Fife Life

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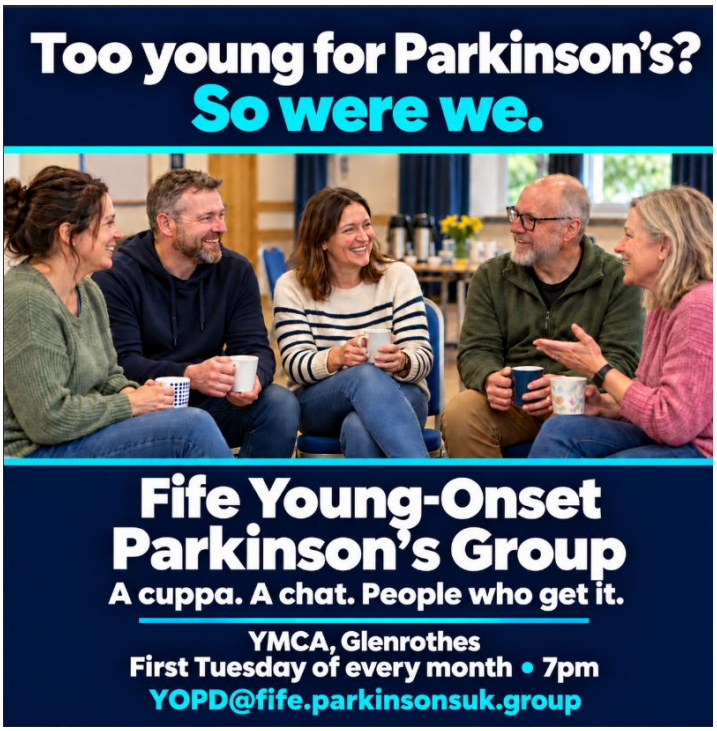
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Colin's Ringing in the Changes!

We are very pleased to share the news with you that the Fife YP group is making a comeback.

Colin Bell, who has recently given up his day job because of having the condition, is reviving the Young Onset Parkinson's Disease (YOPD) Group.

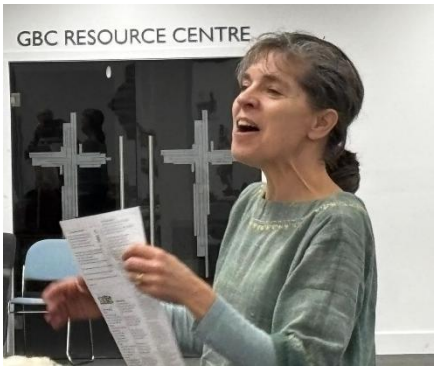
The first meeting will be on Tuesday 3rd November between 7 and 9pm at the Glenrothes YMCA. If you are pre-retirement age and are wondering what you are going to do why not come along and give it a go?



Dear Reader

We were so delighted to be returning to our monthly Branch Meetings after our summer break of two months for most of our members although some were still on holiday. The weather had been kind to us and although we enjoyed meeting other holiday makers there was something rather special about meeting up with our Branch friends to catch up and share our news. It was nice to meet the new people who had nervously but bravely found our group and had taken their seats at a table, booked a massage and started the Tai Chi class and it wasn't even one o'clock yet.

I am still impressed by the number of smiles which appear on our faces before we all leave at 3pm humming a tune that Meri had taught us and perhaps carrying a piece of craftwork that had been created at Catherines Art and Craft table!





I believe that folk with Parkinson's are some of the nicest people you can meet (Mark has a theory that all of the nasty people don't mix). We get about forty people at Glenrothes and thinking about how many Branch members we have, we have room at the Bridge Centre for more!

From an administrative perspective if you are coming to the November gathering please make sure that you give Charles your Festive Greeting for inclusion in the Christmas newsletter and whether you are bringing any goodies to the Christmas party buffet table on the 10th December. Before that, of course we will be sitting down to enjoy each other's company at the Branch Festive Meal on the 3rd December. If you haven't made your booking yet, there's still time although places are filling up fast. You'll find details in this newsletter.

Young Scientists Explain Their Work



Jo Goodburn (DRIG Secretary) starts the proceedings.

On Monday 28th of September about seventy people merged at the Invercarse Hotel in Dundee to hear the young scientists working at the Dundee University Life Science Centre explain, in layman's terms, what they are up to in the labs.

