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Dear Reader

With the unseasonably warm weather that we have been experiencing lately there's nothing better than sitting outside, in the shade, and reading a good book. For those of us that haven't got a book on the go at the moment we have produced the next best thing, our newsletter which we hope will entertain and inform you.

If you have anything that you think we could include in future editions, please send them in and you could see your name in print. As you can see below, that's just what Jarlath Busby did about his exciting new project.



New Golf Society Launched by Fife Branch Member

A group of Scottish golfers who have Parkinson's have formed the Scottish Parkinson's Golf Society with the aim of fostering well-being through golf, enabling members to connect, socialise and improve physical health. The Society is chaired by Fife Branch member Jarlath Busby.

Golf is recognised to be of particular benefit to people with the condition as it encourages flexibility, balance and stamina. The society organises golf events in Scotland for its members providing a safe and inclusive environment. Find out more and join up at www.scottishpgs.co.uk



The Society has now grown to 32 members and has the support of Gavin Hastings OBE as its Honorary President. Visit our website to read the accounts from some members about the difference golf has made to how they cope with their PD.

Upcoming Events in 2026

We are planning an exciting schedule of events in 2026 as follows:



Friday 26th June Fourball Team joint fundraiser with Ferguslie Cricket Club Strang Pavilion project at Paisley Golf Club. Entry fee £75 pp including lunchtime rolls and coffee and a two course meal after the golf. Contact Iain Kennedy 07568 513737 or email iainkenedy187@hotmail.com

Friday 7th August Outing to [Thornton Golf Club](#), Fife, venue for the first Bugg-ease Scottish Parkinson's Open in 2027. Fantastic value thanks to the support of Thornton GC. Entry fee £40pp including coffee and a roll on arrival, one round of golf and a two course meal after the golf. Tee times will start from 12.00 Register to play by contacting Iain Kennedy (Events Officer) 07568 513737 or email iainkenedy187@hotmail.com

28-30th September [Sport Parkinsons Four Nations Event at the Belfry](#)

Jarlath Busby

Parking in Glenrothes

As you will be aware, if you come to our Glenrothes Gathering, the car parks in the town are under new management. Parking is monitored by using numberplate recognition. The clock starts ticking as soon as you enter the carpark and continues until you leave. You can still have three hours free parking but this means that you can't enjoy the full Fife Branch experience since you have to either arrive late or leave early.

We have been in touch with Parkinson's Scotland to see whether they can do anything on our behalf, but as it is a private car park company we very much doubt that they will oblige us. You can increase your stay at the car park by paying £1 for up to six hours and we advise our members and visitors to Glenrothes to do this so that you can enjoy being with the group and not have the threat of a parking fine praying on your mind.



Welcome to Kingdom Shopping Centre
From 13th April 2026 the car parks on site will be camera controlled 24/7.
All car parks will provide 3 hours free parking with the option to pay for longer stays.

Parking Tariff	
3 hours free parking (no payment required)	
Up to 6 hours:	£ 1.00
All day:	£ 2.00
<small>(Expires 23:59 hours)</small>	

App payments will incur a convenience fee of £0.20 on top of the above tariffs. For app only car parks, displayed tariff already includes £0.20 charge. © 2025 Euro Car Parks Ltd. All rights reserved.


Ways To Pay
Pay for your parking with one of the following App providers.

EC Park Buddy RingGo paybyphone

Please see signage within car park for full terms and conditions and payment options.

You can pay in two main ways. Park in the multi-storey and put your car registration number into the machine in the bottom of the stairwell and pop in your pound coin. Alternatively park opposite the Bridge Centre (in the usual car park) and use the RingGo app, since they don't have a machine

there. The tried and tested practice of moving your car from one car park to another no longer works since all of the car parks are controlled by the same company.



Getting started with the RingGo app

- 1 Download the app
- 2 Register
- 3 Start your first parking session

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Cauliflower and Bacon Savoury

INGREDIENTS

- 1 cauliflower broken into florets
- 2 oz/50g flour
- 1 onion chopped
- 2oz/50g mushroom sliced
- 4oz /110g cheese grated
- 4oz/ 110g diced bacon
- 1 tablespoon Worcester sauce
- 2oz /50g butter
- Seasoning
- ½ pt milk



Thanks to Diane Dunbar for another great recipe!

