

In this Month's Edition

- **Christmas Already!** Page 2
- **Still Christmas Already!** Page 3
- **Prodding Parliament** Page 4
- **Ballet Dancers?** Page 5
- **Boxing Clever** Page 7
- **Manage Your Meds!** Page 8

Dear Reader

Welcome to edition sixty-eight of our Branch Newsletter. We hope that you enjoy reading this month's articles. Firstly, we were overjoyed that the attendance at last month's Gathering had crept up once again for the second month in a row. We are now aiming to reach sixty and maybe seventy for our Christmas Party. This perhaps, explains the fantastic demand for places at our Dinner Night on the fourth of December. Just in case anyone missed the announcements about the Christmas Party at the Glenrothes Gathering on the 11th December, here are a few reminders.

1. There won't be an entry charge
2. There will be a raffle, so bring a prize if you can
3. Bring a party hat and a sense of humour
4. If you can be on time because it's a busy afternoon and we don't want you to miss out on the fun and games.
5. Please bring a donation (soft drinks or food) for the Buffet Table – sweet or savoury - We will be asking you what you hope to bring with you so that we don't bulk out on sausage rolls! Sharing is caring.
6. Enjoy yourself, "It's Christmas!"



P.S. This month we are sending out 375 copies of our newsletter. **Charles and Mark**

An Opportunity to Find Out About Research and How You Can Get Involved

We are proud to be affiliated with the Dundee Research Interest Group and on behalf of Dr Esther Sammler, would like to tell you about an exciting announcement and share the link for a webinar next Thursday 6th November. The team at Dundee University Life Sciences Centre is really excited to announce that they have Camille Carroll coming to tell us about the new trial and how to participate. What is phenomenal is that there will be 3!!!! Scottish sites - Dundee, Edinburgh and Glasgow - where people can enrol and participate in this exciting venture!



Accelerating Parkinson's Trials: The EJS ACT-PD Clinical Trial and How You Can Get Involved

Thursday 6 November, 5:00–6:15pm (Zoom)

Invited Speaker: **Prof Camille Carroll**, Chief Investigator, ACT-PD. With updates from the Dundee's Parkinson's research and trials teams.

Hosted by the **Parkinson's UK Dundee Research Interest Group (DRIG)**

Free online event – more info and registration to receive your Zoom link :

<https://parkinsons-org-uk.zoom.us/meeting/register/5TLAS4GITtKpCOrsfSEnew#/registration>



We're intrigued by these BeechBands, they seem to work for most of the folk that are trying them out.

The Fife Branch Committee ordered twenty devices and distributed them to our members who were interested, at the cost of £25, which was half of the retail value.

So far we have had five returned to us because the users didn't find that they helped them and these have been re-distributed to the people on our waiting list. So, that's twenty-five people who have had a chance to see whether they work for them or not.

Some people have said that they have reduced their tremor and that they use them to help with such diverse actions as playing golf, driving, eating or just everyday living. One person said that it helps with their speech, while another person reported that it helped them with their balance.

Practical comments are that the noise that they make can be annoying, causing them agitation and exacerbating their tremor. *BeechBand advise you to tighten the strap and the noise will reduce, also that after a while you will get used to it.*

Various people told us that the device is a bit large and clunky, the strap is difficult to buckle up and that the charge only lasts for 3 to 4 hours. The latter point has led people to buy two in order to get extended relief during the day. Considering these BeechBands have only just been developed, we're sure that subsequent models will address some of these issues. We have also had two out of the twenty that we purchased, develop issues. However, these were very speedily replaced by the company and we cannot fault their customer service.

On the whole we feel that for some strange reason they seem to work, especially if, as BeechBand advise, you give yourself some time to get used to them.

We Want Your Christmas Greetings

Good health and cheer. A Festive message to you all.

Six years ago many branch members who attended our Falkland meetings, used to hand out lots of Christmas cards to each other at the Christmas Party meeting. This could be quite time consuming to do, expensive and quite stressful to make sure you didn't miss anyone out! It was suggested that it was time to offer an alternative. Why not send your message (or more) to Charles Small or Mark Coxe, our Newsletter Editors and allow them to decorate the messages and print them all in the Christmas edition. Great idea we thought, and we have adopted this ever since!



