



Fife Life

PARKINSON'S^{UK}
SCOTLAND

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Join us at our Christmas Ceilidh
On the 28th November

Very Nearly Festive Greetings, Dear Reader,

This time of year is always busy. There are luncheons to go to, relatives to avoid, Christmas events and shopping to be done for the odd present or three. We're no different at Fife Branch. Our Christmas Ceilidh is coming up faster than you'd think and we still have lots of tickets waiting to be sold. Our Christmas party at Glenrothes is only five weeks away and we'll need help planning for that. Especially on the food front, so that we don't end up with a mountain of mince pies!

We've also got to fit in our Christmas special newsletter and would like contributions please. These can be in the form of comments or an article (On how good our newsletter is, would be nice) on anything you like and as usual we will be once again giving you the opportunity to send your festive greetings to the other reader! Of course, your festive greeting can be to an individual, a group or the entire Branch.

All you have to do is write your message on a slip of paper and send it, post it, hand it or email it to Charles or Mark. Post to Charles Small, 12 Erskine Street, Buckhaven, Fife. KY8 1JT. Email to mcoxe@fife.parkinsonsuk.group or fill in

the form at our next Glenrothes meeting. Please add your telephone number just in case we cannot read everyone's writing! We will add a seasonal motif and place it in our December newsletter.

We've put some previous ones as examples as a starter for ten!

Charles and Mark

Our Best Festive Wishes
to all our lovely
Parkinson's friends.

From

Mark & Family



To Meri

Thank you for a
wonderful year of
songs. Enjoy the
festive season.

Charles



Christmas Greetings to all of
our organisers and helpers
at the events that we hold
throughout the
year.

Thank you
from the Fife
Branch Posse!



TESCO

Every Shoogle Helps! Or It Wisna Me!

Fundraising:

We were going to be can shoogling at **Tesco Cupar on the 28th** between **10am and 4pm**. However, we have just been informed that Tesco are having a charity fundraiser of their own that week so, the store has had to cancel our day.

What's the expression? The best laid plans of mice and men!

We are waiting for them to offer us another date and I'll keep you informed.

Thanks to everyone who pledged their time and I'm sorry to have to give you a day off! At least now you can come to the ceilidh that evening.

When we get confirmation of the revised date I hope that you can join us or just pop by to say hello. The more cans we can shake the more funds we should make. Or that's the theory anyway.

Mark Coxe

St Andrews Parkinson's Café

We've celebrated our sixth Parkinson's Café in St Andrews and it has settled into a very warm and friendly group of people, with plenty of returning members and new comers as well.

The group has enjoyed the odd speaker as well as their own company, with lively conversation and a real buzz over their hot beverage of choice and a chocolate biscuit. We've even had Waggon Wheels, although they appear to be much smaller than we remembered!

One of the plus factors is that out of this group we will now have a group for carers, which will meet in Cupar once a month.

If you want to pop along, you'll find details on our website.



Table Tennis for Parkinson's:



Come along and play table tennis at the Cosmos Community Centre, St Andrews, KY16 9LB, on **Tuesday mornings 11.15 to 12.15** starting from **5th November 2024**

No need to have played before or worry about your standard - it's a friendly session with volunteers to help you get the most out of the session.

The first visit will be free, thereafter £4 each visit. Bats and balls included to borrow. Just turn up any Tuesday, or drop us an email to say you are coming so that we can look forward to meeting you.

It's the sport which current scientific research is advocating strongly for People with Parkinson's.

We would like to thank the East Fife Sports Council for their funding to start it off.

For more information, contact Elaine Forbes on forbes4030@btinternet.com or Mark Coxe at mcoxe@fife.parkinsonsuk.group



Recycle your old walking aids

You can return walking aids to a local recycling centre - just ask staff for the community equipment recycling container.

 [nhsfife.org](https://www.nhs.uk/fife)





Walking with Ruairidh

It was a dreich day when Ruairidh my 7 year old grandson and I set out on our sponsored walk for Parkinson's UK. We were walking 5.8 miles around Loch Ore and up Harron Hill and beyond. A piper played to the two hundred plus people who set off that morning in the rain.

Leading up to the day two things made me anxious –

1. Would there be parking for my car with all these people?
2. Would we get lost?

Ruairidh, although very stoical, trailed behind me the whole way and continually asked if we were there yet? This chant started before the first mile was covered! However, he loved looking at the distance markers and the blue arrows showing the way.



Harron Hill was a tough climb, but we were rewarded by the amazing views at the top and being met by a gorgeous German Shepherd dog.

