

Fife Life

PARKINSON'S^{UK}
SCOTLAND

No. 52

January 2024



Congratulations.

Happy New Year from Charles and Mark, your Editors. We hope that everyone had a rollicking festive period and that you have worn yourselves out enough to behave yourselves at the first Glenrothes Gathering of the year on the 11th of January!

We suspect that one person in particular enjoyed Christmas and the New Year and that would be our very own Chair, John Minhinick, who has been awarded the British Empire Medal in the New Year Honours List. John was nominated for outstanding service to the Parkinson's community in Fife and beyond. His award reflects 8 years of chairing the Fife Branch and building an impressive and well-attended programme of activities and opportunities for local people. In that time, he has also been a wise and vocal champion for people with Parkinson's and their families, as well as for the charity's volunteers in Scotland and across the UK. He also guided the group through the Covid-19 pandemic, determined that people with Parkinson's in Fife would not be left isolated in lockdown. He led the group through an ambitious switch to online events, and a programme of support to enable people to gain the digital skills needed to take part virtually wherever possible.



British Empire Medal

John Minhinick
New Year Honours List 2024



A Word From the Chair

"For me December 2023 was a very special month. In particular the Branch Christmas Party on the 14th was outstanding, in terms of having 57 people (the most ever) attending and the obvious enjoyment shown by the long standing members through to the people who were attending their first Fife Branch event. We hope to see everyone again taking part in our activities.

Having been asked if I would accept the honour, I was sworn to secrecy for the whole of December until 22:30 on 29th about the award from King Charles III of the British Empire Medal; made public the next day in the New Year Honours list. I am obviously very honoured to have been awarded the BEM with a small degree of sadness that Sheila is no longer here to share the pleasure. This award recognises the work of an outstanding team that I have had the pleasure of leading for the past eight years. You may have heard the expression before, but I'm sure it's an award for the team that I've been fortunate to have led. Thank you for your many emails and phone calls of congratulations."

John M

Christmas Ceilidh Celebrations



Everyone had a brilliant time at the Fife Branch Winter Ceilidh and I don't think that too many toes were stepped on by the dancers 'jigging away' to the fine accordion music provided by Bernie Hewitt.



Our thanks go to everyone who took part, Bernie, the staff at Dunnikier Golf Club and of course our own organiser Charles Small.



What a Party!

Thank you to everyone who managed along to our December Glenrothes Gathering. This, of course, was no ordinary gathering, it was our Branch Christmas Party and what a party it was! It was a record breaker because we achieved the highest total of attendees at a gathering since we moved to our new home, with 57 folk turning up in festive fashion and ready to party.

There were the 'usual suspects' but it was great to see some new people join us as well. We even had some surprise guests when some of our local Psychiatric Nurse team arrived, shortly followed by Anita who is one of the Area Development Officers for Parkinson's UK.



The assembled company took part in dances, individual games, team games, quizzes, carol singing, a raffle and of course a few games of Bingo only stopping to enjoy the wonderful buffet. You will see from the photographs that it was a busy three hours but also a most enjoyable three hours.



Well done to everyone who brought food for the sumptuous buffet and our thanks go to Karen and Steven from the Bridge Centre who have looked after us all year. Thanks also must go to everyone who contributed before, during and after the party. Your help was greatly appreciated.

**PARKINSON'S UK
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0808 800 0303**

Dates for your Diary 2024

11th January – First Glenrothes Get Together

Come and join us for our first gathering of the year.

Treat yourself to a hot cuppa and something to eat, avail yourself of a complimentary massage, create something spectacular at the Arts and Crafts table, enjoy some light exercise with Charles, sing with Meri or just sit and blether with friends.

6th February – Open Doors Lab Day

The Dundee Research Interest Group (DRIG) is pleased to announce that following on from last year's successful Open Day they will be holding another 'Open Doors Lab Day' on Tuesday 6th February.



10:15 for coffee or tea and then on to presentations from the lead scientists and a tour of the labs.

You can book your place with Eventbrite using the link below.

