

MONTHLY MEETINGS
STARTING AGAIN! SEE
INSIDE FOR DETAILS

PARKINSON'S UK FIFE

KEEPING US TOGETHER' 22

Hello Readers!

It's been a busy and exciting time for your Branch Committee as we work towards starting up our person-to-person monthly meetings again, starting in September. You will read in this edition of the many changes which will be taking place but most importantly **WE HAVE MOVED OUR VENUE** from Falkland Village Hall into Glenrothes Kingdom Centre, **to The Baptist Church Bridge Centre**. After reading all the information you still have a question to ask or require some clarification about the changes, please do not hesitate to contact Mark or Charles and we will try to assist you.

Our thanks go to all our contributors without whom our newsletters would just not be the same. A special welcome to Ian Brown, a friend of Geordie and Margaret Stewart, for sharing his poetry with us.

Charles - 01592 713824 cjsmall12@tiscali.co.uk

Mark – 07913 207057 markcoxe@blueyonder.co.uk

From the Chairman – John Minhinick

Officially autumn starts on 1st September. It's also the month when we are working towards getting back to more in-person meetings; the Walking Group having already had some successful outings. The Zoom schedule will be gradually reduced but for some activities there will still be an in-person/Zoom mix.

Later in this newsletter you will find some details created by Mark and Charles about the return to monthly meetings on 9th September 2021. After many years at the Falkland Community Centre, I'm confident that you will enjoy the outstanding facilities at the Glenrothes Baptist Church, Bridge Centre. You'll see that we are planning an exciting mix of the old and new.

We are hoping to restart the Bowling programme (indoor and ten-pin) by the end of September but this will depend on your support. Please let me at j.minhinick@btinternet.com or Diane at kenneth.dunbar@sky.com know if you will be attending the weekly, on a Wednesday, Indoor Bowling at the Abbeyview Centre. Your earliest response would be ideal.

I'm very keen to hear from one or two people to come on board to help in running our activities. Without more help we may be unable to provide the support that you expect.

An exciting development, launched by the Thistle Foundation **specifically for people in Fife**, is the **“Thistle Neurological Wellbeing Service”**, again you will find more details later on Page 5 of the newsletter. I'm hopeful that Leanne or someone else from the Foundation will speak at a future Monday Zoom Meeting. The “Wellbeing Service” funded by the Scottish Government was discussed at a recent meeting involving Mary Ellmers and Chloe MacMillan from Parkinson's UK and Gillian Aldrich, our Lead Parkinson's Nurse. Our message from the meeting was to encourage you to use this multi-faceted service that is focused on us in Fife.

I started by mentioning forthcoming autumn. I'll end by mentioning winter.
Parkinson's UK win the prize for the first Christmas catalogue to come through my letterbox!



Online information & support sessions for families, friends and carers of people with Parkinson's

"Hello - Parkinson's does not only affect the person with Parkinson's. Family and friends can also be affected in many different ways. It can be helpful to get together with others who understand your situation. We discovered during the pandemic that online sessions provide a valuable way for people to meet with others across Scotland and access support by sharing experiences and information. So, we've designed an Autumn programme of information and support sessions specifically for families, friends and carers of people with Parkinson's - why not join us? We would love to see you." **our Family, Friends & Carers project volunteers**

It can be difficult to discuss how Parkinson's has impacted on you in front of the person with Parkinson's, so **these Zoom sessions are only open to family members, friends and carers.**

Date	Time	Session format	Session details
Tuesday 28 September	2 - 3.30pm	Presentation and small group discussions	It's about you, too a chance for you to pause, reflect and share ideas for looking after yourself and recharging your batteries.
Tuesday 26 October	7 - 8.30pm	Presentation with Q&As	Parkinson's UK - how we can help find out about our information and support services. We are here for people with Parkinson's and their family, friends and carers too. This session will cover how we work, the types of support we offer and how to access our services.
Tuesday 30 November	2 - 3.30pm	Small group discussions	What can we learn from each other? an informal session where participants can learn from their shared experiences of supporting someone with Parkinson's. This session will be relevant whether you are supporting someone who is newly diagnosed or if your partner, friend or family member has had Parkinson's for a long time.

For more details, please contact Chloe on 0300 123 3679 or at scotland@parkinsons.org.uk.

Looking forward to seeing you online soon!

Annie Macleod Extending Sabbatical Leave Until End of Year

As you will remember, our Scotland Director Annie is currently taking a sabbatical from her work with the charity in order to support and care for a very close family member. Tanith Muller is writing to let you know that Annie will be extending her planned leave until the end of the year, and she knows that everyone will wish Annie and her family well during this very precious time.

