



In this Month's Edition

- **Comfort in Your Home** Page 2
- **All in a Game** Page 3
- **Volunteers Needed** Page 4
- **Piece of Cake** Page 5
- **Treasure Walk** Page 6
- **Ceilidh Booking Form** Page 8

Dear Readers,

Welcome to the 50th edition of our internationally acclaimed 'Fife Life' Newsletter. We say internationally acclaimed because last month's newsletter came out while our Chair, John Minhinick, was still visiting his family in Australia. Why acclaimed? Well, simply because his grandchildren liked his photo on the front cover!

50 is a milestone for our humble newsletter. It takes a lot of time and commitment from us, as Editors, but it wouldn't be possible without the help and support of our many contributors. Keep up the good work and here's to the next 50! As 'Young' Mr Grace says, "You've all done very well".



November and December are going to be busy months, so we're getting all of our ducks in a row to enable you to keep dates in your diary clear.



Every year we have shared Christmas Greetings between members and this year is no exception. Take the opportunity to get your Christmas Messages published in the Christmas edition of our newsletter. Give us your messages before the 7th December and save on postage. See page six for further details.

9th November Glenrothes Gathering. Not our usual gathering because we're welcoming Willie Millar and his friend Kevin who are going to entertain us with music.



7th December Christmas Ceilidh. Don yer glad rags and meet us on the dance floor for another treat from Bernie Hewitt and his accordion. More details are available on the last page.



14th December Glittering Glenrothes Gathering Christmas Party. Keep yer glad rags handy, but maybe wash them in between, for the Festive Gathering at Glenrothes. Wear party Hats, join in the fun and games, sing carols and eat!

Message from the Chair – John Minhinick

Researchers at Dundee University are world-leaders in improving the understanding of the Parkinson's disease leading to beneficial therapies and medication. An Open Day has been arranged for 1st December, at the university, with a morning covering the work of four team leaders and an afternoon of visits to the laboratories. The programme will be focussed on informing a lay audience. Towards this end, the speakers have had meetings with lay members of the 'Dundee Research Interest Group' to establish the appropriate details and graphics for our understanding. I hope that you will be able to attend. There will not be a charge for the Open Day and lunch will be provided.

Fife Leisure Services offer 'Active Options 2' exercise programmes appropriate to your needs and skills. For more information on the programme please visit their website www.fifeleisure.org.uk or contact the Health & Wellbeing Co-ordinators on 03451 55 55 55 Ext 402272 Email – healthwellbeing@fifeleisure.org.uk

Music Quiz

How good is your 'Pop' music memory? Listed below are the titles of thirty pop hits and all you have to do is remember the singers / groups.



Good luck 'pop pickers'!

	TITLE	MALE SINGER
1	Living Doll	
2	Walking My Baby Back Home	
3	From Russia With Love	
4	Happy Birthday	
5	You've Got a Friend	
6	Addicted To Love	
7	A Winter's Tale	
8	New Shoes	
9	You're a Pink Toothbrush	
10	Can't Smile Without You	
		FEMALE SINGER
11	Downtown	
12	Man! I feel Like A Woman	
13	Son of a Preacher Man	
14	Rehab	
15	People	
16	This Ole House	
17	Upside Down	
18	Like A Virgin	
19	Jolene	
20	Nutbush City Limits	
		GROUP
21	Charmaine	
22	Stars	
23	I'm On My Way	
24	Don't Stop Me Now	
25	One For Sorrow	
26	Don't Stop Movin'	
27	Who Do You Think You Are?	
28	Monday, Monday	
29	Lady Madonna	
30	Thank You for the Music	

PARKINSON'S UK HELPLINE

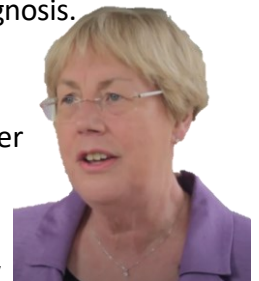
To contact a Local
Advisor phone

0808 800 0303



Did you know that?

Circle of Comfort was started in 2005 by the charity founder Roseann Haig, who started her journey as a complementary therapist for people with a life shortening diagnosis.



After completing her BSc in complementary Therapies from Napier University and setting up her own business, she responded to a call-out from the Victoria Hospital in Kirkcaldy for volunteers to deliver complementary treatments to patients.

Roseann began working with terminally ill cancer patients in the hospice at Queen Margaret Hospital, Dunfermline. At that time this was quite a new approach to working with hospice patients for the NHS. In 2021 Circle of Comfort started working with Fife Branch providing therapies for people with Parkinsons.

In addition to the complimentary, twenty-minute sessions at Glenrothes, Circle of Comfort can also provide four therapy sessions lasting an hour each in the comfort of your home. This service is financed from an allocated budget agreed by the Fife Branch Committee.

