

Parkinson's UK. Fife Branch

Hello Readers 'Keeping Us Together' No.15

Welcome to 'Keeping Us Together No. 15' which is packed we hope with interesting features, Branch news, exciting opportunities and a fun puzzle. Our thanks go to all our contributors without whom our newsletters would just not be the same. Please remember that we want to hear your stories, your poems, your recipes and your thoughts. Happy reading.

Charles Small - 01592 713824 cjsmall12@tiscali.co.uk Mark Coxe – 07913 207057 markcoxe@blueyonder.co.uk

Message from the Chairman – John Minhinick

A few weeks ago, we bid a fond farewell and a welcome back to members of the nursing team. Lynda Kearney was the outstanding leader of the Parkinson's nursing team over a number of years. Lynda has been a fantastic supporter of me personally and the Fife Branch in general. Many of you will have fond memories of the presentation evening that Lynda led one evening in the Dunnikier Golf Clubhouse. We wish Lynda well as she concentrates on her other role supporting MS patients as part of a restructuring programme in NHS Fife; see Linda's message on page 3. Gillian Aldrich will return to lead the nursing team that will also include Nicola Mercer and Abby Whiting when the pressures of the pandemic and Abby's dedicated time at home with her new baby are over. Gillian has some exciting ideas for developing the services that her team will be offering



With the vaccination programme virtually complete for the 80+ group and the 70+ group expected to be completed in a few weeks, there is a glimmer of hope that during the second half of 2021 we might be able to return to some in-person activities. Although well into the future we should begin to think about what activities we want to restart and what new ideas we should explore. If you have any thoughts please get in touch with any of the committee members before our next meeting on 1st March.

We are finalising the programme for the next Dundee Research Information Group Zoom seminar on 27th February starting at 2pm; See more details on page 4. The topics covered this time include non-drug therapies and devices; how to measure fatigue and deal with it; apps for PwP what they offer and where they fail; understanding intelligent technology. Details of how to register will be circulated shortly.

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February's Helpline Opening Hours

Monday to Friday: 9am to 6pm

Saturday: 10am to 2pm

**GET IN TOUCH with Parkinson's
UK**

0808 800 0303

Our Retiring Friends

In our last newsletter John thanked David and Annette Fitzsimmons and John and Jackie Ramsay who were all standing down from our Branch Committee, for all they had done during their time they had served. However, we did not have photographs of them at the time we went to print, so here they are in Number 15.

Who can ever forget the Race Nights John and Jackie arranged enthusiastically in Styx Club in Kirkcaldy as fundraising events? What a buzz, what a raffle and what a buffet! They were great nights! We cannot wait to get back to 'normal' and hopefully you might be willing to organise another!



David and Annette were the silent helpers who just got on with the work in hand organising transport, social events and this, that and anything required at Falkland. You may have been the silent ones, but your contributions were greatly appreciated.



Burns Lunch At The Kirk

Heather Kirk who has been volunteering for Parkinson's for over forty years is a legend in her own lunchtime.

This year due to lockdown regulations she couldn't host the Inverness Branch's usual Burns Supper, so she threw the virtual doors open to a'body, virtually.

It obviously wasn't going to be the same. For a start eating haggis and drinking whisky at lunch time has often led to disaster. But at least everyone was safe at home and the most dangerous journey was probably up the stairs.

The event, hosted by Heather, was well represented by the Fife Branch, with honorary Scot, Mr Minhinick, delivering 'The Immortal Memory', resplendent in a Saltire waistcoat. We couldn't tell if he wore tartan trews or anything at all below the waist because he never stood up and it was on zoom!

Our very own 'Bonny Prince' Charlie (Small) Toasted the Lassies with flair and aplomb, not to mention plenty of references to Fife. The response from Christine McKee with her toast to the laddies was an excellent parry to Charles' foil.



Let's be upstanding and raise a glass to Heather!

DONATIONS TO OUR BRANCH

Our Parkinson's UK Fife Branch is always very grateful to receive donations. If you are thinking about fundraising, remember that details are on our web site, fifeparkinsons.org

Donation

Diana and Bill Penman.

Thank
You

Dear Fife Branch Members, Families and Carers,

It is with a heavy heart that I bid a fond farewell to the Fife PD service.



You will know that since I joined the service, I have always had a dual role, leading both The Parkinson's Nursing Team and the Multiple Sclerosis Team. This has become an ever-increasing demand. In order to

allow both services to develop, grow and become more resourceful I requested they be divided, and my role become that of one.