This event gave people the opportunity to learn about work going on at the forefront of Parkinson's research and gave the young researchers the opportunity to meet people with Parkinson's that their ground-breaking scientific work could help.

As well as talks given by some of the scientists there were posters on display explaining other on-going work and we had the opportunity to take part in small group discussions with people with Parkinson's and the scientists.



Chloe Flitton gave her presentation and compered the event

One of our members who attended commented afterwards "What an interesting afternoon, I really enjoyed it. The enthusiasm from the young researchers was impressive."

We would like to thank the Dundee Research Interest Group and the Young Scientists for such an informative and inciteful view of their work . I get the feeling that this will be the first of many.

Mark Coxe

Bring Your Unwanted Presents

Frances Copeland has had a great idea that will raise money for the Branch.

She has suggested that in the November Glenrothes Gathering we have a bric-a-brac stall, so if you have any unwanted gifts that are in good nick bring them along and we will sell them to raise some money for the branch.



Luvvly Jubbly Frances!

If what you bring has not been sold then please take your rubbish back home with you!

Circle of Comfort is a registered Scottish charity which offers complimentary therapies to people throughout Fife who are living with Parkinson's.

Since 2021 they have been working with our Fife Branch offering Massage and Reflexology therapies. Circle of Comfort have a number of therapists who attend the monthly Glenrothes Gatherings. They can also provide a Home Service whereby you can receive four therapy sessions from a fully qualified therapist in the comfort of your own home. This complimentary service is financed from an allocated budget agreed by the Fife Branch Committee.

If you have any questions or would like to find out more about the Home Service they provide please email parkinsonsfife@gmail.com

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).

Getting to Know Our CEO Caroline Rassell



Caroline, when did you join Parkinson's UK?
I joined the charity five years ago.

What did you do before you joined Parkinson's UK?
I was a CEO in the NHS.

When you joined Parkinson's UK, what was your first job title? **CEO (so snap!)**

What is your current job title? **CEO (so double snap)!**

Briefly explain your role in Parkinson's UK.
I'm accountable and responsible for ensuring that the charity delivers the maximum impact it can for PWP from within the resources it fundraises. The impact required has been set in our strategy and covers research, care, community and advocacy. My role though is to listen and learn from the community and ensure that we are representing the community as best we can.

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?
Putting people with Parkinson's at the heart of everything we do.

During your time at Parkinson's UK what has given you the most satisfaction? **Meeting our community and I am so privileged when people share their stories and experiences with me.**

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

Parkinson's UK is there for you when you need it, trusted information, a helpline as there are no silly questions, local advisors who know about your area, get involved in research, let us help you find your "tribe" and of course let them know about the wealth of information that is available for newly diagnosed

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

I'd grab my phone (as it has all my photos on), glasses (in case I wasn't wearing them), and my hot tub!

Which do you prefer, dogs or cats?
Sorry not for me - bunny rabbits every time

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



Many thanks, Caroline, for taking the time in your busy schedule to do this for us.

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.

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

Open For Fun Table Tennis Style



The fourth consecutive Parkinson's Scottish International Table Tennis Open event took place on August 15–16, 2026. Hosted at SportScotland's Inverclyde National Sports Training Centre in Largs, the tournament welcomed 104 players from 10 countries (Malta being the latest addition).

There were three levels of competition, according to players' experience, both male and female, singles and doubles and mixed doubles.

There were two entrants from St Andrews Rascals: B. Hawdon and M Coxe, both coached by ever energetic and enthusiastic Elaine Forbes – we couldn't have done it without you!

Brendan got into the knock out stage of the Class 3 men's competition – where he met his match in David Shearer, Scot from Drumchapel TT Club, founders of the event, who went on to the semi-final.

Mark was also in a strong group at the start, so after gaining some good competitive experience headed for the Class 3 men's Plate knock out, where he was beaten by Frank Duffy from Edinburgh, who went on to win the Plate. Great experience to build on all round

Brendan with Trev, from Brighton TT Club, had a challenging group stage in the Men's Class 2 Doubles, they came 3rd to a very strong German Pair and to Patrick and Mark a really closely matched pair of Brendan's countrymen from Ireland. This left Brendan and Trev in 3rd place so straight on to the Plate competition where they made it to the finals to be beaten by a powerful Swiss/German couple – Henry Duerr and Markus Jenal.