METHOD

- 1 Cook cauliflower
- 2 Fry the onion in the butter until it is transparent
- 3 Add the bacon, mushrooms and Worcester sauce
- 4 Stir and simmer until the liquid has been absorbed
5. Arrange the cauliflower in a heated dish.
- 6 Sprinkle mixture over the cauliflower with the bacon bits and keep warm
- 7 Make a cheese sauce to pour over the dish.
8. Serve immediately.



True or False

1. Caractacus Potts was the name of the absent-minded inventor in the 1968 movie 'Chitty Chitty Bang Bang'
2. Basque, Aranese and Galician are all languages spoken in Italy
3. The Latin phrase "canem cemen" translates in English to "Beware of the Dog"
4. A Grisetto is a variety of potato
5. Tahir Square is in Cairo
6. A flying fox is a type of butterfly
7. Malvin Kaminsky is the real name of comedian, actor and writer Mel Brooks
8. The Song "There's No Business Like Show Business" comes from the musical "Showboat"
9. King Zog was a monarch of Albania
10. The planet Mars has four moons

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.



WEST FIFE

Carer Café



EATS Hub
115a Queensferry Road Rosyth KY11 2PS



The Carers Cafe in East Fife is soon to have a similar cafe to the West.

The first meeting is at the EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS, which is the same place as the Parkinson's Cafe. It will be on Wednesday the 10th of June and subsequently on the second Wednesday of the month between 11:00 and 12:00.

The cafe is exclusively for carers so that they can feel comfortable discussing anything that they want to about looking after their loved one with Parkinson's. It's bad enough living with Parkinson's, but living with someone living with Parkinson's must, on occasion, be challenging.

This group is right down your street if you live in the West of Fife (or as near to your street as we could make it) and you could do with like-minded people to talk to.

Pop in and see what they have to offer. If you are anxious about leaving your person with Parkinson's alone for an hour they can always enjoy something to drink and a bite to eat whilst soaking up the atmosphere in the main café.

**PARKINSON'S UK
HELPLINE
0808 800 0303**

Younger Parkinson's Event in Stirling



No one needs to be alone with Parkinson's. Come along and join us at our Younger Parkinson's event at the Stirling Court Hotel, located in the grounds of the University of Stirling, on Saturday 29 August 2026. Registration opens at 10.15am. The event starts at 11am and closes at 5pm.

This free event brings people who are affected by Parkinson's and are of working age together from all over Scotland. It provides the opportunity to meet with others, seek advice, access support and find out about activities in your local area and Scotland-wide.

There'll be information on research, physical activity, benefits, employment, technology, sources of support, as well as hearing from people living with Parkinson's about how they live well with the condition.

Our Younger Parkinson's events tend to be extremely popular and we do have limited numbers. Partners, family members and supporters are very welcome – please complete an Eventbrite booking form for them too, so that we have all the information we need for the catering and workshops. There'll be a light lunch, some afternoon catering and refreshments.

The Stirling Court Hotel is a short taxi ride from Stirling's bus and train stations. There is also a direct bus from Stirling centre to the University. The hotel car park is free for event attendees and accessible spaces are available.

Booking your place -

We're really looking forward to meeting you. The event is free, but booking is essential. All you need to do is register your attendance using the Eventbrite link and we will share the workshop booking form with you shortly.

<https://www.eventbrite.co.uk/e/younger-parkinsons-information-event-research-share-discover-connect-tickets>

Should you require any further information or need a hand with booking, please contact Chloe on 0300 123 3679 or email scotland@parkinsons.org.uk

Dundee Says Thanks to StAN TT

Table tennis is not just about playing the game but it is about camaraderie and has a strong social aspect as well. Members of the St Andrews Table Tennis Club have welcomed players with Parkinson's as non-league players and have even started a Parkinson's Table Tennis session, which meets at the Cosmos Centre on Tuesdays at 11:30.

Occasionally, when not playing table tennis, the club members meet for extra activities such as Quiz Nights, a Christmas time Meal or Putting at the 'Himalayas' (St Andrews Ladies Putting Club) and these events are always well attended and really enjoyable. It seems to have become a tradition that the people taking part have a collection to help fight Parkinson's, be it either giving to the Fife Branch or helping to fund Research at Dundee University.

