

In this Month's Edition

- Not just a Trifle! Page 2
- Alice Through the Keyhole Page 3
- Bingo Caller Extraordinaire Page 4
- Tenpin Party Page 5
- Up, Up and Away! Page 7
- Master-Debater Page 8

PARKINSON'S^{UK}
 CHANGE ATTITUDES.
 FIND A CURE.
 JOIN US.

Date Change



Christmas Party

15th Dec
 The Fife Branch
 Christmas Party
 date has changed

Chairman's Notes

Caroline Russell, the CEO of Parkinson's UK, enjoyed her visit to the November meeting at Glenrothes. In addition to meeting the mother of someone she had previously met during a similar visit in England, Caroline had a brief time with the Singing Group before guesting as the bingo caller. With all of the patter, I suspect it wasn't her first time in the role.

We are coming to the end of another year for the Fife Branch with the AGM likely to be on Monday 27th February. I do hope that you can make it to the meeting; the first in-person AGM for some time. We need to hear your thoughts on the recent past and ideas for the future.

The one vacancy on the 2023 committee, that we already know about, is the position of Treasurer. Please let any of the committee know if you are interested in taking on this role.

With the ten-pin bowling group getting together recently we've nearly got back to our full programme with the indoor bowling, the one outstanding activity to hopefully restart in the near future.



Coffee and Chat Group

Frances Copeland



Hello everyone. It has been so good to get our 'Coffee and Chat' get-togethers up and running again after having to stop and start them during the worst of the pandemic. I thought we all coped wonderfully with Zoom and it certainly gave us all the chance to keep in touch. This was a huge benefit for members living on their own, who were able to be part of the group from the comfort of their armchairs with cups of coffee by their sides.

Week 3 30 th November 22	Zoom Meeting	11.00 – 12.00
Week 4 14 th December 22	Dunfermline Dobbies Café Duloch	Any time between 10.00 and 12 noon

Week 1 11 th January 23	Kirkcaldy Rejects Cafe	Any time between 10.00 and 12noon
Week 2 25 th January 23	Zoom Meeting	11.00 – 12 noon
Week 3 8 th February 23	Dunfermline Dobbies Café Duloch	Any time between 10.00 and 12 noon
Week 4 22 nd February 23	Zoom Meeting	11.00 – 12noon
Week 1 8 th March 23	Kirkcaldy Rejects Cafe	Any time between 10.00 and 12noon

However, since September we have started to establish a regular programme mixing Zoom get-togethers with face-to-face-meetings. So far, we have met in person in Dobbies, Dunfermline and also in Rejects, Kirkcaldy, on the 16th November. Seven of us enjoyed the wide range of delicious cakes, admired the Christmas decorations and valued the opportunity to share family news. It was especially good to be joined by Helen Beard and her husband, Bill at Dobbies.

Our Coffee and Chat sessions are open to everyone, and you can join and leave the gatherings whenever you like – no pressure to stay for the two hours. We hope to continue with the meeting pattern as you will see from the table above. Be sure to pop the dates into your new diaries for 2023!

In closing, the ladies of the 'Coffee and Chat' group would like to send our condolences to our chair, John Minhinick, to Diane Dunbar and also to Maisie Michie at this sad and difficult time for them all.

Café Review



Cukie Patisserie and Artisan Bakery

A friend told me about this café a couple of months ago and since then I have been four times as I like it so much. The strange thing is that it is in the middle of an industrial estate in Dunfermline (just off Pitreavie Way at the Rosyth end).

The café is run by a Spanish couple, and everything is baked on the premises. A calming and charming atmosphere abounds, and the service is attentive, albeit on the slow side. The décor ties in with the current season – today there were pumpkins round the little coal-effect fire.

However, it is the baking that is the main attraction for me! The cinnamon buns (I get every time) are so delicious that I usually buy a couple in addition to take away. They also bake scones, custard buns, brownies, and yummy varieties of little tarts.

Although I haven't sampled the lunch all the waffles, rolls and sourdough bread are made on the premises. There is a good selection of vegetarian and vegan fillings but also available are Serrano ham and Pamplona chorizo.

I would happily recommend this little café and urge you to try it. - **Briar Richardson.**

PS I visited this café today and there were little Christmas trees and a Santa round the little coal effect fire and strings of Christmas tree lights in the window.

Panettone Trifle – FOR ADULTS ONLY

Ingredients:

300g panettone, sliced across into 2cm thick, circular Slices.

225g apricot jam
150ml amaretto
900g custard

45ml double cream whipped until thick

Method

Spread panettone slices thickly with the apricot jam

Quarter the spread circles into triangles

Arrange the quarters jam side up in layers in a large bowl

Sprinkle the amaretto over the triangles

Pour the custard over the triangles.