If you have any questions or would like to find out more about the Home Service they provide please email parkinsonsfife@gmail.com

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.

Fundraising and More at Scone Palace!



The two Walks for Parkinson's were a great success this year thanks to Marion Pirrie and her team. Fife Branch and members of the Dundee Research Interest Group joined Doreen from the Perth Support Group under canvas in the 'Village' which was set up by the start and finish line.

Marion has shared some incredible statistics that she thought you might like to know. "Everyone who took part helped to bring us closer to a cure by raising a spectacular amount for research..... We had a fabulous 3994 people fundraising in different ways. So far they've raised an incredible £325,000 for research - that could fund 10 clinical researchers for a year, so we can test groundbreaking new treatments for Parkinson's. Wow, that will make such a difference..."

Inverness Walk after a change of date due to circumstances out of our control had 121 walking and raising a fantastic £10,059.00. This was a first-year walk and you could feel the community spirit come together.



Scone Palace Walk was on a new date compared to the previous years and had an incredible atmosphere on the day. We had 221 walkers who have raised a brilliant £16,128.00

Marion finishes off with "Thank you again for the support and I hope to see you next year!"

A Day Out at the Raith e's

Sally, Alex, Charles and Mark had a great time as guests of Gavin Quinn at Stark's Park, the home of Raith Rovers for their match with Dundee United on Saturday 7th October. The invitation was for us to receive a generous donation following the 'Rock the Rovers' event the month before, in Styx - Kirkcaldy.



Despite the howling wind and driving rain the intrepid three amigos with Parkinson's stepped onto the pitch to collect the giant cheque from Gavin, who is standing behind us in the photo. Thanks to Gavin and the staff of Styx, not forgetting Raith Rovers and Stuarts the Bakers for a splendid time. It was unfortunate and we felt sorry for the Referee but he did a splendid job considering he was blind, according to the fans sat behind us!



"It should'a been a goal!"

Preparing For The Christmas Party 2023

We would like to form a small 'Festive Posse' to help organise and help out with this year's Christmas Party in Glenrothes on the 14th of December.

If you have an idea that you would like included in the event then let us know and you could help us make your Christmas Wishes come true.



We would like help with games, donations to the buffet and general volunteering on the day, so that everyone has a great time. If this is for you, don't be shy and give your name to a committee member or email us

parkinsonsfife@gmail.com

Are Pesticides in the Script?



Last week, Emmerdale viewers saw the long-standing character, Eric Pollard, share his recent Parkinson's diagnosis with his friend, Mandy Dingle. This is just the start of Eric's journey with the condition and a great platform to raise awareness and understanding of Parkinson's.

We're working with ITV and health care professionals to advise on the condition to make sure it's portrayed accurately and sensitively.

If you need information and support after watching Emmerdale, we're here for you

<https://prksn.uk/3QIHr8v>



Spoiler Alert

An online article from Cure Parkinson's explores that there is strong evidence indicating that exposure to pesticides, paraquat in particular, is associated with the risk of developing Parkinson's. Exposure to paraquat produces oxidative stress, causing mitochondrial dysfunction and inflammation, which contribute to dopamine cell degeneration.

<https://cureparkinsons.org.uk/2021/02/parkinsons-and-pesticides/>

DONATIONS TO OUR BRANCH - Alex Rodger,

The committee and members of the Fife Branch of Parkinson's UK Scotland appreciate every donation that is given, so that we can help the Parkinson's community in Fife with activities and friendship.



Donations come in all shapes and sizes and all are equally welcome.

Some are from fundraising like Anne and John Wilson others from selling produce or craft items



like Margaret Herriot and Fiona Johnstone have done.

Others, like Bryan, bravely after a loved one's funeral.



Our thanks go to

Anne and John Wilson

Margaret Herriot

Fiona Johnstone

In Memoria

Jennifer Tomlinson



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.

Music Quiz Answers

30	Abba
29	The Beatles
28	The Mamas and the Papas
27	The Spice Girls
26	S Club 7
25	Steps
24	Queen
23	The Proclaimers
22	Simply Red
21	The Bachelors
GROUP	
20	Tina Turner
19	Dolly Parton
18	Madonna
17	Diana Ross
16	Rosemary Clooney
15	Barbra Streisand
14	Amy Winehouse
13	Dusty Springfield
12	Shania Twain
11	Petula Clark
FEMALE SINGER	
10	Barry Manilow
9	Max Bygraves
8	Paolo Nutini
7	David Essex
6	Robert Palmer
5	James Taylor
4	Stevie Wonder
3	Matt Munro
2	Johnie Ray
1	Cliff Richard
MALE SINGER	

Indoor Bowling is Taking Off!

