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Parkinson's UK
Scotland

Fife Branch



Creativity Exhibition

**Rothes Halls
Glenrothes**

April 2026

Well We Made it! Or to be more precise twelve members of the Branch did. Creating superb art, craft and written work.

The exhibition was the idea of Frances Copeland, who had entered a national Parkinson's UK run competition a number of years ago. She enjoyed creating so much, especially when the weather wasn't so good, that she suggested we put on a similar (scaled down) version for Fife.

The idea was to show that even though we have Parkinson's we can still be creative. The members who took up the challenge are very talented people and even though the condition has slowed them down they produced some remarkable work. If you come along to the Rothes Halls during April, you can find out for yourself.



The exhibition is upstairs (there's a lift) and tucked around to the right as you come up the stairs.



You can also see a short video, showing the exhibition on our Facebook Group

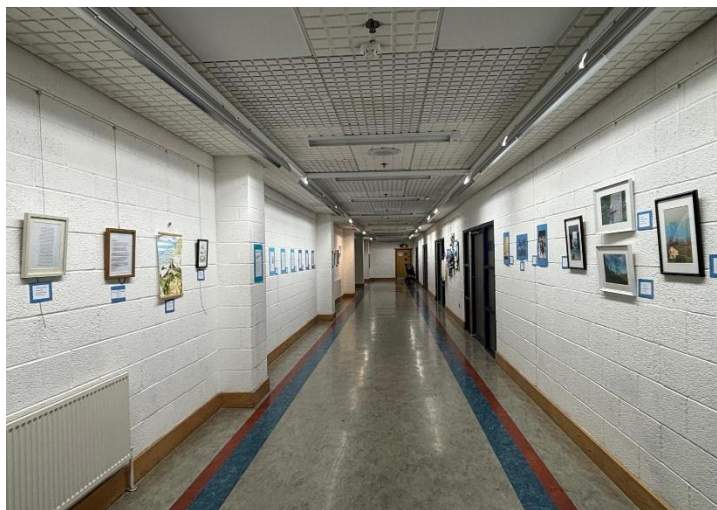
<https://www.facebook.com/groups/parkinsonsfife/>

[\(3\) Creativity Video Facebook](#)



Thank you to all the talented participants and to the band of volunteers who set the exhibition up.

Mark Coxe





The latest report from Eventbrite tells me that we have allocated 112 tickets and with over two weeks to go (it's on the 22nd) we should have a full house! If you haven't booked your free place yet it might be a good idea and then you can hear the speakers talking about all aspects of living with Parkinson's. From the work the charity does to help us on our journey with the condition, to medical advice and what the latest research means to us.

If it is anything like the first "LTAP" two years ago it should be a great night. Money back if you're not completely satisfied, but since the tickets are free . . .



This year World Parkinson's Day - 11 April falls on a Saturday, the same day as parkrun. There are many ways to mark the day and this year we are hoping to support our local parkrun at Lochore Meadows. There is an opportunity to take part in walking or volunteering at the 5k event which starts at 9.30am and lasts for about an hour, then it's time for a coffee and a bacon roll at The Willie Clark centre afterwards - what's not to like!! . Whether you would like to marshal and cheer people along the route or take part yourself by walking the route, please contact Mark if you are interested and we can team up and show our visibility, strength and inclusivity of our Fife Parkinson's community.

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).



Parkinson's UK has published the findings of their 2025 UK Parkinson's Audit.

You can read them on their website prksn.uk/4bghfa8

They collect data every 3 years to find out what's working well and where care and services can be improved. In 2025 they had the largest number of services and patients ever involved.

The audit found that services on the whole are generally improving and there are many areas of good practice. However, the findings have also revealed common themes that would benefit from improvement.

DONATIONS TO OUR BRANCH

Fife 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. If you would like to raise money to donate to the Branch let us know and we can help you.



Herbie & Sandra Milton, Margaret Leitch & Georgina Keddie

In memoria for:
Mike Bannerman & Hamish Scott

We have a vacancy that needs filling.



