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Dear Reader

We hope that you have enjoyed the summer break and that you are looking forward to meeting up again next month.

Saying that, the Carers Cafes have carried on regardless with the organisers of both the St Andrews and Rosyth willing to give support where needed.

The Glenrothes Gathering is meeting on the 10th September and we can't wait to meet up with you and hear what you have been up to this summer. Before that we have the Parkinson's Café at Rosyth on Wednesday 26th of August and the St Andrews Café on the 31st, which is the last Monday of the month.

Normal service will resume in September and you can find our full schedule on our website.

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

Looking forward to Christmas already, this year the party at Glenrothes lands on the 10th December. We're also hoping to have a Festive Meal at our usual haunt, Dunnikier Park Golf Club the week before on the 3rd December.

Why are we telling you this when we're still in a heatwave and next year's Easter Eggs are not on the supermarket shelves yet? Well we wanted to give you (and us) plenty of time to get organised, unlike this year with our summer outing and we would also like to reinforce the message that hopefully for both festive events people from the east and west Fife will meet up in the middle. It is always a pleasure when we see our friends mingle.

Your Editors **Charles and Mark**



Charles Needs Your Help!

I'm missing the power cable, the remote control for my new CD player and a couple of CDs. These were last used at our June Glenrothes Gathering and I'm hoping that whilst we were tidying away they have ended up in someone's bag.

I wonder whether you could check to see if they have inadvertently been picked up and taken home in error.

I would like to thank all of the members that come along early to help set up and those that stay behind to clear up after our Glenrothes Gatherings. Your help is greatly appreciated and I'm hoping that my appeal will jog a memory and you might know what happened to them. Please let me know if you find them.

Thank you, **Charles**

Apology - We Left it Too Late!

In the last couple of newsletters we asked whether anyone had ideas for our summer outing. We usually go to the theatre and catch a matinee performance of a musical, with High Tea afterwards.

The problem with Pitlochry this year was that they were not putting on a matinee performance on any of the dates that we had chosen. Although we had been talking about it since the March Committee Meeting we never reached a decision, until it was too late.

In the intervening months some interesting alternatives were suggested, but would take some organising and we just didn't have enough time, *or energy!*

Suggestions were: Scone Palace, Stirling Castle (*Coach park is a long way away*), The Japanese Garden, The Explorers Garden in Pitlochry, an Open Top Bus Tour of Edinburgh, High Tea on a Double Decker Buss in Edinburgh, The Orient Express Experience at Leith, Catch something (*probably a cold*) at the Edinburgh Fringe, A trip with the Seagull Trust, a Boat Trip on Loch Katrine, Visit Loch Lomond Shores Shopping Centre and a Boat Trip on the Loch.

The problem is that coach companies don't seem to organise trips out. Some companies do trips but not exclusively for groups. As a result, once we have chosen a venue or activity we have to book tickets for it in advance, hoping that we will get enough people to go. We also need to book an accessible coach and find somewhere that puts on a decent High Tea that can cater for a coachload. Again assuming that we can get enough people to join in. Once these three things have been set up the next step, is to agree on the outing at Committee level. Then we have to sell the tickets to our members. By members I mean anyone who comes to any of our meetings/events. You don't have to be a member of Parkinson's UK but it's great if you could join.

Selling the tickets for a trip, or any event, is always quite stressful. Will we get enough 'bums on seats' to make it feasible? This coupled with the fact that people seem to wait until the last minute (*sometimes needing a gentle reminder*) to decide, tends to put our blood pressures up and for those of us that have Parkinson's, stress is not good.

We often need at least two sessions at Glenrothes to enable people to pay in person and because we had

left it too late we did not have this to fall back on.

Not having a Summer Outing was easier, but hearing from some of our members we realised what an asset this is to our calendar of events. Especially for our carers who can enjoy a good day out without the responsibility of driving, relaxing on the coach.

Next year, if we don't go back to Pitlochry, we'll chose something early enough to give us plenty of time to organise it and for you to give us your support.

If anyone feels that they could help us organising trips and outings in the future, your help would be more than welcome. Please let me know.

