

Fife Branch Newsletter

PARKINSON'S^{UK} SCOTLAND

No. 31

April 2022

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Hello Readers!

Welcome to our Keeping Us Together No. 31. Thanks once again to everyone who has contributed to it. Spring has sprung and we are getting out more in the favourable weather, but remember there's still Covid out there. We are continuing to take precautions when we meet in person at Glenrothes, so remember to bring your masks and we'll bring the hand sanitizer.

We were honoured to hear Mary Ellmers talk at our recent AGM. It dawned on us that most of us don't realise what the staff at Parkinson's UK do behind the scenes. We're therefore piloting a new feature, which will hopefully show what they achieve to help us, the people living with Parkinson's.

If you ever read Smash Hits Magazine, you'll be right at home with the interview style!



From the Editors, Charles Small (01592 713824 or editor@fifeparkinsons.org) & Mark Coxe

Chairman's Remarks – John Minhinick

I recently received a very useful update from Stephanie Roberson, a member of the Local Adviser Team in Scotland. Here is a summary of the important points about how to use the very valuable resource that Parkinson's UK provides.

This Information and Support Service at Parkinson's UK is a free confidential service providing support to anyone affected by Parkinson's. The trained advisers, including specialist Parkinson's nurses, can provide information and advice about all aspects of living with Parkinson's, such as:

- medical issues, including symptoms and treatments
- employment and benefits
- health and social care
- emotional support
- local activities
- signposting to other sources of information

They can also put you in touch with a Parkinson's Adviser in the Scotland Team if you need more local or in-depth support. You can access more information about the advisory services on the Parkinson's UK website:

<https://www.parkinsons.org.uk/information-and-support>

How to get the support from Parkinson's UK:

- Calling the helpline on 0808 800 0303 or
- Emailing hello@parkinsons.org.uk
- You can also request a well-being phone call by visiting <https://www.parkinsons.org.uk/information-and-support/request-wellbeing-check>

The Helpline advisers are able to respond quickly to those who need support. Immediate information and support can be provided. Should you need more local or in-depth support, you will be referred on to the Scotland Adviser team. The adviser on duty within the team then picks this up that day.

As the Chairman of the Fife Branch, I have a direct link to the Scotland Adviser Team that I could use on your behalf if necessary.



MEETINGS FOR APRIL

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

Monthly Meeting, Glenrothes Baptist Church Thu. Midday April 14th

Branch Zoom Get Together Mon. 11am 11, 18 & 25th.

Zoom Camera Club Wed. 10.00am 13 & 27th.

Zoom Quiz Evening Wed. 7.30pm 13 & 27th.

Walking Group: Fri. 8th & 22nd.

Zoom Coffee & Chat Wed. 11am 6 & 20th

Alex's Zoom Dance Exercise Thu. 11.15am 7th & 25th.

Meri's Zoom Sing-along Fri. 9.45am April 1st & 29th.

OUR APRIL 2022 MONTHLY MEETING GOES AHEAD

We are delighted to inform you that our April 2022 face-to-face monthly meeting will go ahead on **Thursday 14th April from 12 noon until 3pm**. We hope that as many folk as possible can come along and join us.

In order to make things as safe as possible for everyone, please follow our usual hygiene measures.

1. Do NOT attend if you are feeling unwell or develop any symptoms of COVID-19.
2. Please bring your own mask with you.
3. Please use the sanitisers provided regularly.
4. Please bring a pen with you and of course your name badge. New members will receive a badge at reception.
5. If you need help to move around, please bring someone with you from your own Household or Support Bubble.



• 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 suggest that 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 will be £3.00, which will help towards the cost of our three-hour session. We are now also contactless, so you can pay with your card without handling any currency and so reduce the risk of spreading Covid. Cash will also naturally be accepted.

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 37554).



Meet The Staff Welcome – Mary Ellmers

When did you join Parkinson's UK?
I joined Parkinson's UK in January 2013

When you joined what was your first job title?