We're still looking for a treasurer to look after the finances of the Branch. At the moment David and I are looking after things, but we could do with someone to take over. You need to be computer literate and be able to do online banking. A good head for figures is helpful but not essential, just as long as you can add and subtract!

If you are interested please get in touch and we can progress your application.

Mark Coxe

Chair Parkinson's Fife

mcoxe@fife.parkinsonsuk.group

Where Do You Want Your Donation To Go?

Whether you have run a marathon or had a collection at a loved one's funeral it is upsetting if the money you have raised doesn't go where you wanted it to.

Donations made to Parkinson's UK help maintain the charity and all of the good work that they do. Donations are spent primarily on funding pioneering research to find a cure and better treatments, alongside providing specialized support and information services for people living with the condition. Key areas include funding the Parkinson's Virtual Biotech for drug discovery, supporting the [Brain Bank](#) and training health professionals.



What they don't do is fund the local support groups to enable them to provide activities and services to the those with Parkinson's, their friends, family and carers. There are over 360 Parkinson's groups in the UK. Although these groups are part of the charity they are run by volunteers and do not receive any funding. The volunteers receive help and guidance, from the staff at the charity, to run their groups to benefit the local Parkinson's Community.

All money raised for Parkinson's UK, especially if is through a collection service like JustGiving or GoFundMe, goes to the main charity unless you stipulate otherwise.

The self help groups rely on donations to fund their activities, so whether you want to donate to the Fife Branch, the main charity or both you should make your choice clear on the paperwork and tell the Parkinson's UK Fundraising team (if they're involved) before you start to collect. That way you will ensure that the money goes where you want it to.

Another point worth mentioning is that under the HMRC Gift Aid rules a donation can be boosted, by the government, by 25%. The catch is that when you declare that you want to include Gift Aid it must be from one person who is a tax payer and you cannot Gift Aid (in total) more than your annual tax bill. So, a donation from a couple won't qualify.

**At The Lomond
Centre, Glenrothes
KY7 5RA**

**£6
Per
Class**

**BOXFIT CLASS
PARKINSON'S**

12pm Every Friday
All kit provided, just bring
yourself and some water

SCAN THE CODE TO SIGN UP

Volunteers Needed for a Parkinson's Workshop

We are inviting carers, clinicians, nurses, and members of the public to take part in a Public and Patient Involvement and Engagement (PPIE) workshop. This workshop will explore the use of wearable technologies for monitoring tremor and overall health in people living with Parkinson's disease.

The workshop aims to gather your experiences, insights, and feedback to help inform the design of next-generation wearable devices. This is not a clinical study and does not involve diagnosis or treatment.

What will you do?

Take part in group discussions about Parkinson's care and symptom monitoring

Share your views on wearable technologies and their potential use

Discuss needs, challenges, and expectations in clinical and caregiving settings

Provide feedback to support future device design

Who can participate?

Aged 18 years or over

Carers, clinicians, nurses, and interested members of the public

Experience with Parkinson's care is welcome but not required

Time Commitment

The entire session will take approximately 2 hours on the 24th of April from 12 to 2 pm

You may withdraw at any time without giving a reason

When and Where?

24th of April from 12 to 2 pm, Meeting Room, Dundee Contemporary Arts, DD1 4EA

Interested?

Contact Anne Bernassau, a.bernassau@hw.ac.uk

To register, please click the link below:

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=8I9CbGV030Kk245q9jSBPT-VCSRanZNDhhz2QJCRZcRUQkZERVJBUTVNMEZKNDIZUUJSOUIQMkY1Ny4u>

Or scan the QR code below to sign up!

This study has received ethical approval, and all data will be anonymised and handled confidentially