Both Rascals really enjoyed the atmosphere and open, friendly competition. It is such a change to be competing in a space where no-one needs to explain why they have to lie on the floor for 10 minutes or take their shoes off and hop about or run off to find their emergency meds dose.

This year the match recording technology had taken a major leap forward, from paper to an IT system called stadiumtt.com. Everyone could keep tabs on where they had to be and how their points were accumulating as the competition went on. Really helpful for looking back to remember who your opponents were and how best to play them next time round!



Some of the players with Brendan and Mark centre

There is no competition planned in Largs next year. As this event has grown so fast, annually is now too much as so many of the organisers are volunteers and a lot of sponsorship has to be found. Also, all of the competitors are keen to go off and try out some of the other competitions in the home nations of the visitors. It is possible that this will become a regular event every second year, switching with a club based in Ormesby, Middleburgh in Yorkshire, which would be great.



Mark forgetting to suck his stomach in!

My overall impression was one of an incredibly friendly and very well organised event. Thanks to Table Tennis Scotland, the key organisers, Terry, Brian and Linda and all of the volunteer umpires and helpers.

Brendan Hawdon

Power of Attorney Explained

It's not something that we like to talk about but getting a Power of Attorney (PoA) is essential, even if you haven't got Parkinson's. Leave it too late and you will encounter all sorts of problems when you are least able to cope with them.

In Scotland, a Power of Attorney (PoA) is a legal document that lets you appoint someone to manage your financial, property, or welfare affairs, and it must be certified by a solicitor or UK-registered medical doctor and registered with the Office of the Public Guardian (Scotland).

What a Power of Attorney is

- A PoA allows you to plan ahead by authorising someone you trust (your "attorney") to act on your behalf if you lose capacity or, for financial matters, even earlier if you choose.
- It must be a written document containing a legal certificate signed by a solicitor, advocate, or licensed medical doctor confirming you understand the decision and are not under undue influence.

Types of Power of Attorney

Continuing Power of Attorney (Financial & Property)

- Covers financial and property matters.
- Can take effect immediately once registered or only upon loss of capacity, depending on your instructions.

Welfare Power of Attorney

- Covers decisions about personal welfare (e.g. care, medical treatment).
- Only becomes active if you lose capacity.

Why You Should Have a PoA

- Without a PoA, no one has an automatic right to make decisions for you.
- Family or carers may need to apply for a guardianship or intervention order, which is slower and more complex.
- A PoA ensures your preferences are respected and avoids delays in managing finances or care arrangements.

How to Set Up a Power of Attorney

1. **Draft the document**

- You may write it yourself, but most people use a solicitor to ensure all necessary powers are included.
- Guidance is available from the Office of the Public Guardian and the Code of Practice for attorneys.

2. **Certification interview**

- A solicitor or doctor must interview you and sign the certificate confirming your understanding.

3. **Register with the Office of the Public Guardian (Scotland)**

- The PoA must be submitted with a registration form signed by the attorney.
- A registration fee applies, though exemptions may be available.

4. **Processing**

- The OPG provides weekly updates on processing times and can expedite urgent cases without extra fees.

Costs and Financial Help

- Legal costs may be covered by *Advice and Assistance* through the Scottish Legal Aid Board if you qualify.
- The OPG charges a registration fee, with possible exemptions depending on circumstances.

Key Legal Restrictions

- Individuals who are bankrupt or in a protected trust deed may grant a welfare PoA but not one covering financial or property matters.

A Power of Attorney in Scotland provides a legally secure way to ensure your financial and welfare decisions are managed according to your wishes if you become unable to make them yourself.

In the next newsletter we'll be talking about the executry process and what you need to know.

PARKINSON'S UK HELPLINE
0808 800 0303

Psychosis Explained

It's not a nice topic but we need to know about it!

It's estimated that over half of people with Parkinson's will experience psychosis at some point. Let's explore what psychosis is and why it occurs.

Psychosis refers to a disconnect from reality. In Parkinson's disease, it's often seen as a symptom stemming from brain changes caused by the disease itself or the medications used to manage it. It can be quite unexpected for people with Parkinson's and their families.

