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Thoughts from the Ed

Hello readers, welcome to the February edition of our Branch newsletter 'Fife Life', especially those readers who have recently joined the Branch. It has been lovely to have seen so many new faces at our Glenrothes get together. Please pass on the word to any of your friends and neighbours who may have Parkinson's and encourage them to come along there's a lot at stake and we don't bite!

Charles & Mark



A Message from The Chair

We are at the end of the 2022/2023-year of Fife Branch activities with the main achievement being the return to in-person activities. *I'm delighted that due to the excellent efforts of my committee and the wonderful support of the members, we are almost back to the pre-lockdown position and with Monday afternoon Nordic Walking a new addition to our programme.* We've yet to re-start Indoor Bowls and the Quality-of-Life sessions; bowls will be restarting soon and for Q-of-L we are waiting for the meeting room to be available.

The Annual General meeting of the Fife Branch is arranged for the evening of 27th February and I do hope that you will come along to review the year just coming to an end, and provide your opinions towards formulating the 2023/2024 activities.

You will have seen from the information recently circulated that most of the existing committee are willing to continue for another year. However, this does not stop you being nominated for any of the positions in the team. We would also like to hear from you if you are willing to help with any of the committee positions.



There are specific vacancies for three important positions on the committee:

Transport Coordinator – arranging transport support to members who have difficulty in getting to events and activities.

Social Events Coordinator – leading (with help from the wider committee) the planning of social events such as outings, theatre trip and ceilidhs.

Care for Members – keeping in touch with members who need help especially when a member of the close family passes on to higher service.

Please let Briar Richardson know if you would like to be considered for any of the committee positions. We would also like to hear from you if you would like to add your support in any part of the programme.

John Minhinick

The Camera Club has restarted our 2023 meetings and our regular members are still joining in.

Our last Zoom meetings have been set to themes and Transport was chosen for January. This sparked the imagination of the members since the variety of transportation was broad and diverse.

We had an excellent photo from Bill Davidson, capturing galloping horses on the West Sands at St Andrews.



This shows what could be achieved on the subject and we all agreed that it was a superb photograph, especially since Bill used a 24 – 105mm lens. He says that It's the one he mostly uses. "Partly laziness, it's pretty versatile!"

Our next meeting is on the **1st of February** and everyone is welcome to join in. The theme will be Black and White photography. If you would like to join our group contact admin@fifeparkinsons.org

A PRESCRIPTION FOR FUN AND FRIENDSHIP

Hello everyone,



I hope this finds you well and, now that January is over and daylight is stretching out before us, that you're looking forward to Spring and perhaps getting out for a stroll along the coast or in the countryside. Many can't be fixed by medicine alone and the prospect of getting out and about, chatting and having a laugh with friends can be a tonic to lift the spirits in difficult times.

The first 6 months of the Walking Group programme for 2023 has been arranged and is shown opposite. The first walk on 10th February is at the Valleyfield Snowdrop Trail in West Fife and is a favourite of the Group.

If you would like to join our walking group contact admin@fifeparkinsons.org for details.

COFFEE AND CHAT GROUP –



Our first meeting of the New Year was held in Kirkcaldy at Rejects Café, on Wednesday 11th January. This was earlier than usual but five ladies came along and we hope more will join us in future. After the 'aftermath' of a busy festive period, it was a delight to spend time relaxing and catching up with the news.

Our next meeting was on Zoom on the 25th January, Burns day. Six ladies gave up their 'housework chores' and joined in with our 'Coffee Break'. A lovely morning with blue skies was a morale booster and the benefit of sharing any concerns, problems and good news too was a real pick you up.



Good news to relate – it was a bonus to have Catherine Wilson with us and to know she is back home in Kinghorn following a severe bout of real flu whilst in London. We hope that she makes a speedy recovery.

Future meetings will be held in rotation every two weeks, alternating between Zoom and in person.

Wednesday 8th February - Dunfermline at Dobbies Café 10 am to 12 noon.

Wednesday 22nd February – Zoom meeting 11 am to 12 noon.

Wednesday 8th March – Kirkcaldy at Rejects Café 10 am to 12 noon

For the cafe meetings – you are welcome to be flexible - to come along and leave at your leisure

Walking Group Schedule

DATE	DETAILS OF WALK
10 th February	Valleyfield Snowdrop Trail, West Fife
24 th February	Ravenscraig Park, Kirkcaldy to Dysart
10 th March	Riverside Park, Glenrothes
24 th March	Carlingnose Walk, North Queensferry
14 th April	Rossie Estate (<i>admission fee</i>), Nr Cupar
28 th April	Loch Birnie & Loch Gaddon, Wildfowl Reserve, Nr Cupar
12 th May	Culross
26 th May	Kellie Castle Gardens (<i>concession donation of £2 suggested</i>) & St Andrews Farmhouse Cheese Factory
9 th June	Dunnikier Golf Club
23 rd June	Pittencrieff Park, Dunfermline
7 th July	PICNIC Silver Sands, Aberdour
AUGUST	SUMMER BREAK

Time To Meet Su Swage

Hi Su, when did you join Parkinson's UK?

