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REMINDER Christmas Ceilidh 1st December 2022 – REMINDER

If you haven't booked your place yet:

You can email admin@fifeparkinsons.org for details or you can book and pay by using the following link:

<https://entries.easydb.uk/xmas2022> any problems please email us at the above address.

We plan to have a Christmas RAFFLE at the ceilidh and would ask members to contribute a gift on the evening for the raffle, if possible, to be drawn at the CEILIDH.

Message from the Ed's

Things are starting to get exciting, with lots of activities going on in and around the Branch We have successful raised funds to help finance some of the activities through applying for grants, can collections and coming first in the Tesco Token Vote. Thanks to everyone who helped us achieve this and a reminder that we have not quite finished fundraising for the year (details on page 2). If you have any ideas on how we can spend the money to the benefit of the Branch members, please let us know. Sensible suggestions only because we don't want to get ourselves in a fine mess!



John Minhinick's Message from the Chair

I would like to say a big thank you to everyone who sent cards and messages following my wife's death. She passed away very peacefully with my son and myself at her bedside. Funeral details have already been circulated.

The CEO of Parkinson's UK, Caroline Russell will be visiting our Glenrothes meeting on 10th November. She expects to arrive soon after 1pm and will probably stay until the end. Caroline has just completed her first year as the CEO.

It is with great sadness that we have learnt about the peaceful passing of our dear friends Sheila Minhinick, Edward Michie and Kenneth Dunbar.

Our thoughts and sympathies go to their families and friends at this sad time.

Welcome to Fife – Boss!

We are delighted to share with you the news that Caroline Russell, our Parkinson's UK CEO, is coming to visit our Fife Branch members in Glenrothes on Thursday 10th November at our regular Branch Meeting.

Caroline has been CEO since the first of September last year and is enjoying meeting members, carers, families, friends and staff from all parts of the UK.

She is keen to learn as much as possible about how our organisation works and how we can all work together to make it even better. Caroline has found that 'There is nothing quite as humbling and rewarding as just sitting and listening or joining in an activity with members of our Parkinson's community'. It makes what she does real and increases for her the importance of trying to make improvements today and not tomorrow.



Caroline has become a keen runner and recently completed her first London Marathon. Not only running the charity but literally running for it too! Well done, Caroline and welcome to our Fife Branch.



Marion Pirrie

Putting the Fun into Fundraising!

When did you join Parkinson's UK?
I started in February 2020

When you joined what was your first job title?
Regional Fundraiser for the East of Scotland

What is your current job title?
It's the same but I have a wider geographical area now and cover all the way up to Aberdeen and across to Stirling and down to the Borders.

Briefly explain your role in Parkinson's UK.
To raise funds and support our incredible supporters in fundraising for Parkinson's UK. Maximise opportunities and help raise the profile of our charity through fundraising including organising events such as our Walk for Parkinson's events.

What do you consider to have been your biggest achievement whilst working at Parkinson's UK?
Walk for Parkinson's at the Kelpies last year after just coming out of lockdown and covid restrictions and this year covering all three walks in Scotland.

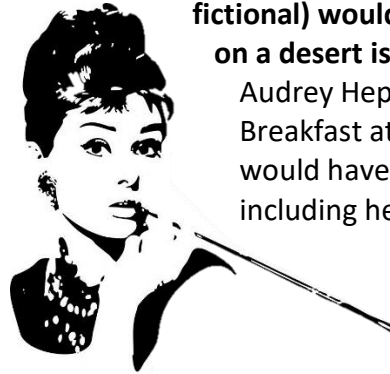
During your time at Parkinson's UK what has given you the most satisfaction?
Meeting so many of our supporters now that we can has made a huge difference to my job satisfaction as it reminds me why I am here and helps to make me want to succeed as a fundraiser.

What message would you give someone who has recently been diagnosed with Parkinson's?
A very good friend of mine recently got diagnosed and gave him lots of contact details including our local advisor number and of course the Fife branch details and encouraged him to get in touch when he was ready.

If you had to leave your home in a hurry, apart from your family and pets, what three things would you grab?
The kid's favourite teddies - Baby Joey, Peter Rabbit, Teddy, Elephant, and t-rex! if that's classed as one then an iPad and a necklace my husband gave me as my first gift from him.

Which do you prefer, dogs or cats?
Neither! Sorry. I am petrified of dogs but it's a fear I've had since I was a kid and can't control it!!

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



Audrey Hepburn - favourite film is Breakfast at Tiffany plus I think she would have some stories to tell including her charitable work.