1. King Charles III performed a 'cup and ball' routine to enter which organisation?
2. The novelist A.S. Byatt is the sister of which other renowned British author?
3. In the 1830s, the Englishman Isaac Pitman devised a system, still used today, for what?
4. Actor Richard E. Grant was born and raised in which country?
5. Which TV presenter is the daughter of the former newspaper editor, Eve Pollard?
6. What was the country of birth of the original Mastermind presenter Magnus Magnusson?
7. In which century did Florence Nightingale die?
8. Which of the Bee Gees was married to Lulu?
9. Which jazz musician had the nickname 'Satchmo'?
10. Besides Mickey Rooney, which other Oscar-winning actor and singer was the film star Ava Gardner married to?
11. What is the name of Jeremy Vine's comedian brother?
12. Which British singer's 'Kitchen Disco' was a popular feature of lockdown in 2020?
13. Which great Swedish tennis player has a name that literally means 'Bear Castle'?
14. In which country was Che Guevara born?
15. What relation is film star Bridget Fonda to film star Henry Fonda?
16. What place of birth links the Bee Gees to cyclist Mark Cavendish?
17. If James Dougherty was first, and Joe DiMaggio was second, which playwright was third?



18. Which military rank went before the name of Elvis Presley's manager,?
19. Which English actor, who died in 1980, was married to Anne Howe, Britt Ekland, Miranda Quarry and Lynne Frederick?

20. What character did actor Andrew Sachs play in *Faulty Towers*?

Any Ideas For A Summer Outing?

We're looking for ideas from you for a summer outing. The traditional Pitlochry Theatre trip is not feasible this year because the theatre has only scheduled its matinee performances for the weekend, which does not suit a lot of our members.

We have looked at other theatres, but nothing is jumping out at us. As a result we thought that we would come to you, dear reader to see if you had a suggestion.

In previous years we have had a canal trip with the Seagull Trust, a steam train day out, a trip to the HMY Britannia, although the last time we attempted this we had to cancel due to lack of interest.

Would a show at the Edinburgh Fringe take your fancy or just taking a coach trip to see the sights and get a meal afterwards. How about a open top tourist bus trip through Edinburgh?



National Monument of Scotland

All ideas will be considered although they must be affordable and achievable. Nice as it may be we couldn't visit the Acropolis in a day!



Acropolis of Athens

Give us your ideas as soon as possible so that we can get things moving.

Newly Diagnosed Webinar

Navigating Young Onset Parkinson's

Thursday 23 April 7pm



Join Parkinson's UK and Spotlight YOPD for this Newly Diagnosed webinar.

Hear from a panel of health professionals and people with lived experience as they explore the unique challenges of receiving a diagnosis of Young Onset Parkinson's.

Bring along your questions for our panel or send them in advance on the booking form.



Book your place using the QR code or visit parkinsons.org.uk/newly-diagnosed-webinars

Please get in touch with us at newlydiagnosed@parkinsons.org.uk if you have any difficulties booking.



Spotlight
YOPD

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258907) and in Scotland (SC027554). Parkinson's UK 12/25 (24453)

Join the next Newly Diagnosed webinar

When: Thursday 23 April from 7pm

The next newly diagnosed webinar from Parkinson's UK will focus on Navigating Young Onset Parkinson's with an expert panel of healthcare professionals and those with lived experience.

Supported by Spotlight YOPD, the webinar will discuss some of the challenges faced by those who are young onset with Parkinson's and the support available.

For more information, or to register for the webinar, contact newlydiagnosed@parkinsons.org.uk or scan the QR code above

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

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.

A Massage from Chloe Macmillan

Hello - we're very much looking forward to seeing you at another of the Spring Parkinson's Family, Friends & Carers online peer support sessions on Wednesday 15 April at 7pm. Here are the details:

"A peer support discussion followed by an online massage/meditation session - join us for an open session where you can ask questions and seek advice from each other. (Questions can be submitted in advance and read out anonymously, if you'd prefer). Then, sit back and enjoy a relaxing treat."

It can be difficult to discuss how Parkinson's has impacted on you in front of the person with Parkinson's, so please note these Zoom sessions are only open to family members, friends and/or carers.

To register for the Zoom link, please contact Chloe on 0300 123 3679 or at cmacmillan@parkinsons.org.uk.

Looking forward to seeing you online soon. Warmest regards, the Family, Friends & Carers working group

CHOCOLATE TRUFFLES By Varrie

INGREDIENTS

8 oz digestive biscuits
10 level tablsb Coconut
10 level tables Drinking Chocolate
4 oz Margarine
1 tin condensed Milk

METHOD

Crush biscuits
Mix all dry ingredients in a big bowl
Melt margarine and the condensed milk
Mix all together
Leave until cold
Roll into balls and cover with Chocolate strands or Coconut.
Eat

Thank you for the recipe Varrie

Let's have some more from our readers!