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

It's tough being a Carer

With Parkinson's, you're not the same
Which is of course a downright shame
It messes with your head sometimes
I've been depressed a million times
If I exaggerate a little bit
Please don't go nuts and have a fit

But when I'm off and feeling down
You rescue me, don't let me drown
Together we both make a team
So that this nightmare seems a dream
You are my carer that is true
What a fantastic job you do

You are my rock, my staff, my shield
Without you I would surely yield
But then I look at you and sigh
And realise the reason why
I must go on. Don't be annoyed
Without me you'd be unemployed!

Mark Coxe

Hollie Nelson Our Local Advisor

We asked Hollie some questions so that we could get to know her a bit better. Here's what she says.



When did you join Parkinson's UK? August 2025

When you joined, what was your first job title? Parkinson's Local Adviser

What is your current job title? It is still Parkinson's Local Adviser

Briefly explain your role in Parkinson's UK.

I support people with Parkinson's, and anyone affected by Parkinson's with practical and emotional support on a range of topics including:

- support at diagnosis and ongoing support to help you manage and understand your symptoms
- support to access benefits and other entitlements such as blue badges
- support to access health and social care services
- emotional support, signposting to other agencies and engaging with local exercise and support groups

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?

I have been in the role now for nearly a year. I have enjoyed supporting my clients with a variety of issues big or small and making a difference in their lives.

During your time at Parkinson's UK what has given you the most satisfaction?

Meeting people, going to local groups, supporting people, making a difference in their lives and expanding my knowledge on Parkinson's.

What message would you give someone who has recently been diagnosed with Parkinson's?

There is support out there. Please don't be afraid to reach out. Whether that is to your Parkinson's Local Adviser or health care professionals. It's our job to help and we look forward to speaking to you whenever you are ready.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?

My car keys, chocolate and dog biscuits for my dog.

Which do you prefer, dogs or cats?

I have a dog but I love all animals, and like both dogs and cats.

What famous person (past or present, factual or fictional) would you like to be marooned on a desert island with?

They say you shouldn't meet your heroes. My dog would be the only company I would need!

Wandering Website



If you've been looking for our website and it doesn't readily appear on your search engine, here's the reason why from Kieran O'Driscoll, Our Parkinson's Community Insight & Digital Delivery Manager.

"I just wanted to provide a quick SEO¹ update regarding the group websites as some of you have noticed the sites are currently not appearing on Google searches. We've been working with the developers to amend this. We've recently manually submitted all the site maps to Google and have also requested validation on the sites. This is ongoing and we're waiting for Google to complete its process, but we're hoping at the completion the issue will be resolved."

¹SEO stands for **search engine optimization**, which is the practice of improving a website to increase its visibility on search engines like Google.

You can access our website by either putting the address in <https://fife.parkinsonsuk.group/>

Or accessing it through the Parkinson's UK Branch Finder if Google doesn't work.

<https://localsupport.parkinsons.org.uk/provider/fife-branch>

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.

An Uplifting Tale

One of our members has had a rough time of it lately but Hollie Nelson, our Parkinson's Local Advisor has been able to help.

It started in April with a fall down the stairs at home and breaking her wrist. If that wasn't bad enough she had just come home from hospital because she had developed a chest infection after choking on some food and aspirating it into her lungs. Apparently this can be quite common for people with Parkinson's so watch out, especially if you live on your own!

Anyway she had got home again, with a care package, and had just got the stookie off when she fell down the stairs again! This time she bounced and thankfully didn't break anything. *Her neighbours must have thought her TV volume was up at the end of Eastenders! Duff, Duff, Duff-Duff, Duff, Duff-Duff!* Thankfully she has a sense of humour. She was badly bruised, all joking apart and looked as if she had done ten rounds with Tyson!

As a result she was advised that she should live downstairs rather than risk another fall. This made life difficult for her, mostly because she doesn't have a downstairs toilet (*this is where her good humour runs out*) because she has to use a commode. Her bed was made up downstairs and the carers were now coming four times a day.