Tanith will continue in her role as Acting Scotland Director pending Annie's return. She'd like to thank everyone for their support with her additional responsibilities so far, and she is looking forward to continuing to work with us as we continue to make sure that the needs of people affected by Parkinson's in Scotland are met. Please contact her at tmuller@parkinsons.org.uk if you have any queries or other feedback.

ZOOM MEETINGS FOR SEPTEMBER

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

NOTE: Subject to Changes

Get Together 'While it lasts'.

11am Monday

Eric's Tai Chi 'Back for more'

10.45am Tuesday

Camera Club 'Don't be negative'

10am Wednesday 1st, 15th & 29th.

Coffee & Chat 'Dunkin' shortbread'

11.00am Wednesday 8th & 22nd

Quiz Evening 'Well I never (get the answers)'

7:30pm Wednesday 1st, 15th & 29th.

Alex's Dance/Exercise & Chat 'Soul music & exercise'. 11:15am Thursday

Meri's Sing-along 'All together ~~Now~~ Soon'

09:45am Friday 10th & 24th



GET IN TOUCH with Parkinson's UK
0808 800 0303

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).

People Watching

People watching can be fun as you try to analyse
The habits and trends of the human race from unsuspecting eyes
Sitting near the promenade just watching the world go by
The variety of characters walking past, can sometimes mystify.

Now here comes, 'Miss Just look At Me' with her ten-inch peerie heels
Make-up applied so perfectly not a blemish was revealed
Lipstick painted ruby red and cleavage on full display
There's a handsome lad down along the road, bet she will go that way.

'Mr Overweight', comes puffing by, his face a beetroot red
His waistline must be sixty-two, I think he's overfed.
Slack shorts he wears, it's his attempt to minimize his size.
God bless him, he will never lose weight, no matter how hard he tries.

The peace is shattered, one harassed mum with four hyperactive boys
Two punching lumps out of each other, two loving making noise
'Please be good', she quietly says, 'Please do as mummy asks.'
'Please hold me back.' I want to shout, 'Why don't you skelp their ___?'

Two old dears come dawdling along, slightly bent in their old age
Supporting each other, he carries her bag, as love shines from his face
The big decision of the day and united they must agree
Which café will they enter for their scone and cup of tea?

A cyclist whizzes by it seems at one hundred miles an hour
Determination on his face, biceps on full power
Two joggers follow, soaking with sweat, quite obviously in pain
Perhaps if they just stopped talking, another mile they'd gain

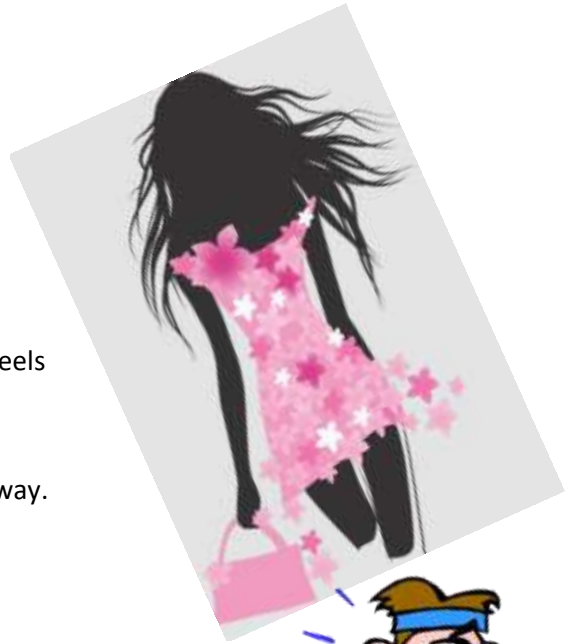
'Mr Businessman' is window shopping, me thinks he's on his lunch break
Maybe looking for a little gift for Mrs B to take
He looked quite shifty, looking around to see if anyone would come
But he was only checking so that he could scratch his bum!

An aeroplane soars overhead, I look till it disappears
How on earth does it stay up safely in that deep blue atmosphere
Brought back to earth quite suddenly by a bee flying quite close by
I got such a fright I was a laughingstock as I jumped up four feet high.

It really does take all sorts, just like a bag of jelly mixtures
How boring to be all the same almost permanent fixtures
Variety is the spice of life with different outlooks and ambitions
Excepting no-one's perfect and respecting all traditions.

I quote from Burns as I thank the Lord for a' the gifts he gied us
And that is simply to see ourselves as other people see us
For although the same but different, it truly is a fact,
'That man to man the world o'er, shall brithers be for all that.'

