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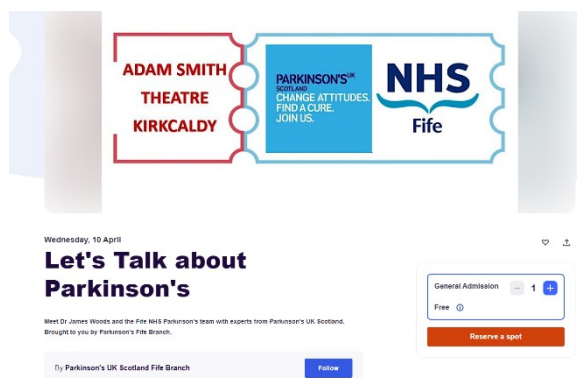
Parkinson's Man Living in Fife, Wins Historic Election.



Landslide victory as Mark Coxe voted to position of Chair at Branch AGM and pledges to do his best for people living with Parkinson's in Fife.

Don't Let This Opportunity Pass You By!

With only a month to go before our 'Let's Talk About Parkinson's' event in Kirkcaldy on the 10th April, you don't want to miss this great opportunity to hear how the NHS team in Fife can help you to live to your full potential with Parkinson's and ask them questions.



Apart from Dr James Woods we will have Gillian Aldrich, who is the lead Parkinson's Nurse Specialist as well as specialists in Physiotherapy, Speech and Language Therapy and many more NHS experts all dedicated to treating people with the condition.

As an added bonus we will also have some of the Parkinson's UK staff who will be available to talk about their work.

Details are still to be finalised, but rest assured it will be an entertaining and informative evening. If nothing else you can enjoy tea/coffee and biscuits between 5 & 6pm, before the speakers take the stage. And it's all free!

Book your free place on Eventbrite or contact Mark Coxe at mcoxe@fife.parkinsonsuk.group or Alice Hall at ahall@parkinsons.org.uk to be registered.

Website: <https://fife.parkinsonsuk.group/> **Facebook:** <https://www.facebook.com/ParkinsonsFifeBranch>

Walking Football One Step Nearer for Fife.



Amanda McKay has been working hard in her role as Physical Activity Delivery Manager for Parkinson's Scotland. She has been in discussion with Raith Rovers, Dunfermline Athletic and Walking Football Scotland about bringing the game to Fife with the two rival Scottish Championship clubs working together in the interest of people with Parkinson's.

Coaches and team members will be meeting later this month to finalise details and we should be able to have a training session to introduce us to the sport in April.

Keep your eye on the ball for an update in the newsletter next month!

This [#WorldParkinsonsDay](#) we're shining a light on all the different faces of Parkinson's.

We're asking our Parkinson's community to send us a photo of their face which we'll feature in our new creative campaign. It would be great to see some faces from Scotland 🇪🇸 in the mix!



For more information or to submit your photo, visit

prksn.uk/3wiT6yG

Coffee & Chat

This group meets on a fortnightly basis, on a Wednesday morning at 11am. We meet face to face at Dobbies, Dunfermline and at Rejects, Kirkcaldy with online meetings using Zoom in between. Members chat about anything and everything and not necessarily about Parkinson's. We welcome new members to join us.

Future dates for your diary are:

6 March – Dobbies, Dunfermline

20 March – On Zoom

3 April – Rejects



If you want to know more about this group, please contact us via the Contact Us form on our website Home Page or speak to any of the Committee members.

Indoor Bowling

Indoor bowling at Abbeyview Bowling Stadium continues to give us an afternoon of warmth and friendship.

Last Wednesday afternoon we had 10 people bowling. Outside the weather was cold and wet but in the bowling stadium it was warm and friendly.



People can bowl for as long as they are able, having a break when they feel the need to stop before continuing when they are more energised. We bowl from 2pm to 4pm with a 20-minute break for a drink and chat. Bowls are supplied and coaching given.

The activity leader, Diane Dunbar, is always delighted to welcome new members to the Club and no previous experience is necessary. If you are interested get in touch through our Contact Us form on our website Home Page or speak to any of the Committee members and we can take things from there.