Christmas Greetings

If you would like to send a Christmas message to any of our branch members in our festive newsletter, please speak to any of the Committee or take away a Message Slip, which is available at the November meeting and return it to Charles and/or Mark before December 8th.

Briar and Roma will be on hand at the November Meeting to assist anyone who is not sure what to write.

Example opposite What the Dickens?!



Kingsgate Shopping Centre Collection Appeal

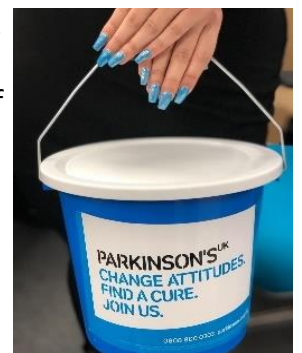
As mentioned in an earlier newsletter we are at it again, can shoogling to be exact!

Following on from the success of our day in Tesco in August, we are descending upon the good people of Dunfermline again.

The date? 12th November!

There are still some slots to fill for you guys to help raise money for our Branch activities.

Please contact Mark at admin@fifeparkinsons.org and join the gang!



Camera Club by Bob Copeland

The Camera Club has restarted and it was good to see everyone back again after the summer break. It was also good to catch up, showing each other our summer photographs and hearing about holidays and days out. There were many stories to tell about catching the 'moment' with our cameras or phones.



Looking through the lens, we are going to have a different theme for each fortnight's meeting and use a set format to critique our work since it was felt that this technique would help us to improve our photographic skills.

We are a small group with six regular attendees who are all keen photographers and enjoy meeting up and chatting about how to take good pictures. If anyone is interested in photography and wants to join our small but happy band, find out how by just getting in touch with one of the committee members.



Some examples of our recent photos have been provided by Bob and Werner.



Our Walking Group Report

The Walking Group resumed its twice monthly walk in September after the Summer break and continues to attract a core of around 12 members.



At our first October meeting we were initially unsure about the weather but the optimists among us decided not to be deterred by the typical October forecast of early rain and were rewarded by a beautiful sunny walk in the Forest of Falkland with a break at the half-way mark in the Stables Cafe. We did have some rain on the returning walk but the forest canopy protected us from the worst of it and it was a most enjoyable walk in a lovely part of Fife.

Regretfully our second October walk had to be cancelled because of the weather but we are looking forward to the first of this month's walks on Friday 4th November which is from Leven Promenade to Silverburn Park with a stop at Blacketside Cafe and Farm Shop.

Many studies have shown the benefit of regular exercise for people with Parkinson's in respect of their physical and mental health and we try our best to ensure that the majority of our walks are not too long and are on level and firm paths - often suitable for wheelchairs - and importantly we have sourced the best cafes and pubs for snacks and lunches!

If you would like to take part in any of the walks and join the Walking Group please get in touch with us by emailing admin@fifeparkinsons.org **Elizabeth Tait**

Word Search

How many 4 and 5 letter words can you make from the letters in the word 'NOVEMBER'?



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

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).

The Dundee Research Interest Group (DRIG) is a group of People with Parkinson's, their partners and carers and Parkinson's research scientists and clinicians. If you have recently become one of these people

we would like to make sure you are aware of some of the fantastic new research work taking place in Dundee and the opportunities for you to join in some of those projects.

We have updated our website to reflect this and invite you to please take a look here: <https://www.drig.org.uk/> to read about:

- interviews with some of the scientists and students from the Dundee University lab we work closely with, who are working so hard on ways to improve Parkinson's treatment;
- information from the lab about how they kept things going during lockdown;
- personal stories from People with Parkinsons (PwPs) about challenges they have taken up and how they have kept in touch during lockdown; and
- news on our regular events, eg Parkinson's and exercise or Parkinson's and the gut.

If you like what you see and think that this can be of benefit to other PwPs, please spread the word and the website link.

It would also be great if you could share some of your own experiences. We are interested in examples of things that give you support on a daily basis, or information you may have uncovered about research elsewhere that interests you.

We greatly value any contribution or suggestions, so do please get in touch with our co-secretaries Brendan Hawdon and Jo Goodburn at goodburnjo@gmail.com or, if it's easier by phone initially, on 07498 313304, with any questions, stories, notes or information you would like to add to the site.

Lastly, don't forget to hit the "Register" button on the website, so that we can keep you up to date with new developments and events.

Let's all make sure the researchers get as much support as we can give!

Online Family, Friends & Carers Programme

There is only one session left in this successful series of online sessions, on Tuesday 29th November at 7pm.

This is an interactive practical workshop, looking at relaxation techniques. To find out more, please contact Chloe MacMillan on 0300 123 3679, or cmacmillan@parkinsons.org.uk

YP Online

The best people to tell it like it is are people who've been there themselves.