We knew the route had been altered to avoid a field of cows, but the organisers didn't tell us that the distance had increased by over half a mile (indicated by my Strava). Ruairidh began to seriously tire at the 4 mile marker but never

really complained although 'how much further granny' became a very frequent cry!

John Minhinick (an enthusiastic marshal) was a welcome sight near the end of the route. Ruairidh quickly spied his parents and little sister and ran off to greet them. A big fuss was made of him at the

finish line, and he was rewarded by getting his medal and a chocolate biscuit from James Joplin Director of Parkinson's UK Scotland.

My initial fears were unfounded of course! I got a parking space easily; it would have been virtually impossible (even for me!) to get lost as the way marking was so good.

I was very pleased by our performance and especially proud of Ruairidh's effort. I rewarded him by getting him football cards! We raised £ 645 plus £148.75p Gift Aid for Parkinson's and we hope all the money raised on the day will help to find a cure.

Many thanks to everybody who sponsored us,

especially to Brian and Derek who were intending to but unable to take part on the day.

Briar Richardson.



Rambling With Roma!

I did a sponsored 2.1 mile walk around Lochore Meadows to raise money for Parkinson's Research and raised a total of £260 + gift aid.

Diane Dunbar accompanied me on the walk of which I was extremely grateful and I would like to thank her for 'looking after me.' This walk was in memory of Brian Tait, Ken Dunbar, and Sheila Minhinick.

Unfortunately, after a dry week it rained on the day of the walk. What we didn't expect was to do warm up exercises with our backpacks on. All great fun!

We set off and it wasn't long before everyone passed us by. So, we took a nice slow walk and had wonderful views of the loch, even if it was raining. We were last to reach the 'finishing post' and returned to lots of well-done, cheering, clapping etc.



Afterwards we treated ourselves to a traybake in the café.

I would like to thank everyone who walked with me that day. I could not have completed the walk without them.

Until next time.

Roma Jefferson

Fife Carers Cafe Comes to Cupar



It just so happens that November is National Family Caregivers month, so it is coincidental that our first Carers Café starts this month. I'd like to say it was planned but it wasn't!

We've good news for the carers looking after people with Parkinson's in East Fife. There's a new opportunity in the form of a **'Just For Carers Café'** opening up in Cupar.

Join Anne for the first 'Super-Duper' Carers Cafe at **Caulders Garden Centre**, just outside Cupar. This group will meet every month, on the **second Tuesday between 11am and 12 Noon**, with the first one on **Tuesday 12th November**.



The cafe meeting is run by Anne, who is a carer herself and she is keen to welcome fellow carers in a spirit of friendship and reassures them that no topic is taboo and will be treated in the utmost confidence.

Caring for someone you love can't be easy and sometimes you might need some time off, where you can go to discuss any problems and get advice from people, who are in the same situation.

The group is just for people who care for someone with Parkinson's and gives them a chance to share experiences, exchange advice and ideas about dealing with the various aspects of Parkinson's and generally let off steam with friends who understand.



Hi everyone, I am Sam Roger, an advocacy worker working for Fife Forum. I advocate for those of 65yrs+ who are either in care homes or hospitals in Fife. I wanted to let you all know of my free service in case it can be of use to anyone who is struggling with a situation.

Essentially I like to think of my role as putting the person front and centre. I love this quote & hope some of you can relate to this: "As an individual,... I would like to be sure that when my time comes my right to be eccentric in old age will not be eroded by busy bureaucratic planners.

I shall want some rights of choice in service; not a simple confrontation between, on the one hand, institutional inertia, and, on the other, domiciliary inaction" a quote from 'Working with The Elderly', E Moritmer (1982).

I can help provide some support for a wide range of things: helping to speaking up in the medical process, help with organising in the discharge process through to help with settling in to care homes. I can help with talking on someone's behalf in those practical ways such as banks or companies. I can also help signpost to other services.

If I can help at all then please get in touch:
Info@fifeforum.org.uk / sam@fifeforum.org
Tel: 01592 643743 / 07780 334170

DONATIONS TO OUR BRANCH

Our Treasurer, Alex Rodger, at Fife's Branch of Parkinson's UK is always very grateful to receive donations from members, their families and friends and also from individuals and groups who wish to raise money for a local charity.

Ian Bunton
Gary Imrie
At Andrews 'Rascals'
Andi Brogan
Charles Small



We are always aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness.



On the 11th of October the Walking Group tried out a new walk which was around part of Broomhall Estate in Charlestown. Nine members came for the circular walk around part of the estate open to the public. We started at the Bowling Club in Double Row which gave us good views of the River Forth.