Margaret Stewart



DONATIONS TO OUR BRANCH - Alex Rodger

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. Thanks to the latest donors.

Mrs Wilson, Jenny Fortune, Mark Coxe & Elma Dunstan



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. You can find the link on our own web site, fifeparkinsons.org

Are You Looking for Something New?

The Committee has been looking into starting up an **Aqua Aerobics Class** for members, likely to be held in Dunfermline and likely to be held on a Tuesday morning. However before taking its planning forward the Committee need to know how many members + family members/ friends/carers would take advantage of this opportunity.

The benefits of Aqua Aerobics are;

1. Classes are fun.
2. Suitable for all abilities - even non-swimmers.
3. Sessions provide workouts for the whole body which will help your balance, agility and endurance.
4. Exercises can hone and tone your muscles building strength and stamina while going easy on your joints.
5. Your joint mobility will improve.
6. The water, set at 1 degree cooler than the main pool, keeps you from overheating.
7. Classes are held in a warm pool with water depth adjusted to suit the class participants.



AQUA AEROBICS CLASS

If you are interested in joining a new Aqua Aerobics group, please either leave your name, telephone number and email address

Reply to Charles on 01592 713824 or cjsmall12@tiscali.co.uk . Alternatively complete and return this slip to Charles Small, 12 Erskine Street, Buckhaven, Fife. KY8 1JT

I /We am/are interested in joining an Aqua Aerobics Class.

My contact details are:

Name _____

Telephone No. _____ Email _____

Coffee and Chat Group

Travelling has been the main topic of conversation at our group recently, whether it be flying off to sunnier climes or simply taking the bus for a trip to Glasgow. Both can be stressful if you haven't taken public transport since Lockdown. Speaking personally, I can report that after feeling very anxious about it, my particular bus journey was very civilised – both quiet and relaxing.

A few of the members have been on shopping trips to Edinburgh. The St. James Quarter was greatly admired – so bright and spacious with four floors of shops and more floors to open up. John Lewis in particular was a big hit. Princes Street seems tired and shabby in comparison, especially since the demise of Jenners and Debenhams.

Some people attending the group have recently started on new Parkinson's medication. Support, reassurance and useful tips were in plentiful supply.

There is something especially appealing about meeting friends or family for a nice meal and at our most recent get together various restaurants were recommended, The Old Course Hotel in St. Andrews, The Crusoe Hotel in Lower Largo and The Sheraton Hotel in Edinburgh.

Another favourite subject discussed was cars. A few of us drive automatics and swear by them and were able to recommend and reassure someone who was thinking of buying one. Inevitably hybrid cars were mentioned again!

To finish on a lovely note, Sally spoke about her wildlife visitors to her garden – families of pheasants, hedgehogs and rabbits. The picture conjured up such a tranquil, peaceful image and made us realise how important and comforting communing with nature has been during Lockdown.

Please join us at our next Coffee and Chat Group on Wednesday 25th August at 11am.

You will be made most welcome.

Briar Richardson



The Walking Group – 6th August

Ten members of The Walking Group met today in the car park at the west end of the Links at Burntisland, for our fortnightly get together. We were hoping that the weather forecast was right and it would not rain until we were safely in the Sands Hotel. We headed off at eleven and made our way toward the swimming pool passing over the railway bridge with high-speed trains thundering under our feet. We then headed south around the path where normally great views of Edinburgh are to be had. Sadly, we only saw an outline of the Capital due to the weather conditions.

Retracing our steps, we followed the Prom around the bay at a leisurely pace. The weather tempted us to put on our waterproof jackets, but they were soon off again as the light shower passed quickly and the warm sun returned. We stopped to speak to the RNLI Lifeguards who kindly agreed to have their photos taken with us. We are proud to report that our Burntisland Lifeguards are as nice people as any of the Baywatch team.



We continued on our way stopping for a rest in the sunshine before making our way to the Sands Hotel for lunch. As we had chosen to sit in an outside area re Covid, we were led to one of a number of booths which had been created in a shipping container. Heating and an awning had been added and Victor and I discovered that the piped music was coming out of a rock! Oh, we do like to be beside the sea-side!

When the heavens opened, we were glad to be cosy and dry in our booth. Fully satisfied with our food, we headed back to our starting point through the famous Funfair in the Links. Some members even finished the walk with a visit to -- yes you got it - the ice cream shop.

Our next walk is on the 20th of August from Leven to Blacketyside.

