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Dear Readers



Meri's Singing Group in action

Mark and I are always delighted when we are able to bring our readers good news in our Branch newsletter, 'Fife Life'. Well, we are pleased to say that we have set a new record for the number of folk signing in for attending our September get-together at Glenrothes.

We used to meet in Falkland before Covid and just over fifty folk used to come. Since we moved to Glenrothes we have been attracting about forty people on a good day. This has been a bit disappointing because we have all been working very hard to attract new people to come. However, on Thursday we signed in 58 folk including eight new members, a new record for us.



Well done to all concerned. What a lovely, happy buzz was created in the rooms. Let's see if we can build on this new foundation. What a Christmas Party we'll have this year!

Charles and Mark

A Proper Day Out

It's not very often you receive an invitation to travel down to London to attend a Parliamentary Reception in the Houses of Parliament. Well, it happened one day to our Vice Chair, Mr David Rigg, and it wasn't an invitation he was likely to turn down.

The reception was being held to bring attention to the Excellence Network, which is helping with some of the funding of Parkinson's Nurses and the very fluid and topical Welfare Bill with the benefits that are affected by it.



David (L) with Graeme

The event was held in the Terrace Dining Room at the House of Commons and was hosted by the new Chair of the all-party Parliamentary Group on Parkinson's, Mr Graeme Downie MP. Graeme might be better known here in Fife as MP for Dunfermline and Dollar. David was part of a group of people with Parkinson's who also met with MP's Wendy Chamberlain, Scott Arthur, Kirsteen Sullivan and Zubir Ahmed. David tells us that "It was hard to know what they will do next, but we felt very supported by them all".

David told us that perhaps the strangest but very special experience was going through the secret underground tunnel between buildings with two police toting machine guns in the middle. David is looking forward to receiving his next invitation although he might not be invited back now that he has told us about the 'secret tunnel'!

Edinburgh Lecture



This year's Edinburgh Parkinson's Lecture will take place in the evening of Thursday 2nd October at the Royal College of Physicians of Edinburgh. The 2025 Edinburgh Parkinson's Lecturer is Dr Agnete Kirkeby, Associate Professor at the Novo Nordisk Foundation Centre for Stem Cell Medicine, University of Copenhagen, Denmark.

The title of Agnete's Lecture is: **Stem cell therapies for Parkinson's Disease – where are we now?**

There will be a reception before the Lecture where you can visit a variety of display stands:

Local advanced cell therapy company Roslin CT
Stands showing the work of the Parkinson's UK Research Support Network and Parkinson's UK Scotland

For more information about the Lecture and to register to watch in person or live online, please go to:

[Edinburgh Parkinson's Lecture 2025 - Edinburgh Parkinsons](#)

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.



Donations
Lynne Simpson
In Memoria for:
Roy McKenzie

A Day Away



Our Pitlochry Party had booked their places a long,
long, time ago
Now, the day had arrived we were off to see the
countryside and a show
Seat tickets, meal choices and the coach had all been
booked
Well done, Elizabeth, always so organised, she even
has sweets for us all to savor.

It was Wednesday the sixth of August. For Fife
Parkinson's a special day
It was nine thirty-five as we entered the park. A great
meeting place, I must say
First the joggers appeared among the dogs and their
masters
Which could have turned into quite a disaster now
we didn't want a fuss
But where were my passengers and where was our
Bay Travel bus?

'Keep calm!' said I to myself, 'Keep calm'
'Here they come' whispered Margaret.
I smiled. 'All present and correct' David gave us the
sign
Bill Jones started his bus, and we left Kirkcaldy on
time.

At Dulloch Park gold stars were earned
Because the rest of our party was there
Bill then headed for Pitlochry, a town he knew well
You could feel the excitement, Things were going just
swell.