I joined Parkinson's UK in April 2021, feels a lot longer though- time flies when you're having fun!

When you joined what was your first job title?

I joined as Volunteering Engagement Officer.

What is your current job title?

Volunteering Engagement Officer! The same title, though the role itself has evolved quite a bit since joining, with lots of new opportunities- which has been very exciting!

Briefly explain your role in Parkinson's UK.

I look after the annual Volunteer Awards, which is all about recognising the amazing achievements in the Parkinson's UK volunteer community. My role is also to help grow that connection volunteers feel to the wider charity and to each other through our regular All Volunteer Calls via zoom and our Assemble volunteer news feed. I'm also that person you hear from if you ever email the Volunteering inbox (hope I've been helpful!). Please feel free to contact me if you'd like to know more sswage@parkinsons.org.uk

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

Ah it has to be last year's Volunteer Awards! My first ever Volunteer Awards since joining Parkinson's UK. Being able to collaborate with such talented and dedicated people across the charity; volunteers, trustees and fellow staff members- and produce something special to say the biggest thank you to the volunteer community. It was so rewarding and I feel very lucky I get to work on this every year.

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

With all the great things I have the chance to work on, be it Volunteer Awards, marking Volunteers' Week, the All Volunteer Calls and more- we're always celebrating inspiring volunteer stories at the heart of it. Volunteers from across the UK in a variety of roles, each with their own unique experience and ideas, their own motivations for getting involved- all uniting to make the best possible impact to the Parkinson's community in so many different ways.



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

That there's no right or wrong way to feel, or right time to reach out for support- it's your own experience and everyone is different. But to be reassured that there is a very warm and supportive community for you and your loved ones, to offer friendship, emotional support, practical support and more. And we're all here for you when you're ready.

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

Ha-ha honestly? It would probably be my "3 oils" as I call them; rosemary, lavender, coconut oil. They genuinely have the most calming effect on me!

Which do you prefer, dogs or cats?

Can I say both? Too hard to choose! Alright, if pushed, it's dogs for me.

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

I'm going to cheat a little and say two people! Bear Grylls, I've seen his shows and would love to learn some savvy survival skills! And for the laughs and jokes, it has to be Tom Allen- we all need a bit of comedy in our lives, right?

PARKINSON'S UK FIFE Branch

A.G.M.

On

Monday 27th February 2023

At

7 pm

In

The Bridge Centre

Unicorn House

Falkland Way,

Glenrothes KY7 5NS

PARKINSON'S UK HELPLINE 0808 800 0303

The King & Di

It has come to our attention, probably because she has mentioned it once or twice, that Diane Dunbar who is one of our members met King Charles on his recent visit to Dunfermline when he bestowed city status on the already royal burgh.



Diane queued for over five hours with the hoy-polloi and it paid off because she managed to elbow her way into a position where she was able to not only see him but shake his majesty's hand. We don't know what was said between them but let's hope Diane didn't feel a 'Proper Charlie'!

The Chief from Scot Squad would not have been impressed since clearly his photograph was a fake!



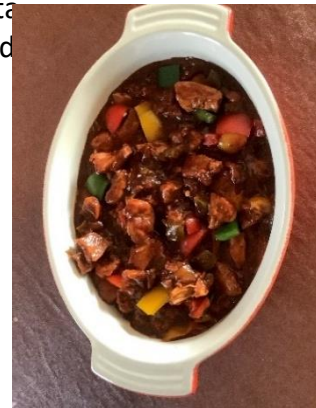
A February Quiz

1. Which spaceship disintegrated on re-entry killing all 7 crew members in 2003?
2. In 1709, which sailor, who provided the inspiration for Robinson Crusoe, was rescued after spending 4 years as a castaway on an uninhabited island?
3. In 1807 the United Kingdom captured Montevideo from the Spanish during which wars?
4. Which American heiress was kidnapped by the Symbionese Liberation Army in 1974?
5. President of Haiti, Jean-Claude Duvalier, fled the country after a popular uprising in 1986, ending 28 years of one-family rule in the nation. What was his nick name?
6. The Boeing 747 'Jumbo Jet' made its first test flight in February of which year?
a) 1959 b) 1969 c) 1979
7. Mandela was released in 1990 after how many years as a political prisoner? a) 27 b) 32 c) 37
8. Chile declared its independence in 1818, from which country?
9. What was the name of the first Space Shuttle that 'boldly' made its first flight on top of a Jumbo Jet in 1977?
10. In 1819, Sir Thomas Stamford Raffles founded which colonial state?