Prod the triangles with a fork to allow the custard to seep down. Chill in fridge

Cover with whipped double cream before serving.



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.

Thank You

John & Martha Brand

And Mark Stanton

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



Smash Hits Interview with Alice Hall

When did you join Parkinson's UK?

January 2018, so I'm about to hit my 5 year anniversary – wood, I think!



When you joined what was your first job title?

Volunteer Coordinator - as it still is today.

What is your current job title?

My job title hasn't changed.

Briefly explain your role in Parkinson's UK.

I support the Scottish volunteers and groups throughout their time with us, recruiting, helping develop, advising and providing all they need for their roles with the groups and branches.

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

Getting through the Covid crisis, and still managing to help and support those who needed and wanted it.

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

I love being able to respond to people who are looking for a local support group, and connecting them with it, but also connecting them with everything else we can do as a charity, and seeing what a difference it makes to them.

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

You probably won't be ready right now, but one day you should get in touch with Parkinson's UK - it will be worth it.

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

My passport, suncream and flipflops - desperately hoping it's to catch a last-minute trip to the sun!

Which do you prefer, dogs or cats?

I have a very handsome Spanish Water Dog called Buzz, so dogs, of course, but they are a bit more needy!

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

I can't make up my mind between the entertainment value of Miriam Margulies and her ability to make me laugh, or the survival skills of Bear Grylls and his ability to keep me fed. Can I bring both?



CHRISTMAS CATALOGUE 2022



PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

You're not leaving it too late to get your Parkinson's goodies in time for Christmas!

Thank You & Good Luck Abby

Abby Whiting, one of the fantastic team of PD Specialists is soon to be leaving the team, going down a different path in her nursing career.



Abby has been with us for more than five years and we will be very sorry to lose her especially since she is a well-respected professional and friend.

Gillian says "She'll be a massive loss to the service" and we all agree with her.

We wish you well, Abby, in the next stage of your career.

CEO Visit to The Branch

It looks like Caroline Russell can be a bit of a Rascal!

Our Chair, John Minhinick, was proud to welcome Caroline to our November meeting, where she settled in remarkably easily.

She arrived wearing a sweat top, leggings and trainers, informing us that she had made a dash across the country from our Glasgow Branch, where she had taken part in a game of walking football. Well not quite walking football, competitive, fast and full of humorous banter and the odd bit of abuse thrown in. Just what you would expect from Glasgow!

Glenrothes must have felt quite sedate by comparison with her giving an inspirational talk and taking part in some of our activities. She even elbowed our regular Bingo caller out of the way and took a stint herself "legs Eleven"!

Rumour has it that she thoroughly enjoyed herself and we enjoyed having her too. Especially when she joined Meri Goad's singing group.



You are welcome back anytime Caroline, but only if you do something at Catherine's Arts and Craft table next time.

Name That Christmas Carol

- 1 Sir Lancelot with Laryngitis
- 2 Decorate the entrance ways
- 3 ABCDEFGHIJKLMNOPQRSTUVWXYZ
- 4 288 Yuletide hours
- 5 Allow frozen precipitation commences
- 6 Far from here in a hay bin
- 7 We are ___Kong, ___Lear and
Nat___ Cole
- 8 Boulder of the tinkling metal spheres



I'm glad to report that after a very wet week – one of many recently – the weather on 4th November improved, the sun even made an appearance, and our walk from Leven Promenade to Silverburn Park went ahead with an enthusiastic group of walkers. The conversation was lively as we made our way along the Prom, over the golf course and up through Silverburn Park to Blacketyside Farm Shop and Cafe to enjoy a light lunch.



Some of our members didn't wish to tackle the remainder of the circular journey to return to the car park at Leven, but we had arranged for a car at the halfway point and were able to transport them back. Whenever possible we make this arrangement so that you can come along to do a shortened version of the walk if that's more appropriate for you.

The Curse of Culross

For a third year running, the Walking Group has had to cancel the planned Culross cross-country constitutional. Heavy rain and an amber weather warning meant that it was still a bridge too far...

We hope that the weather will be fine for our final walk of the year to go ahead on 2nd December at Lower Largo, which is going to be an exciting treasure hunt and a break at the popular café, The Aurrie in Lower Largo. No researching about the history of the region, otherwise you'll be getting off on the wrong foot!



If you would like to take part in any of the walks and join the Walking Group, please get in touch admin@fifeparkinsons.org

Elizabeth Tait

Tenpin Bowling - Bowled Over!

It seems that we're the only group not having a strike! Well, some of us anyway.