Merry Christmas
and a Happy New Year **to** our
neighbouring
Newsletter Editors
in Perth, Dundee
and Edinburgh.

From the Fife Branch Newsletter
Editors, Charles and Mark

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.



The St Andrews Rotary Club
The Ladies Guild of Auchterderran Parish
Ian and Nannette Hamilton
St Andrews Table Tennis Club Members

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.

Fife Branch Christmas Meal



The Christmas meal this year is on December 4th at the Dunnikier Golf Club with people arriving at 6pm to be seated for 6:30pm.

The response has been phenomenal, surpassing last year's ceilidh, but we still have some places left, so get your names in fast in order to avoid disappointment.

The Branch is subsidising the cost, which means that you only pay £12 for a two course meal or £16 for three courses. The menu choices and payment methods have been sent out by email, so if this is news to you check your junk mail folder. If you want to know more details email parkinsonsfife@gmail.com and we can get in contact with you. Your menu choice and payment must be made by 13th November, which means that the Glenrothes Gathering is your last chance.

DUNNIKIER PARK GOLF CLUB FESTIVE MENU 2025

Choice of 2 or 3 courses

Starter

- Homemade Tomato & Basil Soup served with petit pain roll
- Prawn Cocktail Marie Rose
- Chicken Liver Pate, mixed salad leaves red onion chutney served with oatcakes
- Breaded Brie Wedges, salad leaves and cranberry chutney
- Melon Cocktail with Mango Sorbet

Main

- Roast Turkey, Pigs in Blankets, Sage & Onion Stuffing in a rich gravy
- Braised Beef with creamy peppercorn sauce
- Homemade Steak Pie
- Cod and Pancetta Fishcakes
- Breast of Chicken with Chasseur Sauce

All of the above are served with roast potatoes and seasonal vegetables.

- Mushroom and Pepper Stroganoff served with Long grain rice

Dessert

- Christmas Pudding with Brandy Sauce
- Tiramisu Gateau served with cream
- Banoffee Cheesecake with cream
- Homemade Sherry Trifle
- Trio of ice cream

To Finish

- Freshly Brewed Coffee or Tea and Mince Pie

Once again we will be holding a raffle, which is a tradition at our Christmas events and we would be most grateful if guests could bring something with them to donate to the raffle table.

Mark Coxe enthuses that "Personally I am more than encouraged that for the first time since I have been involved with the Branch, we will be greeting guests from the west, east and central Fife, all coming to celebrate together."



April is Parkinson's awareness month and we're very excited to give you the news that we will be hosting another Let's Talk About Parkinson's event next year.

Our first Let's Talk About Parkinson's at the Adam Smith Theatre, Kirkcaldy was such a success in 2024 that we've managed to tempt Dr James Woods and



Lead Parkinson's Nurse Gillian Aldrich to join us again, with some other experts in Parkinson's healthcare, research and staff from Parkinson's UK to talk

about Parkinson's some more and answer any Parkinson's related questions the audience may have. They cannot predict lottery numbers (*we cannot condone gambling*) but between them they probably know nearly everything there is to know about Parkinson's!

Tickets, like last year will be free, although you might consider a small donation to Branch Funds. We'll confirm the line up and times for the speakers in the new year as well as how to book your seats, so watch this space.

Here's how the next Scottish government can deliver better Parkinson's care and support.

Your move.

Now, we're not wanting to cause any confusion with the well-known chain of estate agents, so we really want to make it clear that it's YOUR MOVE. In other words it's down to you to get in touch with the candidates for the Scottish Government Elections in May 2026.



There are just over 6 months until the next Scottish Parliament election, and campaigning will be fully underway soon.

The campaign team at Parkinson's Scotland want to make sure all political parties understand right now what people with Parkinson's and their care partners need.

That's why they've published Your Move, the Parkinson's manifesto for the 2026 election. It sets out how the next Scottish government can improve health and care, maintain financial support, increase access to physical activity and boost clinical research opportunities.

They've built the manifesto by working with members of the Parkinson's community so their voices are heard before people cast their votes on Thursday 7 May 2026.

You can read more here prksn.uk/3L3ypy9

Here's the full manifesto prksn.uk/42SZ5b8

If you would like to find out more or be part of their campaign work in the run up to the Scottish Parliament election, please email them at.