She was faced with a number of choices: Sell her house and move into a flat or a bungalow with everything on the one level, go into a warden assisted accommodation or modify her home with a stair-lift. The trouble was that she loves her home, and had, over the years, made some lovely memories in it. Being fiercely independent she did not wish to move out. Adapting her home would take a long time and all of this was having a detrimental effect on her Parkinson's Symptoms.

This is where Hollie stepped in. I contacted her on our member's behalf and Hollie got the ball rolling faster. An Occupational Therapist appeared very quickly and assessed the situation. They decided that she needed a wet-room and either a stair-lift or an actual lift and an engineer quickly came out and took measurements. Things seem to be moving at pace and we're sure that this is mostly down to Hollie intervening on our member's behalf.

What a difference our Local Advisors can make, knowing which strings to pull and which buttons to push, especially when we need them most.

Mark Cox

Sudoku Puzzle

The goal of Sudoku is to fill the 9x9 grid so that each row, column, and 3x3 section contains the numbers 1 through 9 exactly once. The puzzle has some numbers already placed as clues, and you use logic and elimination to fill the rest.

Good luck! You'll find the answers later on in this newsletter. Don't cheat!

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Open For Fun



Brendan Hawdon and Mark Cox, who are members of the St Andrews Parkinson's (Parks and Recreation) Table Tennis Club

will be joining other players from around the world for the Scottish Parkinson's International Open at the sportscotland National Sports Training Centre in Largs, next week on the weekend of the 15th/16th.

The club is pinning their hopes on Brendan, who has taken part every year for the last four years and usually grabs a place on the podium.

This is the first time that Mark has competed and he firmly believes that it's the taking part that counts!



Respitality. Is that a word? Well according to Reilly Dufresne from Fife Voluntary Action it is.

She will be visiting our two Carers Cafes to talk to our carers about it and support them with filling out the forms/accessing breaks.

She'll be with us on:

- East Fife Carer's Cafe - August 12th
- West Fife Carer's Cafe - September 9th

Respitality is in part supported by local businesses that donate short breaks or activities for unpaid carers. This provides individuals with time away from their regular caring routine and helps them to remain well enough to continue their caring role.

I'll let Reilly explain more when she sees you at the cafes. Don't worry, she's going to come to the Glenrothes Gathering and the Parkinson's Cafes in St Andrews and Rosyth eventually too.

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 donor.

Margaret Leitch

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>

Care for Carers



One of our Committee members, Jim Tucker, has been working extremely hard researching how carers can get help or even take some time off to recharge their batteries. This is vitally important for those of us with Parkinson's because if our carer is worn out

Respite comes in many forms and could be a befriending service of a couple of hours a week, with someone coming to sit with the person with Parkinson's while their carer gets their hair done, goes to the cinema or even just going to do the weekly shop.

Longer breaks can be taken where the person with Parkinson's (PWP) either goes into a home for a day or two or a professional carer stays over allowing the PWP's carer to rest.

Respite can even be tailored to the PWP and their carers needs and can be for a week or longer.

Cost is a huge consideration and Jim has been spending a lot of time networking and finding out where funding can be accessed. For example the 'Time to Live' fund in Scotland is a Scottish Government-backed microgrant program managed by Shared Care Scotland that gives unpaid carers small cash grants to help them take a short break from their caring routine. This can be accessed by filling in a simple form and is open to all unpaid carers.

Jim has compiled an extensive database of care in Fife and he's sharing it with Hollie, our Parkinson's Local Advisor and her colleagues so that they can use it to advise our members what is available to them and how to access it, even helping with the form filling. Hopefully we can build up a rapport with some of the services so that accessing them can become easier.

You can find details on our website, which we will try to keep regularly updated.

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

Well done Jim and I've a feeling that this is just the beginning and that there's more to come!

Mark Cox

Miratul’s Working His Magic Again!

This year’s Edinburgh Parkinson’s Lecture takes place on the evening of Tuesday 22 September 2026 at the Royal College of Physicians of Edinburgh. Professor Miratul Muqit, inaugural Director of the UK Dementia Research Institute Parkinson’s Research Centre will give the lecture.



Those of you that came to the Fife Branch event, Let’s Talk About Parkinson’s, in April will have seen him give us an inspirational talk about research.