Bob Copeland

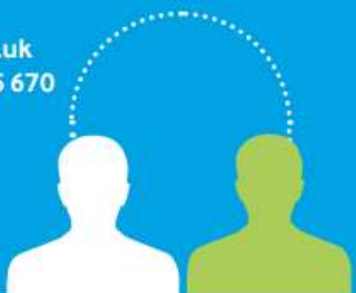
Thistle Neurological Wellbeing Service

We offer remote support for people living with neurological health conditions:

- Phone-based one-to-one wellbeing coaching
- Support to develop a wellbeing plan
- Online group-based Lifestyle Management courses
- Online Mindfulness courses
- Social prescribing
- Encouraging peer support

You can choose to self-refer or ask to be referred by a healthcare practitioner.

Email referrals@thistle.org.uk
or text Leanne on 07342 035 670



Scottish Government
Riaghaidh na h-Alba
gov.scot

www.thistle.org.uk

Mum's Wee Shortbread Biscuits

Ingredients

- 8 oz / 225g Plain Flour
- 4 oz / 110g Icing Sugar
- 4 oz / 110g Cornflour
- 8 oz / 225g Margarine



Oven Temperature 160 degrees centigrade

Method

Sieve plain flour, cornflour and icing sugar into a large bowl.

Add margarine in smallish pieces into the bowl and rub with fingertips until mixture looks like breadcrumbs.

Work the mixture into a ball and roll out on a floured surface until about 4/5 mm in depth.

Use shaped cutter to cut out shapes as required.

Lay shapes onto baking tray and prick each shape several times with a fork.

Place baking tray with pricked shapes into your heated oven.

Cook for 30-45 minutes depending on the thickness of your biscuits

Remove tray. Carefully move shapes onto a wire tray to cool and dry.

Biscuits can be eaten as they are or sprinkled with icing sugar. They can also be joined together with jam if desired.

Things you might like to discuss with us



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.

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

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

WHAT?

FIFE BRANCH MONTHLY MEETINGS ARE BACK!

A Poem by Ian Brown

We welcome a friend of Margaret Stewart to our Poetry Corner. Ian also enjoys writing poetry and has sent in a few of his pieces for our newsletter. Thank you very much, Ian.

Imagine

Imagine a world, where we all live together
Happiness, peace, each man a brother
Black, white, what would it take?
No fighting or feuding, for every man's sake.

A country's religion should carry no stain
People in harmony would be the refrain
The rich and the poor stand at each other's side
Sharing their wealth, they'd be no divide

Politicians together before it's too late
No time like the present, don't stop and wait
For the sake of mankind, make peace forever
Imagine a world, where we all live together.

We are delighted to announce that our Fife Branch Monthly Meetings will begin again on Thursday September 9th 2021 from 12 noon to 3 pm BUT IN A NEW LOCATION and everyone is invited!

As part of the planning process for face to face meetings it became clear that Post-Pandemic we would need a bigger space than the Falkland Community Centre could give us. Since we already had a splendid relationship with the folk at the Glenrothes Baptist Church, the logical move was to go there.

This venue gives us the opportunity to break the mould and think of new ways that we could come together, be entertained and attract people with Parkinson's who, for whatever reason, have not been to a meeting previously. Please support your branch because without you there wouldn't be a branch.

We would draw your attention to the very important Invitation on page 10 of this newsletter which gives you details of arrangements we have put in place and details of what you can do to make our first session a roaring success.

We would ask you to help us by letting us know if you are intending to be with us on the 9th September by either returning the tear-off slip, emailing or telephoning Charles Small.

WHEN?

September 2021							Oct 2021 ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
		1 Beginning of Autumn	2	3	4	5	
6	7	8	9 Meeting Noon to 3pm	10	11	12	
13	14	15		17	18	19	

WHERE?