Parkinson's psychosis often exists on a spectrum. It might start with vivid dreams or nightmares, followed by minor hallucinations such as:

• illusions, like seeing clothes in a cupboard as a person
• a 'sense of presence', feeling someone is nearby when no one is there

• passage hallucinations, when something seems to move at the edge of your vision

Some individuals may experience full hallucinations. Visual hallucinations, like seeing an animal or person, are the most common, though sounds, touch, smell and taste can also be affected. Hallucinations occur in about 25% to 35% of people in the middle to advanced stages of the disease. Delusions, which are false beliefs such as fear of being poisoned or accusations of infidelity, are less common, affecting fewer than 10%, but they can be more challenging to manage.

So, what causes it? Researchers suggest that changes in the brain related to the disease, along with Parkinson's medications that impact dopamine and other brain signals, play a role. Symptoms might also appear or worsen during illness, hospital stays or time spent in unfamiliar environments.

Many people initially retain insight, understanding that what they see isn't real. However, as Parkinson's progresses, that insight can fade.

Psychosis can bring fear or embarrassment, making it difficult to discuss. But there are ways to manage Parkinson's psychosis, and the sooner your doctor is aware, the sooner you can develop a plan together.

You can get more information from the Parkinson's UK Information Resources Catalogue online Parkinson's UK information, leaflets and resources – Parkinson's UK shop or by phoning 0330 124 3250

THE WORLD'S EASIEST CHRISTMAS CAKE

With thanks to Diana Penman

You will a need one 2 lb loaf tin or similar size, greased and lined.
Set oven to gas mark 2, 300°F (150°C)



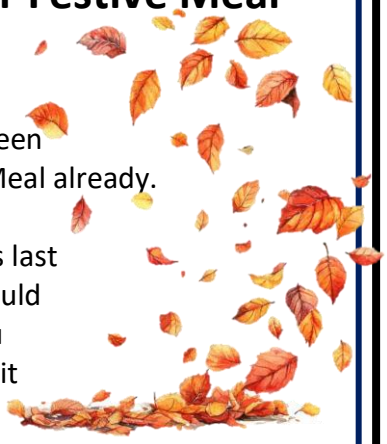
Ingredients

1 lb (450g) sultanas
4 oz (100g) plain flour
4 oz (100g) dark brown soft sugar
4 oz (100g) self-raising flour
6 oz (175g) block margarine, cubed
2 large eggs
1 rounded tablespoon treacle
4 oz(100g) chopped glace cherries
1 level teaspoon bicarbonate of soda
1 level teaspoon mixed spice
¼ pint sherry (for the cake)
Marzipan and Icing (if desired)
Optional ¼ pint sherry (for yourself)
Apricot jam to bind Marzipan to cake

Method

Put sultanas in pan with sugar, margarine, treacle, bicarbonate of soda, mixed spice and sherry.
Melt slowly, bring mixture to the boil then reduce heat and simmer gently for 15 minutes.
Leave to cool then stir in sieved flour and chopped cherries.
Add eggs to make soft consistency.
Put mixture into tin and bake for 2½ hours approximately.
Skewer will come out clean when ready.
When cold, wrap in foil and keep in an air-tight tin.
Marzipan and ice 1 week before Christmas or Christmas Eve, or Marzipan the day before and ice on Christmas Eve, as has been known to happen in my house!!!
Brush the top and/or sides of the cake with warmed Apricot jam to attach the Marzipan
I find this cake keeps really well and if not all eaten by the end of January pop in freezer.
I have been known to produce it again in June/July!!!!!
[Or even easier, simply just buy one!] Ed

Calling All to our Festive Meal



I know it's only just officially Autumn and it still feels like Summer, but we have been thinking about our Festive Meal already.

The meal was such a success last year we thought that we would announce it now so that you have plenty of time to work it into your busy schedule.