It's good to hear that the Indoor Bowling at Abbyview Bowling Club has made a fabulous return to form, with ten people joining Diane Dunbar for a few friendly games and a chat, where strangers are beginning to get to know each other. Everyone is welcome to come and join in or just watch, every week on Wednesday.

THE WORLD'S EASIEST CHRISTMAS CAKE Diana Penman

You will need one 2 lb loaf tin or similar size, greased and lined.

Set oven to gas mark 2, 300°F (150°C)

Ingredients

1 lb (450g) sultanas	4 oz (100g) plain flour
4 oz (100g) dark brown soft sugar	4 oz (100g) self-raising flour
6 oz (175g) block margarine, cubed	2 large eggs
1 rounded tablespoon treacle	
4 oz (100g) chopped glace cherries	
1 level teaspoon bicarbonate of soda	
1 level teaspoon mixed spice	
¼ pint sherry (for the cake)	
Marzipan and Icing (if desired)	
Optional ¼ pint sherry (for yourself)	
Apricot jam to bind Marzipan to cake	



Method

Put sultanas in pan with sugar, margarine, treacle, bicarbonate of soda, mixed spice and sherry.

Melt slowly, bring mixture to the boil then reduce heat and simmer gently for 15 minutes.

Leave to cool then stir in sieved flour and chopped cherries.

Add eggs to make soft consistency.

Put mixture into tin and bake for 2½ hours approximately.

Skewer will come out clean when ready.

When cold, wrap in foil and keep in an air-tight tin.

Marzipan and ice 1 week before Christmas or Christmas Eve, or Marzipan the day before and ice on Christmas Eve, as has been known to happen in my house!!!

Brush the top and/or sides of the cake with warmed Apricot jam to attach the Marzipan

I find this cake keeps really well and if not all eaten by the end of January pop in freezer.

I have been known to produce it again in June/July!!!!

[Or even easier, simply just buy one!] Ed

Mini Memories

As the winter nights draw in you might like to share a mini memory with us all. You can write about anything you like. We are not looking for novels just novel ideas and short pieces to share with the other reader.

Here is a memory from Charles Small.

Summer Holiday Meeting

We were lucky enough to holiday in Menorca in July just missing the worst of the heatwave many Mediterranean countries were experiencing. We quickly settled into hotel life and started to notice other guests who also liked to laze around the lovely pool. As usual we were drawn towards British indeed Scottish voices and started chatting to Donald and Fiona from Inverness, a lovely couple, who had arrived just a few days before ourselves.



However, we had more in common than we first thought because Fiona, like myself, had Parkinson's which gave us such a lot to talk about, as we were to find out. If you are anything like me, it is most interesting to

discuss how we manage the many challenges we come across. It is also very interesting to hear about the range of medication regimes we have been offered and most important how we manage to keep going in a positive way.

Of course, once we had finished our daily medical discussion, we went on to be quite normal and talked about everything else apart from Parkinson's. Nothing was going to stop us doing what we wanted to do and then get together and share our adventures!

We were sorry to wave Fiona and Donald off at the end of their holiday and we have kept in touch since coming home.

Why don't you write about a something you have been up to and share it with our readers too. It's the little things that make a difference and it's good to share!

Christmas Messages

Now is the time to be thinking about composing a special Christmas message for a friend, a relative, your carer, a loved one, and yes even a member of the Parkinson's staff. Get your mushy sentiments down on the forms when you are at this month's Glenrothes meeting or email them to us at parkinsonsfife@gmail.com with the header 'Christmas Greetings' and we'll do the rest!



Good To Get Out!

Storm Babette put paid to our walk in Falkland Forest at the beginning of the month, but we made up for it with a splendid 'Treasure Hunt' in the village of Lower Largo.

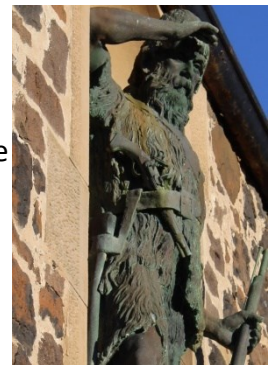
This was the second of its kind following a successful and enjoyable 'hunt' the year before. Lower Largo has such lovely and quirky cottages that I managed to scrape together another twenty questions, which the walkers managed to get completely correct. Although some degree of cheating was observed and latterly admitted to when the answers were given out in the fabulous Aurrie Café on Main Street, where we managed to replenish and in some cases over compensate for the calories that we had burnt off during the walk.



If you are ever down that way, keep a look out for some of the quirky garden gates in the village

and even find the statue of Alexander Selkirk, the inspiration for Defoe's Robinson Crusoe before having a well-deserved pit stop in the Aurrie.

You never know, we might see you there!



Happy Christmas Bernie

From everyone on the Fife Branch Committee!