THE GLENROTHES BRIDGE CENTRE



BELONGING TO
THE NEW
BAPTIST CHURCH

HOW TO FIND THE FIFE BRANCH MONTHLY MEETING VENUE

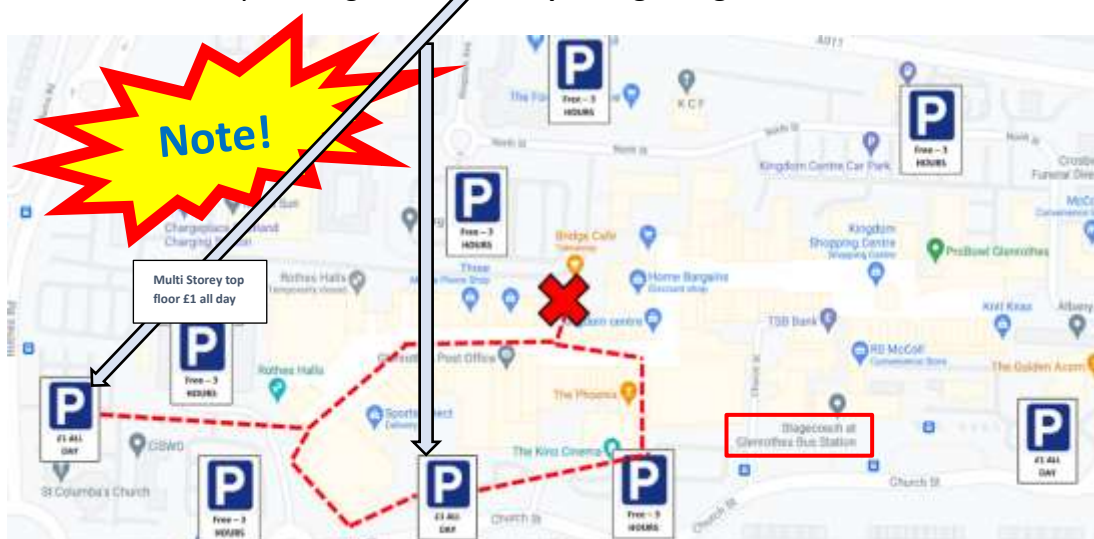


Please be aware of the car parking regulations at the Kingdom Shopping Centre.

There are numerous free car parks, which are indicated on the map below. **Parking is for three hours and you are not allowed to return for two hours after leaving.** Since our meeting lasts for three hours, **you may need to arrive later or leave earlier in order to avoid a fine.** Alternatively there are four Pay and Display car parks, three within easy walking distance. **The parking charge for these is £1 for the whole day.** There are designated

spaces for Blue Badge holders to park in, which are in most of the three hour car parks. These are also restricted to three hours.

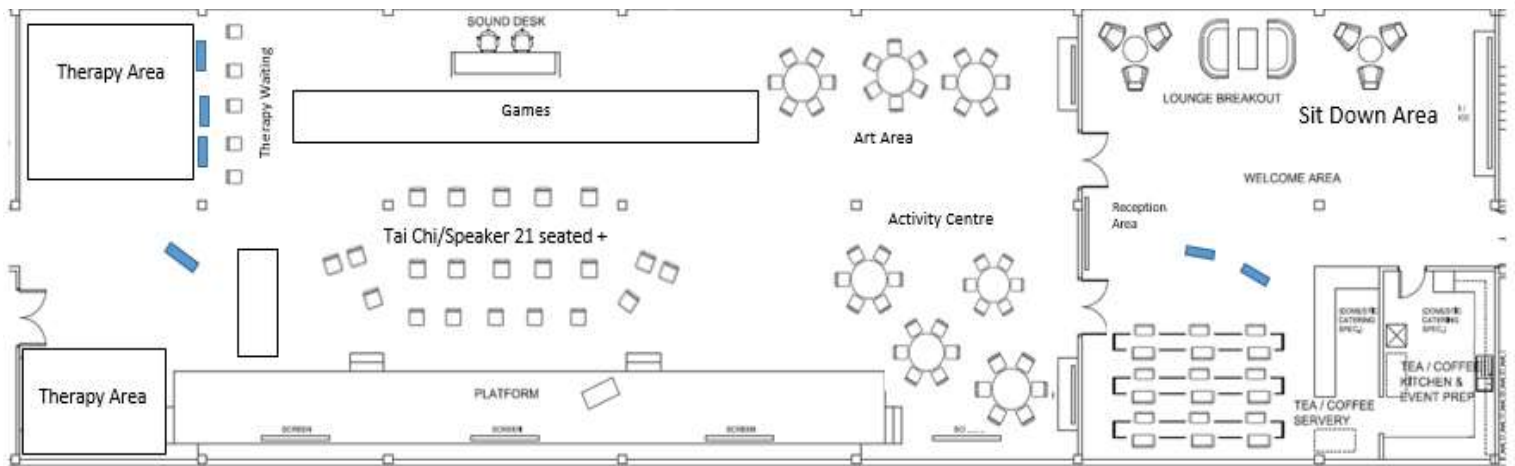
Glenrothes boasts an excellent bus service which allows access to and from towns and villages all over Fife and beyond.



WOW!

PARKINSON'S FIFE GROUP TIMETABLE

We have also printed a map of our beautiful new location so that you can become used to the Bridge Centre more easily. The toilets which are not shown are just along the corridor adjacent to the Welcome Area.



The last Glenrothes Café at the same venue Pre-Pandemic February 2020

***Delete where necessary**