



Hello Readers!

This is the first of two 'Keeping Us Together' newsletters. This one is sneaking in before the annual Christmas Party and you will find some important information on how to stay safe at our festive get together. The second will celebrate Christmas, so come on! Send us your Christmas messages for your friends and family if you have not already done so.

Although the Christmas party is still on, Omicron may conspire against us. If Government and Parkinson's advice changes, we may have to postpone. In that case we will contact you as quickly as possible and the editors will eat all of the mince pies!

Lastly, Charles and Mark would like to thank all those who nominated them for the prestigious Parkinson's Volunteer Awards 2021. We may be 'joined at the hip' but we managed to receive an award each!

We would like to say a special thank you to our wives Margaret and Arlene, Who often spend lonely evenings looking at the backs of our heads while we are on our computers.



Mark and Charles

**** 01/12/2021 11:34 hrs.** VOLUNTEER HEROES**

There are around 4,000 volunteers working with Parkinson's UK (PUK) supporting people with Parkinson's, their partners, carers and families.



Every year PUK recognise between 100 and 200 volunteers who have made a significant difference in their community at the same time as putting PUK values into action.

Having made the nominations to the adjudicating panel, I am delighted that Charles Small and Mark Coxe are the recipients of The Parkinson's UK Volunteer Awards for 2021.

You will all know Charles and Mark for editing this newsletter, which has been a valuable support to everyone during the pandemic. They have also done an excellent job of managing the monthly meetings at Glenrothes. Mark has also led on a number of IT initiatives and taken part in the planning and presentation of the Scottish national Young Persons conference. Having previously never written a poem in his life Mark has recently published a book of poetry. The proceeds have contributed to our Branch funds and supported the Parkinson's Scotland Active Appeal, which develops exercise programmes across Scotland. Charles uses his ex-Headteacher skills to ensure that Mark's poetry looked as good as it read. Mark freely admits that Charles is his conscience.

Charles has been heavily involved with hosting some of the Zoom meetings and setting questions for the regular quiz evenings. His musical themed questions are well known and popular with many members, although one or two have been known to provide good natured banter during some of the harder sections! However, Charles has never missed a beat. He has demonstrated his wide knowledge of, and ability to select music ranging from popular to classical with songs from popular stage musicals a regular feature.

John M

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Dear Branch Member,



You are cordially invited to join the Committee at the Bridge Centre, Glenrothes on the 9th December at midday for our Annual (last year excepted) Christmas Party.

Food, Games & Friendship all offered whilst staying safe under Covid Rules.



Come and join us!

*I hope to see you there
and don't forget to*

Dress for Christmas and Wear a Hat; prizes will be awarded.

Best wishes,

John M





Read All About It Very Important News



Our December Christmas Party Monthly Meeting Update

All our Fife Branch Members, whether regular attendees at our monthly meetings or first-time attendees, are warmly invited to attend **our 2021 Fife Branch Christmas Party**. It would be wonderful if our **Christmas Party** attracted more members than ever before! The Committee members have been very busy getting everything ready and all we need to make this a party to remember is for lots of members, carers and friends to come along and have some fun together.

Date Thursday 9th November 2021
Time 12 noon to 3pm
Venue The Baptist Church Bridge Centre, Falkland Way,
Glenrothes KY7 5NS

To make things as safe as possible for everyone, please remember:

- ✓ Please do NOT come if you are feeling unwell or develop any symptoms of COVID-19.
- ✓ Please bring your own mask with you.
- ✓ Please bring your own sanitizer or use the sanitisers provided regularly.
- ✓ Please follow the latest Government guidelines about safe distancing and handwashing.
- ✓ Please bring with you a pen.
- ✓ If you need help to move around, please bring someone with you from your own Household or Support Bubble as unfortunately we won't be able to help because of safe distancing.
- ✓ Following Government and Parkinson's UK guidelines, it is recommended that if you are meeting with people outwith your household, you should do a Lateral Flow Test before the event. It would therefore be wise to do this before our Christmas party.



If you develop COVID-19 symptoms after the meeting, you should follow Government guidelines about self-isolation and testing and inform the Government tracing service if your test is positive. Please also ask them to contact the Parkinson's UK Data Protection Officer using this email address: dataprotection@parkinsons.org.uk to make sure any requests he gets for contact information, are genuine. Please also call the Fife Branch telephone number on 07389 865538 leave a message and a committee member will call you back.

- ✓ **Because it is Christmas, the Branch will be providing a complementary finger buffet for us all.**
- ✓ As it is our Christmas Party, we will not have our usual activities. However, our Art Tutor, Singing Tutor, Tai Chi leader and our Therapists will all be back with us again on January 13th.
- ✓ We will not be collecting our usual £3.00 admission this month but there will be an opportunity to donate to Parkinson's during the afternoon
- ✓ Finally, as ever, can we remind everyone who received a name Badge at our previous meetings to bring it with you on the 9th

BUT MORE . . . We are asking everyone to bring along a Christmas Hat to wear – as flamboyant as you like - and there will be a prize for the best one!

