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Hello Readers

Well, we're a month into this year already! If anyone has any Christmas Messages for 2022, please send them in to us now!

We are looking forward to reporting on more exciting happenings, with the relaxation of the Covid Regulations in Scotland. It's brought home to us how much we have taken such things as being able to regularly meet each other and bletcher in person for granted.

We must all congratulate our Chair John Minhinick for embarking on his Zoom odyssey, which has definitely brought and kept us together, during these trying times. We look forward to the future and what may become a hybrid Zoom and in-person Branch programme. Time will tell, but rest assured your Newsletter Editors will keep you informed, in what will become a monthly publication.

Keep sending in your stories, poems, recipes, photographs and various articles. As long as you are prepared to contribute, we are prepared to shoehorn them into an even number of pages. Please let us know if there is anything that you would like amended, added or dropped from the newsletter format. After all it is your newsletter.

We hope to see you all in Glenrothes next week and look forward to building our attendance up as we learn to live with Covid and get more confident mixing outside of our homes.

Charles & Mark

Chairman's Message from John Minhinick

As we come to the end of a Fife Branch year and prepare for 2022, my first remark is a very big and sincere thank you to all of the extended committee members for their fantastic support during 2021.

'Communications' has been our priority during the times when in-person meetings were not possible. The frequent Zoom meetings and the regular issues of this newsletter have been recognised within the Scotland-wide Parkinson's community as being particularly noteworthy.

The return to some in-person activities in the autumn with the Glenrothes Meeting, the Walking Programme and Indoor Bowling came to a temporary halt at the turn of the year. However, this month we are about to restart these activities and add others to the schedule.

Finally, I do hope that you can show your support to my committee by attending the

Annual General Meeting on 24th February. In addition to a review of 2021 and a look forward to 2022 I'm delighted that along with our good friend Alice Hall, Tanith Muller will be there to answer your questions.

Tanith was recently the Interim Director for Scotland and is responsible for overall communications policy and liaison with government agencies.



Alice



Tanith

NEW ZEALAND BISCUITS



Ingredients

- 1 heaped tablespoon golden syrup.
- 5 oz / 150g butter.
- 4 oz / 110g caster sugar.
- 3 oz / 75g rolled oats.
- 2 oz / 50g coconut.
- 4 oz / 110g plain flour.
- 2 level teaspoons bicarbonate of soda.
- 1 tablespoon hot water

Method

- Grease 2 baking trays
- Set oven at 330 F/ 160 C / Gas Mark 3
- Put syrup, butter, and sugar in a pan and melt slowly over a low heat.
- Remove from heat and stir in the dry ingredients.
- Dissolve the bicarbonate of soda in a tablespoon of hot water.
- Add to the other ingredients and leave to cool.
- Divide into 30 portions, roll into balls
- Place on a baking sheet leaving plenty room between each.
- Bake at 330 F/ 160 C / Gas Mark 3 for about 20 minutes or until the biscuits are evenly brown.
- Leave on the tray for a few minutes to harden.
- Cool on a wire tray.

Diane Dunbar

What does Parkinson's mean to you?

For World Parkinson's Day 2022 we want you to tell us in a limerick or a five-line poem.

Could you write a limerick or five-line poem? Parkinson's UK is asking everyone connected with Parkinson's to write about their experience to help raise awareness.

Whether you have Parkinson's, are a relative of someone who does, or work or volunteer with people affected by Parkinson's, we want to hear about your experience of Parkinson's.

Your limerick or poem can be happy or sad, positive or expressing some of the challenges of living with Parkinson's. All we ask is that you keep it clean! You could think about symptoms, hobbies, treatments, how Parkinson's impacts you, connecting with others with the condition and so much more...

Whether you're a first-time poet or an experienced bard, why not get creative and have a go? Poems may be shared online, in printed materials and press releases, and at a special event to raise awareness of the realities of Parkinson's.

Submissions

The deadline for online submissions is **11 March 2022**.

Go to: <https://tinyurl.com/poemsforparkinsons>

The deadline for postal submissions to be received at our office, is **4 March 2022**.

The address for postal submissions is Poems for Parkinson's, FAO Kirsty McDowell, Parkinson's UK, 215 Vauxhall Bridge Road, London, SW1V 1EJ.

Where possible please submit online.

Please note that we cannot return any postal documents, so make sure you keep a copy of your poem(s) if you would like one.

Here's one that has already been submitted.

Parkinson's, isn't something you'd choose for yourself,

As if you could pick what's wrong with you from off a shelf,

But what if you could?

What is the likelihood?

You'd select something better than that for yourself.

Parki Mark, Fife, Living with Parkinson's since 2013

BRANCH AGM

2022

Our Branch AGM 2022 will take place on ZOOM on Thursday 24th February at 7pm.



The Zoom link for the AGM is:

Meeting ID: 838 2658 7079
Passcode: 073272

You should have already received either online or by post, the agenda for our Zoom AGM meeting on the 24th of February.



The Committee hopes that as many members as possible will be able to join the meeting.

Pop the date and time in your new diaries, if you have not done so already.

Any problems please get in touch with one of the committee members.

Camera Club Report

The first meeting of the year has passed, and our theme was, 'Photos of Cheesy Things', of any description.

Helping Hands

Werner talked to the members about a project that he is putting together for **The World Parkinson's Congress next year where the theme is 'Helping Hands'**.

The plan is to ask Parkinson's members throughout the world to send in photographs of Helping Hands. These could be of any subjects' hands - holding hands, hands side by side, shaking hands or any combination that the photographers want.



When we say photographers, we mean anyone using any device, camera of any kind or using the camera on your phone.