This time he will be talking about, ‘Power failure in the brain: the mitochondrial basis of Parkinson’s’, Professor Muqit will explore how understanding brain cells helps us move closer to better treatments.

Also attending the lecture will be Caroline Russell, our Parkinson’s UK CEO and some volunteers may have the chance to meet her before the lecture.

Find out more and register for the Edinburgh Parkinson's Lecture to attend in person or watch live online

edinburghparkinsons.org/edinburgh-parkinsons-lecture

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Par-Con Cheaper Than Going to Phoenix (and just as informative)!

Par-Con, the Parkinson’s UK community convention, is returning on Friday 13 and Saturday 14 November at The Vox Venue in Birmingham.



Par-Con is Parkinson’s UK’s 2-day in-person and online event for the Parkinson's community to connect with others and learn more about living well with Parkinson's.

Whether you're living with Parkinson's or supporting someone who is, everyone is welcome to attend.

Tickets will be available from 3rd August. Look out for updates on the Parkinson’s UK website prksn.uk/4eHls9D

Want to know more about what Par-Con is all about? Catch up on 2025’s highlights on the Parkinson’s UK YouTube channel prksn.uk/4nsNabr

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

**Living with
Parkinson's and
working age?
We're here to help.**

Younger Parkinson's Event

Parkinson's UK Scotland is hosting their Younger Parkinson's information and support event this year on Saturday 29 August at the Stirling Court Hotel, FK9 4LA.

This event is for people with Parkinson's who are aged 66 and under. Younger Parkinson's family members and friends, aged 18 and over, are also welcome. Come along to hear from speakers, take part in taster workshops and browse the information stalls.

You can register for this event or for more information, email Chloe Macmillan cmacmillan@parkinsons.org.uk or call 0300 123 3679

The day promises to be jam packed full of information and workshops with the agenda looking something like this, but can be subject to change.

10.15am Registration and refreshments

11.00am Welcome and house-keeping

Parkinson's UK - what we do and how we can help?

11.40am Comfort break / head to workshops

11.55am Workshops - 4 options to choose from:

- Introductory session for those newly diagnosed
- Benefits, Entitlements and Employment
- Mindfulness taster session
- Parkinson's Karate taster session

12.55pm Lunch and refreshments

2.10pm Workshops - 4 options to choose from:

- How can tech help people with Parkinson's?
- Support for partners and family members - 'in it together'
- Voice exercise taster session
- Information and exercises for bone health - relevant for both men and women

3.10pm Comfort break

3.25pm Workshops - 3 options to choose from:

- Parkinson's UK: Accelerating Parkinson's Research (1 hour)
- Walking football session (1 hour)
- Informal drop in to access 1-2-1 support from staff, volunteers and connect with others

5.00pm Event ends with closing remarks

A Message from Shaper Caper



We'd love to invite you to join us as we celebrate the opening of our brand-new home at our **Shaper/Caper Open Day**.

This is your chance to explore our new studio, discover everything Shaper/Caper has to offer, and celebrate this exciting new chapter with us.

Bring the whole family along and enjoy a day packed with:

- Live performances
- Free taster sessions from our brand-new dance class programme
- Family-friendly activities
- The opportunity to meet our team and take a look around our new space

Here's what's happening in our dance studio throughout the day:

- 12:00 Noon - WORKSHOP - *Baby Swing & Disco Tots* taster (ages 0-3 years)
- 12:30pm - WORKSHOP - *Gilbert's Adventures Through Books* taster (ages 2 to 8 years)
- 1:00pm - PERFORMANCE - An exclusive excerpt from *Ship Shape* (family-friendly)
- 1:30pm - WORKSHOP - *Dance for Parkinson's & Dance for Over 60's* taster (ages 50+)
- 2:00pm - WORKSHOP - The Caper Ceilidh (all ages)
- 2:30pm - PERFORMANCE - An exclusive excerpt from *Paper Moon* (family-friendly)
- 3:00pm - WORKSHOP - *Gilbert's Adventures Through Books* taster (ages 2 to 8 years)
- 3:30pm - WORKSHOP - *Discotheque* taster (all ages) learn a fun routine to a camp classic and dance your heart out!