AND - - - Wear a Christmas costume, outfit or jumper etc. and help us all get in the Christmas spirit – and we'll have another prize!!



MEETINGS FOR DECEMBER

Joining codes and Passwords can be found in the Branch Schedule email.

Mon. 6, 13 & 20th 11am **Branch Zoom Get Together**

Wed. 8 & 22nd 10.00am **Zoom Camera Club**

Wed. 8 & 22nd 7.30pm **Zoom Quiz Evening**

Wed. 1, 8, 15 & 22nd 2pm **Bowling, Abbeyview, Dunfermline**

Thu. 9th Midday **Christmas Party, Glenrothes Baptist Church**

Fri. 10th 10.30am **Walking Group: Lochore Meadows**

Wed. 1 & 15th 11am **Zoom Coffee & Chat**

Thu. 2 & 16th 11.15am **Alex's Zoom Exercise**

Tue. 7, 14 & 21st December 11am
Eric's Zoom Tai Chi

Fri. 17th December 9.45am **Meri's Zoom Sing-along**



Annual YP Conference Success!

Usually, the YP conference is held over two days at Stirling University, but for obvious reasons it was on line last year and this successful format was repeated again this year during the last two weeks in November.

The downside; not being able to meet other people with Parkinson's in the bar after dinner. The upside; the workshops were accessible to many more, especially to those that find it hard to travel.

The event was well supported by our Fife Branch, with David & Aileen as well as Mark taking part in the planning stage as well as hosting and taking part in some of the workshops.

The event will be brought to a spectacular close by the inimitable Heather Kirk, who maybe slightly over the YP limit, but is young at heart!

The workshops were attended by those recently diagnosed as well as by some of us who are a bit longer in the tooth. I even learned something new.



Who says that you can't teach an old dog new tricks?

Mark Coxe

Coffee and Chat Group

Hello to everyone and here we are at the end of 2021 – how time has flown past! This year has been stressful for many in the Branch and we hope the new year, 2022, will see a return to normality. A new Coffee and Chat programme will be put in place – your suggestions and ideas are most welcome.

Our Coffee and Chat group met on Wednesday 17th with 6 members taking the opportunity to catch up from the comfort of their armchairs - no pressure to go out if the weather is inclement. Next year we may consider meeting in person at 'Rejects' at Kirkcaldy or 'Dobbies' in Dunfermline - where staff sign you in and escort you to well-spaced tables.

To finish off our last day on 17th November, we had a short quiz which proved very interesting. Our Topic was 'Ladies' Clothes' beginning with certain letters of the alphabet.

A	Anorak	B	Boots Bra	C	Cardigan Cap
D	Dressing gown Dress	E	Espadrilles	F	
G	Gloves	H	Hat	I	Icelandic sweater
J	Jumper jacket	K	Kilt	L	Lammy dress
M		N		O	

If you would like to complete the quiz for fun, go ahead. It's good to play with Family and Friends using other topics e.g., birds, capital cities and other letter selections.

Best wishes to you and your family for the festive season.



If you have any queries, please get in touch with Elizabeth Tait, 01383 822668, or Frances Copeland, Tel. 01383.726383.

Frances Copeland

Thank You

Thank you, Edith Terris, for all your hard work and time making the beautiful Lanyards to go with our new Name Badges. We very much appreciate your patience and skills. Not only do we all have our handmade, individualised lanyards but you have also raised some money for our Parkinson's Branch.



Snow Surprise! – Mark Coxe

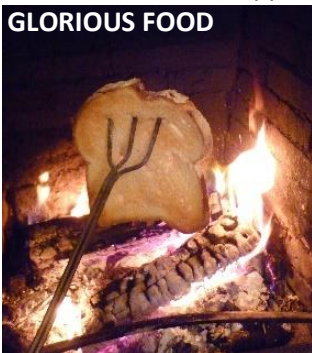
Why is everybody so surprised,
To have snow in November,
Don't they know it's winter after all,
And It's right next to December?

That's the month that we all wish for it,
To be precise on just one day,
Except for William Hill or Ladbroke's,
Because it's then they'd have to pay.

Taste Buds - MARGARET STEWART

Tummy rumbling set me thinking of food of days gone by
Some foods today so tasteless and I am wondering why
So, if I may, I'll give my opinion of a few that I can name
With taste buds whetted, appetite ready, let's go down memory lane.

