



## Hello Readers!

Well, we've made it through our Parkinson's Branch year and what an exciting time we've had! We have had a lot of activities on offer to our members and we would encourage you to come along to some of them and have a go. Remember most of the participants are living with the condition, so everyone who takes part accepts that you might be having an off day, but at least you've taken part and it's the taking part that invariably makes you feel better. Walking Football, Sporting Memories, Tennis at the Saints Sports Centre, Indoor Bowls, Walking Group, BoxFit, Exercise to Music and Singing Therapy would all benefit from some new people having a go. Look out for the 2026 Activities Schedule which will be coming out in the next couple of weeks.

Mark Coxe will be celebrating his second year as Chair of the Branch and this would be a fitting time to congratulate him on his vision to make the Branch a truly Fife Branch. This has taken a long time and a lot of energy to bring the east and west Fifers together and he hopes that this will continue to grow. This was most evident at the recent festive functions which saw members from all parts of Fife mixing and mingling together. Well done Mark!

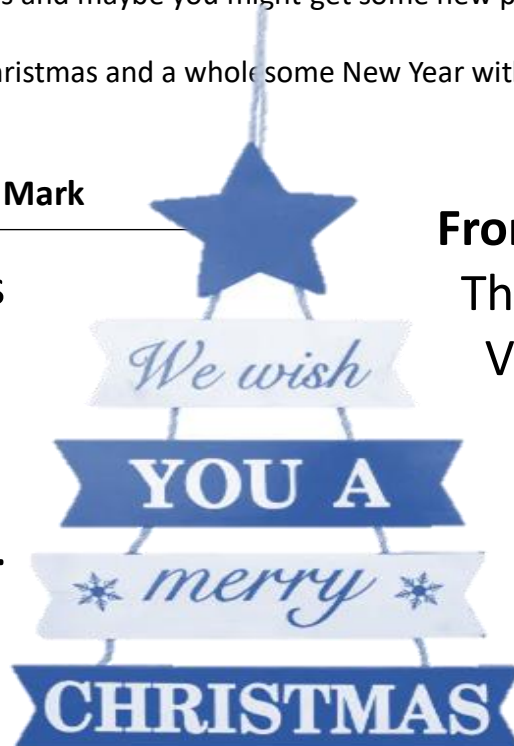
We thank you for your support and kind words about our newsletter. Please remember that the newsletter belongs to everyone, so sharpen your proverbial pencil and send us some newsworthy articles about how much you enjoy your activities and maybe you might get some new people joining your group.

We both wish you a Merry Christmas and a wholesome New Year with the best of health, a lot of enjoyment and fun for 2026.

**Your Editors Charles and Mark**

To all our friends  
We hope you all  
have a lovely  
Christmas and a  
Happy New Year.

Bob and Francis  
Copeland



## From All Of Us.

Thank You to the Lead  
Volunteers who organise  
and run the many  
activities throughout  
the year.

Happy Christmas and  
we're looking forward  
to 2026!



To all @ Fife  
Branch,  
  
Merry  
Christmas to  
All from Diana  
Penman



To All the Members of  
Fife Branch. Merry  
Christmas and Best  
Wishes for 2026.  
Aileen and David Rigg.

To Mark Coxe  
Hope you have a  
great Christmas and  
thank you so much  
for all your hard  
work during  
the year.



Denise  
and Jon Ford

To all our friends  
in the group.

Have a lovely  
Christmas and a  
Happy and Healthy  
NewYear.

Anne and Andrew



To the Bridge Centre Team. Thanks again  
for all you do for us. We really appreciate  
your input and hope you enjoy the  
festive Holiday.

To Everyone  
Alf and I hope you have  
a blessed Christmas  
From Mary Patey.



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.