My first job title was Influence and Service Development Officer, but I was only given a 12-month contract as I was a maternity cover.

What is your current job title?

Service Improvement Manager Scotland

Briefly explain your role in Parkinson's UK.

I work to maintain and improve services for people with Parkinson's, with my primary focus being on services provided by the NHS. This includes trying to make sure we have Parkinson's nurses and others in post, and often working behind the scenes when there is a threat to a service. I'm also a key contact for the Parkinson's Excellence Network in Scotland. This is a network of mainly professionals with an interest in Parkinson's (nurses, consultants, Allied Health Professionals, pharmacists etc) and we bring them together (online or in person) to share good practice and experiences, for professional development and also to identify and undertake service improvement projects. We also have a few people with Parkinson's in the network who can share their experiences of services.

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?

I'm not sure I have any big achievements, but perhaps a few smaller ones! I think finally bringing a Parkinson's Practitioner (from a physiotherapy background instead of nursing) into post last year in Orkney was a big achievement. Work started on that before I joined Parkinson's UK so, on and off, it took at least 8 years! I do also think the two Excellence Network Programmes that I'm most involved with, 'Better Bone Health and Cracking' and 'Get It On Time' have huge potential to bring about change. If anyone has any experiences of bone health (such as breaking a bone or osteoporosis) or getting or not getting their medications on time in hospital I would love to hear from you!

mellmers@parkinsons.org.uk

During your time at Parkinson's UK what has given you the most satisfaction?

I think the annual Young People's week-end in Stirling was amazing. It was great to have the opportunity to speak with so many people and to see people who were so hesitant at first becoming more positive and confident. The new online sessions are also good but there isn't as much opportunity to chat.

What message would you give someone who has recently been diagnosed with Parkinson's?

It's normal to feel shocked and upset by your diagnosis and OK to take time to adjust. Do try to focus on the things that you can and like to do and keep active.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?

At this time of year, I think that would be a warm coat, hat and gloves. I don't like being cold!

Which do you prefer, dogs or cats?

I've got a dog just now, who is cute and mostly obedient, but I think I actually prefer cats. I love the way they move.

What famous person (past or present, factual or fictional) would you like to be marooned with on a desert island with?

I think that would need to be Steve Backshall as he'd be able to build a good shelter and provide food - and he'd also be able to tell me all about the wildlife on the island.

Indoor Bowling

Recently, only a small number of people have been attending the Wednesday bowling session at the Abbeyview Centre. This has been due, in part, to the continued high incidence of coronavirus cases and the venue being a busy indoor environment.

It has been decided that for the next few weeks there will not be any organised Wednesday afternoon sessions. This does not stop any individuals going along for a private session. With the outdoor bowling season about to start and hopefully the reduction in the number of coronavirus cases, we hope to restart the Wednesday sessions in the not too distant future.

Watch this space for updates!

I HAD A DREAM...

Last night I had the weirdest dream:
I was on an ocean liner.
My cabin was a stateroom,
You couldn't ask for finer.

I was wearing a top-class suit
As I strolled down to the bar
Where I ordered oysters and champagne
And smoked a huge cigar.

A girl sat down beside me
And asked me for a light.
She wore a slimline cocktail dress
I noticed with delight.

"How old are you?" she asked me.
"I'm sixty-eight," said I.
"I'm only twenty-three," she said
And I let out a sigh.

"But I don't care how old you are
If you've still got some fire.
Care to dance?" I have to say
My heart filled with desire.

Now if I'd met her years ago
She'd have had some fun with me.
But sixty-eight's not easy
When it's paired with twenty-three.

We danced to every showband tune,
We danced on through the night.
My head was heavy with her scent
As she clasped me oh so tight.

She gasped "Come to my cabin
For a nightcap, you and me."
I thought well, maybe sixty-eight
Can cope with twenty-three.

We got back to her cabin
And she lay down on the bed.
She slowly peeled her dress off –
Well, I'm very easily led.