This was anything but an easy decision and for all the right reasons, I have moved to MS. However, I am by no means walking away from Parkinson's in which I still have a vested interest and will continue on my quest to fly the flag.

I have so many fond memories - in reality, too many to mention. It was nothing but an honour and pleasure to support you, your families and carers during my time in the service. The local Fife Branch supported my training when I joined the service and saw me off on my travels to London to study at London South Bank University, following the footsteps of Nancy, my mentor. I will be eternally grateful for all your support and I thoroughly enjoyed the partnership we have always maintained.

I am excited and look forward to hearing of the developments as the new PD team take the service forward. I look forward to seeing you all sometime in the future.

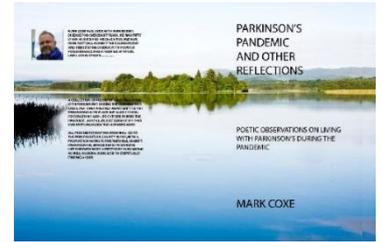
The kindest of regards and the fondest of wishes to you all.

Lynda

Watch This Space or Poetry in Motion!

Mark and Charles have been busy compiling Mark's lockdown poems into a book, which they are going to have published with the proceeds being split between our Fife Branch and Parkinson's UK.

This is becoming a truly Parkinson's collaboration, with not only Charles and Mark working together but Bob Copeland providing the photograph



for the front cover as well as the illustrator Tom Murray who had a relative with the condition. There's a sample page at the bottom of this article so that you can see what it will look like.

Keeping going with the Parki theme we are pleased to announce that Paul Mayhew-Archer has agreed to write a few complimentary lines in the book forward.

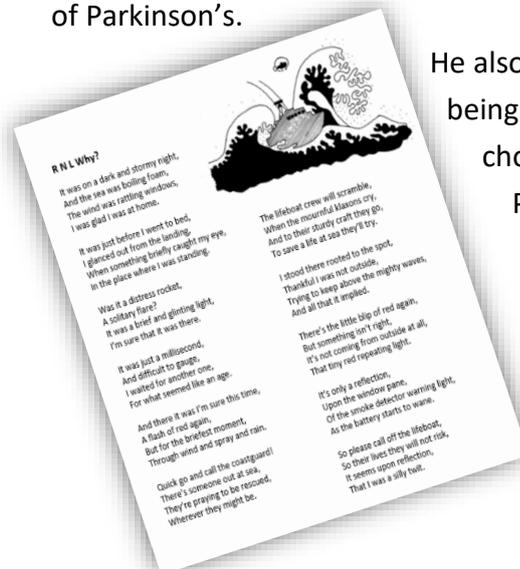
Paul (we're not on first name terms, yet!)



is the celebrated

co-writer of the Vicar of Dibley, Mrs. Brown's Boys and many more comedy shows. He also adapted Roald Dahl's book, "Esio Trot", with Richard Curtis for the BBC.

Since his diagnosis with Parkinson's, he has tried his hand at Stand-Up Comedy and has made a couple of documentaries for the BBC on the lighter side of Parkinson's.



He also admits to being a self-confessed chocolate addict! Paul, if you're reading this remember if you like a lot of chocolate on your biscuit join our club!

Parkinson's and Technology - A Series of Events on Zoom

Technology is moving so fast these days, it's sometimes difficult to keep up. We use technology every day without even thinking about it. Luckily there are people who are working to develop technological advances and apply them to researching Parkinson's and ways to use technology to make living with Parkinson's more bearable. The Dundee Research Information Group, in collaboration with the Special Interest Group on Parkinson's & Technology have put together a series of three on-line web events. The first was a great success and if you missed it can be accessed by using the link and password below;

https://parkinsons-org-uk.zoom.us/rec/share/Gvk4-T0OKBz1i6LV0auKveP10Xlr45TLa2vxsyQnUYvks9HvTmfHFT3BYEMqItO3.qvNQdwAyEh_lk8Ec

Passcode: KS!^p5jK

The next online seminar in the Parkinson's & Technology series will take place on 27th February starting at 1400. The theme will be "Managing Daily Life with Parkinson's" with four experts covering the topics of non-drug therapies and devices; how to measure fatigue and deal with it; apps for PwP, what they offer and where they fail; what we can expect from artificial intelligence, machine learning and data mining. There will be opportunities to discuss the topics in smaller breakout groups in addition to an end of seminar discussion session. As before the event is free to attend, but you need to book a place through Eventbrite; the details will be circulated in the near future.