THANK YOU

A heartfelt THANK YOU to members for the fantastic gifts that I was given in recognition of the past eight years chairing the Fife Branch. The special edition engraved silver bottle coaster and the special bottle of single malt whisky are superb.



From the time that Sheila was first diagnosed with Parkinson's, through to her passing in October 2022 and the past eighteen months, it has been an honour and a genuine pleasure to be part of a welcoming family and to lead an outstanding team.

My very best wishes to the new committee under the inspirational leadership of Mark Coxe.

John Minhinick BEM

Fife Branch AGM

Our Parkinson UK Fife Branch AGM 2023 was held in Dunnikier Golf Club on the evening of Thursday 15th of February where our retiring chair, John Minhinick, opened the meeting for the last time.

He introduced and thanked our present committee for their hard work and support, introduced Alice Hall our Volunteer Coordinator Manager and Tanith Muller the Parliamentary and Campaign Co-ordinator for Parkinson's Scotland, who would be talking to us later in the evening. Before moving on, the meeting followed the tradition of the Branch to take a moment to remember those members who had passed away during the year.

An AGM provides opportunities to look back and celebrate the successes and to identify why other things did not achieve all that was hoped for. John took the meeting through the activities that the Branch does, offering members many opportunities to meet, share and take away positive and uplifting feelings.

John also reflected how he came to join the Branch and said that he had thoroughly enjoyed his time as Chair and appreciated working with not only the Fife Branch members but also Parkinson's staff members from all over Scotland, England and beyond.

He is very proud of the Fife Branch members especially his very hard-working committees who had supported the people of Fife in many different ways. He considers Fife Branch to be up with the best in the country.

Alice Hall then took over the meeting for the elections. Alice thanked the Committee and volunteers for all their support and involvement in running the Branch. She continued by saying that John Minhinick was a pleasure to work with and will be missed but she will be delighted to work with his successor.

Tanith gave a presentation of the following subjects that Parkinson's Scotland have been working on including the Scotland Can't Wait Report, which includes the drive for more Parkinson's Nurses, the Get it on Time Campaign and Parkinson's symptoms. She also spoke about the Cost-of-Living Crisis affecting people with Parkinson's and the difficulty some experience getting a Blue Badge.

Winding up the meeting the new Chair thanked Tanith for her most interesting and informative talk and thanked her for her contribution to a very enjoyable evening. He also thanked everyone for coming along to the meeting.

Minutes of the meeting can be found on our Password Protected page on our website.

If you would like the Username and Password for this secure page, please contact us via the Contact Us form on our website Home Page.

Your Fife Branch Committee Members 2024	
Mark Coxe	Chair
David Rigg	Vice-Chair
Briar Richardson	Branch Secretary & Membership Secretary
Alex Rodger	Treasurer
Roma Jefferson	Assistant Treasurer/Book Keeper
Elizabeth Tait	Minutes Secretary
Charles Small & Mark Coxe	Newsletter Editors
Janice Johnston & Aileen Rigg	Glenrothes Catering
Charles Small & Mark Coxe	Glenrothes Organisers
David Rigg	Activities & Zoom Programmer
John Minhinick	General Support
Elizabeth Tait & Bob Copeland	Walking Group
Diane Dunbar	Indoor Bowling
Roma Jefferson	Tenpin Bowling & Coffee & Chat
David Rigg (Bob Graham)	Quality of Life Group
John Minhinick	Zoom Quiz Master
Bob Copeland	Camera Club
Charles Small	Exercise to Music & Singing Group
Janice Johnston	Welfare

Vacant Positions

- YP Lead
- Social Events Co-ordinator

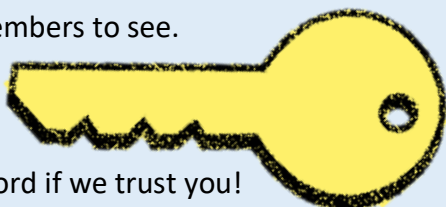
If you would like to help out with planning or running events, please let us know!

It's the Best Kept Secret!

Did you know that we have a **Member's Only Password Protected Page** on our website?