So wouldn't you be too, I ask,
If you had such a date
And twenty-three was stripping off
For a guy of sixty-eight?

I took my shirt and tie off,
My trousers and my shoes
But I glanced out through the porthole
And got some awful news.



Pavlova Cake

For the meringue

175g/ 6oz caster sugar

3 egg whites

1 X 5ml / teaspoon cornflour

1 x ¼ teaspoon vanilla essence

1 X 5ml / teaspoon lemon juice

For the filling

300 ml / ½ pint whipping cream

100g / 4oz hulled strawberries or raspberries

100g / 4oz stoned cherries

2 ripe peaches or 4 apricots

In fact you can use any fruit cut into smallish pieces.

Method

Draw an 18cm / 7 in circle on non-stick parchment paper or lightly oiled greaseproof paper and place on a baking tray.

Whisk the egg whites until very stiff and dry. Sieve and whisk in half of the sugar and continue whisking until the mixture is stiff and shiny. Sieve the remaining sugar with the cornflour and fold into the mixture with the vanilla essence and the lemon juice.

Spread the meringue on the circle and build it up into a bowl-shaped shell, swirling the meringue round the outside of the shell.

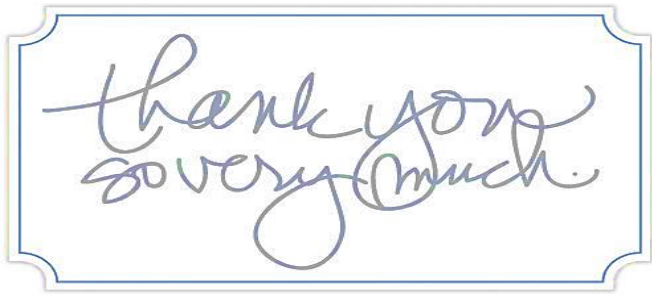
Bake in the centre of a slow oven (140C 300F) for 1¼ – 1½ hours until firm and delicately coloured. Allow the shell to cool before removing the parchment or greaseproof paper. The shell can be prepared in advance and stored in an airtight tin or bag until required.

Whip the cream. Put aside maybe 12 pieces of fruit to place on top of the pavlova cake and gently fold the rest of the fruit into the cream and pile in the centre of the meringue. Decorate the top with the fruit you laid aside. Don't worry when the meringue cracks when you put in the cream, this just adds to the fantastic look.

An iceberg loomed
I roared out in panic:
"Holy smoke and blow me down -
I'm on the bloody Titanic!"

Kenn McLeod





DONATIONS TO OUR BRANCH - Alex Rodger,

Our Fife Branch of Parkinson's UK Treasurer, 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.

In Memoriam:

Mr George Paterson

Mrs Molly Stevenson

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.

Mrs Elizabeth Paterson would like to thank everyone who attended the funeral of her husband, George, on Wednesday 9th March in Dunfermline Crematorium. Elizabeth would also like to thank everyone for their messages and cards.



PARKINSON'S UK

HELPLINE

0808 800 0303

Please note that the views expressed in the newsletter are those of the contributors and editors and do not necessarily represent those of Parkinson's UK.



It's World Parkinson's Day on April 11th.

How are you going to celebrate? Perhaps put a blue light in your front window? If you do, please take a photo and share it with us? and we'd love to know what you're up to - [let us know](#).

It's still not too late to write a limerick for WPD and have it published on the Parkinson's UK website, which is dedicated to celebrating the day with verse on [Poem for Parkinson's](#)

An April Quiz

1. **The writer of Jane Eyre was born in April 1816, what is her name?**
2. **In April 1956 Elvis Presley had his first number one in the USA with which record?**
3. **In April 1956 this Hollywood actress famously married and became a Princess. What was her name?**
4. **Pianist and composer Scott Joplin, who died in April 1917, was famous for which type of music?**
5. **In 1948 the Faroe Islands gained autonomy from which country?**
6. **Which ill-fated ship began its sea trials in April 1912?**
7. **The Swedish pop band ABBA won the Eurovision Song Contest with the song "Waterloo" in April of which year?**
8. **Retired ballerina and former judge on 'Strictly' was born in April. Who is she?**
9. **Born in 1937, this TV and radio presenter is still best remembered for Blue Peter from 1962 to 1972. Who is she?**
10. **April 1888 the first of a series of eleven brutal murders took place in or near which London district?**

