



To All Members of the Fife Branch

As we come to the end of this special year, my first comment is thank you and very well done to Charles and Mark for our newsletters. They are always attractive and informative with a readership well beyond the borders of Fife.

2022 has been a significant year for a number of reasons. On the positive side we've restarted all of our in-person activities and introduced Nordic Walking into the programme. We are also getting nearer to including aqua aerobics and table tennis as other options. We have continued to have a number of Zoom meetings with Tuesday being the only Zoom-free weekday.

Sadly, it's inevitable that we will say goodbye to some members for a variety of reasons including those who "pass to higher service". Going back the very first time that Sheila and I joined the Fife Branch, Diane and Ken Dunbar were in the first group that we met. It was therefore sad to hear of Ken's passing after a prolonged period in hospital. A month or so earlier it was also sad to hear of Eddy Michie's passing; Maisie and Eddy had been regulars for some time on our Zoom Events. Our thoughts and prayers go not only to those already mentioned but to all of the families and friends of those who have also "passed to higher service" this year.

My sons and I will be eternally grateful for your kind words after my best friend of 62 years, Sheila, lost her fight against dementia. A broken hip last January and an unnecessarily long stay in hospital until May was not helpful. The Fife Council Care Team were outstanding in their daily support for Sheila since May as they were in 2021.

On behalf of the Fife Branch Committee a big thank you for your support throughout the year. We are also appreciative of the "professionals" who have supported our activities. The team at Glenrothes, including Eric, Meri, Catherine and the therapists Natalie, Allie, Susan and Isabel from The Circle of Comfort and Julie Robertson. The Shaper Caper team Alix, Iliana and PJ for the Thursday dance sessions. Our Nordic Walking instructor, Kay, for leading us on Monday afternoons. Finally, a special thank you to Karen who looks after us so well at our monthly meetings in the Bridge Centre, Glenrothes.

I hope that you have a wonderful Festive Season with your family and friends whatever you are planning and that includes accommodating someone having to work over the holidays.

For the first time for a few years, we will have an in-person Annual General Meeting on the 27th February at 7pm in the Bridge Centre Conference Room. Your attendance is important to review the closing year and more especially to influence the programme for 2023.

Best wishes,
John Minhinick
Chair



To Everyone in the
Fife Branch
Have a Merry
Christmas and a
Peaceful New
Year



Briar and Brian Richardson

Merry Christmas and
a Happy New Year.
Stay safe. Roll on
2023.

Ann and John
Wilson.



Liz Neilson wishes
that Everyone in Fife
Branch
has a lovely Christmas.
Enjoy every Minute



Special Christmas Wishes
For The End of 2022.
Have a jolly time
In the start of 2023
From Sheena Bell

To All at Parkinson's Fife

Wishing Everyone a
Very Merry Xmas
and a Healthy
New Year.

Brian and Elaine
Scott.



Mhairi More wishes

Everyone
Best wishes for a Happy and Safe
Christmas.
Hope 2023 is Good to you All.

Wilma and Ron
hope that that
everyone in Fife
Branch
enjoys all that
Christmas implies
and ignore the complainers.



Best wishes for
Christmas and
2023.
From Grace
Rankine.



Christmas Blessings and hope for a
better New Year
From my son, Keith, (DBS) and
Family in Liverpool
From Mary and Alf Patey



Christmas reminds us
that the most
important things in
Life we cannot buy
and that Parkinson's
does NOT RULE
OK!!!
Lindsay and Irene
Roy





To All Members of
Parkinson's Fife Branch.
We wish Everyone a
Happy Christmas
And Every Good Wish
for the Coming Year.

From John and Martha Brand.

To All Our Fife
Parkinson's
Friends.
Have a wonderful
Christmas and a
Guid New Year.

From Bob and Frances



To Friends Old and New
Hope you all enjoy a Very Happy
Christmas and that 2023 brings
Peace in the World
Annabel Blair



With all good wishes
to all at Parky Keep
safe and hope we
can get back to
being 'crafty' together
From Linda and Mike Alexander



Happy Christmas and a
Healthy 2023 to all my
Friends and their
Families,
Elizabeth Tait

Best wishes to all club
members and their
families for a happy
festive season and a
good 2023.

From John Herries and Dave Anderson



Charles and Margaret
wish all our friends in
Fife Branch a very
relaxing festive time and a
very happy, heathy and
hopeful 2023.

Merry
Christmas
to all our
therapists
who have
helped us all in 2022 and to Roseann for
her support throughout the year.



Merry Christmas and a Happy New Year
to Everyone.
We hope 2023
is a great one.
David and
Aileen Rigg



To all of our friends and neebours in the
Edinburgh and
Perth groups.
Happy
Christmas!