Paul Mayhew-Archer MBE a writer, producer and script editor will also give his personal insight as a PwP. Paul is the co-writer of The Vicar of Dibley and solo writer of My Hero and Office Gossip plus being script editor for a long list of other similar TV programmes. Since his diagnosis with Parkinson's, he has ventured into stand-up comedy as well as making documentaries, in his own inimitable style, about living with Parkinson's

The last seminar in the series will take place on 27th March covering the topic of "Improved Treatment Due to Better Supported Specialists"; more details in the next newsletter.

<https://www.eventbrite.com/e/parkinsons-and-technology-managing-the-challenges-of-daily-life-tickets-138152047493>

More information and the detailed programme can be found on the [SIGP@T website](#).

Come On And Get Connected!

In the last newsletter we talked about Parkinson's Fife Branch teaming up with the Scottish Government Initiative "Connecting Scotland", which helps people get online and have the confidence to Zoom, email, shop online or whatever you like!

We are all set to receive six iPads and Wi-Fi connectors in March. These will be allocated on a first come first served basis. Zoom is completely safe and its security has come a long way since the early days of lockdown. If you are nervous about connecting up to it, don't worry, it is completely separate from your own internet connection. It will be set up for you and you'll be shown how to work it. You will also receive continuous support and it's all completely FREE!

We already have two people who have signed up, so don't hang around because there are only four left. It's yours to keep and did I already say that it's FREE? **Contact Charles or Mark to get your name on the list.**



The Walking Group – 22nd January 2021

At our meeting today we had a ‘Millionaire’ style quiz about places in Scotland and England either in a North to South or East to West which really tested our knowledge of places in the U.K.



We moved a little away from our walking photographs to a quiz of photographs from anywhere in the world and we had to guess where they were.

The photos showed what a well-travelled bunch we were. Then again, we all have a few years under our belts! Everyone had submitted images and we had a tough time trying to identify the locations from all around the globe.



We look forward to receiving our vaccinations which will hopefully mean that this difficult time is coming to an end, even if it is still a few months away. It may mean restrictions will ease and we can have a bit more freedom and social contact. Here’s hoping!

If you wish to join in our Virtual Walking Group Zoom meetings, the link is in the list of meetings on page 8 of this newsletter.

Robert ‘Final Answer?’ Copeland



Respire is a monthly short creative break service for adult carers and their cared for people taking place in Dundee once lockdown restrictions ease. Shaper/Caper will offer dedicated relaxation sessions and creative activities, followed by a joint creative dance session and a shared lunch at the community café, after which they will enjoy watching a professional show with an opportunity to meet the artists and engage in conversation. The content will be ongoingly co-designed with the group.

An online taster session is being held on Friday 26th February 11am-1pm. It will contain some laughter therapy, seated dance to music and watching an excerpt of a dance film made for the BBC by Shaper/Caper, followed by a chat and a cup of tea!

Contact Sarah Greene for details;

sarah@shapercaper.com



Looking back in appreciation
 I put pen to paper with dedication.
 At being a Fifer in this great Kingdom
 It offers something for all dominions.
 Home to Kings and Queens of old,
 Steeped in history, grand tales unfold.
 Royal burghs, fishing ports,
 Mining villages, sailing boats.
 Naval dockyards, the nation's pride
 Famous golf courses known world-wide.
 Seaside towns all around the coast,
 Being served by the river Forth.
 Lovely holidays that memory won't fail,
 Aberdour, Burntisland, St Andrews, Crail.
 Many more too many to mention,
 It's there to enjoy if it's your intention.
 Natural beauty in countryside scenes,
 Forests, small lochs and babbling streams.
 Famous people from all walks of life,
 To name a few that all hailed from Fife:
 Andrew Carnegie the millionaire legend,
 His fortunes donated still used at the present.
 Jimmy Shand the foot tapping musician,
 Accordion music with Scottish tradition.
 Great sportsmen and women, footballers and
 runners,
 Fill our hearts with pride as they are all winners.
 Ordinary people with a community spirit,
 Willing to share and be judged on their merit.
 Open hearts and a feeling of pride,
 To be able to say, I bide in Fife.

Margaret Stewart



Introducing Shān Nicholas, our Interim Chief Executive

Parkinson's UK is pleased to announce the appointment of Shān Nicholas as Interim Chief Executive. She joined the organisation on 18 January 2021.



Shān has extensive experience working in, and leading large voluntary and public sector organisations.

Her previous roles included working as interim CEO at Independent Age, the British Polio Fellowship and the Children's Society. She has overseen major service delivery as well as advocacy and campaigning work focusing on health, poverty, race and exclusion. She has also worked as a consultant in the charity sector, and is a mentor to Chief Executives and Directors.

