	07502 350781	<a href="mailto:info@remmele.uk">info@remmele.uk</a>
Computer Training	Frances Copeland	01383 726383	<a href="mailto:f.copeland@btinternet.com">f.copeland@btinternet.com</a>



This year our Summer Ceilidh will be held on Thursday 21<sup>st</sup> June in the Function Room of Dunnikier Golf Club, Kirkcaldy. A Return Slip is attached for you to complete and return to me if you would like to attend.

The Lomond Band will return to entertain us and we look forward to seeing as many of you as possible there to enjoy the meal, music and good company.



**SUMMER CEILIDH AT DUNNIKIER GOLF CLUB, KIRKCALDY  
THURSDAY 21st JUNE at 6PM FOR DINNER AT 6.30PM  
FINISHING AT 9.30PM**

**COST OF MEAL: £10 PER PERSON**

<b>Name (s)</b>		<b>Membership No(s):</b>	
<b>Address:</b>		<b>Tel Number:</b>	
		<b>Email address: (optional)</b>	

I/We would like transport to KIRKCALDY    YES  NO

**MY/OUR CHOICE FOR THE MENU WOULD BE:**  
(Insert the number required after choice i.e. 1 or 2)

MAIN COURSE		DESSERT	
Homemade Beefsteak Pie		Meringue and Pineapple Glace	
Supreme of Chicken Highlander with Whisky Sauce		Rhubarb Crumble with Custard	
Cold Ham Platter		Chocolate Fudge Cake	
Deep Fried Haddock with Lemon			
Baked Macaroni Cheese			
Followed by Coffee/Tea and Mints			

**PLEASE RETURN TO ELIZABETH TAIT, 112 MORAY PARK, DALGETY BAY KY11 9UN  
NO LATER THAN THURSDAY 7<sup>TH</sup> JUNE 2018.**

**CHEQUES SHOULD BE MADE PAYABLE TO PARKINSON'S UK, FIFE BRANCH**