



Mark and Charles would like to wish all our readers the very best of health, harmony and happiness for 2023.

Two thousand and twenty-two was not a great year for us all and some of our readers had particularly difficult situations to get through. However here we are at the start of a new year, looking forward to all the good things which it might bring our way.

Of course, if things are not coming our way, perhaps we can get out there and help to make things happen. You may decide to join our Parkinson's UK Fife Branch Committee for example. We are always looking for new faces with new ideas and suggestions, along with new energy and experience to share! If this is you, come and have a quiet word with John, Mark, Briar, Alex or any member of our present committee.

Now that we have our new diaries, we can start filling in important dates and one of the first can be our Branch AGM which will be held in-person on Monday 27th February at 7pm in The Bridge Centre, Glenrothes, the home of our regular monthly meetings. We hope to see as many members as possible at this year's AGM, the first in-person AGM since lockdown.

However, our first get-together will be on Thursday the 12th of January in The Bridge Centre, Glenrothes at our first monthly meeting, 12 noon until 3pm. We will be welcoming a member of staff from The Citizens' Advice Rights Fife (CARF) who will be talking to us and answering any questions we might have.

We will also have our Therapy Sessions, our Tai Chi class, our singing and our Art sessions as usual.

Group Start Dates 2023

For your convenience we have listed the **FIRST 2023** meeting date /time for all our groups

9 Jan	11am 2pm	Zoom Chat Nordic Walking
11 Jan	10am – Noon	Coffee & Chat
12 Jan	12 noon – 3pm	Glenrothes Monthly Meeting
13 Jan	10am	Singing on Zoom
17 Jan	2pm	Ten Pin Bowling
18 Jan	10am 7.30pm	Camera Club Quiz Night
19 Jan	11.15am	Dance with Shaper Caper



The Walking Group will restart in February.

How Weel Dae Ye Ken Yer Bard?



1) Which of these creatures did Burns not write an ode to?

- a) Mouse b) Cat c) Louse

2) What Burns' work provided the title for a Ken Loach directed film?

- a) Ae Fond Kiss b) Birks of Aberfeldy c) Halloween

3) Where is Burns buried?

- a) Dumfries b) Ayr c) Aberfeldy

4) Which British astronaut took a miniature book of Burns' poetry into space?

- a) Tim Peake b) Helen Sharman c) Nick Patrick

5) How many children did Burns have?

- a) 9 b) 12 c) 7

6) Which US city has a life-size replica of Burns' first home in Alloway, South Ayrshire?

- a) Chicago b) Atlanta c) Boston

7) Which of these is not a nickname Burns was known by?

- a) Bard of Ayrshire b) Deil of Words
c) The Ploughman Poet

8) What job did Burns do before becoming known for his poetry and song?

- a) Stonemason b) Labourer c) Carpenter

9) What former republic or sovereign state featured Burns on a stamp?

- a) Soviet Union b) Yugoslavia c) Czechoslovakia

10) How old was Burns when he died in 1796?

- a) 28 b) 37 c) 42

11) Which of these is not formally toasted at a Burns' supper?

- a) Haggis b) Whisky c) Lassies

12) What was the horse in Tam O'Shanter called?

- a) Maggie b) Meg c) Molly

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.

What A Party!



We had no sooner recovered from our fantastic Christmas Ceilidh when we were getting ready for our Branch Christmas Party. The organisers really had no idea how many members would don their Christmas hats and venture into the unknown! But by twelve o'clock the hall was starting to fill up and the Christmas Anagram Competition was well under way. After the Irish Bingo, Pass the Parcel and The Grand Old Duke of York the Buffet opened, and we all tucked into a most wonderful spread.

Thanks to everyone who brought along a contribution for the buffet table. Such a mouth-watering selection of sweets and savouries



made this a party to remember! Look out for Kay's meringue recipe in next month's newsletter!



More games and surprises followed with the putting game really bringing out the competitive spirit of Christmas and Mark and Briar's '12 days of Christmas' brought tears to our eyes! We finished the party with a few carols. A great crowd, a great buffet and a great party. Thanks to everyone who contributed to the event.



Let's Meet Annabel Theaker



When did you join Parkinson's UK?

January 2015 - I was still at university and started on a part time, 6-month contract!

When you joined what was your first job title?

Local Networks Administration Assistant

What is your current job title?

Local Networks Manager

Briefly explain your role in Parkinson's UK.

I'm responsible for managing and maintaining all the policies, procedures, guidance and tools for our 300+ local groups. This means making sure that volunteers have what they need to run their groups safely, compliantly and, most importantly, in the best way possible for people affected by Parkinson's. I'm a volunteer myself for Girlguiding UK and this really helps me in my role.

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

When I think back to the local group network and our processes a few years ago, it's fantastic to know that we have made changes that are actually making a difference and making volunteers feel supported and heard too. Our movement to a more flexible and sustainable local group network feels really pioneering. A lot of the processes I've written and implemented have really contributed to that so that feels like a huge achievement.

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

Working with volunteers, without a doubt. I find it so rewarding and they make me so proud to be a part of Parkinson's UK.

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

Take the time you need but know we're here for you whenever you need us. Parkinson's UK is more than just a charity, it's made up of so many individuals that do actually care about you and want to help improve your life with Parkinson's.

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).

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

Probably my phone, because it can do everything these days, and I never go anywhere without a book. But the third one would be dependent on the situation - why I'm fleeing or what the weather is outside!