Shān replaces Steve Ford who stepped down at the end of January after 15 years of outstanding service. The recruitment process for a permanent chief executive is currently underway.

So, if you fancy applying, contact Charles or Mark for a form!

Another 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 again Elizabeth.

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

Lemon Cheesecake

Ingredients for the base

10 digestive biscuits crushed
2 oz butter, melted

Ingredients for the cheesecake filling

5 fl oz single cream
1 x 14 oz tin of condensed milk
6 oz soft cheese
Grated rind and juice of 3 lemons

Method

For the base, mix together the biscuits and butter.

Turn into a flan dish and press evenly over the base. Leave to set.

For the filling, mix together the cream, condensed milk, soft cheese and lemon rind. Then add the lemon juice a little at a time, whisking until the mixture thickens.

Pour the mixture into the flan case and leave to chill in the fridge for 3-4 hours.

Decorate with cream and fresh raspberries.

Diane Dunbar

Thanks Diane

SOLUTION

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



Coffee and Chat 27th January 2021

Although the trauma of this long pandemic and the arctic weather conditions in Fife have made us all feel a bit weary - we managed to break the boredom by enjoying a get-together on Zoom – thanks to technology!!

A bonus attendance of fifteen shared very entertaining stories! We welcomed Evelyn Maxwell and Maisie Michie whom we have not seen for a while and also Agnes Thomson a first timer, into our Coffee and Chat group.

We recalled special memories of days gone by. 'At the Dancing' proved to be a rich source of stories and brought back the excitement when big bands e.g. Status Quo came to play. Other highlights were shared of how we met our husbands/partners. With busy careers and families to bring up it seemed such a long time has passed since then.

We also discussed the best ice cream in Scotland - all delicious. Did you know that dry throats can be caused by medication for Parkinson's medication? Maybe that's why we all have a passion for lovely, lovely ice cream!!!



Hopefully it won't be too long before vaccine programmes will reach us all and the restrictions will start to be eased. What would be better for our well-being?

Our next date for meeting is in two weeks – i.e., Wednesday 10th February - look forward to seeing you then. Regards.

Fran Copeland

Isle of Man ends Covid lockdown — including social distancing

A statement from the Isle of Man Government says "life on the island can return to near normal".

Man Oh Man!

The Isle of Man has done it,
Covid clear for twenty days,
This means that they are virus free,
Oh what a joyful phrase!

So how did they achieve it?
Seems the authorities were bold,
They imposed a brutal lockdown,
And people did what they were told.

They closed all of their borders,
Which being an island was quite easy,
'Off Islanders' were not allowed,
Apart from one chap on a jet ski!

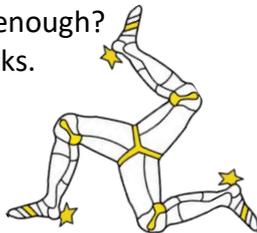
The lockdown started straight away,
It began in March last year,
No one landed on the island,
Gates were padlocked on the pier.

But now they have their good news,
Their leaders weren't foolhardy,
If we had followed all their rules,
We could now get out and party.

So dear old British Government,
Have you learnt lessons from the Manx?
Were your restrictions bold enough?
Just don't look to us for thanks.

You opened up our borders,
To hordes of football fans,
And all that Boris told us,
Was to wash our sodding hands.

The quarantine rules are meaningless,
You can't work, 'Track and Trace',
Demonic Cummings is a git,
Boris, you've got egg on your face.



It wouldn't be so dreadful,
But we are an island too,
And instead of closing borders,
Uncle Cobley came right through.

Now we're the highest in the league,
But not in a sporting sense,
It's the people lost to Covid,
While Bo Jo sat on the fence.

Mark Coxe

FIFE BRANCH ZOOM MEETINGS FOR FEBRUARY/MARCH

Branch Get Together 11am Mondays
Code: 414757393 Password: 886058

Eric's Tai Chi 11am Tuesdays
Code: 933719944 Password: 099173

Camera Club 10am Wednesday.
17th Feb & 3rd 17th & 31st March
Code: 610082550 Password: 447546

Coffee & Chat
Wednesday. 10th & 24th Feb & 10th 24th March
11.00am Code: 945 0650 0621 Password: 842374

Quiz Evening 7:30pm Wednesday.
17th Feb & 3rd 17th & 31st March
Code: 94386184709 Password: 892282

Sarah's Dance/Exercise & Chat
11:15am Thursdays Code: 414757393
Password: 886058

Walking Group 10:30am Friday
19th Feb & 5th & 19th March
Code: 838404255 Password: 855592

Meri's Sing-along 09:45am Friday
12th & 26th Feb & 12th & 26th March
Code: 95044591219 Password: 130018

Having Problems With Your Computer, Tablet Or Smartphone?