Plus, discover even more family fun throughout the building and garden, including Costume Try-Ons, Arts and Crafts, a Dance Explorer Hunt, a Hula Hoop Challenge and much more!

Date: Saturday 15th August **Time:** 12pm - 4pm

Venue: Shaper/Caper, 21-23 Mains Loan, Dundee DD4 7AB

We hope you can join us to celebrate and see how, in our new home, **Every Step Tells a Story!**

Please let us know if you're able to attend.

We look forward to welcoming you!

Gillian's Challenge Update

Many of us will know our Parkinson's Specialist Lead Nurse, Gillian Aldrich. If you read our newsletter you



will also be aware what a bundle of energy she is. She has raised money for Parkinson's UK by Bungee Jumping, amongst other things, in the past and this year she completed the Three Peaks Challenge after a false start due to extremely bad weather.

She would like us to

share this message with you. "Thank you all for your support and kind donations for me taking part in the 3 Peak Challenge at the weekend 20th June to 21st June. This was extremely challenging and I didn't do, as well as I thought I would, due to a couple reasons. However on a positive note we raised £2670 for PDUK, I saw beautiful scenery in Scotland, England and Wales within the space of 36 hours and I have no broken bones."

It seems that she is not content with her fantastic achievement because she says that she will continue to fundraise for PDUK with her next challenge. Rumour has it, and you heard it here first, that this one will be her greatest challenge yet. The Great Wall of China Trek in September 2027!

One of the Seven Wonders of the World, The Great Wall of China has to be the ultimate building project the world has ever known; constructed over 2000 years ago. It stretches across China with long spurs and watch-towers often disappearing into the mist.

The trek is very varied, passing through woodland and terraced farmland, and following the contours of the beautiful hills and mountains in remote areas north of Beijing. It follows old sections of the Great Wall, as well as restored sections with smooth flagstones and lots of steps!

We're looking forward to learning more about Gillian's preparation and her Great Wall Adventure in future newsletters.



Cook's Cheat 30 Minute Cinnamon Rolls: Fluffy and Delicious

SERVINGS: 6-8

INGREDIENTS

- Cinnamon, 1 tsp
- Lemon, ½ , juiced
- Vanilla Essance, ½ tsp
- Icing sugar, 8 tbsp, sifted
- Croissant roll dough, 1 package
- Butter, 2 tbsp salted , at room temperature
- Butter, 2 tbsp salted, melted
- Cream Cheese, 2 tbsp , at room temperature
- Brown sugar, 8 tbsp plus 2 tbsp



PREPARATION STEPS

1. Preheat the oven to 180 degrees Centigrade. Brush a baking tray with some of the melted butter. Set the melted butter aside.
2. In a small bowl, mix together the brown sugar and cinnamon. Set aside.
3. Pop the croissant roll dough canister and unroll the dough into a rectangular shape. Do this carefully so you do not tear the perforated markings on the dough.
4. Brush the dough with some melted butter with a pastry brush - about 1 tsp or more. Leave ¼ inch border free of any butter.
5. Sprinkle the top of the dough with the cinnamon sugar mixture, again leaving ¼" border free of any sugar mixture. Spread the sugar evenly. Drizzle the rest of the butter on top of the sugar mixture until semi-saturated.
6. Roll the dough tightly into a log. Slice it evenly into 6-8 pieces and place in the baking tray.
7. Bake for 20-25 minutes until the dough is golden brown on the top.
8. While the rolls bake, prepare the glaze by whisking the butter and cream cheese together until smooth. Add the lemon juice and vanilla and stir until combined. Add the powdered sugar and mix until fully incorporated.
9. Once the rolls are done baking immediately pour the glaze on top of the rolls evenly.

NOTE

Nothing beats a pan of freshly baked cinnamon rolls! If you don't have the time to make homemade dough, this is the perfect recipe. These cinnamon rolls are done from start to finish in 30 minutes or less, making this a quick and easy recipe that will keep people coming back for more until they get Type 2 Diabetes!