Diet Cola Chicken Serves 4

Ingredients

- 4 skinless chicken breasts, cut into chunks
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- 1 yellow pepper, cut into chunks
- 120g onion and garlic passata
- 2 garlic cloves finely chopped
- 1 onion, finely chopped
- 330 ml can diet cola
- 200 ml chicken stock
- 4 tbsp tomato purée
- 2 tsp Worcester sauce
- 1 tbsp dark soy sauce
- 1 tsp mixed herbs



Method

- Fry chicken, peppers and onion for 5 minutes until lightly brown.
- Add diet cola, stock, passata, tomato purée, garlic, Worcester sauce, soy sauce and mixed herbs.
- Stir well.
- Bring to the boil, cover, reduce the heat and simmer for 20 minutes until the chicken and vegetables are cooked.

Serve hot with mashed potatoes.

Thanks to Diane Dunbar 'fit for a King!'

Amazon Wipes the Smile Off Charities Faces.

We have all used the online retailer Amazon at some time in our purchasing lives. Some of us perhaps too much, especially if your desire to buy is driven by your Parkinson's medication.

<https://www.parkinsons.org.uk/information-and-support/impulsive-and-compulsive-behaviours-parkinsons>



Some of us will have signed up to Amazon Smile which is a scheme that allows customers to donate to a charity of their choice when purchasing items on Amazon. Unfortunately, Amazon has announced that it will be closing the scheme on the 20th of February.

The scheme was launched in 2013, and saw the corporation donating a small percentage of the sale price of items on its website to a charity chosen by the customer.

The decision comes weeks after Amazon announced plans to cut more than 18,000 jobs, the largest number in the firm's history, as it battles to save costs.

But fear not you compulsive and impulsive shoppers because there's still a way to donate money to your favourite charity.

Sign up to easyfundraising and you can still make sure that Parkinson's UK gets much needed donations.

<https://www.easyfundraising.org.uk/>



easyfundraising is the UK's biggest charity shopping site

Launched in 2005, their community of over 2 million supporters have raised over £42 million for thousands of causes across the U.K. Parkinson's included.

HOW IT WORKS

They turn your daily shopping into every day magic!

easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Brands pay them a commission because when you start your shop from the easyfundraising website or app, they can see they sent you to them. If you make a purchase, a commission is generated, and they turn that into a donation - magic!

So, you can still donate and smile even if Amazon doesn't anymore.

As promised in last month's newsletter, we have the recipe for the meringues which Kay, our Nordic Walking Leader, made for our Christmas Party. They were delicious!!



MERINUGUES

Ingredients

3 large egg whites

6oz caster sugar ((175g)

1 dessertspoon cornflour

$\frac{3}{4}$ pint whipped double cream (427ml)

12 oz fruit of your choice (350g)

Method

Preheat oven to Gas mark 2, 150C, 130C fan
Line 2 trays with non-stick parchment paper.

Separate the egg white and place into a large clean bowl & measure out the sugar and cornflour. Whisk the egg whites until they form soft peaks and you can turn the bowl upside down without them sliding out. Then start adding the sugar/cornflour 1 tablespoon at a time mixing it each time until all the sugar/cornflour mixture is finished.

Using a spot of the meringue mixture (1 in each corner) secure the parchment paper to the trays. With a metal tablespoon spoon the meringue mixture onto the trays - should get around 10.

Pop into the oven and immediately turn oven down to Gas mark 1, 140°C or 120°C fan.

Cook for 1 hour and then turn the oven off. Leave the meringues in until the oven is completely cold.

I usually make them at night and leave in overnight. This recipe can also be used to make a pavlova.

The meringues will easily peel off the parchment paper (if you've made a pavlova, peel the parchment off the pav rather than lift the pav off the parchment). Serve with whipped cream and fruit.



AGM

Annual General Meeting

**VERY IMPORTANT – WE NEED YOU
– WE NEED TO HEAR YOUR VOICES**

This year's Parkinson's UK Fife Branch **Annual General Meeting** will be held in person in our usual monthly venue, The Bridge Centre, Unicorn House, Falkland Way, Glenrothes KY7 5NS on Monday 27th February at 7pm. It will be in the conference room on the second floor and is accessible by using the lift if needed.

As well as the usual business, we hope to welcome back the Scotland Director and our friend James Joplin, as well as our Volunteer Co-ordinator, Alice Hall (who is also a friend of the Branch) to our meeting. There will of course be time to share the successes, the 'could do betters' and our hopes and visions for the future of our Fife Branch.

