

Eight Years in the Front Row

Thinking back to my rugby playing time in the front row of the scrum, the last eight years have been a pleasure and a privilege to lead the Fife Branch and a sincere thank you for your support.

I hope to see you all at the AGM on 15th February when I will move to the subs' bench but ready to help the new 'front row' if needed.

My best wishes to you, your family and your friends as you look forward to the festive season.

It's a time to look back, a time to plan the future and a time to think about how Parkinson's UK and the Fife Branch can further improve your wellbeing.

Best wishes

John M



Merry Christmas



We would like to wish all the Fife Branch of Parkinson's a Merry Christmas and a Happy New Year.

David and Aileen Rigg.



Have a lovely Christmas everyone and a Happy New Year.

Liz Neilson



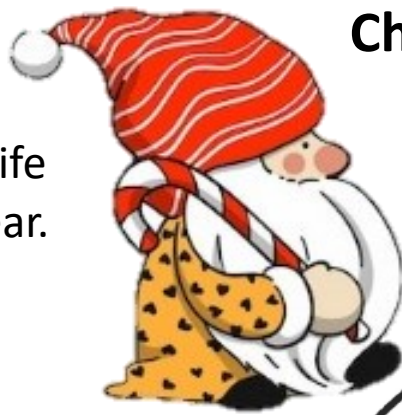
Wishing all our friends a very Happy Christmas and a healthy New Year.

Bob and Frances



May you all eat well, sleep well and dance through life for another year.

Andrew K.



Christmas Bauble Maze

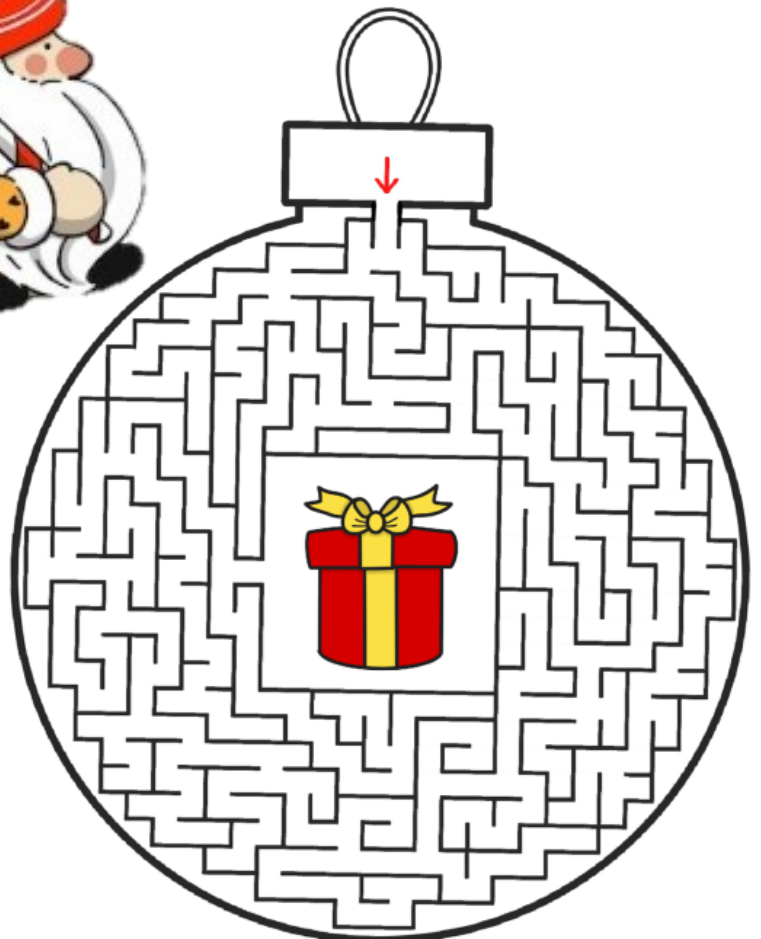
To All Parkinson's UK staff. You've all done very well.

Mark Coxe



Wishing everyone a very merry Xmas and a healthy and prosperous 2024.