CALLING ALL UNPAID CARERS IN FIFE



Fife Health and Social Care Partnership has funded Circles Network to provide a free Advocacy service for Unpaid Carers in Fife. This project is:

- to highlight the importance of having a power of attorney in place,
- to ensure that carers have the legal powers they need to help make decisions in the event the person they care for is unable to,
- to support the carer and cared-for person to arrange a suitable Power of Attorney.
- to be supportive of carers who find themselves in a situation where, due to not having a Power of Attorney in place, a Guardianship Order is required, for example, if your loved one needs to go in to hospital and then due to their health deteriorating, are unable to return home, our advocates can support carers to navigate the process, so a suitable legal guardian is appointed as quickly as possible.

The project does not have a waiting list and there are various ways to introduce someone to the project:

- Phone or email e-mail - anyone can introduce the unpaid carer, as long as the unpaid carer wants the support of Circles Network.
- Circles Network staff will have an initial chat on the phone and If the carer wants, we can arrange to meet with them in a setting of their choice.
- Circles Network can support the carer to access legal advice, be there when they meet with a solicitor and support them through the process as much or as little as the carer feels necessary.

Unpaid carers and the people they care for may want to consider the benefits of appointing an Attorney:

- They can support the cared-for person with their finances straight away and their care needs in the future should they lose the capacity to make decisions.
- Parent carers often do not consider that, when their child reaches the age of sixteen, they are considered an adult under the law and therefore can make their own decisions

until they are officially deemed to lack capacity. This can cause difficulties within schools, with health professionals or social work.

- Carers who look after family members may not notice that their loved ones may be in the early stages of Dementia. When they do it may be too late for a Power of Attorney to be granted. Young carers should also be made aware of the need for legal powers.

When a cared for person is making the Power of Attorney document, it is important that they state their wishes, with regards to future care needs, while they still have capacity. A person's past wishes will be taken in to account if the Attorney has to make decisions on their behalf in the future.

Our Fife Branch is keen to invite a Circles Network representative to one of our Glenrothes meetings but If you would like to know more or would like to discuss your situation with one of the team from Circles Network, here are the contact details.



**Circles Network, 16 East Fergus Place,
Kirkcaldy. KY1 1XT**



info.fife@circlesnetwork.org.uk



01592 645360

Monday to Friday 9am – 5pm

At times when the advocates are out of the office, please leave a message. Our voicemail is checked daily.



07909 002 582 (call or text)

QUIZ ANSWERS

1	Charlotte Bronte
2	Heartbreak Hotel
3	Grace Kelly
4	Ragtime
5	Denmark
6	RMS Titanic
7	1974
8	Dame Darcey Bussell (27 th)
9	Valerie Singleton (9 th)
10	Whitechapel

Walking Group

On the **11th March** the Walking Group met at the Riverside Park in Glenrothes to see the snowdrops which most locals didn't know existed. Fourteen members met at eleven o'clock on a nice but cool day.



The walk took us towards the new bridge following the river west. After a stroll of about thirty minutes, we arrived underneath the new bridge. The snowdrops were two minutes up towards Leslie House which is now being turned into luxury flats. Unfortunately, the path to the snowdrops was steep and muddy so we had to admire the snowdrops from a distance. Our return was by the path on the other side of the river which was a bit more scenic than our first path. This took us back to the car park which was the end of the short walk. Some walkers decided to sunbathe at the picnic tables while the rest of us walked on to see the Hippo sculptures which have been moved to a very natural setting near a pond and reed banking.