The bus dropped most folk in the middle of town
The shops were all open, and the cafes were found
Bacon rolls please and then home-made cream cakes
if you will
No diets today, we're all about treats and, we've
shops to visit still.
While the remaining passengers decided to spend
their time
Out in the open air in the lovely sunshine
Then up to the Theatre to see the work recently
completed
And meet up with the others who would all want to
be seated

Just before one, we were back in the bus
And up to the theatre we went
To join the hundreds of theatre folk
Who all paid a visit, many pennies were spent!
Before taking their seats and going back in time
Grease was the word and still is today, very fine

Apart from the extra twenty minutes interval
When the sound system completely broke down
And a door handle built up its part
The show moved on quickly. The cast enjoying
sharing their art
The standing ovation at the end of the show
Told the cast and the offstage crew
That their hard work, their talents, their skills and
their moves
Were very much appreciated. They got us all in the
grove.



We travelled back to Perth to the Royal George Hotel
The staff were ready for us and served our tables
well
The meringues that were served just had to be magic
Because they all disappeared from our plates!

Onto our coach we climbed once more
And Elizabeth passed round the sweets as before
The sun was still shining, how lucky we'd been
We had grand company, we were living the dream
Charles then thanked Elizabeth for all she had done
To make our day run smoothly everyone having fun
A day away can refresh the soul.

Let's do it again next year!

Charles Small

PARKINSON'S UK HELPLINE
0808 800 0303

Our Helpline hours have changed slightly on
Saturdays.

Our opening times are now:

Monday to Friday: 9am to 6pm

Saturday: 10am to 1pm

Our helpline is closed on Sundays and Bank Holidays.

Congratulations to Jo Holland who is up for the 'Active Award' in the BBC Make a Difference Awards in Scotland!

The awards celebrate and recognise people who do incredible things for each other and their local communities. Jo is nominated for her role in creating the exercise drumming program, [Parkinson's Beats](#). Winners will be announced next month at the BBC Make a Difference Awards in Scotland ceremony in Glasgow.

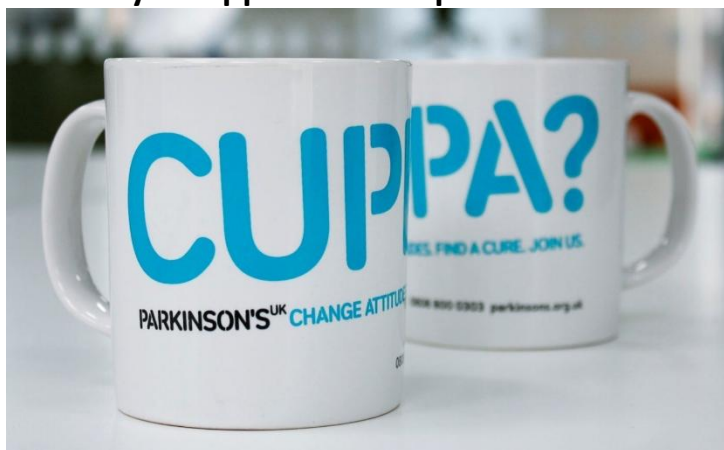
Jo has been on 'Mornings with Kaye Adams' on BBC Radio Scotland where they discussed Jo's nomination, how Parkinson's Beats began, and how it's now enhancing the health and wellbeing of people all over the country who are living with Parkinson's. You can also see her in action in her splendid interview for BBC News



<https://www.bbc.co.uk/news/videos/cwyprz7p1y5o>

You can take part in Parkinson's Beats at the Douglas Sports Centre, Dundee every Friday at 12:45 but you probably won't see Jo because she doesn't live anywhere near Dundee!

Fancy a Cuppa at The Cupar Carers Café?



If you are a carer for someone with Parkinson's disease and you feel like you need support then Caulders Garden Centre on the second Tuesday of the month at 11 O'clock is just the place for you.

This will be especially true for the October meeting on the 14th because Jayne Hodge from Fife Carers will be joining the group to give an insight about what she and her colleagues can offer.

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.