This secure page contains such information as the Branch schedule of activities, the planned walks for the walking Group, Zoom log in codes, Committee meeting minutes and any other useful but sensitive information that we only want members to see.

Contact us via the website to get the username and password if we trust you!



- 1) If your birthday is on the fifth of March, what is your zodiac sign?
a) Libra b) Cancer c) Leo d) Pisces
2. What is your birthstone if you are born in the month of March?
a) Garnet b) Ruby c) Opal d) Aquamarine
3. The month of March is named for which god?
a) The god of war b) The god of music
c) the god of love d) the god of spring
4. If you were born in March, what is your flower?
a) Hyacinth b) Crocus c) Tulip d) Daffodil
5. The month of March is associated with which culture's god?
a) Celtic b) Gaelic c) Norse d) Roman
- 6) How many days are in the month of March
a) 28 b) 30 c) 27 d) 31
- 7) The Ides of March is a famous day. What day is it?
a) 5th b) 3rd c) 26th d) 15th
- 8) Which historical figure was killed on the Ides of March?
a) Joan of Arc b) Plato c) Socrates d) Julius Caesar
- 9) Which US President was born on the 29th of March?
a) Woodrow Wilson b) Herbert Hoover
c) Grover Cleveland d) John Tyler
- 10) If you were born on the 27th of March, what is your zodiac sign?
a) Gemini b) Libra c) Aquarius d) Aries
- 11) What sport has a tournament called March Madness?
a) Hockey b) Soccer c) Basketball d) Baseball
- 12) The holiday of Nowruz is celebrated in March. What is this celebration?
a) New Year b) The end of World War One
c) Interchange d) Rats Day

Lab Open Day in Dundee a Success!

Over 50 researchers, people with Parkinson's, and carers came together at an Open Day on 6th February 2024 to discuss the latest Parkinson's research in Dundee, tour different labs and facilities, and connect over lunch.



The event was organised by the Dundee Research

Interest Group (DRIG) and the School of Life Sciences Department at Dundee University, with support from Parkinson's UK.

It not only featured tours of the labs, where the science happens but also collaborative, accessible research talks.



In preparation for the Open Day, the researchers partnered with people with Parkinson's and carers to prepare joint presentations, prompting great analogies to communicate complex science together.

"The talks were so informative and the combination of researcher and lived experience was perfect - the analogies worked so well." Attendee



Jo Goodburn, DRIG Secretary would like to thank everyone who helped at the Open Doors Day event at the lab, earlier this month. She has done a short write up about the event and included the link to the university's own write up (which has some great photos of everyone) and to the STV news clip here: <https://drig.org.uk/event/drig-open-doors-day-life-sciences-lab>



The camera club has restarted and we are looking forward to a trip to Edinburgh in April to see a photographic exhibition of Wildlife Photographer of the Year at the National Museum of Scotland, which is on loan from the Natural History Museum in London.



The Club is open to everyone and you don't need a fancy camera, with most people using their mobile phones these days why not have a go?

They meet once a month on Zoom and in the latest meeting some of the photos showed how two of

the members took similar photographs on different days.

Members of the club share their pictures on Zoom and discuss the flaws and merits of their composition.

Photographs this month included Dysart Harbour and streets and shots taken at Tentsmuir Forest.



Bob Copeland

Make Your Move

Download your free copy of the latest booklet from the Michael J Fox Foundation.

72 pages packed with information and advice on the best way for someone with Parkinson's to take exercise and what is most effective.

You can access this guide at our website NEWS page at

<https://fife.parkinsons.group/news>



TAKE A TRIP WITH PARKINSON'S
FIFE BRANCH TO SEE

PITLOCHRY
FESTIVAL
THEATRE

FOOTLOOSE

THURSDAY MATINEE

29th AUGUST 2024 at 2pm

You'll find details in last month's
newsletter or go to our website
<https://fife.parkinsonsuk.group/> or
even our online shop [https://fife-
parkinsons.sumupstore.com](https://fife-parkinsons.sumupstore.com)

YP Group is the Spice of Life

Members of the YP Group met in person for a change a few weeks ago and enjoyed their get together over a curry at a local restaurant in Glenrothes.