Individual Pineapple Treat

This can be made with any crunchy biscuit and the fruit / zest of your choice



Ingredients

- 3 ginger biscuits
- 1 tbsp butter
- 5 tbsp full-fat cream cheese (also known as soft cheese)
- 2 tbsp double cream or coconut cream
- 2 tbsp icing sugar
- ½ lime, zest and juice
- ½ 230g tin pineapple chunks or 1-2 pineapple rings in juice, cut into 8 small wedges

Method

1. Put the biscuits in a small, freezer bag and bash gently with the bottom of a pan or rolling pin, to make fine crumbs.
2. Melt the butter in a small saucepan or microwave and stir in the biscuit crumbs.
3. Spoon the buttered crumbs into the base of a glass tumbler. Use the back of a spoon to press down lightly.
4. Put the cream cheese, double cream, sugar, lime zest and juice in a bowl. Add 2 teaspoons of the pineapple juice from the can and whisk until thickened.
5. Spoon the creamy filling onto the biscuit base. Top with the pineapple chunks then place in the fridge for 30 minutes. Decorate with extra lime zest if you like

ANGEL
BAUBLE
BELLS
BETHLEHEM
BLITZEN
CAKE
CAMEL
CANDLES
CARDS
CAROLS
CRACKERS
DONKEY
FRANKINCENSE

GABRIEL
GIFTS
GOLD
HEROD
HOLLY
IVY
JESUS
JOSEPH
KINGS
LIGHTS
MANGER
MARY
MISTLETOE

MYRRH
NAZERETH
RUDOLPH
SANTA
SHEEP
SHEPHERDS
SLEDGE
SNOW
SNOWMAN
STAR
STOCKING
TREES
TURKEY

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Last Walk of 2022

This was not just any walk; it was a treasure hunt walk!



We assembled on the outskirts of Lundin Links and walked downhill towards Lower Largo and the beach. The only problem was that we had to walk back up the hill to our cars after having a splendid lunch at the Aurrie Café, which is situated in the heart of the village.

During the walk we had to keep our eyes peeled so that we could answer the various questions, some of which were quite obscure. For example, Q8. What is the insurance policy number at 38?



All in all, we had a thoroughly good time and we look forward to putting on our walking shoes in the new year.

If anyone would like to join us, please email

admin@fifeparkinsons.org



Festive Word Search

G	D	E	V	N	A	L	L	G	R	K	A	T	O	X	O
I	E	R	N	E	H	Y	L	L	O	H	M	N	R	T	O
F	A	K	B	J	O	S	E	P	H	L	W	A	G	F	N
T	R	S	A	D	N	M	T	K	C	O	D	A	R	E	C
S	U	E	U	C	A	E	E	O	N	A	E	A	A	Y	L
L	D	E	B	C	S	H	Z	S	C	O	N	E	T	M	I
L	O	R	L	A	H	E	T	T	T	K	D	D	S	S	G
E	L	T	E	A	E	L	S	E	I	T	I	E	L	L	H
B	P	H	T	H	E	H	L	N	R	L	U	N	E	E	T
I	H	N	G	D	P	T	C	E	O	E	B	R	G	D	S
C	A	R	O	L	S	E	S	M	I	W	Z	S	K	G	E
S	J	R	E	I	N	B	H	S	E	R	M	A	D	E	U
E	E	R	M	S	O	T	R	S	D	A	B	A	N	A	Y
H	S	R	E	K	C	A	R	C	N	R	T	A	N	R	O
L	U	T	O	N	A	W	Y	V	I	M	A	N	G	E	R
C	S	G	N	I	K	C	M	E	L	G	O	C	S	D	D

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.

SANTA'S LITTLE PROBLEM (for Kelly)

“Oh dear, Oh dear!” said Santa Claus,
“Whatever shall I do?
For Prancer’s down with chickenpox
And Dancer’s got the flu!”



You’ve got to carry on,” he said
No matter come what may
So little ones can always feel
The joy of Christmas Day.

How can I load a heavy sleigh
And fly it through the night
Delivering the presents
When I’m two reindeer light?

I’ve sent word to my cousins,
Two reindeer strong and stout.
They’ve said that they will come along
I’m sure they’ll help you out.

Oh, what a disappointment
For all the girls and boys
To wake on Christmas morning
And find there are no toys!

So fill the sleigh with parcels
And get it set to fly
Then give the word and we’ll be off
Soaring through the sky!”

They’ve waited all year long for this
It really is unfair
To find on Christmas morning
That all their rooms are bare.

“Well done, good friend!” said Santa Claus,
“You’ve really saved the day
And you can lead us from the front
And guide us on our way!”

They’ll think I’ve gone and let them down,
They’ll think I’ve been a liar.
I’m getting much too old for this –
I think that I’ll retire.”

But Rudolph smiled and shook his head:
“You can’t retire because
While children still believe in you
There must be Santa Claus.

So all was done that should be done
In line with Santa’s plan
And we can say God bless you now,
You merry gentleman!

Kenn McLeod



Helpline opening times over Christmas and New Year

24th December 2022
10am to 12 noon

28th December 2022
10am to 1pm

1st January 2023
Closed

25th December 2022
Closed

29 December 2022
10am to 1pm

2nd January 2023
Closed

26th December 2022
Closed

30th December 2022
10am to 1pm

You can call our helpline on
0808 800 0303. Normal
hours are Monday to Friday,
9am to 6pm and Saturday,
10am to 2pm.