They're All Good Sports

Some of our friends and neighbours have been busy while we have been on holiday.

Kimberley, who is one of our Parkinson's Specialist Nurses, was in Dundee on the 17th of August (which turned out to be one of the hottest days of the year so far!) for the annual Kilt Walk. Kimberley walked the course with her son Lyle on behalf of Parkinson's UK. If you would like to support Kimberley and Lyle by donating you can use this link:

<https://justgiving.com/page/kimberley-strachan-2>



Liz Neilson, who is one of our members, was very proud to tell us about her neighbour's daughter-in-law Danielle Craig who also walked the 20 mile course and has raised over £600. Well done!

Not to be left out, our Lead Nurse, Gillian Aldrich, is about to attempt the Three Peaks Challenge. I hope that you remember us telling you all about it in edition 65.

She's only got a couple of weeks to go before she's off to Ben Nevis for the start of a gruelling couple of days. If you would like to support her in her endeavours here's her JustGiving page link:



[Gillian Aldrich is fundraising for Parkinson's UK](#)

Let's hope she doesn't peak too soon and manages to complete all three! Sorry Gillian, couldn't resist it!

Parkinson's UK Fife

Website:

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

Facebook:

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



Summer Quiz

1. What is the longest day of the year called?
2. Which U.S. holiday is celebrated with fireworks on July 4th?
3. What is the most popular beach destination in Australia?
4. Which U.S. state is nicknamed the 'Sunshine State'?
5. What type of footwear is most associated with summer?
6. What is the name of the famous summer road trip highway in the U.S.A?
7. What is the name of the longest river in the world, a popular summer travel destination?
8. What U.S. city is famous for its summer jazz festival?
9. What song by the Beach Boys is a summer classic?
10. What is the name of the summer dance performed in traditional Hawaiian culture?
11. What U.S. amusement park gets peak visitors during summer?
12. What is the name of the tropical cocktail made with rum, coconut and pineapple?
13. What do people traditionally release into the sky at summer festivals in Asia?
14. What is the name of the summer dish made with mozzarella, basil and tomatoes?
15. What is the name of the summer film series featuring a shark attack?
16. What is the name of the game involving tossing a flying disc on a beach?



The Walking Group organisers met to plan the Autumn walks for the group and decided that the Walking Group would go down a slightly different path, in as far as they will be meeting at Ravenscraig and Pittencrieff parks instead of venturing out all over Fife.

They're hoping that the walks in the two parks will attract more people to join them on

their regular walks. Don't worry though, they'll be taking different routes through the parks and with the conversation and camaraderie the walks could never be boring.

Sultana Loaf

Ingredients

- 1 cup milk
- 1 cup sugar
- 1 cup sultanas
- 2 cups SR flour
- 1 beaten egg
- 110g margarine

Method

Put milk, sugar, sultanas, and margarine in a pan to melt. Allow mixture to cool down. Add flour to mixture then beat. Add beaten egg to mixture and beat. Put mixture in a well-greased loaf tin and bake for 15 minutes in moderate oven (350f/180C)



On the 16th of June at 08:50 many of us in fife were poised by our computers for the 'fastest finger' competition to get one of the free 500 BeechBands that were on offer. At the stroke of nine we entered into the lottery of first come first served. Although quite a few Fifers were successful unfortunately some of our members were not fast enough in the allocation process and missed out, so the Fife Branch Committee had an idea. . . .

The Fife Branch Committee decided to purchase a number of BeechBands, which currently retail at £49.50 and provide them to our members at the 50% discounted price of £25. We were inundated with requests and ended up purchasing twenty, which were quickly distributed.

The idea was that if the wristband works for you and you see an improvement you can keep it for no further charge. So, you get it for half price, with our compliments.

If, unfortunately, it doesn't work for you and it isn't helping you with your symptoms then we will then allocate it to someone else to try and refund your £25 back to you. So far so good and the general impression is that they seem to be working but could do with a longer operating time between charging.