We're Having a (Table Tennis) Ball!

Well done to the St Andrews Table Tennis Club on two fronts.

Firstly they have successfully secured funding from the St Andrews Community Fund, which will enable the Parkinson's group to continue playing at an alternative venue while their usual place is given over to childcare during the summer holidays.

The second highlight is the club receiving the prestigious Club Development Award for 2026 from the East Fife Club Sport Association. The award is for the increased numbers of club members but more particularly the work that the club is doing in the Parkinson's community. They usually have fifteen to twenty people joining them each week and welcome people who are looking after the players too. They also get help from regular club players who are happy to lend a hand and help the players with Parkinson's improve their skills and reach their full potential.



Exercise is highly effective in slowing the progression of Parkinson's disease. Japanese researchers at Fukuoka University

found that playing table tennis once a week for six months significantly improves symptoms like speech, handwriting, posture, rigidity, and hand tremors. This 'ping-pong therapy' enhances hand-eye coordination, cognitive function, and mental alertness, making it a valuable rehabilitation tool. Social interaction between participants is also crucial, as a positive attitude positively impacts their wellbeing.

Fife Life Challenge

Thank you Varrie for responding positively to our first Fife Life Challenge.

This edition's challenge is to send in a limerick on any topic of your choosing. For example:

*There was a young lady from Fife
Who could not bake treats for her life
But our recipe she read
Got stuck in her head
Now she'll make someone an excellent wife.*

Website Update

A few years ago we were approached by Parkinson's UK and offered an opportunity to have our website brought under the charities umbrella on a pilot scheme.

We were one of the first to be chosen because we already had a good website, which had been donated to us, and therefore the transition should be quite smooth.

The aim was to bring all of the Support Group websites together so that they could get technical and cyber security support from the website provider but more importantly follow the Parkinson's brand and mirror the look of the Parkinson's UK website. A quick tally showed that there were a number of weird and wonderful websites, with questionable security.



After some training, I am after all a technophobe, I was let loose on the content. All the time with technical support. "It's okay, you can't break it" Megan said more than once and she was almost right.

Anyway, a couple of years has passed and the pilot project as been a success. Parkinson's UK are offering the project to other groups that already have websites and will continue later on to those that don't but would like one.

We are going through a transitional period at the moment while the website is re-built with the new and improved Content Management System (CMS). Until this is complete you can still access the website, but we are unable to update anything on it. The new CMS should have completed their work on our website in the next couple of weeks.

Thanks to everyone at Storyblock, the initial CMS, for their help, expertise and patience, but mostly to Kieran O'Driscoll (PUK) for his unwavering support.

What does this mean to you? Well very little, it just means that we won't be able to upload this newsletter to the website for a few weeks, so we've had to resort to the old fashioned way of attaching it to an email! So it might go into your spam folder.

Mark Coxe

It's Still Your Move!



Emma Harper SNP meets Mairi Gordon PUK

There's still time to make your move for Parkinson's in the Scottish Parliament election campaign! We've been hearing from individuals and groups across the country who've already completed their postcards for party leaders to show that Parkinson's matters.

And there's still time to submit a postcard. There's even an option to do this digitally, as Tanith explains here.

It takes as little as 30 seconds. Our digital tool will generate a physical postcard which we'll present to the party leaders before polling day.

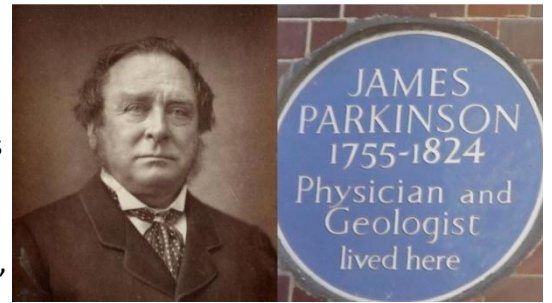
Complete your postcard now
yourmove.parkinsonsuk.postbug.app