27th December 2022
Closed

31st December 2022
10am to 1pm

To Meri, Catherine and Eric
Many thanks for your
fantastic input throughout
2022. We all hope you
have a very merry
Christmas and a most
enjoyable 2023.



From Mark to
Alastair and my
other Perth
Ping Pong
Buddies. Happy
Christmas

Fife Branch would like to thank our
team of Parkinson's nurses, Gillian,
Nicola and Abby and all their
consultants for all they do
for us. We hope you all
have a wonderful
festive period and
a successful and
enjoyable 2023.



Warmest Christmas
wishes to Karen and
everyone in The Bridge
Centre, Glenrothes
Baptist Church from
everyone in the
Parkinson's Group.



To Everyone at Shaper/Caper
Fife Branch says, 'Thank you for
another great year and we
wish you all a very
enjoyable festive
break and an
exciting 2023.'



Mark and Arlene would like to wish
everyone at Parkinson's UK and
particularly Scotland, members of
the Fife Branch and those that
attend the Glenrothes meetings a
Very Happy Christmas and a
Prosperous New Year!

A very merry Christmas to Alice Hall
and all your colleagues at
Parkinson's Scotland. You are an
amazing group of people whom we
value greatly. Have a peaceful and
enjoyable break.
From all in Fife Branch.



May I wish everyone
connected with the
Parkinson's UK Fife
Branch a very happy

Christmas season and a very
peaceful New Year.
Best wishes,
Meri



A VERY MERRY CHRISTMAS and Happy New Year!

Wishing everyone a lovely Xmas and a Happy New Year. All the best for 2023.

Roma

I would like to wish everyone all the best and hope you all have a special Christmas period with your loved ones.

Abby Whiting



Maisie Michie sends all her friends in the Fife Branch a very Peaceful Christmas and Best wishes for a very Happy and Healthy 2023.



From Mark and Charles to Arlene and Margaret, who put up with our Newsletter and Parkinson's planning sessions! Happy Christmas

Allan And Elizabeth Thomson wish everyone a Very Merry Christmas and A Very Happy New Year



A Very Merry Xmas to all And to all a Guid New Year
Isabel Chalmers



Charles and Margaret send much love and festive greetings to a regular reader of the newsletter
Tom Small



Charles and Mark (The Editors) would like to sincerely thank everyone who has contributed to the newsletters this year. Without your help we would have just stuff up, to make Fife interesting.



Merry Christmas one and all!

Christmas Ceilidh 2022

Forty-three members, carers and friends of our Fife Branch, 'scrubbed up braw' for the first Christmas Ceilidh organised by our Branch for three years. It was so obvious that everyone arriving was determined to have a great time and a great time was had by all.

John Minhinick welcomed everyone to the ceilidh especially Alan Small, our favourite box player from The Lomond Ceilidh Band who had travelled all the way down from Shetland to play alongside Kyle Inness on drums.



Alan told us that he had now played for our ceilidhs for more than 30 years and our guests did not hold back by filling the dance floor to capacity. With such great music it was almost impossible not to tap your feet, get up and dance or sing along.

Although he has been playing for over 30 years, it was a first for him to have his accordion used as a table for the drawn and discarded raffle tickets



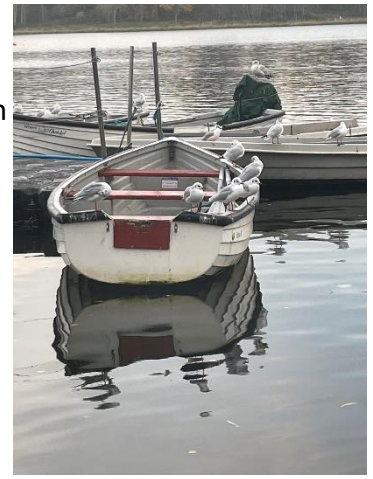
As ever, the Golf Club's kitchen and waiting staff were excellent and served up tasty plates of festive food for everyone to enjoy. Thanks to Nikki, our own David Rigg for arranging the meal and everyone who contributed to the evening.



We had a wonderful raffle – thanks to everyone who donated prizes, a fun game of Irish Bingo and a Scottish Sing song too! What a busy and enjoyable night! John Minhinick gave the vote of thanks and Auld Lang Syne brought the event to a close. Already members are speaking about bringing back our Summer Ceilidh - surely a good sign that we had all enjoyed the evening.

Camera Club

The camera club is back on track meeting every other week. At each session we show our photographs, which have been taken on the theme of a topic. The last meeting was on the theme of transport, which threw up some varied compositions.



If anyone would like to join us, please email for more information admin@fifeparkinsons.org



As you can see from some of the photographs, skill is not essential because we are here to learn.



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.

James Morton
Graeme Wedge
Kennoway Eastern Star

John Minhinick in memory of his wife Sheila
Cath Chorley in memory of Sheila Minhinick
Jack Wardell in memory of John Kennedy
Maisie Michie in memory of her husband Eddie

Donations can be made through our website at <https://fifeparkinsons.org/support-our-branch>

thank you!