BeechBands can be purchased at the full price from the BeechBand website: BeechBand

Brendan Hawdon Shares His Experiences of The Scottish Open Parkinson's Table Tennis Competitions Held in Largs Over the Last Three Years.



I have been attending this unique competition since its inception three years ago and have noticed a significant change this year. In the beginning most players came from home-grown Parkinson's TT clubs, with a few notable exceptions, e.g. a couple of Swedes, Austrians, Spanish and Portuguese. Last year, we were joined by a large German contingent, who brought music to be piped into the hall and various items of tartan clothing, which was most appreciated by us all! This year had even more international, as well as an increase in more home nation clubs.

However, no matter how stiff the competition becomes you can always be assured of quite a few games as the structure of the competition includes a plate competition for each of the three classes of singles as well as the men's, ladies' and mixed doubles contests. Aside from a great spirit of competition there is also a fantastically friendly camaraderie among the competitors and their families – not having to explain any of your Parkinson's symptoms or disabilities is a nice novelty. The doubles competition is fun, however if you don't have a partner from your own club, it makes preparation more difficult



This year, I reached the quarter finals in both the singles and men's doubles, which was an improvement on last year. I would like to thank Martin Turnbull [St Andrews TT Club], who was an excellent support, whilst he was also volunteering as an official.

Away from the tables we stayed at the Inverclyde Scottish Racquets Sports venue, which worked well. This means that you spend more time with other competitors. We played, ate, drank and even danced together!

Everyone would encourage Parkinson's TT players to participate in Largs next year. The family supporters all have fun too and Largs was looking very beautiful this year – we even managed a swim in the sea! The class 3 is for beginner competitors, and you would meet a mixture of different skills in that class. Importantly however, I'm sure you would thoroughly enjoy the event! *Parkinson's TT is at the Cosmos Centre, ST Andrews, Tuesdays 11:15 to 12:15 (Except for school holidays).*

Brendan Hawdon

SAVE THE DATES!

7th WORLD PARKINSON CONGRESS
Phoenix, AZ, USA
MAY 24 - 27 2026

Key Dates

2025

August 1 – Travel Grants Applications and Renewal Room Applications Open

August 4 – Registration & Hotel Reservations Open

October 16 – Abstract Submissions deadline & Travel Grants application deadline

2026

January 15 – Early bird registration deadline

February 12 – 25 – Late Breaking Abstracts

May 24 -27 – 7th World Parkinson Congress

The World Parkinson's Congress is going to take place in Phoenix, Arizona next year and will be held over four days in May. Adjacent are the key dates for applying for travel grants, booking hotel accommodation, etc.

Fife Branch has put some funds aside to assist any of our members with their travel or accommodation expenses. We only ask two things: You are a member of Fife Branch and you write a report on your experience there. We'll give you more details on how to apply nearer the time.

PRIORITY SERVICES REGISTER

The Priority Services register is for people with disabilities, chronic illnesses, those over 60, people with communication needs (like hearing or sight impairments) or households with children under five. So, that includes people with Parkinson's.

The register offers benefits such as advance notice of power cuts, a password scheme for staff visits, accessible information formats, and support during emergencies.

To register for ScottishPower's free Priority Services Register (PSR), you can log in to your online account <https://www.scottishpower.co.uk/support-centre/priority-service-register> and select the "Help and Advice" option or call them on **0345 270 0700** from Monday to Friday 9am until 5pm.

Eligibility for the PSR

You can join the PSR if you have extra communication, access, or safety needs. Some common criteria include:

- **Age:** You're over 60 or have reached State Pension age.
- **Illness or Disability:** You have a long-term medical condition, a disability, or chronic illness.
- **Family Status:** You have a child under the age of five.
- **Communication Needs:** You have a hearing or visual impairment, a mental health condition, or difficulty understanding bills.
- **Temporary Situations:** You may need support for a short period due to an operation, bereavement, or other life changes.
- **Medical Dependence:** You rely on electricity for medical or home care equipment.