Muriel Milne.



Happy Christmas Karen, Steven and Heather. Thank you for all the support and kindness that you have shown us throughout the year.



Although we know that this is a busy time for you, we wish you all a very enjoyable Christmas and a happy and healthy 2004.

From Mark, Charles and the Branch Members.

Our very kindest wishes to our wonderful co-workers at the Glenrothes Gathering: The Circle of Comfort staff, Catherine, Eric, Meri and all of the Parkinson's team who make it run so smoothly.

. . . . even when
it doesn't!
Merry Christmas
To you all from
Charles and Mark



Thank you, Mark, for your creative thinking, your nimble fingers and your unique sense of humour as we worked on another year of our Branch Newsletter editing. Have a fantastic festive season, Charles

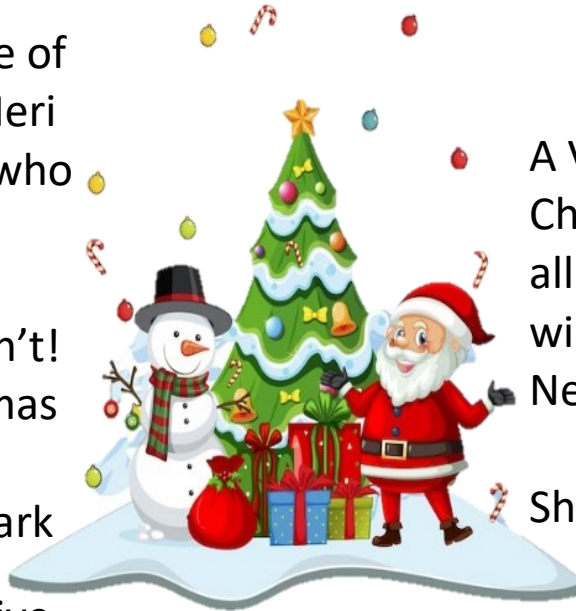


Merry Christmas and a Happy New Year to our neighbouring Newsletter Editors in Perth and Edinburgh. From the Fife Branch Newsletter Editors, Charles and Mark

Wishing everyone a Merry Christmas. Thank you for making me so welcome as a new-comer to the group.



Georgina Morris

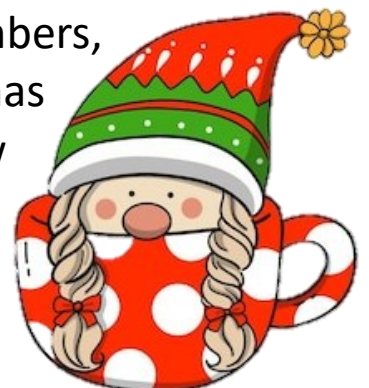


A Very Merry Christmas to all and good wishes for the New Year.

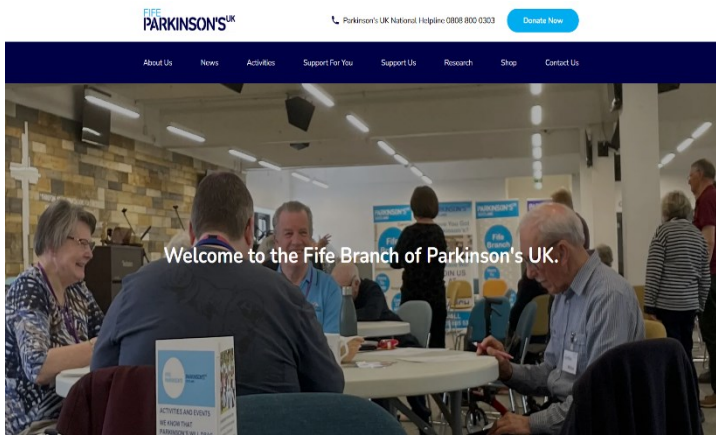
Sheena Bell

Wishing all members, a Happy Christmas and a Good New Year.

Roma Jefferson.



We're Getting a New Website



Fife Branch has been part of a project run by Parkinson's UK to design and build a group website, which will hopefully be rolled out to all next year.