It was great to get together at the Hollywood Bowl, Dunfermline and have a game of Tenpin Bowling amongst friends. Spirits were high as we marked another post-pandemic milestone by resuming this activity from where we left off in February 2020.

After the game the group moved on to Dobbies, which is around the corner for refreshments and a blether. Discussing such diverse things as White Goods for the kitchen and Chicken Salt!



Come and join us next time on the 17th January '23 at 2pm.

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NORDIC ADVENTURES – un-FINISH-ed BUSINESS!

Lindsay Roy

The Parkinson's community is reminded again and again of the dividends that accrue through regular exercise. So, when a couple of branch members mentioned Nordic Pole Walking as another possible option, the Branch received a Physical Activity Grant (£2500) from Parkinson's UK. As a result, over the last few months, NORDIC POLE WALKING has been added to our repertoire of physical activities.

Nordic Walking has its origins in Finland, as a summer exercise for winter skiers. It has become popular in the UK over the last twenty years. So, what are the big attractions?

People from all age groups can take part. Quite simply — it involves whole body exercise. But the potential benefits are many, according to medical experts. In particular, senior citizens can readily take part. Benefits include improved balance and posture, protection for hip and knee joints and better muscle tone.

Like most physical activities, the effectiveness of Nordic Pole Walking increases when an experienced instructor is engaged. Kay Hall is an expert coach on Nordic Walking technique. She makes sure that participants gain the maximum possible from their weekly sojourns.



Over the last few months, under her expert tuition, up to a dozen members have practised their pole walking skills in Pittencrieff, Ravenscraig and Riverside parks, Lochore Meadows, Culross, Loch Leven, Linlithgow Loch and Silverburn. And despite the strong winds on the Forth Bridge crossing, we were not blown away!!! If you have a favourite local spot, more than likely Kay can arrange a walk!! As with the Walking Group, distance can vary according to individual circumstances.

Last but not least, there's the social dividends. Invariably, we seem to find a cafe at our destination. Over a tea/ coffee and tray bake, we spend half an hour setting the world to rights!!!

Why don't you come and join us??? Contact admin@parkinsons.org

The Camera Club

Bob Copeland

Our small band of photographic enthusiasm - room for more though- continues to meet on Zoom every fortnight. We have introduced a theme for each meeting and this gives us an idea to focus on, for the next meeting.



The theme for our last meeting was parallel lines and this produced an interesting range of photographs from railway lines with and without trains on them, the Forth Bridge, the masts of yachts and lots of other subjects.



The theme for our next meeting is 'transport' so we are looking forward to seeing each other's ideas and subject matter.

If you are interested in joining our group the zoom details and branch email are in the newsletter, Branch Calendar, plus our website www.fifeparkinsons.org

Name That Christmas Carol – The Answers

- Rock
6. Away In A Manger. 7. We Three Kings. 8. Jingle Bell
Alphabet. 4. 12 Days of Christmas. 5. Let It Snow.
1. Silent Night. 2. Deck the Halls. 3. Christmas

**PARKINSON'S UK
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Sudoku

Place a number from 1-9 in each square so that every row, column and 3x3 block contains the numbers 1-9.

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

HANG ON TO IT ALL

Loneliness is cutting
And you'll carry the scar
But midnight is a state of mind
No matter where you are.
In the dark without direction
In the wind without a way -
What can I say?

When you feel that you'll fall
Hang on to it all.

There's always one more rainbow
To lighten up the sky:
There's always one more dream
To set your course by.
There's always one more laugh,
There's always one more kiss,
Remember this -

And if you're frightened, you'll fall
Please
Hang on to it all.

Kenn McLeod

Special Birthdays – Annabel Blair



Mark has been asking me about a special birthday treat I enjoyed in September and suggested that I write a little piece about it - so here goes.

My 'special birthday' was in August when my daughter and I had a great time quad biking in Perthshire and having lunch with two of my grandchildren and their dad.

My family however had secretly booked another very special trip for me in a seaplane from Cameron House on Loch Lomond. This took place in September so that my daughter could accompany me. We were booked to go to Jura but due to the jetty there not being ready, we were changed to the Island Explorer flight. Alex and I had often spoken about going on this trip.