The images will be shrunk to a very small size and the end image will be a montage of thousands of photographs almost pixel size which will become one giant photograph of Helping Hands.

As the images will be so small the quality will not be an issue. Werner is looking for us to send him images so he can try the idea out just now. So please take a photograph of your idea of 'Helping Hands' and send them to Werner. info@remmele.co.uk

As always if you have an interest in photography and want to join in our Zoom meetings, you will find the links in the Newsletter.

Bob Copeland

PARKINSON'S UK
HELPLINE
0808 800 0303

Wolf Moon Over Leven

Thank you to Diana Penman, for sending in this wonderful photograph of the Wolf Moon, taken by her daughter Susan, recently.



The sunset embers smoulder low,
The Moon climbs o'er the hill,
The peaks have caught the alpenglow,
The robin's song is still.
—John L. Stoddard (1850–1931)

The Wolf Moon

It's thought that January's full Moon came to be known as the Wolf Moon because wolves were more likely to be heard howling at this time of year.

Full Moon Calendar 2022

17 January (11.48pm)	Wolf Moon
16 February (4.56pm)	Snow Moon
18 March (7.18am)	Worm Moon
16 April (7.55pm)	Pink Moon
16 May (05.14am) (total lunar eclipse)	Flower Moon
14 June (12.51pm)	Strawberry
13 July (7.38pm)	Buck Moon
12 August (2.36am)	Sturgeon
10 September (10.59am)	Corn/Harvest
9 October (9.55pm)	Hunter's
8 November (11.02am)	Beaver Moon
08 December (4.08am)	Cold Moon

All times show the time of the full Moon at the Royal Observatory's home in London, either in GMT or BST depending on the time of year.

Walking Group Report

Reasons to be cheerful!

Hello everyone,



January is almost over and most of the Covid restrictions have now been lifted. We still have a few months of Winter ahead but signs of Spring are out there and little-by-little the daylight is stretching out.

I hope with all this positivity, you will be encouraged to get out into the countryside and join the Walking Group when we resume our fortnightly walks. We are planning to restart on Friday, 25th February and we'll be getting information out in the next week or so. If you would like to join this friendly, social group please get in touch with Bob and Frances Copeland (tel. 01383726383) or Elizabeth Tait (tel. 01383 822668) for further details.

SUDOKU

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

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DONATIONS TO OUR BRANCH - Alex Rodger

Our Fife Branch of Parkinson's UK is always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for a local charity. We are aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness.

Thanks to the latest donors.
Agnes Thomson & Roz Martin



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

MEETINGS FOR FEBRUARY

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

Branch Zoom Get Together Mon. 11am
 Feb. 7, 14, 21 & 28th

Zoom Camera Club Wed. 10.00am
 Feb. 16th

Zoom Quiz Evening Wed. 7.30pm
 Feb. 16th

Bowling, Abbeyview, Dunfermline Wed. 2pm
 Feb. 9, 16 & 23rd.

NOTE (This is not a Fife Branch activity. However, rinks remain booked and bowlers meet at their own risk. Advice applies to, at the earliest, the end of January).

Monthly Meeting, Glenrothes Baptist Church
 Thu. Midday February 10th

Walking Group: Fri. 25th February

Zoom Coffee & Chat Wed. 11am
 Feb. 9 & 23rd.

Alex's Zoom Exercise Thu. 11.15am
 Feb. 3, 17th & 24th.

Do you still have concerns over mixing with others as we adapt to living with coronavirus?

The Scottish
 have
 published
 Distance
 badge
 for those
 still wish
 their
 when out



Government
 recently
 the
 Aware
 scheme
 who
 to keep
 distance
 in public.

Badges or lanyards are available for free in all libraries across Scotland and in most Asda stores.

Alternatively, you can purchase a Parkinson's UK badge for 50p here <https://bddy.me/3o1Fb9k>

For more information on the scheme, visit <https://bddy.me/35qJXXw>

SUDOKU ANSWERS

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

Please note that the views expressed in the newsletter are of the contributors and editors and do not represent those of Parkinson's UK.

Our February 2022 Monthly Meeting Update

Good news! We are delighted to inform you that following recent Scottish Office guidance, our February 2022 face-to-face monthly meeting can go ahead and all members, carers and friends of our Fife Branch are invited along. Please put the details in your diaries.

Thursday 10th February 2022 from 12 noon to 3pm in our new location, The Baptist Church Bridge Centre, Falkland Way, Glenrothes KY7 5NS

To make things as safe as possible for everyone, there are a few things we all need to remember.

1. Do NOT attend if you are feeling unwell or develop any symptoms of COVID-19.
2. Please bring your own mask with you.
3. Please bring your own sanitizer / use the sanitisers provided regularly.
4. Please follow good practice in regard to safe distancing and handwashing
5. Please bring a pen with you.
6. 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 meeting on the 10th February.**
7. If you need help to move around, please bring someone with you from your own Household or Support Bubble.
8. 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.



- Tea/Coffee and a selection of biscuits will once again be provided free of charge in the Café Area but until we get some idea of how many people will be regularly attending, **we would ask you to bring along a snack/ packed lunch or picnic to eat.**
- We will have 3 therapists on duty, offering 20-minute complementary massage/reflexology sessions.
- We will run a Tai Chi Session, a BINGO Session, a Quiz, an Art/ Craft Opportunity and a Singing session too!



The usual admission price will be £3.00, which will help towards the cost of our three-hour session. This initial admission price will be reviewed should any additional costs be incurred as the function develops.

Finally, can we remind everyone who received a name Badge at the Meetings last year to bring it with you on the 10th February. If you haven't been able to join us yet, you will receive your badge at reception Thank you