FOOD GLORIOUS FOOD



Let's begin with the simple things like our daily bread
Freshly baked, still warm and the aroma fills your head
No sliced bread then, cut with a knife, maybe thin or thick
To get the outsider, such a treat, your lips you're sure to lick
Then toasted on the open fire with a long toasting fork
Thickly spread with butter, savoured nice and hot

OH THE DELIGHTS OF A JEELY PIECE

And another thing I've noticed and leaves me quite saddened
Can anyone please tell me what on earth has happened
To the cream of the milk that always came
With every pint delivered to your hame
Worth rising in the morning arriving first at the table
Never heeding Mother's daily words to mind and shake the bottle.

LOVELY, JUBBLY CREAM

GET IN TOUCH with Parkinson's UK

0808 800 0303

Resolutions - Ian Brown

'Please' and 'Thank You' – not hard to say
Words lost to the Present Day
Mums, dads, teachers too
Must try hard to get through.

To boys, girls everywhere
These little words that show you care
Look forward to your year ahead
And learn these little words we said.

'Excuse me' is another phrase
Used a lot in bygone days
Make this one more to do
The response you get will flatter you.

One more thing from you to me
Wonder what that can be
All the words will be worthwhile
If you say them with a smile.





Now, let's go to the bakers. I was always willing
To get a bag of tea bread only cost a shilling
A pancake, doughnut, scone and a Danish pastry
But my favourite one of all, and I was always hasty
To choose the cream cookie, icing sugar drizzled on the top
Heavenly taste, cream all over face, gobbling down the lot
DROOLING AT THE MOUTH

Oh what about another culinary delight
Waited each year especially till the time was right
It was everybody's favourite, the delicious Ayrshire tottie
With skins so thin and papery. They were peeled in a jottie
Eaten hot or cold with oatmeal or a knob of butter
Unique taste, it was the best and not like any other.
LET'S GO TATTIE PICKING



Butcher meat in modern days, frozen or prepacked
I'm sure with me you'll all agree that it really lacks
The personal touch, your local butcher always willingly gave
Cuts to your liking for you to see as your request he made
Nothing artificial, force fed or with a sell-by date
Honest goodness, freshness always served up on a daily plate.
NO MAD COWS HERE



All the supermarket vegetables, I really am quite sure
Are now all washed with Fairy, and just one question more
How come dirty carrots are now a thing of the past
And swede turnip is bought throughout the year and doesn't need the frost?
The crazy EUC bureaucrats their latest up-to-date
Are now trying to pass a law to make bananas straight
Potatoes kept in the fridge or they just turn pure black
It's the same with fruit and tomatoes, they never seem to last.
WHERE WILL IT ALL END?

But I think I have the answer to it all
It's that dreaded antisocial word, COLESTEROL
'The powers that be' every week seem to have something to declare.
This and that is bad for you so you must be aware
Today it might be coffee or chocolate eclairs
The next it maybe cornflakes but who the hell really cares
Don't succumb to all you hear and listen to my plea
Enjoy what makes you happy, it's the only thing that's free.
FOOD FOR THOUGHT!



So I'm standing here defiant for the tastes of days gone by
With the fondest of my memories but still I'm wondering why
Instead of man-made fertilizers used freely as manure
Go back to good old-fashioned dung and I really am quite sure
Everything that's grown will have the intended natural taste
Because it then would be organic as it was in the early days.
DING DONG FOR DUNG!

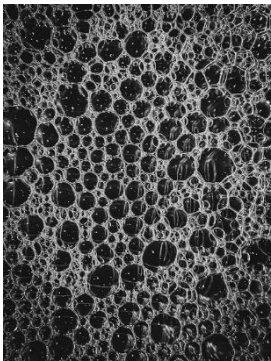
So perhaps our damaged tastebuds with luck can be restored
Bringing our gastronomic pleasures back inside our mouths once more
So whether you are fat or thin or even grossly obese
Please enjoy your grub while you can - cause you're a long-time deed!



Camera Club Report - Bob Copeland

The Camera Club met via Zoom on the Wednesday the 24th November and our task was to photograph 'Circles' and 'Black Things' for this meeting.

Four members attended and all had taken photographs of the topics. Once again it was amazing to see range of subjects chosen to photograph. No two photographers submitted the same subjects. We had images of 'Circles' taken of drinks glasses, light fittings in the Science Museum in Glasgow, circular soap bubbles and portholes. For 'Black Things' we had a black cat, cutlery, an African bust and a night landscape so a diverse range of subjects and images once again. Thanks to our own Werner Remmele for sending us his two magnificent photographs on the topics.



We have been using a little photography book called "Your Photography Year" by a photographer called Sara Loveland which gives suggestions of what to photograph each month. It also gives you special dates that happen each month along with a suggestion of what to photograph for that month.

We have found the book to be very useful in that it gives us a ready-made programme for the Club for the Year and we don't have to scratch our heads about what to think of for the topic for our next meeting!