Benefits of the PSR

Being on the Priority Services Register can provide several benefits:

- **Power Cut Support:**

You could receive proactive contact and priority support during a power outage.

- **Accessible Information:**

Account and bill information can be provided in accessible formats like large print or braille.

- **Password Protection:**

You can set up a password for meter readers or other staff who need to visit your home.

- **Nominee Scheme:**

You can request for communications to be sent to a chosen family member or carer.

- **Free Gas Safety Checks:**

You may be eligible for free annual gas safety checks, especially if you receive certain benefits and have a qualifying household member.

How to Sign Up

1. **Login to your online account:** You can find the option to register under "Help and Advice" or by contacting ScottishPower directly.
2. **Call Them:** If you're unsure, you can contact ScottishPower for assistance on **0345 270 0700**.



Summer Quiz Answers 1. Summer Solstice 2. Independence Day 3. Bondi Beach 4. Florida 5. Flip-flops 6. Route 66 7. River Nile 8. New Orleans 9. Surf'n' U.S.A. 10. Hula 11. Disneyland 12. Pina Colada 13. Lanterns 14. Caprese Salad 15. Jaws 16. Frisbee



The Young Onset Parkinson's Group for those of us who are pre-retirement age has been struggling to attract enough members to enable the group to have a conversation without people questioning your sanity.....
.....talking to yourself can be a first sign!

The group meets at the Spiral Weave, Kirkcaldy on the first Wednesday of the month at 7pm and is open to people with Parkinson's and their carers. If we get people turning up regularly we can start to plan outings and things to do in the evenings, if anyone is still working. Could we get a pub quiz team up and running?

We need a co-ordinator to take charge of us, assuming that we get enough people, and Alice Hall, the Volunteer Co-ordinator for Parkinson's UK Scotland is going to put an advert out very soon.

We have had a lot of new members to the Branch recently and they seem to be getting younger and younger, so there's definitely a need for the pre-retirees to come together!

Parkinson's UK are holding a YP event on Saturday 20 September in Stirling. This event is for people with Parkinson's of working age and their loved ones. 10 YPs have been involved in the planning and delivery of the event and has been organised by YPWP with the help of Chloe Macmillan, pictured, who is one of the Area Development Managers for Parkinson's UK in Scotland.



Please use the Eventbrite booking link - <https://www.eventbrite.co.uk/e/younger-parkinsons-information-event-research-share-discover-connect-tickets-1433067767269?aff=oddtcreator>.

Or email Chloe at cmacmillan@parkinsons.org.uk

We're looking forward to the Edinburgh Rugby/Glasgow Warriors 1872 cup as usual this year.



It's become a sort of tradition for us that we go to the Murrayfield Match, which is played between Christmas and the New Year. This year it will be on Saturday 27th December with the kick off at 3pm.

Each year we have been lucky enough to be awarded tickets by the Edinburgh Voluntary Organisations' Council and with the success continuing to build year on year, we have applied for some this year as well. I'll send out an email when we receive our allocation, which is usually mid-November and you can apply for them. All we ask is that you make a donation, of your choosing, to Fife Branch. You'll also need to have downloaded the Scottish Rugby App onto your phone. If you already have one make sure it's the latest version, because a couple of people had a bit of bother last year!

Glenrothes Get Together Raffle!

Next month on the 9th October as part of our programme we will be holding a raffle. We would be grateful if you could bring a raffle prize with you. You don't need to spend a fortune and unwanted presents that have been at the back of your wardrobe are acceptable as long as they are not junk!

Last Word From The Chair

Not much to say, which is just as well really considering how jam packed our newsletter is!

All I need to say is 'welcome back', I've enjoyed the rest but it's good to be active again and seeing everyone enjoy our group activities. If you haven't yet, come along, don't let Parkinson's hold you back!