The walk then took us through a wooded area on good paths which eventually opens out to farmland. At this point the path moves left away from the 'big hoose', along a good road where sheep were grazing. It was a pleasant walk through an avenue of trees until we came to the West entrance to the estate.

The road swings left and returns to Charlestown village where we stopped to visit the world renowned Lime Centre. We

Learned how the lime was produced in Charlestown and used widely throughout the country. It's a



material which when coating stone and bricks allows them to breath, letting out any dampness that concrete holds in and can cause massive problems.

We then went to the Inn at Charlestown for a pleasant lunch ending a new walk in nice weather with pleasant company.

On the 25th October the Walking Group went on one of our favourite walks from Leven Beach car park to Blacketyside restaurant and farm shop, returning to Leven beach.

On the day, six members came along and the weather while wet in Dunfermline was sunny and dry in Leven.

Before we set off we inspected the erosion damage to the car park at the sea wall which has been



undermined by the sea and had collapsed causing significant damage and could have threatened the children's soft play building.

The group then made its way along the coastal road around the caravan park and continued along the coastal path with good views of the Forth, where

we saw some spectacular kites being flown.

The superb sandy beach was busy with dog walkers on our right and the golf course on our left. The path then turned left between two golf courses, Leven and Lundin Links and continued through Silverburn Park. We met the main road across from Blacketyside and used the pedestrian crossing, as it is a very busy and fast road. Safely across, we headed for lunch.



Unfortunately John Minhinick had to leave before lunch and so, the remaining five enjoyed a pleasant lunch and since we had a car at the halfway point we decided we would all return to our starting point by car. This turned out to be a good decision as when we arrived at the car park the heavens opened so we headed home dry.



1. November 1st is All Saints' Day, but what is its alternative name?
2. Which 'Iron Lady' resigned in Nov 1990?
3. A famous sailing ship arrived in Cape Cod in America in November 1620. What was its name?
4. Which English city, along with its cathedral, was bombed on 14th-15th Nov 1940?
5. Which group first recorded 'Do they know it's Christmas?' on 25th Nov 1984?
6. Which flower is linked to November?
7. Where was Sir Winston Churchill born on 30th Nov 1874?
8. Which animal orbited the earth on Nov 3rd 1957?
9. On Nov 5th 1605, what plot was arranged?
10. Which Henry was crowned King of England on 6th Nov 1429?
11. On Nov 20th of which year were Queen Elizabeth and Prince Philip married?

PARKINSON'S UK HELPLINE 0808 800 0303

No Cook Crunch

Ingredients

8oz/250g digestive biscuits
2oz/50g cherries chopped
2oz/50g raisins
2 tbsp syrup
4oz/110g butter
4oz/110g milk chocolate



Method

Break up biscuits into small pieces in a bowl
Add raisins and cherries
Melt butter, syrup, and chocolate in a pan
Add to dry ingredients
Mix well to coat biscuits
Press into an 8in/21cm flan case
Refrigerate for up to an hour

Topping

Ingredients

4oz/110g milk chocolate
2oz/50g butter
6oz/175g icing sugar

Method

Melt together 2oz/50g butter and 4oz/110g milk chocolate.
Add 6oz/175g icing sugar and stir well.
Spread over cake then decorate with cherries and walnuts.

Website: <https://fife.parkinsonsuk.group/>

Facebook:

<https://www.facebook.com/ParkinsonsFifeBranch>

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).

Putting for Parkinson's

Some of the members of the St Andrews Table Tennis Club 'Rascals' took on the Himalayas, fundraising for the Branch. Not quite a short walk in the Hindu Kush since these Himalayas are a hilly 18 hole putting course in St Andrews.



The club was out on what has become their annual outing, whilst their club takes a break during the October half-term holidays. This year they decided to put the fun into fundraising and make a donation as part of their entrance fee.

The group raised a whopping £400, which was divided equally between the Fife Branch and the Dundee Research Interest Group who will donate to the Dundee University Medical Research Council Protein Phosphorylation and Ubiquitylation Unit (MRC PPU) which is conducting ground breaking research into Parkinson's.

To find out more about the MRC PPU go to the Dundee Research Interest Group website. [Home](#) | [Dundee Research Interest Group](#)



Mark Coxe (Chair of Fife Branch) and Brendan Hawdon (Chair DRIG) would like to express their gratitude and thanks to everyone who took part and donated and also to

Elaine Forbes for organising the event.



1 All Hallows' Day 2 Dame Margaret Thatcher
3 The Mayflower 4 Coventry 5 Band Aid
6 Chrysanthemum 7 Blenheim Palace
8 Dog - Laika 9 Gunpowder 10 Henry VI 11 1947

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.