AbilityNet supports people of any age, living with any disability or impairment to use technology to achieve their goals at home, at work and in education. They do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world.



AbilityNet has a network of expert volunteers who can sometimes give one-to-one advice. All of the volunteers have been through the essential security checks.

AbilityNet have a large archive of fact sheets on a wide range of topics. They also have a support programme called "My Computer My Way" in the form of step-by-step guides to individual adjustments you can make to your computer, laptop, tablet or smart phone to make it easier to use.

The advice is based on problems associated with vision, hearing, movement and cognitive skills.

For more information go to;

<https://mcmw.abilitynet.org.uk>

John Minhinick

Camera Club – 20th January 2021

At our meeting on the 20th January, we finished off our look at photographs taken using neutral density filters. Jan shared some photos he had taken using the filter which showed to good effect how they can influence the time taken to get the shot. The exposure time can be lengthened while still using the same aperture.

We then had an interesting chat about printing our photographs and how the use of different printer paper can affect the look of photographs. It was very interesting that the Cupar Camera Club members, having tried and tested different types and makes of paper, had a particular preference for one type. There is a definite difference in quality between manufacturers and it is worth trying a starter pack which contains a variety of photographic papers.

Another way to show your photographs is to produce a photo book using one of the online companies such as Photo Box or Bobs Books



and this is a great way to keep your favourite photos to hand. The quality is great, the books are well presented and can be used as presents. The companies have made it easy to upload your photos into your chosen book and have an automatic picture tool which will place your photos into the book fitting them into suitable pages.

We print far fewer photographs nowadays which is a pity so have a try at printing or producing a photo book.

Our next meeting is on the 17th February at 10 am. Details of the link is in the list of meetings on page 8 of this newsletter.

Robert Copeland

Parkinson's Brain Bank

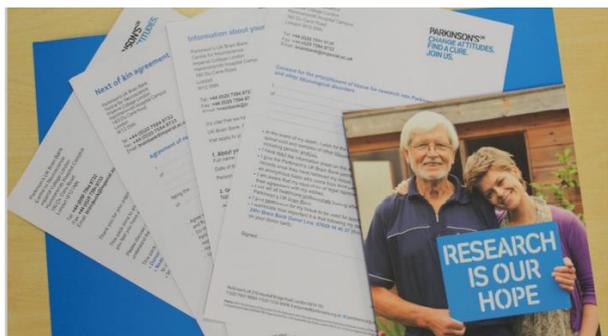
In forward planning you can sometimes be given an unexpected challenge. I was reminded recently of something that happened a number of years ago; at a family get together a close relative suddenly suggested that they wanted their body donated to medical research when they die. A year or so later when the sad event happened the request could not be fully met due to the need for a post mortem examination. However, parts of the relative's body were donated to improve the life of another person.



If you or anyone that you know is similarly minded, it's actually possible to donate their brain to the Parkinson's UK Brain Bank; the world's only brain bank solely dedicated to Parkinson's research. The Brain Bank, based at Imperial College London, collects precious tissue from people with and without Parkinson's who have decided to leave their brains to Parkinson's research.

People with and without Parkinson's can sign up and pledge to donate their brain for research. For more information go to

<https://www.parkinsons.org.uk/research/parkinsons-uk-brain-bank>

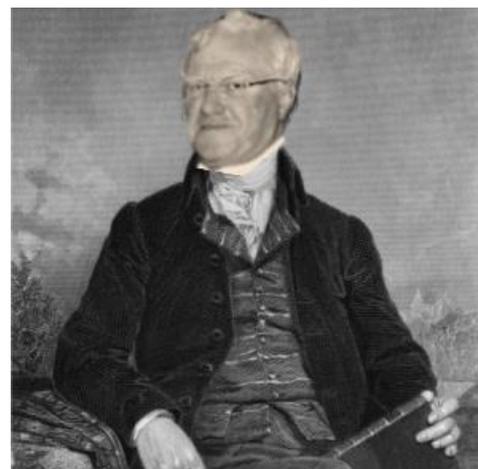


John Minhinick



Our apologies to those that wondered why there was a gap in Charles's Bobby Burns inspired poem about John Minhinick in the last edition.

It should have had a flattering picture of John. So here it is now.



And finally, the answer to question one in the Burns quiz was not entirely true and should have been b, Cat.

Well spotted Liz Tait, thank you.