Which do you prefer, dogs or cats?

We never had traditional pets as children, instead we had stick insects and moon moths so I would take either, I think both are lovely!

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

Hmm, if I'm allowed fictional, I'm going to assume we can have their fictional qualities too, so I'd pick Hermione Granger. She could use her wand to make us comfortable and get us food and she's clever enough to get us off the island. I also think we would really get on!



Sudoku

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

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



2022 Reviewed in Numbers

Thank You to everyone who has supported us this year

Fife Branch has distributed over **2,640** newsletters in the past year. Keeping people with Parkinson's **informed and connected.**

Our Facebook Page has  reached over **950** people

We have hosted both online and in person activities, with an estimated total of more than **475** hours

The Monthly Branch Glenrothes Gathering has had over **350** people pass through its doors

The Fife Branch Walking Group has walked an estimated **405** miles!

On average the Can Shooqlers who took part in Branch Fundraising raised over **£23** per person

The Singing Group sang over **210** songs!

We estimate that **54** masterpieces were created at the Arts & Craft table

During 2022 we welcomed **25** new people to our monthly meeting

Complimentary Therapists at the Glenrothes Gatherings treated over **60** people

We introduced Nordic Walking and re-introduced Tenpin Bowling to our Activities

Carol's Shortbread

Ingredients

450g / 16 oz Plain Flour
225g / 8 oz Cornflour
225g / 8 oz Caster Sugar
450g / 16 oz Margarine



Method

Oven Temperature 160C
Mix dry ingredients in a large bowl
Add margarine and work into flour
Put mixture into baking tray and mark with fork
Bake in oven for approximately one and half hours until golden brown.
Cut into squares and sprinkle the pieces with more caster sugar.
Remove pieces from tray immediately.
Leave to dry and crispen.

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
Joan Douglas
And everyone who has donated to the Branch in the past year.

Thank you!

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

**PARKINSON'S UK
HELPLINE**

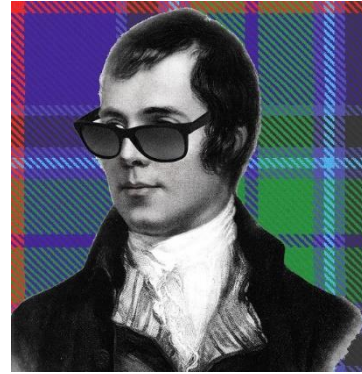
0808 800 0303

WORD SEARCH

How Weel Dae Ye Ken Yer Bard? Answers

Find the thirty Scottish place names
which are hidden in the puzzle below?

- | | | |
|------------|-----------|-------------|
| Aberdeen | Aberfeldy | Alva |
| Anstruther | Balloch | Barra |
| Buckhaven | Bute | Ceres |
| Crail | Crieff | Cupar |
| Dufftown | Dundee | Dunfermline |
| Elgin | Forfar | Forres |
| Glasgow | Killin | Kirkcaldy |
| Luss | Methil | Mull |
| Nairn | Oban | Peebles |
| Perth | Stirling | Tain |



- | | |
|----|----------------------|
| 12 | a) Maggie and b) Meg |
| 11 | b) Whisky |
| 10 | b) 37 |
| 9 | a) Soviet Union |
| 8 | b) Labourer |
| 7 | b) Dell of Words |
| 6 | b) Atlanta |
| 5 | b) 12 |
| 4 | c) Nick Patrick |
| 3 | a) Dumfries |
| 2 | a) Ae Fond Kiss |
| 1 | b) cat |

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

Anagrams

Can you solve these anagrams to find 7 Highland Games Events?



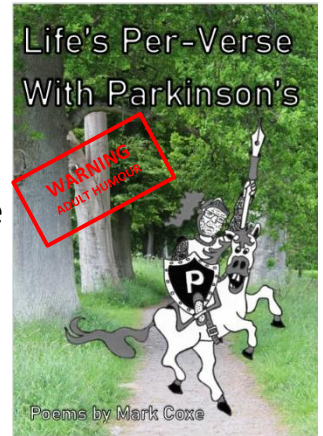
1. BATTERING COSHE
2. RUG TO WA'.
3. GHETTO HUNT PITS
4. EARTH HEMMING THROW
5. CHANGING LID HAND
6. AND LIFTED RACK
7. HIGHLIGHTER SUN

Sudoku Answers

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

And There's More!

The long-awaited sequel to Mark's first Parkinson's, Pandemic and Life poetry book is on its way. This one is even better than the first and is much more cynical and on occasion contains adult humour.



The book will retail at £10 (plus P&P) with profits going to Parkinson's UK. Mark would like to thank his old employer, Forth Ports Limited, for their very generous contribution, which will pay towards the printing and set up costs, ensuring that profits to the charity are maximised.



If you would like to book an advance copy please email Mark at mark.coxe@icloud.com

Books will be available on the Fife Branch website and both books will be available to buy for a special offer of £15 (plus P&P).

"I've seen in person the impact that these verses can bring to people close to Parkinson's and those who know little or nothing of the condition. It can span from laughter to tears - often in the same verse!" **James Jopling**
Scotland Director Parkinson's UK

Highland Games Events

Anagrams Answers

tossing the caber
tug o' war
putting the shot
throwing the hammer
highland dancing
track and field
hurling the haggis