✉ scotland@parkinsons.org.uk



CHILDREN'S SHOWS

1. Who created The Muppet Show?
2. What is the name of Dr Bunsen Honeydew's long-suffering assistant?
3. Who lives in a burrow on Wimble Common, London?
4. What is the motto of The Wombles?
5. Which show features the characters Dipsy, Laa-Laa, Po and Tinky Winky?
6. Which 1970's TV show stars Big Bird?
7. Which cartoon takes place in the underwater city of Bikini Bottom?
8. When did the Simpsons first appear on TV?
9. Who created The Simpson's ?
10. What instrument does Zak play in Zingzillas?
11. What children's production company is represented by an orange 'splat' and with its name in white? I
12. When did Scooby-Doo first bound on your TYV screens?
13. . Which show features puppets Zippy, George and Bungle and Geoffrey's attempts to calm them down and keep the peace.
14. Who is an average teenager by day and a secret pop superstar by night?
15. What is Dora?
16. What is the purpose of Micky Mouse's Clubhouse?
17. What are the inhabitants of Waverly Place?
18. Who communicates with whistles and eat green soup supplied by the Soup Dragon?
19. Who travels in a blue police box?
20. What is the name of the character first created from an old coat and ping-pong ball eyes?



Website:

<https://fife.parkinsonsuk.group/>

Facebook:

[\(6\) Parkinson's Fife Branch | Facebook](https://www.facebook.com/groups/1481441849735176)

<https://www.facebook.com/groups/1481441849735176>

Viva Volunteers!

It's not every day that you receive an invitation to have Afternoon Tea in Dunblane Hydro - well not in my little world. It was a lovely way to start a day. The invitation came from the Parkinson's staff who work in areas throughout Scotland from Shetland to the border with England.

They have large remits to fulfil as they strive to support and advise our Parkinson's Communities throughout Scotland as part of Parkinson's UK. But they cannot do this without the support of our members and all the volunteers who run the Support Groups and Branches, fund raise and drive forward the aims of our charity. Especially true during the hard times when the challenges of life face us all as individuals, families, communities or countries.

Under the leadership of the Scotland Director, Mr James Joplin, you can see what a sterling job the team does. The team simply wanted to find a way to thank at least some of the volunteers who had given their time generously to help the charity to help them deliver the messages.



We arrived in plenty of time, were greeted warmly by Alice and Chloe and handed a small, brightly coloured bag each – just like at a Las Vegas award ceremony – but not quite! Each bag contained a pen, a raffle ticket, papers, sweetshop and a Bingo card too. The rest of the afternoon was a lovely mix of activities and short addresses about current topics.

The highlight was of course the Afternoon Tea. We were given the choice sandwiches with different fillings and all with the crusts cut off, followed by small haggis balls and sausage rolls before scones, jam and cream were brought to our tables along with a selection of dainty cakes. Since we have John Minhinick (who originates from Devon) at our table a lively debate was started on the proper way to eat a scone. Jam on top of cream or the other way around!

It wasn't all eating because we were given time so that we could also meet up with friends, fellow volunteers colleagues and staff who came from all over Scotland. It was most interesting to hear about the successful and sometimes not so successful ideas from other places.



A relaxed buzzy atmosphere had been created just in time for Bingo, with a difference, and of course a small raffle which James introduced as the worst raffle ever but also turned out to be the shortest raffle ever! Yours sincerely brought home a twinkling pumpkin biscuit tin to Bonnie Buckhaven which will remind me of the wonderful volunteers I met that afternoon. You might be wondering who and why and how the names were selected and we don't know. Neither Mark nor I discovered who had been invited until they walked into the large hall. It all added to the excitement of the afternoon.

Thank you James and your Team for a most enjoyable day. All volunteers will be very aware of the off-stage work that goes on before and after an event so thank you. We love what we do but we loved our surprise very much.

And the answer, if you're wondering, is that Devon Scones have clotted cream on first with jam on top.

Charles



1. Jim Henson, 2. Beaker, 3. The Wombles,
4. Make Good Use of Bad Rubbish, 5. Teletubbies,
6. Sesame Street, 7. Sponge Bob Square Pants,
8. 1987, 9. Matt Groening, 10. Guitar,
11. Nickelodeon, 12. 1969, 13. Rainbow,
14. Hannah Montana, 15. An Explorer,
16. To teach through problem-solving,
17. Wizards, 18. The Clangers, 19. Doctor Who,
20. Kermit the Frog



Ticket Tout!