[Open Day and lab tours at the University of Dundee Tickets, Tue 6 Feb 2024 at 10:30 | Eventbrite](#)

10th April – An Evening with the Parkinson's Healthcare Team in Fife

Dr James Woods, Consultant Physician in Elderly Medicine in Fife, Gillian Aldrich, Lead Parkinson's Nurse Specialist, and other NHS Professionals have offered to give us a talk about their roles in the treatment of Parkinson's and we've gladly taken them up on their offer. We might even be able to have a Parkinson's Local Advisor come to speak on the night.

We're still sorting out the finer details, but it's going to be at the Beveridge Suite in the Adam Smith Theatre on the evening of Wednesday the 10th April. More details to follow.

15th February - Fife Branch AGM

The Fife Branch AGM is on the 15th February at 7pm at Dunnikier Golf Club, Kirkcaldy



The meeting will be Chaired by John Minhinick, who will be relinquishing the reins after serving in the post for eight years. In that time the Branch has developed and grown, enduring the Covid Pandemic and coming out the other side stronger and thanks to John's extensive Zoom programme, with more strings to our bow.

Join us to celebrate an end of an era, with whoever gets elected as Chair having a tough act to follow.

We will also be honoured to have Tanith Muller as our guest speaker. Tanith is Parkinson UK Scotland's Parliamentary and Campaigns Manager and is sure to entertain us with insights into her work and how Parkinson's UK lobbies Parliament on our behalf.

Parkinson's UK has a stronger voice with more members, so Join Us. You need to be a member to vote at the AGM and while you're at it, lend a hand and volunteer!

Dunnikier Golf Club, Dunnikier Way, Kirkcaldy. KY1 3LP

Walk for Parkinson's is moving to Fife

The annual Walk for Parkinson's will be at Lochore Meadows this year.

It's happening on Sunday 6th October with a start time of 11 am and there will be a choice of a 2.4 or 5.7 mile option. The 2.4 walk will be fully accessible.

More details nearer the time.

Two Soups!

We have two soup recipes for you this month – one old and one new. The old one is the delicious Red Pepper Soup and the new one is Sweet Potato and Peanut Soup. However, those of you with nut allergies etc. this one is not for you as it contains peanut butter!

Sweet Potato & Peanut Soup

Ingredients

2 tsp oil
1 onion diced
2 sticks of celery diced
2 medium sweet potatoes (500g)
cut into 2cm pieces
Small piece of ginger grated
2 cloves of garlic diced
2 plum tomatoes diced
1 litre vegetable stock
2 tablespoons smooth peanut butter



Method

Heat oil in a pan and add onion, celery and sweet potato
Cook for 10 minutes until veg starts to soften a little
Add ginger and garlic and cook for two minutes
Add tomatoes and vegetable stock
Bring to the boil
Simmer for twenty minutes
Leave to cool a little, before blending
Stir in the peanut butter then blend until smooth

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Red Pepper Soup

This is a delicious hot soup which is very easy to put together.



Ingredients

1 tbsp olive oil
3 large red peppers,
deseeded and finely
chopped
1½ pt / 825ml chicken stock
½ pint / 275ml tomato juice
1 medium onion, finely chopped
salt and black pepper
chopped parsley, finely chopped, to garnish

Method

Heat oil in a medium sized pan.
Add onion and cook for a few minutes until soft and transparent.
Transfer to a blender or processor with the chopped red peppers.
Add a little of the chicken stock.
Blend mixture until smooth.
Return the mixture to the pan.
Add the rest of the chicken stock and the tomato juice.
Season to taste with salt and black pepper.
Bring to the boil and simmer 15 minutes.
Garnish with chopped parsley.
Check that it's not too hot and blow on it if necessary!

It's so late we considered saving it for this Christmas!

"Wishing everyone at the Fife Branch a very Happy, Peaceful and Fulfilling New Year!

A very special thanks to John, Charles and Mark for all their hard work."

Love from Meri



It's That Time of Year Quiz.