Have a Very Merry Christmas and New Year!

P.S. See you at the Ceilidh!

P.P.S. Any chance of discount since we're wishing you Festive Greetings?

P.P.P.S. Please don't let Mark sing 'The Happy Wanderer' again this year!



The Glenrothes Gathering

We're back in Glenrothes for another gathering on Thursday 9th between 12 Noon and 3pm. You're welcome to join us for the whole three hours or just for part of it (just watch the car parking time) the choice is yours, it's your meeting.



This month we're welcoming Willie Millar with his accordion, who is going to play a selection of tunes and he will even take dedications.

Look out for the Christmas Message forms, which you should fill in and return, or email us with your festive greeting. This can be to an individual, a group or even the entire Branch. . . . and you can send more than one message!

It was nice to see a few people playing Table Tennis at last month's gathering. If we keep this up we'll have a club!



Can I Have a Word Please?

I used to be quite eloquent
And used big words to some extent
I'm boasting now and won't relent
I even knew what most words meant.

But now sometimes it is a chore
The words don't come, they just won't pour
My flowing prose is now no more
My words lay strewn across the floor.

What makes my brain act like a bean?
A chronic lack of dopamine
That neuro-highway go between
Could be that I've a faulty gene?

So now my brain is lost for words
As flighty as a flock of birds
Because the poor thing can't keep up
I forget a word and sort of

.... Stop.

*I've found that when my meds are wearing off,
or I forget to take them [Nurse Mercer] I
forget words and my sentences come to an
abrupt halt. Or is that just an age thing?*

So, I wrote a poem about it.

Mark



**FOLLOW YOUR
LOCAL
PARKINSON'S
GROUP**

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

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

Carol's Shortbread - Carol Stewart

Oven Temperature 160C

Ingredients

450g / 16 oz Plain Flour

225g / 8 oz Cornflour

225g / 8 oz Caster Sugar

450g / 16 oz Margarine



Method

Mix dry ingredients in a large bowl

Add margarine and work into the flour. Put the mixture into baking tray and mark with a fork

Bake in the 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 and leave to dry and crisp.

Christmas Ceilidh 2023

This year our Christmas Ceilidh will be held on Thursday 7th December 2023 in the Function Room of Dunnikier Golf Club, Kirkcaldy and a Return Slip is attached below for you to complete. The same as last year, our entertainment will be provided by Bernie Hewitt. We look forward to seeing as many of you as possible at our Christmas Ceilidh to enjoy the meal, the music and the good company.

CHRISTMAS CEILIDH AT DUNNIKIER GOLF CLUB, KIRKCALDY

THURSDAY 7th DECEMBER at 6PM FOR DINNER AT 6.30PM FINISHING AT 9.30PM

Ticket Price: £15.00 PER PERSON

Name / s _____

Address _____

Tel. Number _____ Email Address _____

If you do not have any means of transport would you like us to see if we can help?

YES / NO

MY/OUR CHOICES FOR THE MENU WOULD BE: (Insert the number required after choice i.e., 1 or 2)

MAIN COURSE	DESSERT
Roast Turkey Breast, Chipolata Sausages, Wild Sage and Roast Onion Stuffing, Roast Potatoes and Rich Gravy	Christmas Pudding with Brandy Sauce
Slow Cooked Beef and Red Wine Stew, Garlic Creamed Mash, Roast Root Vegetables	Lemon Tart, Wild Berry Compote with Lemon Sauce
Grilled Haddock, Pesto, Sun Blushed Tomato, Mashed Potato and Lemon Butter Sauce	Profiteroles with Chocolate Sauce and Whipped Cream
Penne Pasta, Ratatouille of Vegetables, Rocket Leaves, Pesto Dressing and Parmesan Shavings (v)	Sticky Toffee Pudding, Butterscotch Sauce and Vanilla Ice Cream
Followed by Freshly Brewed Coffee or Tea and Mince Pies	



Your Bookings should reach us by THURSDAY 23rd NOVEMBER 2023, so that we can finalise arrangements with the venue.

You can book your place by:

RETURNING THIS FORM and PAYMENT TO CHARLES SMALL, 12 ERSKINE STREET, BUCKHAVEN, FIFE. KY8 1JT

EMAIL parkinsonsfife@gmail.com or Book and pay through our online shop <https://fife-parkinsons.sumupstore.com/>

WAYS TO PAY:

CHEQUES SHOULD BE MADE PAYABLE TO 'PARKINSON'S UK FIFE BRANCH', PAYMENT CAN ALSO BE MADE AT THE NOVEMBER MEETING OR BY CARD ONLINE (Message your menu choices when you pay online or email us).

RAFFLE - We would be very grateful if you could bring a prize for the Raffle. Thank You.