Membership

If you are not yet a member of Parkinson's UK and wish to join, you can either go on line <https://www.parkinsons.org.uk/about-us/team-parkinsons>

or contact admin@fifeparkinsons.org

or click on the contact us button on our website <https://fifeparkinsons.org/>

DONATIONS TO OUR BRANCH - Alex Rodger,

Our Fife Branch of Parkinson's UK Treasurer is always very grateful to receive donations from members, their families and friends and also 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.



Our thanks go to

Jenny Fortune

In Memoria

Sheila Minhinick

Bob Shedden

Ian Terris

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.

February Quiz Answers



1. Space Shuttle
2. Alexander Selkirk
3. Napoleon Wars
4. Patty Hearst
5. Baby Doc
6. (b) 1969
7. (a) 27
8. Spain
9. Enterprise
10. Singapore



**FOLLOW YOUR
LOCAL
PARKINSON'S
GROUP**

**Take a look at our Facebook
page and follow us**

<https://www.facebook.com/ParkinsonsFifeBranch>



The YP Group for Fife is putting together a timetable of events, which are designed to bring young people with Parkinson's together, have a bit of fun and hopefully not break any bones!

So far we are thinking about:



- Go Karting
- Eating out
- Laser Combat
- Eating out
- Crazy Golf
- Eating out
- Tenpin Bowling (maybe taking on the rest of the Branch)
- Escape Room or Murder Mystery
- Perhaps a guided tour of the labs at Dundee (courtesy of DRIG (we haven't asked them yet)).

What's ON!

If you have any suggestions, we're still in the planning stage, let us know!

Too Good To Be True!



We are delighted to announce that we have formed a partnership with the charity Brighter Futures Health Hub, which is situated in Glenrothes.

The health hub provides a wealth of services, which you can refer to on the back page of this newsletter.

One thing that has caught my eye is the mole scanning, particularly since some Parkinson's medication can increase the chances of developing a melanoma.

<https://connect.uclahealth.org/2021/08/09/understanding-the-connection-between-parkinsons-disease-pd-and-melanoma/>

Rose Duncan, who is the manager at BFHH, is going to join us at the Glenrothes Gathering on Thursday 9th February to chat to us and explain what is on offer to keep us as healthy as we can be, in both mind and body.

Nordic Walking Group



We continue to meet every Monday for regular exercise, excellent company, tall stories and tea 'n' cake.

We meet somewhere different every week, with Lochore Meadows, Falkland Woods, Ravenscraig, Beveridge and Riverside parks, Silverburn and Leven Beach to name but a few.

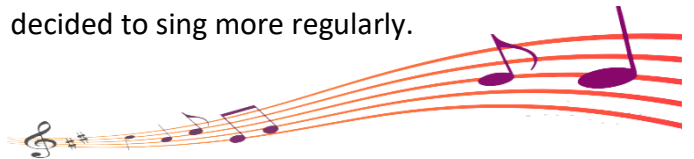
Contact admin@fifeparkinsons.org for details.

In a break from tradition the group met at Balgeddie House Hotel on the 19th, where we left our poles at the door and enjoyed a late festive lunch. This gargantuan repast turned out to be celebrated under false pretenses because one of our regulars, Lindsay Roy, was celebrating his birthday. Our hearty best wishes to him but mostly to Irene, who unbeknown to us treated us to the meal in celebration. If only I'd known I would have ordered more! Same time same place, next year Lindsay.

Mark Coxe

In Tune With Parkinson's

There are many groups in the Parkinson's community who sing, but none like ours. We used to sing in person regularly at our monthly meetings. When Corona struck, we took our talents online, with some entertaining results at first. Once we had become accustomed to Zoom we became more confident and decided to sing more regularly.



Now that the end of the Covid tunnel appears to have been almost reached, we have reformed our 'Meri bunch of minstrels' (led by Meri Goad) and it is wonderful to have new faces and voices join us and help us warble at Glenrothes. It makes such a difference to sing in a larger group, although we still meet up on Zoom as well. Come and join us.



Brighter Futures Health Hub
Hope Health Happiness

Winter Warmth

People can come along on a Wednesday 3.15-5.15pm for a hot snack, refreshments, join in activities, make new friends in a safe warm & secure space.

(Open to those struggling with the cost of living crisis - please book a space)

Alternative Therapies



Self-Care



Knit & Knatter & Memory Scrapbooking



Line Dancing

Cadham Neighbourhood Centre
Wednesdays 11-1pm - £2.00

Tuesdays - 7.30-8.15
Cadham Neighbourhood Centre -£3.00

Ear Wax Removal

Using Micro suction



Walk-In Clinics

by Cadnam Pharmacy
Health Bonds may
be available to the value of
£10-£20-£30

Mole Scanning



Advice & Guidance

On Income Maximisation

In partnership with Citizens Advice & Rights Fife

Do you have concerns about your or a family members health & wellbeing?....If so please contact the number overleaf

Hope - Health - Happiness