Recently the club has raised a considerable amount in aid of research and Brendan Hawdon, who is the Dundee Research Interest Group (DRIG) Chair would like to join with the scientists in thanking everyone for their generosity. Thanks to support like this, scientists at Dundee are gaining a deeper insight into Parkinson's disease, enabling earlier diagnosis and accelerating the search for better treatments.

The DRIG acts as an interface between the researchers, people with Parkinson's and anyone with an interest in Parkinson's research. They work with the researchers at the School of Life Sciences, through Lab Open Days and events styled to give a better understanding of the science to the people the researchers are trying to help, the people with Parkinson's.

With your support, Dundee can continue to transform lives.



Club Chair Martin Turnbull (L) presenting a cheque to Brandan Hawdon (R) at a Tuesday table tennis session.



two moons

1. True 2. False - Spain 3. True 4. False - a variety of mushrooms 5. True 6. False - a kind of bat 7. True 8. False - "Annie Get Your Gun" 9. True 10. False

Fife Creativity Exhibition

Frances Copeland was one of the exhibitors at the Fife Branch Parkinson's Creativity Exhibition in April. She had taken part in the Mervin Peake Competitions which ran a few years ago and were organised nationally by Parkinson's UK. She had enjoyed the experience so much she suggested that Fife put on its own display to mark the Parkinson's Awareness month of April.

Here are some thoughts on the exhibition in April at the Rothes Halls in Glenrothes. Despite having initial doubts we achieved an excellent response. We had hoped for a conventional gallery space but quickly realised that these were booked at least a year in advance. However the manager at the Rothes Halls came to our rescue and kindly offered us gallery space on the first floor over April.



Initial plans and preparation began last October.

Considering the sheer size of the project, the timescale and our inexperience, we must

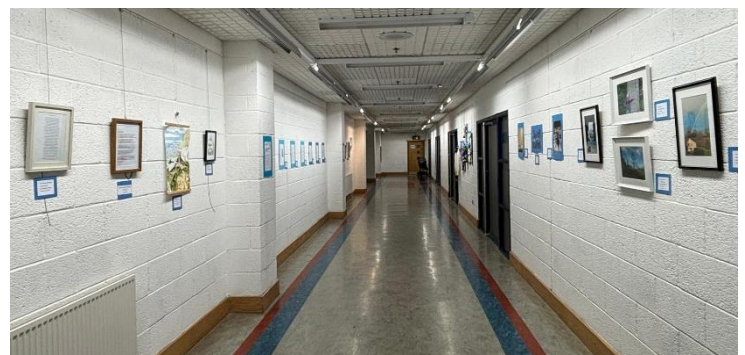
admit the project became a smart, enjoyable and professional looking event which could be enjoyed by exhibitors and the public alike. We exhibited a total of 34 entries, which were all first class and well presented. Well done to everyone who took part. The exhibition looked amazing.



To summarise, everyone involved with the project -

volunteers and visitors alike, were so proud of all these achievements. People with Parkinson's can achieve whatever they wish. We can showcase how creative we can still be - despite having Parkinson's.

In our small way we have achieved a lot and you never know, perhaps Parkinson's Scotland or even the UK might consider organising a similar event in the future.



MOVEMENT MEDICINE

MUSIC, DANCE & MEDITATION EVENT FOR ANYONE CRAVING
MOVEMENT - CONNECTION - BELONGING

* DRESS UP (OPTIONAL) * GUIDED MOBILITY MOVEMENT LED BY BRONWYN *
MEDITATION BY MARTIN * TEA & COFFEE *



Supported by Ageless Companions!

* Welcoming those living with limited mobility, long-term conditions, or the natural changes of aging, or experiencing isolation. Support people, family, and carers are warmly invited and encouraged to join*.

x Bronwyn & Martin



Facilitators:
Bronwyn Tutty (Movement Teacher, Ageless Companion) &
Martin Towcy (Neurological Physio & Meditation Teacher)

When/Where : Friday 19th
June 10am-12pm,
Burntisland Parish Church

Cost : £20 or bring a friend for £30. Fine to pay cash on the day.



More info/to book : www.bronwynutty.com/event-details/movement-medicine
or ph Bronwyn on 07 397 147 638

JOIN US. COME MOVE. COME BE. COME FIND JOY.

Gillian Hasn't Given Up on her Three Peaks Challenge!