1, The Magic Circle 2, Margaret Drabble 3, Shorthand
4, Swaziland/ Eswatini as it is now called
5, Claudia Winklerman 6, Iceland 7, 20th Century
8, Maurice Gibb 9, Louis Armstrong 10, Frank Sinatra
11, Tim Vine 12, Sophie Ellis Bexter 13, Bjorn Borg
14, Argentina 15, Granddaughter 16, Isle of Man
17, Arthur Miller 18, Colonel 18, Peter Sellers
20, Manuel

Last Word From The Chair

April

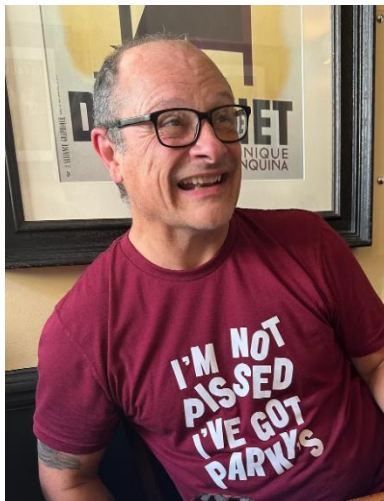


April is Parkinson's Awareness Month. It was chosen because Dr James Parkinson was born on the eleventh of April, which coincidentally is World Parkinson's Day. He's the bloke who identified the condition, which was later named after him. Up until then, you had Shaking Palsy, which didn't account for the many people who don't have a tremor but still have some of the forty, or so, symptoms attributed to the disease.

Anyway, April it is then, suppose we have to start somewhere. Celebrating one month is little compensation for the people who've got this condition and who experience it all year round. Or those that live with us and experience its affects.

So how do we celebrate a debilitating disease and why?

Well, the why is easy. By talking about it and how it affects not only those with the condition but their close family and friends, we can help to inform others about the variety of ways Parkinson's impacts our daily lives. From the big and noticeable shake to the more discreet (sometimes, often not) flatulence because your digestion isn't working properly. Everything is sent to try us.



Perhaps next time someone is staggering along the street, the first thought might not be "do they have Parkinson's" instead of "are they just drunk?" But if they knew more about the condition they might not be so quick to judge. Of course, they may have had a drink and have Parkinson's, in which case blame it on the medication.

The how is more complicated. People react to their Parkinson's in many different ways. Some go into denial after their diagnosis and stay that way for years, even the rest of their lives. Others take time and slowly decide to meet and mix with others similarly affected.

I've noticed that over the fourteen years since my diagnosis, people take a much shorter time, than my five years, to come to decide to meet people with the condition. I can only imagine that this may be due to being better informed by the various charities and the support that gives. I'm sure that Covid helped a bit, enabling people to virtually come together whilst in the relative safety of your own front room. Personally, I was worried about seeing someone with advanced symptoms, thinking that would be me in a few years, but it doesn't work like that and everyone is different. Parkinson's coupled with the fact that we're not getting any younger means we have to decide whether to blame that particular ache on Parkinson's or just on getting older.

We're all individuals, and our Parkinson's is unique to us, so it's up to you to decide whether you are in a position to combat it or not. Whatever you decide Parkinson's UK and the 360 or so self-help groups will support you to live your life to the full. Once you decide to join in and have a go, you'd be surprised how much there is out there for you to take steps to slow the progression of your disease and maintain a healthy outlook on life. I try to keep occupied and do what I can on a good day and not beat myself up when I have to take things a bit slower. Nevertheless having the condition can really get on top of you if you let it.

Now, you might read this and your Parkinson's has already got to the stage where you are in constant pain and have real difficulty moving and getting around. You'd be surprised; we still get people who have similar symptoms to you coming to our meetings. If it's at all possible, give it a go; it might cheer you up.

This year Fife Branch is celebrating creativity, with an exhibition of art and craft done by its members who have Parkinson's. This is at the Rothes Halls in Glenrothes throughout April. We're also hosting an evening of talks from various experts at the Adam Smith Theatre in the 22nd of April. There's still some tickets left, which are free, so google "Let's Talk About Parkinson's #2" and book your place.