We got in touch with Sara to let her know how useful her book had been to our club and she replied that she was thrilled that we had found her book so useful and sent us a gift of her next book "Your Photograph Year 2" so we are sorted for ideas for next year!

If anyone is interested in joining our little band of photographers, join us on Zoom every second Wednesday at ten am for about an hour. The next meeting is on Wednesday the 8th of December. It's an early meeting (10am) but you then have the rest of the day to do whatever.

You do not need to be an expert or have an expensive camera to join us, a phone camera or compact one will be fine. The link is <https://zoom.us/j/94386184709>.

Pw 447546

DONATIONS TO OUR BRANCH - Alex Rodger

Our Branch of Parkinson's UK in Fife relies on donations so that it can help its members and their families.

Some of these donations are given after times of celebration and enjoyment but sometimes they are gifted after times of sadness.

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. You can find the link on our own web site, fifeparkinsons.org

Thank you to the recent donation from
Eddie and Maisie Michie

*Thank
You*

Stepping Down

After 4 years at Parkinson's UK, Annie MacLeod has recently announced that she is going to step down from her role as Country Director in Scotland.



It is not a decision Annie has taken lightly. She says that it has been a real privilege to lead the charity in Scotland. She sends her heartfelt thanks to everyone in the Parkinson's UK community, both staff and volunteers, for their support to her personally, largely because of the wonderful colleagues and volunteers she has worked with over the last 4 years and the friendships she has made, for which she is truly grateful and will really miss. However, she feels that it is the right time to exit full time work and pass the baton on.

I am sure I speak for everyone who came into contact with Annie that she will be greatly missed. We send our very best wishes to her as she starts on another stage in her journey through life. We also send our thanks for everything she has achieved in her 4 years as our Scotland Leader for families with Parkinson's.

No-Cook Crunch.

Thanks, Diane, for sending in a very tasty tray bake for us all to try over the festive period.

Ingredients for Biscuit Base

225 g / 8oz broken biscuits
50g / 2oz raisins
50g / 2oz glace cherries chopped
2 tbsp syrup
110 / 4oz butter
110g / 4oz milk chocolate melted



Method

Break up biscuits in a bowl.
Add raisins and cherries
Melt syrup and butter together in a pan
Add to the dry ingredients with the melted chocolate
Press into a greased tin 10 inch by 7 inch
Chill in fridge for at least an hour

Ingredients for Topping

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

Method

Melt the butter and chocolate together. Add the icing sugar until blended. Spread evenly over the biscuit base and leave to set, then cut into fingers

Nuts can be used in the base if you wish.

THE WALKING GROUP - Elizabeth Tait

I'm disappointed to have to tell you that the last three walks arranged for the Walking Group had to be cancelled at the last minute because of bad weather –

- Culross (*resurfacing road closures and heavy rain*),
- Riverside Park in Glenrothes (*heavy rain and very muddy*)
- Kirkcaldy Promenade (*sunshine certainly but wild winds and freezing temperatures*).



As far as I can remember this is the first time – certainly for Bob, Frances and I – that we have had 3 consecutive cancellations because of the weather. These walks will be rescheduled for our 2022 walking programme.

Our final walk of the season – weather permitting – is on **10th December at Lochore Meadows Country Park** and details will be sent out shortly. Thereafter the walks will resume in February/March when a new programme will be put together for 2022.



We are always happy to have new members come along to join us in the Walking Group and if you would like to take part in any of the walks please get in touch with Bob and Frances Copeland (01383 726383) or Elizabeth Tait (01383 822668) or ask any of the members that are involved.

BEWARE SCAMS! – Not me, I'm clued up to internet scams, I couldn't be fooled!

Or so I thought!

I arrived home from Dunfermline to find a card from the Postman informing me that I had a parcel that he couldn't deliver and I could collect it at the Head Post Office in Dunfermline. Frustrating as it was, I put the card aside for the next time I would be in town.

An hour or so later I received a text from the Post Office confirming that I could arrange to have my parcel redelivered. Can I just say at this point that I had also had a flyer from the Post Office at the beginning of the week regarding new services they were offering to pick up parcels from home etc. Anyway, I didn't stop to wonder how my phone number had been accessed (*mistake*) but took it to be a genuine text. After all, there had been an attempt to deliver a package to me earlier that day! I proceeded to fill in the reply but twigged and immediately deleted the information that they had asked for in the text.

Especially at this time of the year the scammers are out in force and are aware that lots of parcels are being delivered for Christmas. They are sending out thousands of scam texts and emails on the off-chance that they will catch people out. So, this is a cautionary warning to look out for this and don't be caught off guard – as I almost was!

Elizabeth Tait

P.S. I have now collected my parcel!