Here are the details that you will need to make a decision, but don't take too much time because they're selling like hot cakes *(Not on the menu)!*

Where?
Dunnikier Golf Club, Kirkcaldy
When?
Thursday 3rd December at 6:30 (Doors open 6pm)
What?
You have a choice of two or three courses from the menu. The Branch will pay £10 per person towards the cost of the meal, so two courses will be at the discounted price of £15 and three courses £20.
How?
To Book
Please let me know (by email or personally) your menu choices per person, which can be found below and not forgetting to pay.
To Pay
Payment can be made in three ways;

- In Person at one of our meetings
- By credit or debit card using this link https://pay.sumup.com/b2c/QAKXNUX9
- By bank transfer (Please put your name as reference so we know who it is)

Account Name: Parkinson's Disease Society Fife Branch
Sort Code: 80-09-55
Account Number: 00593240

Festive Menu
2 Course £15 | 3 Course £20

STARTER
Chef's Soup of the Day (GFO) (V) *Served with tiger bread*
Ham Hock Terrine *Served with dressed salad and apple chutney*
Smoked Salmon & Cream Cheese Vol-au-vent
Chicken Brie & Cranberry Parcel *Crisp puff pastry filled with shredded chicken, brie and cranberry served with rocket*

MAIN
Traditional Roast Turkey (GFO) *Served with mashed and roast potatoes, sage and onion stuffing, brussels sprouts, carrots, Yorkshire pudding, pigs in blankets and gravy*
Chicken Escalope *Served with mashed potatoes, tender-stem broccoli, carrots and a pink peppercorn sauce*
Homemade Steak Pie *Served with mashed and roast potatoes, brussels sprouts and carrots*
Grilled Salmon (GF) *Served with creamy lemon & dill sauce, mashed potatoes, tender-stem broccoli & carrots*
Nut Roast (VG) *Served with traditional festive trimmings*

DESSERT
Cheesecake of the Day (V) *Served with whipped cream*
Sticky Toffee Pudding (GFO) *Served with Ice-cream*
Chocolate Orange Sundae (GFO)
Christmas Pudding *Served with warm brandy sauce*

KEY (V) Vegetarian (VG) Vegan (GF) Gluten Free (GFO) Gluten Free Option

I, and the Fife Branch Committee, look forward to welcoming you at our Festive Meal.

If you have room in your car and would consider giving someone a lift please let me know.

The cut off is on November 13th which coincides with our Glenrothes meeting.

Sudoku Answer

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

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.

How about Breakfast?

It Doesn't happen very often but when it does you've just got to take the bull by the horns!

Caroline Rassell was in town to attend the prestigious Edinburgh Lecture, which was being presented by friend of the Branch Prof. Miratul Muqit. As an added bonus, Support Group leaders were invited to meet with Caroline before the start of the lecture. Unfortunately I wasn't able to go to either the meeting or the lecture because I was returning home from my summer holiday. I therefore replied to the invitation with regret. However Alice Hall, our Volunteer Co-ordinator suggested arranging for me to have breakfast with Caroline since she was staying in Edinburgh overnight, so the following day after returning from Croatia I was up at 4:30 to make my way into the heart of Edinburgh for a nine am appointment!



I really enjoyed my meeting with Caroline and we discussed a number of topics. I told her about the Branch and what we do and I must admit that I bigged myself up on what I achieved since becoming Chair.

I spoke about the Parkinson's Scotland staff with great affection. So much so that I started to get emotional, which is one of my symptoms, welling up!

Caroline, I found out, is a very down to earth person who is not just the figurehead for Parkinson's UK but has vision on where she wants the charity to be, i.e. there for people with Parkinson's and their loved ones.



Caroline with Mark who's forgetting to suck his stomach in again!

We spoke about the difficulties that running a support group can throw at you and what support was needed and supplied.

I explained how much I was impressed with the calibre of the national staff and how I have been involved with projects such as the Time Critical Medication Initiative and the pilot scheme that the Branch took part in for our website, which incidentally is being rolled out nationally. I have been on some workshops in the past that have not come to fruition, mostly because they spend most meetings trying to decide on a working title! At least the projects these days get a result.

We talked about cash pooling and why we hadn't taken it up. She suggested that I talk with the Chief Finance and Operating Officer so she introduced me to Ben Clarkson, who I am going to have a meeting with in the next couple of weeks.

We discussed the new strategy and how I felt that the philosophy of 'living life to your best' was more realistic than finding a cure, although she did say that she is determined to find a cure one day.



I mentioned the Bobsleigh team and she was very sympathetic that we're going downhill fast. I'm relieved to say that she got the joke.

All in all I felt that we both took away more from the breakfast table than we had brought, and I'm not talking about just coffee and smashed avocados.

Mark Coxe

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.



Thank you for the generous donation in memory of **Margaret Laurenson**

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