Congratulations Inverness!

Recently the Inverness Support Group marked its 40th anniversary with a celebratory lunch...and maybe one or two glasses of Prosecco!



Parkinson's UK chief executive Caroline Russell gave a speech and presented a bouquet to coordinator Heather Kirk, who has been volunteering with the group for 36 years. Jo Holland also spoke about [Parkinson's Beats](#), which is based nearby in Moray. Congratulations to everyone involved with the group, past and present, and we hope you all had a lovely day

Last Word From The Chair



I came across this picture the other day and it got me thinking how my life has changed since I was diagnosed with Parkinson's disease. Weird how my brain works, isn't it?

I went through life just taking things for granted, but now that I've got Parkinson's even the little things are a challenge. Simple things such as putting my shoes on or getting dressed are now a chore.

I started off on my path with Parkinson's determined not to let the bugger beat me. However, slowly in this war of attrition I find that my Parkinson's sometimes gets the upper hand. It took me a long time, I'm sometimes not the sharpest tool in the box, but gradually my mindset altered and I began to adapt to my condition.

For example, my tremor is on my dominant side meaning that my right hand shakes and my leg trembles and sometimes the vibrations are transmitted through the whole of my body.

So why did this photograph resonate with me? Adaptability. Why make your life harder with your Parkinson's when by making small adjustments you can make your life easier? For example, I persevered using my computer mouse in my right hand for a long time because I didn't want to let Parkinson's win, even though when I clicked on something I missed nine times out of 10. It took me a long time to give in and use my left hand. Actually I was not giving in to Parkinson's I was adapting to the condition, which is in effect beating the condition by keeping one step ahead.

I don't mean that you should stack your dinner plates in the storm drain. It merely illustrated to me, that by making small adjustments you aren't giving in. It's not letting Parkinson's win, on the contrary, now I'm hitting 9 out of 10 clicks with my mouse. although I wouldn't eat off those plates!

CARERS FORUM



Are you an unpaid carer?

Do you want to have your voice heard?

Fife Carers Centre is holding an opportunity for unpaid carers to share their experiences, seek advice and advocate for their rights

Refreshments and a light lunch will be provided

Wednesday 6th November 2024

10:00 - 12:30

The Rothes Halls
Kingdom Shopping Centre
Glenrothes KY7 5NX

You may be eligible for financial support to help you attend at the Carers Forum

Scottish Charity Number SCO29466

BOOK YOUR PLACE
HERE



01592 205472

Fife Health & Social Care Partnership

Christmas Ceilidh 28th November 2024



Join us for an evening of fun and frolics at our annual Christmas Ceilidh. Enjoy a two course meal and live entertainment with Bernie and his accordion. As in previous years it is taking place at Dunnikier Golf Club, Kirkcaldy. Doors open at 6pm for dinner at 6:30. Last Dance at 9:30.

Tickets are £20 each and include the meal and entertainment. The dancing is free!

Please let us know if you are planning to come by either:

- 🌲 Returning this form to Charles Small, 12 Erskine Street, Buckhaven. KY8 1JT.
- 🌲 Emailing mcoxe@fife.parkinsonsuk.group
- 🌲 Telling us at the next Glenrothes Gathering on 14th November.

Ways to pay:

- 🌲 By Cheque (Made out to Parkinson's Disease Society Fife Branch) when you return the form to Charles by post.
- 🌲 By bank transfer (You will get instructions when you email Mark).
- 🌲 By cash, cheque or card at the Glenrothes Gathering.

We will be having a raffle, so if you can bring a suitable prize on the night, that would be very much appreciated.



The Christmas Ceilidh Menu

- 🌲 Roast Turkey Breast, Pigs in Blankets, Sage and Onion Stuffing, Roast Potatoes, Vegetables & Rich Gravy.
- 🌲 Braised Beef and Red Wine & Rosemary Sauce, Roast Potatoes & a Selection of Vegetables.
- 🌲 Vegetarian Options on Request.

- 🌲 Christmas Pudding with Brandy Sauce.
- 🌲 Vanilla Cheesecake with Mixed Berry Compote and Raspberry Sauce.
- 🌲 Chocolate Truffle Torte with Vanilla Cream.

- 🌲 Freshly Brewed Coffee or Tea and Mince Pies.



Name/s			
<i>Please enter the diners initials alongside the choice of meal</i>			
Roast Turkey & Trimmings	Braised Beef & Red Wine Sauce	Vegiterian on request	
Christmas Pudding	Vanilla Cheesecake with Mixed Berries	Chocolate Truffle Torte	