So, these bitesize sessions are designed by people with Parkinson's of working age. They reflect the things they've learnt while living with Parkinson's - and some things that they wish they'd known sooner.

Everyone's welcome, and you can bring your partner, an adult relative or friend if you like. You don't have to commit to the whole thing - just join the sessions that interest you!

See the schedule 📅 <https://prksn.uk/YPNov22>

Get joining details or more info from Chloe:

☎ 0300 123 3679 or ✉ scotland@parkinsons.org.uk



DONATIONS TO OUR PARKINSON'S BRANCH

We are always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for our charity.

Donations can be given after times of celebration and enjoyment but they are also sometimes gifted after times of sadness.

Thank you!

**Hamish Ross Sinclair
Mark Coxe**

If you or someone you know is thinking about fundraising at an event, remember that you can create your own 'Just Giving' page, where you can increase your donation with Gift Aid. Alternatively, if you wish to make a donation you can do this by accessing our website.

<https://fifeparkinsons.org/support-our-branch>

Lemon Chicken

Serves 2

Ingredients

- 2 skinless chicken breasts
- 1 packet of Parma Ham
- 2 tablespoons olive oil
- 8 cherry tomatoes
- 1 lemon, cut into wedges

A pinch of chilli flakes, salt and pepper to season



Method

1. Set oven to 220 degrees C / gas mark 7
2. Season the chicken breasts with salt and pepper
3. Cut each chicken breast into four pieces
4. Wrap each piece of chicken with 1/2 pieces of Parma Ham
5. Place wrapped pieces into ovenproof dish
6. Add lemon wedges and chilli flakes
7. Drizzle with 2 tablespoons of olive oil
8. Roast for 15 minutes
9. Remove dish from oven and add cherry tomatoes
10. Replace dish in oven
11. Roast for another 15 minutes until chicken juices run clear

Branch Christmas Party



On December the 8th instead of our usual meeting format, we will be holding a fun Christmas Party - and everyone is invited. All we ask is that you bring a festive hat with you to set the party mood.

For catering purposes, we would be grateful if you would let Briar or Roma know that you are coming along and, as has been the custom, we would invite members, especially the bakers amongst us, to offer to provide Christmas foods / home baking /snacks etc. to add to our usual sandwiches and make our lunch a festive buffet. If you can offer anything, please give your name and your planned contribution to Briar or Roma so that we don't end up with hundreds of mince pies and no shortbread!

Table Tennis Can Work Wonders!

Recently, Mark Coxe, my fellow editor of our Branch Newsletter, suggested that I might be interested in accompanying him to Perth to visit Perth Support Group's Table Tennis Club. So on Monday 31st October, we set off to the Bell's Sports Centre to see what was going on. and I am so glad I went along!

We received a warm welcome from Alistair, a member of the group, and the group's coach Pat. We were handed our bats and a few balls before being led to our table . . . and for the next sixty minutes we played Table Tennis.

The great thing was that no-one recorded the scores - - because we did not take scores. We moved around the tables facing a different player every ten minutes and concentrated on hitting the ball, keeping it on the table, building up rallies and of course learning the ancient skill of picking the balls off the floor!! It was all great fun.



I was amazed how some of the members who had been shaking, jerking and finding walking very difficult, seemed to relax when they were playing and their symptoms reduced noticeably. On top of the exercise, the mental concentration and the joy, there must be something in this activity for those of us with Parkinson's Disease.

Thanks to Alastair, Pat and all members of the Perth Table Tennis Club for making the visit so special and I hope it won't be too long before I join you again. I learned you can start to play table tennis at any age and thoroughly enjoy it.

Perhaps those reading this report might be wishing that our Fife Branch had a similar activity in its programme. If you are interested in anything in the article, please contact admin@fifeparkinsons.org or 07389 865538.

CALLING ALL BOWLERS!



Parkinson's Indoor Bowling – The Relaunch - YEAH!

Parkinson's UK Fife Branch had a very healthy, enjoyable and enthusiastic Indoor Bowling Group before the pandemic struck and we all had to remain in our homes.

Former members of the group have been asking if the Branch can reinstate the club and would be delighted if new folk would like to come along. It does not matter if you have never bowled before or even if you are a former champion. This is for everyone. The aim of the group is to provide an opportunity for PWP, their carers and friends to get together in a friendly atmosphere and have fun and exercise.

We are therefore hoping to restart the Indoor Bowling Group every Wednesday afternoon from 2-4pm at Abbeyview Indoor Bowling Club.