In the true style of the busy YP members planning for the meeting was a bit of a pakora with dates, times and venues changing on their WhatsApp group quicker than you could say 'Sweet Chilli Tandoori King Prawn'.

Never the less the venue was decided upon, which was Handi (*other Indian Restaurants do exist*) for the odd (*no offence*) members residing in or near to Glenrothes.

Hopefully we'll get around to meeting up again in person soon and if you are yet to reach pension age, or thereabouts, you are welcome to join us. Just contact us through our website or Facebook page.

Date and Cherry Butter Bars

Ingredients

8oz/225g self-raising flour.
3oz/75g butter
4oz/110g caster sugar
4oz/110g dates chopped
3oz/75g cherries chopped
1 beaten egg
1/2 teaspoon baking powder



Method

Grease a 12 x 9in/30 x 23cm Swiss Roll tin
Put flour and baking powder into a bowl
Add the butter and mix until the mixture resembles breadcrumbs
Stir in the sugar dates and cherries
Add the beaten egg
Bring the mixture together to form a dough
Knead lightly until smooth then press into the baking tin
Bake in oven for 10 minutes take out of oven and cut into squares.
Return to oven for a further 10 minutes to brown
Re-cut into bars
Leave in tin until cooled
Drizzle with icing

Cook at 190c /375 f/ gas mark 5

**PARKINSON'S UK
HELPLINE
0808 800 0303**

ANSWERS

12 a) New Year
11 a) Basketball
9 d) John Tyler 10 d) Aries
8 d) Julius Caesar
6 d) 31 7 d) 15th March
4 d) Daffodil 5 d) Roman
3 a) The god of war - Mars
2 d) Aquamarine
1 d) Pisces

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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.

Walking group Tiptoe Through the Snowdrops at Dunimarle Castle and meeting up with old friends for their Riverside Walk in Cupar.



Twelve walkers turned up for our first walk of 2024 at Dunimarle Castle a walk that we haven't done before. The Castle is hidden from the road as it sits high up above the main road out of Culross heading west. The castle holds a snowdrop festival and we were there when the snowdrops were in full bloom. The start point for our walk was at the public car park at the west end of Culross the weather was kind to us with the sun shining and a little breeze ideal for our walk.



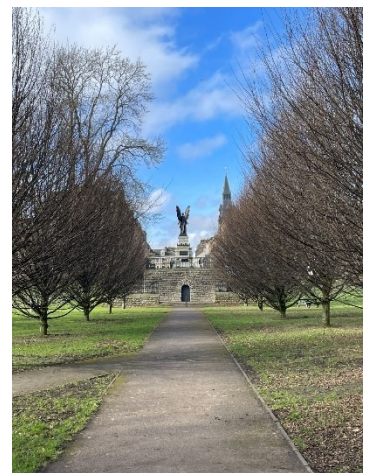
As most of the walkers headed off along the coastal path to the entrance of the castle grounds, others took a car to the castle for the people who felt the whole walk was too much. The walk starts at sea level and heads up a short but steep path to the castle past the renovated church, which is hired out for weddings. The path continues upward to the castle.

At the top level where the castle is situated, we were met with a profusion of snowdrops and saw the castle at its best from this level. It was really a surprise to see the impressive castle and grounds which were delightful. There is quite a history to the castle which is younger than it looks but it is a superb



looking building which was renovated twenty years ago after forty years of dereliction. There is too much history to add here, so check out their website. We then walked along a section called the esplanade with nice views over the Forth and afterwards, headed back to the Red Lion pub where we had a nice lunch to finish off a lovely walk-in good company.

Our second walk of 2024 on Friday 1st March – the first day of Spring – took us to Cupar where on a cold but pleasant morning a group of nine walkers met to take a stroll through Haugh Park down to the River Eden and along the riverside to Tarvit Pond, formerly known as the Old Curling Pond (*approx. 2 miles with benches along the route for rest and a car at the half way point for those who wanted a shorter walk*).