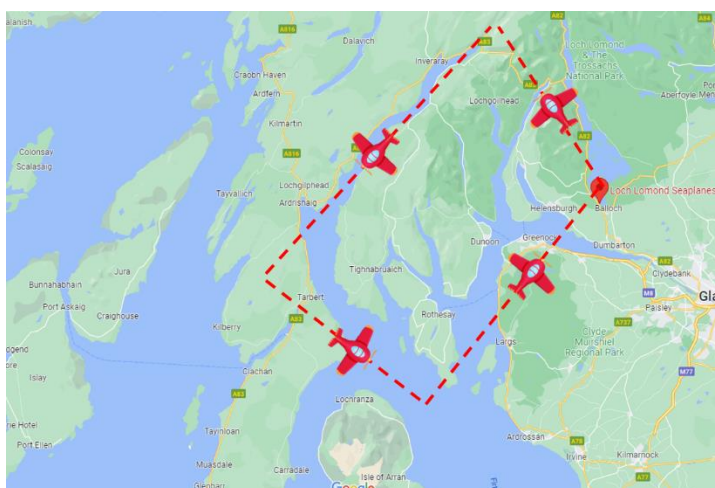


Booking in was conducted outside by the side of the loch and as only one small bag was allowed on the plane any other belongings could be safely left, they said, under the booking-in table! We did have a safety chat by the pilot and then the nine of us were conducted down a floating jetty to the plane.

A volunteer was asked for, I was nominated and then found I was to sit in the co-pilot's seat! Take off was smooth and we were rarely above 3,000ft which meant everything on the ground was easily photographed.

We flew northwest and then Southwest over Loch Long, Loch Fyne and Loch Striven where the Dam Busters' Bombs were tested. The pilot gave a commentary, but I didn't take it all in as I was more interested in taking photos and just admiring our beautiful country.

However, we did pass the Kyles of Bute, Loch Fyne, Rothesay Castle, etc and from a distance Gigha, Jura and Arran could be seen.



There was little cloud that day so minimum turbulence and the landing back on Loch Lomond was very smooth. The trip was 90 miles and lasted 45 minutes

The experience, the friendly group and the lovely countryside will live long in my memory. If you ever get the chance to go, I would unhesitatingly recommend it.

Sudoku Solution

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

THE NATIONAL CARE SERVICES BILL – SCOTLAND

Lindsay Roy

Over the last two months, I have had the privilege and pleasure of working as a volunteer, supporting Tanith Muller in her role as PUK Parliamentary Liaison and Campaigns Manager. Her recent focus has been on draft legislation - the National Care Services Bill - which is in the early stages of its passage through Parliament. It has been described as the biggest reform to public services in over half a century



Its purpose is to improve the quality and consistency of social work and social care services in Scotland. The key question - will the bill, as introduced, be successful in achieving its purposes? If not, why not? Tanith's analysts of the draft bill, which incorporates feedback from people with Parkinson's, is robust, clinical and comprehensive in its deep-seated criticism.

I have read detailed submissions from a wide range of sources. Overwhelmingly, the criticism is that the bill is – “not fit for purpose”, “distinctly lacking in essential detail on implementation”, “superficial window-dressing”.

Indeed, in reviewing the feedback on the bill so far, I am reminded of Hans Christian Andersen's story - THE EMPEROR'S NEW CLOTHES, in which the “ruler” has magic new clothes which can only be seen by the privileged few well so they said!

I have no doubt that the architects of this bill had good intentions, seeking to improve care provision. But good intentions are not enough! Successful implementation requires a detailed action plan, highlighting resource provision and delivery of care. Stephen Lowe of Unison summarises effectively the depth of concern - “never in the field of parliamentary scrutiny has a piece of legislation been panned by so many so completely”.

The big question is - can this bill be retrieved- or should the government rip this up and try again?? Watch this space!

John Kennedy

It is with much sadness that we have learned that a former member of Fife Branch, John Kennedy, passed away on Thursday the 24th November at Bosewell Castle Care Home.

John and his wife Mary were involved in the running of our Branch; John being our Transport Co-ordinator and Mary was Branch Secretary. The couple were well liked and respected by everyone in the Branch.

John's wife, Mary, said that he enjoyed being part of the Branch family and took great comfort from his time with the Branch. He enjoyed the indoor bowling especially.

John and Mary moved to East Kilbride a few years ago to be nearer their relatives.

The funeral will take place at the Holy Trinity Church, East Port, Dunfermline on Friday 9th December at 1200 hrs. The cremation is private.



The World Parkinson Congress is back next year in Barcelona.

One year late due to Covid and following on from previous successful events in Kyoto, Japan and Portland, Oregon.

What is it? A showcase for the current state of world research, living aids, life hacks, health and wellbeing, support and medication.

Aileen and David have booked to attend as Parkinson's advocate and carers' advocate representing Fife Branch and PUK.

Is anyone else interested in going as well? There is a registration fee but this may be part offset by travel grants, volunteering at the event or partial funding from the branch.

It should be very educational and will be fun to promote Fife Branch to the rest of the world!

<https://wpc2023.org/>

Have a read and contact admin@fifeparkinsons.org if you are interested in going.