Before we can restart the indoor bowling, we need to know how many people from the Branch are interested in taking part.

Please contact us at admin@fifeparkinsons.org

Diane Dunbar and Annabel Blair were keen to let everyone know that players don't bowl for the full 2 hours but have a break for a drink and a chat half-way through!

Nordic Walking – A Bridge Too Far?



The Nordic Walkers meet for a brisk exercising walk every Monday and a bletcher over a cup of hot liquid and a sticky bun. Since Nordic Walking is considered to be a form of exercise that engages your arms, upper body and core as well as your legs, we feel justified when it comes to the sticky bun.

One of our recent walks was crossing the Forth, there and back. We kept our feet dry by the resourceful use of the almost redundant road bridge.

Was it a bridge too far? Not once we were sipping Hot Chocolate!

Virtually Going Off The Rails

Members of the Branch, along with guests from our sister Branch in Edinburgh, enjoyed a very informative morning at the National Rail Signaller Training Centre at Newtongrange, near Dalkieth.

Our group was invited and made most welcome by Michael Jefferson, who's mother, Roma is an active member of the Branch.

The morning started off with a hot drink and chocolate biscuits (always a good icebreaker) while



Michael told us all about the roles and responsibilities of a signaller. There's more to it than you would expect,

with Michael likening it to two-dimensional air traffic control. Their role is primarily safety but they have to deal with every eventuality that can occur on the rails, from a driverless train unable to leave the platform to animals on the line and fatal accidents.

After Michael's presentation we were given the chance to virtually control all of the trains departing, arriving and transiting through Waverly station. Mark managed to close the station down within about five minutes, but considering "a stopped train is a safe train" his safety record was exemplary, although customer satisfaction would have been nil.

It looks easier than it actually is!



The West of Scotland Research Interest Group

Host - Professor David Dexter *, Parkinson's UK

The [West of Scotland Research Interest Group](#) (formerly known as the Greater Glasgow Research Interest Group) is pleased to host this online research talk with Professor David Dexter, Associate Director of Research at Parkinson's UK.

Professor Dexter will speak about research with the greatest potential to transform life for people with Parkinson's, Parkinson's UK's research strategy and ambitions, and how you can get involved and take part.

When: **Tuesday 22 November 2022, 3 - 4pm**

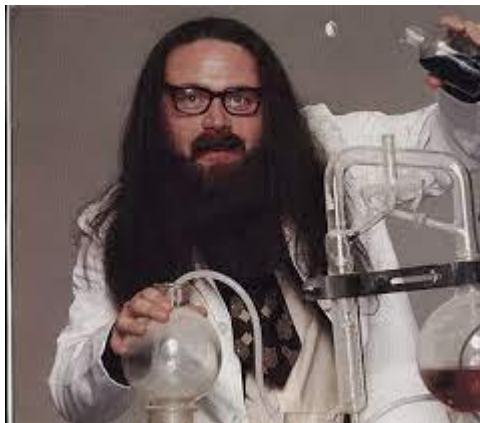
Where: Online via Zoom

Interested in attending?

Tickets are free but must be reserved in advance, one per household. Please reserve your space on the group's [Zoom registration page](#).

Editor's Note

*Professor David Dexter is not to be confused with Denzel Dexter who was a character on the BBC comedy series "The Fast Show"



Word Search ANSWERS

5 Letter Words

Venom, ember, enorm, roven, omber, mover, nerve, never, ombre, brome, breve, vorner, berme, borne, bevor,

4 Letter Words

Oven, bene, berm, morn, more, move, over, neem, neve, beer, veer, been, nome, omer, omen, mere, meno, verb, bone, bore, robe, born, bree, ebon, bren, rove, erne, even, ever, norm.

THE AULD SHED *by Kenn McLeod*

It wisnae much tae look at,
Naethin' much at a':
Juist an auld allotment shed
Propped up against a wa'.
Three sheets o' felt upon the roof,
The wa's were paper thin -
The slats were cracked an' couldnae stop
The rain frae gettin' in.



But fur the lads in oor street
It meant a lot tae them.
They met there every evenin' -
It wis like a hame frae hame.
A dartboard an' a cricket bat,
A bucket an' a spade
Lay on the flair wi' ither things
That proudly were displayed.

The younger boys were awfy keen
Tae get amang it a':
But wan thing made them sigh an' greet
An' sadly walk awa'.
The Chief made a condition:
Tae set fit in the shed
Ye had tae ken a sweary word
Naebody else had said.

Wee Eck wis fair dumbfoonert,
The few words that he knew
Had a' been taken ower
By the members o' the crew.
"You dinnae ken a swear word
We've never heard afore?
Then on yer bike," the Chief exclaimed,
"An' mind an' shut the door!"