This will be the fourth year that we have been lucky enough to have been given tickets to see Edinburgh play Glasgow Warriors at Murrayfield for the prestigious

1872 Cup. The match will be played, as always, between Christmas and New Year and this year is on Saturday 27th December, kick off 3pm.

We started off in 2022 with 20 tickets. The following year we asked for and were allocated 50 and last year we got 100.

This year we've asked for 100 again, not to be too greedy and we should get them allocated to us mid-November, fingers crossed.

The tickets will be allocated on a first come first served basis and all we ask is that you give our Branch of Parkinson's Scotland a small donation, if you are able.

More details to follow when I get the allocation.

Mark Coxe

Fruit Gingerbread Challenge

Makes a loaf or cut to make seasonal shapes

Ingredients

8 oz. Plain Flour, 6 oz. Sugar,
1 tspn cinnamon, 1 egg,
8 fl. oz. water, 3 oz. margarine,
1 tspn mixed spice, 6 oz. raisins,
6 oz. currants, 1 tspn ginger, 1 tspn baking soda



Method

Put fruit, water, sugar, margarine and spices into a saucepan. Boil for five minutes.
Cool, then mix in flour, baking soda and egg. Line 2 loaf tins (2x1lb) with greaseproof paper. Bake on the middle shelf for 1 hour 20 minutes at 160C

We're not convinced that you can make a gingerbread house from this recipe, so why not try it out and send us a photo of your work for our Christmas Special? We bet you end up eating the loaf before you get a chance to build anything!

PARKINSON'S UK HELPLINE 0808 800 0303

Parkinson's Fife Facebook Group



Parkinson's Fife Branch

Public group · 56 members



Some of you will know that we have a presence on Facebook already. This is in the form of a page, which can only be updated by me. As a result it doesn't get updated much and can at times look rather stale, which considering the amount of activities we offer and the stuff that we do is surprising. The trouble is that there aren't enough hours in the day!

Now I'll confess that I'm not a social media expert, but it is obviously a good way to get your message across. With this in mind and taking into account that the 'page' is attached to my Facebook account, I have set up a Group. This means that members can post messages such as where the walking group is meeting or even asking other members for advice. The posts will be monitored by admin and moderators so that we don't get rude or offensive messages. The positive thing for me is that it will spread the load, especially if I get some volunteers to act as moderators and the information flow and conversations will be more dynamic. It will also mean that when the time comes for me to hang my coat up the site will continue with a new administrator.

We already have 56 members and the group has only been going for two weeks. If you follow the Fife Branch Facebook page please join the group, if you want to, because the page will be shutting down at the end of November.

Looking forward to welcoming you to our new group and to us all sharing our experiences.

Mark Coxe

Creativity Competition

Some of our readers might remember a UK wide award project that was organised by Parkinson's UK over a number of years called the Mervin Peake Awards. The awards were a celebration of the talents of people with Parkinson's. They were organised by Parkinson's UK and judged by the Peake family, in memory of the late writer and poet who had Parkinson's and died in 1968.

One of our members, Frances Copeland, entered the competition over a three year period about fifteen years ago and she had two of her entries shortlisted. She says that she thoroughly enjoyed the whole project which she found to be very emotional. The sheer pride of taking part with fellow PWP was simply overwhelming, but in a good way.

As a result of her infectious enthusiasm we are thinking about having a similar, scaled down, version for Fife. Frances feels that this would be a rewarding exhibition to show that having Parkinson's doesn't mean that you can't be creative and also promote the work of the Parkinson's Branch in Fife.



The Branch Committee haven't discussed this yet but we would be very pleased if any of our readers would like to take part. Either helping to organise the event or by submitting an entry or both.

We're thinking that the exhibition could be displayed in an appropriate venue in Fife, which would be free if possible and would be in April next year to coincide with Parkinson's Awareness Month.

If you want to help, please get in touch by emailing us at parkinsonsfife@gmail.com

Caroline, if you are reading this, how about something for the UK?

Parkinson's UK is the operating name of the Parkinson's disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SCO 37554).