It's going to be bright, modern and bang up to date!

So, watch this space for more details, coming soon!



We are well on the countdown to Christmas 🌲
If you are making plans, why not check out the Parkinson's UK Christmas Shop? It's full of festive essentials including Christmas cards, wrapping paper, crackers, books, gifts and beautiful home accessories! With every product you buy, you're helping someone living with Parkinson's.

You can buy your goodies here 👉

<https://shop.parkinsons.org.uk/collections/christmas-cards>

A very Happy Christmas
and a Peaceful New Year to
all the Branch.



Brian
and
Briar



Richardson.

A Merry Christmas
and a Happy New
Year to all my old
and new Parki
friends.

Diana P.



Wishing all
my friends
at the
Branch an
enjoyable
festive season.



Christine Beveridge.

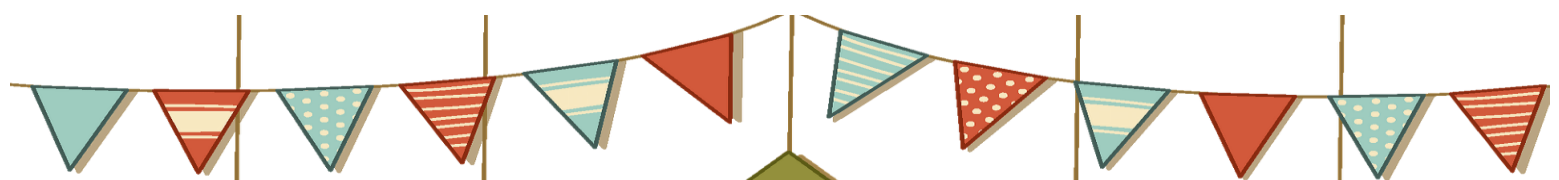
Charles and Margaret Small
wish all Branch members a
Merry Christmas and
a Happy, Healthy
and Harmonious
2024.



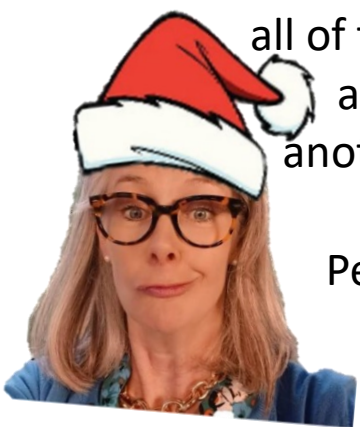
Peace, Health and
Happiness to you
and yours from
me and mine.

Bryan Tomlinson.





From Alice Hall and all of the
 Scotland PUK staff Congratulations to
 all of the Parkinson's Fife Branch
 and community, for making this
 another active and supportive year.



Peaceful, Joyful Christmas
 Wishes to you all.



A Very Merry Xmas to
 friends old and
 new and to
 those I have
 yet to meet.



Annabel Blair

Masonic Magic

I had been invited to give a presentation about Parkinson's and the work of the Fife Branch to a local Masonic Lodge the other week.

St Fothad Lodge in Bowhill had raised a considerable sum and following the talk, the Master of the Lodge, William Miller, presented a sizeable cheque to me for the Fife Branch. Not only that, but the Chair of the Bowhill Highland Games presented a cheque from the money raised at a tombola stall that Willie had been running (Newsletters 47 & 48) at the Bowhill Village Fair and the Bowhill Highland Games. Not to be outdone the representatives of the Widows Sons Motorcycle Club also presented the Branch with a donation.

As in previous talks I slotted in some Parkinson's poetry from my books, which helped to explain life with the condition in an entertaining way. It also resulted in me selling quite a few books on the night with all profits being split between the Branch and Parkinson's UK.



My thanks go to William Miller, the members of his Lodge, the Bowhill Highland Games committee and the Widows Sons motorcycling masons for their generosity.

Mark Coxe



FIFE BRANCH AGM

Dunnikier Park Golf Club, Kirkcaldy
 February 15th at 7PM

DONATIONS TO OUR BRANCH

Our Treasurer, Alex Rodger, at Fife's Branch of Parkinson's UK 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 always aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness.