Eck's brain wis workin' overtime,
He wrastled in his bed
But couldnae think o' ony word
Naebody else had said.
Then somethin' lit up in his mind:
He steeled himsel' tae say
"Mum, dae ye think maybe 'blancmange'
Wid be a swear word tae?"

HALLOWE'EN – A short story by Kenn McLeod



Did ye get ony guisers at yer door this Hallowe'en? Naw? Me neither. Ma lodger Archie thinks it might be because some parents are tellin' their bairns tae gang only tae hooses o' fowk they ken since they're feared o' strangers lettin' them in an' no' lettin' them oot again. That's a peety but wi' a' the hoo-ha in the papers aboot child abuse ye can see whaur they're comin' frae. At wan time the streets wid be fu' o' bairns dressed as guisers gaun roond the hooses tae sing a sang or tell a joke an' gather pennies in a jar. But no' noo.



When Ah wis young ma mither an' faither wid hae a Hallowe'en pairty in the hoose every year an' invite a' the bairns in the street tae come along. They wid hing a cloth spider frae the ceilin' juist inside the livin' room door so that every wean that cam' in wid get a smack in the face frae the spider tae whoops o' delight or shrieks o' horror. There wid be a table laden wi' tablet an' sweets an' cookies shaped like gingerbread men but wi' icing skeletons piped on to them. Mither made a turnip lantern wi' a lit caundle inside which she pit in the livin' room windae. An' when the bairns had eaten a' the sweets an' cookies the fun began.



First, the bairns were pit in the lobby an' blindfolded. When they cam' intae the livin' room wan by wan at they were telt tae feel things on a table an' say whit they were. Mebbe it wid start wi' a stane, then a spoon but the third thing wis aye a grape, which wisnae verra common in thae days. The bairn wid stroke it, haud it in his haund an' squeeze it but in the end he wid hae tae say he didnae ken whit it wis. "Oh!" Mither wid shout. "Ye've got Admiral Nelson's eyeball!" an' the bairn wid shriek an' run awa' but aye come back wi' a smile on his face tae watch the rest o' the bairns gang through the same palaver.



Then there wid be treacle scones hingin' on strings frae the ceilin'. Ye had tae haud yer haunds ahent yer back an' try tae eat a scone which wis fair drippin' wi' treacle. Faces were dighted by dookin' fur aipples. Mither wid bring through an auld tin bath, fill it wi' watter an' throw aipples in it. Again wi'oot using yer haunds ye had tae try tae catch an aipple in yer teeth. Sometimes ye might be provided wi' a fork tae help ye jab it but there wid aye be an adult who wid dook yer heid under the watter. Imagine whit Health & Safety wid say nooadays if an adult dooked the heid o' a bairn wi' a fork in its mooth aff the bottom o' the bath!



When things hid settled doon, Mither wid switch the lichts aff till a' that wis left wis the flickerin' o' the turnip lantern. She wid draw the bairns aroond her an' tell them a story. It wis aye aboot witches an' warlocks an' horrible beasties that howled in the forest. She wid tell o' a young lassie wha wis walkin' hame in the daurk when she passed a graveyard. She looked ower the wa' an' whit did she see comin' oot o' a grave? - -then the livin' room door burst open an' Faither ran in covered wi' a white sheet an' whoopin' an' moanin'. The bairns wid run roond the room wi' cries o' delicious shock an' wee Johnnie Curran wid shit himsel'. He kent it wis Faither under the sheet fur he'd been through this afore but he did it onywey. Fur years Mither pit oot a towel an' a clean pair o' pants in the toilet juist in case.



Then we'd a' sit doon fur a singsang till the front door wis opened an' banged shut. This wis Uncle Bobby back frae his wark but he kent his pairt weel. He moved along the lobby wi' hard, slow footsteps. "Oh!" Mither wid shout, "it's a giant! He's comin' tae eat us a' up!" Then he'd poke his heid intae the livin' room wi' a great grin on his face.

"Oh, it's Bobby!" the bairns wid cry oot wi' delight an' relief. "Hooray, it's Bobby!"



When the mithers cam' tae collect the weans Faither wid gie each o' them a wee poke wi' a couple o' pennies an' a sweetie in them. They wid then gang hame fur their tea laughin' an' gigglin' efter a pairty they'd remember fur a verra lang time.

Ah wis minded o' this last nicht when Ah settled doon tae eat a treacle scone. Ah smiled tae masel': they juist dinnae mak' Hallowe'ens like that ony mair!