On our return to the others, we headed to the Fettykill Fox for a well-deserved lunch. A lovely way to end a lovely walk.

On the **25th March** ten members of the Walking Group attended the walk which was around Townhill Loch in Dunfermline.



The walk around the loch is really a gentle stroll of about one point two miles. This is also the home of the Water-Ski Centre for Scotland and fly fishing is popular too.

The loch is home to lots of bird life from majestic swans to mallard ducks and little sparrows. All can be easily seen on your stroll round the loch.

The weather was lovely and the group meandered around the loch returning to our starting point at the Café by the Loch where we had lunch in the sun. Another grand end to a lovely wee walk. Why don't you come along and join us on our fortnightly walks?

Bob Copeland



A Light 'Bulb' Moment – Mark Coxe

While we were out on our walk at Riverside Park, Glenrothes some of us stumbled upon a patch of ground, which had, at some stage, been dedicated by the Fife Branch to Dr James Parkinson as a tulip garden.

I'm sorry to report that apart from the sign, which is in dire need of some T.L.C. there wasn't a tulip to be seen. Google tells me that November is the best month to plant tulip bulbs. Watch this space!



Why Tulips and what's it to do with Parkinson's?

Well, April marks Parkinson's Disease Awareness Month. World Parkinson's Day was instituted on April 11th, 1997 to commemorate the birthday of Dr. James Parkinson, the man who first formally identified the disease in 1817 (over 200 years ago!) in his work "An Essay on the Shaking Palsy."

The red tulip has been associated with Parkinson's awareness since 1980 when the Dutch horticulturalist, Van der Wereld, who had Parkinson's disease developed a new red and white variant of the tulip and named it "Dr. James Parkinson."

In April 2005, the red tulip was launched as the Worldwide Symbol of Parkinson's Disease at the 9th World PD Day Conference in Luxembourg.



This stylized red tulip, with leaves shaped like "P" and "D", was designed by Karen Painter, who had early-onset PD. It is now the nationally recognized symbol for Parkinson's Disease Awareness.

From Tee to Green, we're clubbing together to find a cure.

Fife Branch YP Member - Andy's story

After his Parkinson's diagnosis, Andy McAulay from Fife didn't think he could play golf anymore. He didn't play for 4 years until a chance meeting with Jarlath, another golfer with Parkinson's.



Jarlath kindly invited him to play a few rounds at the club where he had been a member for several years to see how he got on.

Andy says: "I very quickly realised I had made a big mistake and that I could play perfectly well. I was kicking myself for just giving up playing without trying to see if I could play or not.

"Jarlath is now one of my best friends. We are regular golfing partners and often play as a pair and it is thanks to him that I got back into playing golf. Playing golf is a major part of my social life and my coping mechanism. It gets me out there on the course with other people. I get the social interaction and the physical benefit."

And for anyone not sure about taking part in Par for Parkinson's? Andy says: "If you think you can't do it, give it a try. Don't think you can't. You will certainly be surprised by what you can achieve. Don't be put off by having Parkinson's, give it a try."

Play golf? Know a golfer?

Tee Up at

parkinsons.org.uk/golf

The Last Word

Fife Branch

Our History's a Mystery

Parkinson's UK don't keep dusty bits of paper, so it's been a bit difficult to research the history of the Branch for our soon to be re-launched website.

Thanks to all of the members and staff who have long memories and have been able to trawl through their attics, both physically and metaphorically.

They've come up with some gems, which showed how determined they were to get the Parkinson's message out there.

For example:

- There were only two members of staff employed in Scotland in 1991.
- Fife used to be served by two Branches, Kirkcaldy and Dunfermline, which merged to form the Fife Branch in 1994.
- Parkinson's UK Scotland used to have a Mobile Resource Unit for education purposes, which was a converted horsebox.



- Fife Branch had a static caravan at Pettycur Bay



If you have any memories or better still, if you can shed some light on when the Kirkcaldy and Dunfermline Branches had their first meetings please contact the editors. We'd love to know!