Donations:

St Fothad Lodge, Bowhill Highland Games and The Widows Sons.

An anonymous person on our Just Giving account.

Taking Part in Research Doesn't Have to Involve Drugs and Needles

iSupport-PD: Online support for carers of people with Parkinson's with thinking and memory problems.

Researchers at the University of Southampton aim to develop a website to support carers of people with Parkinson's who experience memory and thinking problems. They want to hear from carers about how the new resource could best support their needs.

Who do the researchers need?

25 carers of people with Parkinson's who experience memory and thinking problems

What is involved?

- Taking part in a chat with the research team. This will involve talking about your caring experiences, looking at some of the website pages created by the research team and giving your feedback
- The chat can take place online or over the phone and will last around 1 hour
- You will receive a £10 gift voucher as a thank you for taking part
- Please read the participant information sheet for more information



Interested in taking part?

If you have any questions, please contact Dr Kate Greenwell by email at isupportpd@soton.ac.uk The deadline for taking part in this research is **31 March 2024**.

Wishing all members and friends a Merry Christmas and a Happy New Year.

John and Martha Brand.



Diane Dunbar wishes all Fife Branch members a Very Merry Xmas and a Prosperous New Year.



Wishing you a happy festive period and celebrations.



James Jopling



Diane's Bowled Over With the Response!

Diane Dunbar is amazed at the number of people who join her every Wednesday at the Abbeyview Bowling Club. She regularly has seven or eight players who range from novices to the dab hand.

We have been dusting off our history and we've found out that at a Branch's Get Together in Stirling in 2001, a casual remark between Jean Ballantyne (Fife) and Liz McBain (Edin) set the wheels in motion for a match between Edinburgh and Fife. The first match took place in Edinburgh in 2002 and I think that Edinburgh won. They were still going strong in 2018 when Liz and Bill McBain in Edinburgh invited everyone to take part in a National Indoor Bowls Tournament in the following Spring. I don't know about that, but I wonder if we could get our trophy back from Edinburgh Branch?

Happy Christmas to the Parkinson's Community from NHS Fife.

Don't forget to stock up on your medication over the Christmas and New Year periods.



Wishing everyone a very Merry Christmas and a Prosperous

New Year.

Mark and Arlene

Happy Christmas and Good Wishes for next year from all of your Parkinson's patients, to the Parkinson's Nurse Specialist Team Gillian, Nicola and Kimberly and our Consultants.



Cliff's Theory on Parkinson's



Well, you see Norm, it's like this: A herd of buffalo can only move as fast as the slowest buffalo; and when the herd is hunted, it is the slowest and weakest ones at the back that get killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

Now, as we know, excessive intake of alcohol kills brain cells. Naturally it attacks the slowest and weakest brain cells first, but what you may not know is that it doesn't touch the Dopamine producing cells. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why people with Parkinson's have less of a tremor after a few beers.

Cheers

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.

With Best Wishes to my
Good Friend
and Parkinson's
Colleague,
Charles.



Mark

James, Alice, Chloe, Shona,
Anita and all Parkinson's
Scotland staff,



Best Wishes for a Happy and
Successful 2024

Wishing you all a lovely
festive period with family
and friends. Eat
plenty and be
merry.



Janice Johnston.



Merry Christmas to our
Parkinson's family and a
Happy New Year.
Sally and Alex Rodger.



PARKINSON'S UK HELPLINE

**To contact a Local
Advisor phone**

0808 800 0303

Festive opening times

- Saturday 23 December: 10am to 1pm
- Sunday 24 December, Christmas Eve:
Closed
- Monday 25 December, Christmas Day:
Closed
- Tuesday 26 December, Boxing Day:
Closed
- Wednesday 27 December: 10am to
1pm
- Thursday 28 December: 10am to 1pm
- Friday 29 December: 10am to 1pm
- Saturday 30 December: 10am to 1pm
- Sunday 31 December, New Years Eve:
Closed
- Monday 1 January, New Years Day:
Closed
- Tuesday 2 January: 9am to 6pm, normal
opening hours resume.