Unfortunately due to severe weather earlier in the year Gillian's Three Peak Challenge was postponed. Gillian says "Obviously I'm really disappointed, however I still fully intend to complete this at next available date which is now 19th June".

She would like to thank everyone for their support and generous donations.

Gillian says, "As you will all be aware Parkinson's is charity close to my heart, not only do I work with people with Parkinson's. My Gran also had Parkinson's and every penny raised will go towards finding a cure one day".

The challenge is a little bit different this year, instead of jumping of a bridge she is taking part in The National three Peak Challenge starting at Ben Nevis then Scafell Pike at night and finally Snowdon. Not the easiest of challenges, but anyone who knows Gillian knows that she likes a challenge.

<https://www.justgiving.com/page/gillian-aldrich-1>

Don't 'Snicker' But James Ran The Marathon



James Jopling our Scotland Director, not to be outdone by CEO Caroline Russell's London Marathon run earlier in April completed the Edinburgh Marathon in unseasonably hot weather!

James said "It was awful - the heat was my enemy and I think my body started shutting down/heart rate spiking at 160 up towards 170 which is not sustainable for running so

dragged myself to the finish line. Only cried twice!" He goes on to add that "The response on the course from people I didn't know and

people who sponsored me who I do (and some I don't) was utterly remarkable. I'm now at over £4,530 raised before gift aid. Thank you to ALL the people who gave so generously".



You can still support James here

prksn.uk/4u0a4uQ

DONATIONS TO OUR BRANCH – David Rigg

Fife Branch of Parkinson's UK is always very grateful to receive donations that enable us to run the Branch for the Parkinson's community in Fife.

Thanks to the latest donors.

Margaret Healy and John & Ann Wilson

In memory of

Roma Jefferson and Mike Bannerman

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.

<https://www.justgiving.com/fundraising/chair-fife>



Let's Talk About Parkinson's #2



Let's Talk about Parkinson's #2 was very well attended with approximately 130 people gathering in the Adam Smith Theatre in Kirkcaldy in April to hear Dr James Woods, Professor Miratul Muqit, James Jopling and other key speakers explain different aspects of the condition and what various specialists and healthcare providers can do to help someone with Parkinson's. Professor Muqit talked to us about research and how hopeful he is that a breakthrough is around the corner. Out of the 130ish attendees approximately 40% were not previously known to the Branch and it is hoped that they will be encouraged to come to some of our activities.

Help us Improve Parkinson's Care!

Join us on Thursday 18 June, 2 - 3.30pm, online via Zoom

We want people to receive the help they need. A recent audit of Parkinson's services in Scotland found;

- people who are newly diagnosed often feel overwhelmed and unsupported
- mental health services can be difficult to access
- people often don't get simple checks like on their bone health.

Come along to our session to;

- Hear about what we found out
- Look at ways you could help
- We'd also like your ideas too!

To book a place at this online session, please email influence.scot@parkinsons.org.uk

Congratulations to Art Anderson and Parkinson's UK for winning the 2026 BBC RHS People's Choice Award at the Chelsea Flower Show



Become a Reporter for our Newsletter.

Here are a few simple templates to make contributing to the newsletter a bit easier. These are entirely optional, but they help ensure that we have enough detail to present everything clearly and avoid anything looking too brief on the page.

Please don't feel you need to complete every section - they are just prompts to get you started, and we are happy to edit and shape anything you send.

Topics could be:

1. Something you've enjoyed recently

What I did / where I went:

Who I went with (if relevant):

What it was like:

What stood out (good or bad):

Would I recommend it to others, and why:

2. A short personal update

Something I've been involved in recently:

What it involved:

What I found interesting, challenging, or enjoyable:

Why it mattered to me:

3. Photo contribution

(Attach photo)

Where the photo was taken:

What it shows:

Why you chose it:

Any story behind it:

4. Restaurant or café review

Name of place and location:

When you visited:

What you ordered:

First impressions (atmosphere, service, etc.):

What the food/drink was like:

Value for money:

Would you go back?:

Who you'd recommend it to (or not):

5. Community group or initiative

Name of group/initiative:

Where it is based:

What it does:

Who it is aimed at:

What a typical session or activity involves:

How people can get involved (if applicable):

Why you'd recommend it / your experience of it:

Even one contribution would make a real difference to the next newsletter, and the aim is very much to reflect the interests and experiences of the group.