BoxFit Branches Out

Jay McGroarty, has been running a Parkinson's BoxFit club at the PureGym in Dunfermline on Thursday's for about eighteen months. The sessions have proved to have been very popular with regular attendees numbering up to twelve at a time and caters for people of all abilities.



Jay has been talking about expanding to another time and venue for those that can't manage Thursday's and he's finally come up trumps with his first Glenrothes session, which was held at the Lomond Centre between 12pm and 1pm on Friday 31st of October.

The inaugural session was attended by four participants and was enjoyed by all. The sessions consist of an hour of boxing-style pad work! Utilising hand-eye coordination, balance and stability, basic fitness and even memory! Believe me, it was quite a workout and exercised muscles and brain power in a combination of routines.

The hour long sessions will continue on Fridays from 12pm at a cost of £6. You can use the link below to book, which Jay prefers but he says that you can just turn up and pay on the day, if there's space.

[Parkinson's BoxFit Glenrothes](#)

Early Onset Parkinson's Group – Back To The Future?

What's the future hold for the YP group in Fife? The group never recovered from the pandemic. We didn't lose anyone to Covid, at least I don't think so. The people who used to come before just got out of the habit and failed to return. We tried to resurrect the group by suggesting activities that would attract younger people with Parkinson's, such as go-karting and even another attempt at an escape room (the last one saw us running out of time!) but they never got off the ground. We moved to the Spiral Weave Beefeater style restaurant hoping that a supper after work would be more conducive, but most of the time the group was made up of imaginary friends!

We've got our next meeting scheduled for 5th November (no Guising required) so, we hope to see you there. Otherwise to para-phrase the words of the Clash. Should it stay or should it go?

You decide. Answers on a postcard please!

PVG (Protecting Vulnerable Groups)

Looks like Christmas will be cancelled
'Cos Santa needs a PVG
And without that piece of paper,
He can't bounce children on his knee.

He won't be coming down the chimney
Or any central heating flue
He won't be filling any stockings
For boys and girls and grownups too.

Not saying that Santa is a pervert
Or he's not to be well trusted
But without his declaration
He's on the road to getting busted.



Looks like all the little children
Will have to sit this Christmas out
Because a PVG-less Santa
Will see the children go without.

The elves will be redundant
And the reindeer sold for meat
Venison's top of the menu
Now that Rudolph's obsolete.

No Christmas lights in mid-November
No smell of Spruce or Douglas Fir
It seems you cannot trust a fat man
In a red suit trimmed with fur.

Which reminds me of the House of Lords
Who set the rules for us to follow
I bet they haven't got their PVG's
Which is a bitter pill to swallow.



So, is it time for a rebellion?
Just let us have our Santa back
So he can spoil the little children
With the presents from his sack.

Keeping Your Medication Up To Date



We all know that one of the things that makes Parkinson's difficult to manage is the number of medicines that most people need. Especially if you suffer from a secondary condition like Diabetes or High Blood Pressure, or both.

Tanith Muller, who is the Parkinson's Scotland Policy Manager has been working with Parkinson's nurses, pharmacists and doctors to make sure that NHS Scotland is issuing the right guidance for prescribers about Parkinson's.

One of the messages is that it's important that you get your medicines reviewed regularly to make sure that your medication is working well for you.

The most important message is that nobody should stop taking Parkinson's medicines without speaking to your Parkinson's nurse or consultant. Health professionals must seek advice from a Parkinson's specialist before changing Parkinson's medicines.

If you are feeling that your Parkinson's medication is not working as effectively as it used to, get in touch with your Parkinson's Nurse Specialist and they will take a look at it for you.

Last Word From The Chair

Well here we are again, I've left myself with very little space to get my message across. I don't know how my predecessor, John Minhinick, did it!

This month I have had the honour to speak about my own Parkinson's, Parkinson's in general, the work of the charity and the Branch in Fife to two local groups. The first was the St Andrews Rotary Club who made a sizeable donation to the main Charity as well as donating to the Branch and the most recent was to the Ladies Guild of Auchterderran Parish, who also donated generously to the Branch funds. Both were very different groups but speaking to them, reading my poetry and sharing my experiences of the condition made me feel that it was extremely worthwhile.

I occasionally wonder why I volunteer, but after looking at what we do and meeting such lovely people I don't wonder nearly quite as much. **Mark Coxe**