1. Who is credited with writing the poem 'Auld Lang Syne'?
2. What was the most popular New Year's Resolution back in 2020?
3. In Spain, 12 Of what type of food is eaten at midnight on New Year's Eve for good luck?
4. 'January' gets its name from what Roman god?
5. How many glasses of bubbly are consumed on New Year's Eve?
6. According to the International dateline where on Earth is New Year celebrated first each year?
7. Which famous diarist started with a first entry on the 1st January 1660?
8. In January 1877 Queen Victoria was proclaimed as Empress of where?
9. In 1959 Castro came to power in Cuba in a revolution that overthrew which dictator
10. The currency of the Euro came into being in which year? A)1991 B) 1995 C)1999
11. Born in January 1735, who is best known for his ride warning the Americans of he plans to raid Lexington and Concorde?
12. 1892 saw the start of a process whereby 20 million people entered the USA via which island before it closed in 1954?
13. What two years did the Times Square New Year's Eve Ball not drop?
14. In what year was January the 1st officially declared the first day of the new year?



We all know that we have to take our medication on time. Parkinson's UK have been working tirelessly telling not just us, who live with the condition, but more importantly the health care professionals that we come into contact with. Most importantly this includes times when we are in their care for long periods, such as a stay in hospital or even a care home.

As part of the UK-wide Get it on Time work, Parkinson's UK are looking into medication self-administration policies that could be adopted by other Boards, trusts and individual hospitals.

One of the 5 policies that they are reviewing is from NHS Fife.

If you have had a recent period in hospital, even if it was a day bed or for a short stay would you be able to tell the project manager, Jean Almond, about whether the NHS Fife policy is working?

Let her know about your, or a loved one's experience, something along the lines of:

- Is it being used?
- Does it help people who are able to self-administer their Parkinson's medicines to do so?

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:

Herbie Milton

In Memoria:

Roy Harley

Bill Penman



We're sorry for the short notice, but would it be possible to get back to Jean by 17 January?

jalmond@parkinsons.org.uk



2023 Reviewed in Numbers

Thank You to everyone who has supported us this year

The Online Singing Group sang for 297 hours between them

We drank approximately 497 mugs of tea and coffee at the Glenrothes Gatherings

Tenpin Bowlers knocked down approximately 5,600 pins during the year

Fife Facebook has 69 followers and reached over 2,800 people

People spent 1,050 hours at the monthly Branch Gathering in Glenrothes

We have hosted both online and in person activities, with an estimated collective total of more than 3,735 hours

Collectively the Fife Branch Committee deliberated for approximately 115 hours

Fife Branch has distributed over 2,890 newsletters in the past year, both by email and post. That's an increase of 2.6% on last year.

Complimentary Therapists at the Glenrothes Gatherings treated over 115 people in 27 hours

The Bridge Centre used about 45 loaves of bread to make our sandwiches at the Glenrothes Gatherings

Our Summer Outing with the Seagull Trust on the Union Canal, collectively, we navigated 96 miles between Ratho and Bridge 21 and back

Quiz Answers

- | | |
|--------------------------------|-----|
| 46BC | 14. |
| 1943 AND 1943 | 13. |
| Ellis Island | 12. |
| Ful Revere | 11. |
| 1999 | 10. |
| Batista | 9. |
| India | 8. |
| Samuel Pepys | 7. |
| The Kintimati Atoll in Kinball | 6. |
| 360 million | 5. |
| Janus | 4. |
| Grapes | 3. |
| To exercise more | 2. |
| Robert Burns | 1. |

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.

Did you get any unwanted Christmas Presents?

If you have received a Christmas present that you were not particularly keen on and it will spend the rest of its existence languishing in the back of your wardrobe, you may not realise it, but some presents are scared of the dark!

Why not give them a chance of a new life with someone who might appreciate them and love them more than you do?

Bring them to the next Glenrothes Gathering on Thursday 11th January and we will display them for others to choose and give a good home to.

If anyone rehomes an unwanted Christmas present they will be invited to make a small donation to the Branch.

Remember A Christmas present is not just for Christmas!

NOTE: No live animals, such as camels or donkeys, or out of date food will be accepted. By order of the Management

News for all of those of us that have been getting a little bit stir-crazy over the last few weeks.

The Walking Group leaders are meeting soon to draw up a list of favourite walks throughout Fife.

The walks will be starting on Friday the 16th and will be every other Friday (weather permitting) for nine walks until 21st June when we will pause for our summer break.

If you have any ideas for a suitable walk contact us at parkinsonsfife@gmail.com