Unfortunately, because of the very heavy rain in February much of the land in the park and alongside the river is waterlogged and we weren't able to complete the walk around the pond. However *en route* we learned a little about Cupar – including that the only sugar beet processing plant in Scotland was opened in Cupar in 1926 and although production finally ended in 1972 the storage silo (we understand known as Cape Canaveral by some locals) is still on the site and can be seen on



leaving Cupar travelling towards St Andrews. We enjoyed the walk and the signs of Spring appearing along the route. Afterwards we were delighted to be joined by 4 other members of the Fife branch at Caulders Garden Centre where we enjoyed lunch and lively conversation.

You can find our programme on the Password Protected page on our website and we have a variety of walks planned over the coming months. If you are interested in joining us, we would be delighted to welcome you. Just use the Contact Us form on our website.

Ten Pin Bowling

This event is a popular one and last month was no exception. Nine people attended which meant we took over two lanes!

Sheena, Charles & Aileen are relatively new bowlers but are quickly learning the skills that are involved in the sport. This was Aileen's first week with us, although she had been to previous sessions as a spectator and she was delighted with her score of 80. We wondered whether we had a natural bowling talent in our company or might this be beginner's luck?



Sheena was delighted too as her game has improved tremendously since her first time and was pleased with her score of 69.

Mark had the highest score of 83 for his team, followed by Annabel 71, however, on average David's team won. Well done to everyone and we all enjoyed our afternoon followed by coffee & cake at Dobbies.

Our bowling sessions take place on the third Tuesday of the month at 2pm at Hollywood Bowl, Dunfermline. We usually have a break for the school holidays. Our next session is on the 19th March.

We welcome any new members. If you are interested please contact us via the Contact Us form on our website Home Page or speak to any of the Committee members.

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.

**You Thank You Thank
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ou Thank You Thank**

Lesley Barrie

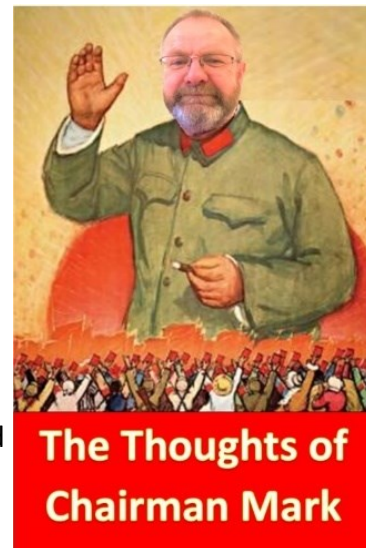
We are always aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness.

Last Word From The Chair

Firstly, I could not continue without thanking the Branch Committee members and John Minhinick for handing over the Branch in such a good condition from his capable hands to my rather shaky ones!

Although I won't be making any sweeping changes, I do have some ideas that I would like to develop, with help from you and the Branch Committee. I welcome any suggestions and my metaphorical door is always ajar in the form of my email address mcoxe@fife.parkinsonsuk.group. As you are oh so painfully aware, with Parkinson's, some days are better than others, so please understand if you don't always get a speedy reply.

I came across the Branch through an advert in the paper for a pop-up café which was being set up and realised that we can do more to help us cope with Parkinson's through friendship and a common cause. Regularly attending Branch activities has helped me on my journey with my Parkinson's.



Although this poster suggests otherwise, I'm not going to run the Branch like a communist dictator but I can't help thinking that "everyone is equal, but some are more equal than others." By this I'm not referring to the different stages and symptoms of Parkinson's or that we are all affected by this horrible debilitating condition in different ways, either in person, as a partner, carer, family member or friend. Some are more equal than others because they have joined Parkinson's UK and have chosen to be a member of Fife Branch. Membership is FREE and you get a regular magazine, a lapel badge (which I have never seen anyone wear) and a membership card. "So what?" I hear you say, but becoming a member means that Parkinson's UK has a stronger voice, working for you, challenging Government policy. Be counted and ask us for a paper form or alternatively go online at <https://www.parkinsons.org.uk/get-involved/become-member>. In its on-line version, Parkinson's UK (in its wisdom) still hasn't given us the option of choosing which Group we would like to be associated with. Please let us know when you join Fife Branch and we will pass it on.

I am looking forward to working with the Parkinson's Staff, our Committee, Branch Members and with David Rigg, my Wingman.