To everyone at the Parkinson's Group,  
wishing you all a very happy and peaceful  
Christmas From David and Jacqueline  
Thomson



We thank all our tutors and all our massage  
professionals for your contributions at our  
monthly meetings at Glenrothes. Enjoy your  
Christmas and New Year

To Parkinson's Fife Group  
Raise your head to lift  
your spirit (first Tai Chi  
principal) From Eric Bell



## A Dinner To Remember!

We would like to say a Big thank you to everyone who came along to the Fife Branch Christmas Dinner on Thursday the 4<sup>th</sup> of December.

We have had events at the Dunnikier Golf Club in the past, but the manager Evelyn and her team really pulled out all of the stops to make our evening special. What made the evening even more special were the guests. Friends, family and carers of the people who are making the most of their good days with Parkinson's, not to mention lovely Anita Jefferies who is an Area Development Manager for Parkinson's Scotland. *It appears that great minds think alike, Anita, judging by those rabbit ears!*



The food was lovely and so were the members of the Branch, who represented most of the activities that Fife Branch has to offer. There were carers from the café in Cupar, Table Tennis players from St Andrews, Sporting Memories members from Rosyth and walking footballers from Dunfermline, to name but a few.



**Needless to say Mark rounded the day off with a poem.**

It's wonderful that you've joined me  
For this fabulous festive feast  
And that our members from the west  
Can meet our members from the east.

Our gang might all be Fifers  
And we've got Parkinson's in common  
But to get them to participate  
In some activities is a problem.

So it's great to see you all here  
Celebrating what we do  
It's so good to see some old friends  
And lots of people who are new.

So I wish you Happy Christmas  
And good luck for the New Year  
If I don't see you at our meetings  
I'll be chewing off your ear!



Wishing everyone in the Parkinson's UK Fife Branch a joyous Christmas and a peaceful New Year! With love from Meri xx



Have a happy and peaceful festive season with your loved ones. From Georgina Keddie

# Merry Christmas



To all members of Fife Group.  
We wish all a Merry Christmas  
and a prosperous and healthy  
New Year. From Judy and  
Maurice Jaggard.



Merry Christmas to all.  
From Georgina Morris.

To Mark and his hardworking committee  
and everyone who enjoys some or all of  
the many activities we can take part in –  
A very Merry Christmas and A Happy  
2026.

Annabel Blair

To the Parkinson's café at  
Glenrothes. Wishing  
everyone a happy  
Christmas and a New  
Year full of good health  
and happiness,. From  
Kathleen and Norman  
McMenigall



To Fife Branch, wishing  
you all a very happy  
Christmas and a peaceful  
New Year From Briar and  
Brian Richardson.



Charles and Margaret  
Small wish everyone in  
the Fife Group a  
Wonderful Christmas  
and all the best for 2026

To you all, we wish  
everyone a happy  
Christmas and a  
peaceful New Year  
From Pat and John  
White

To everyone  
wishing you all a  
very happy  
Christmas and New  
Year  
from Judith.



# Fife Branch Festive Party!

The December Glenrothes Gathering is always our Christmas Party. Members of the sub-committee had been planning it and have it down to a fine art. So much so that even though on occasion it looked chaotic it wasn't really and everything went off as planned, well almost.

Thank you to all the people who brought food, baked cakes, chopped up fruit salad, created different types of scones and made numerous sausage rolls. So much so that the trestle tables were groaning under the weight, *much like my weighing scales if I dared to go on them!* The staff at the Bridge Centre Café had agreed to warm up some of the pastries and their manager, Steven, took them away and popped them in the oven for us. Unfortunately the café was exceptionally busy and he forgot that they were in there until our very own Janice went looking for them and saved the day.

Charles Small was in his element as a retired head Teacher and got us started quickly with a rendition of the Grand Old Duke of York. He says that it was the best group that he has had the pleasure of teaching! The fun and frivolity continued with party games and a great atmosphere was created which lasted until the end of the party.

A highlight of the afternoon was a very special visit from Santa who decided what order the tables could take their turn at the buffet table depending on how naughty or nice they had been throughout the year. He could only stay with us for a short time because he had left his reindeers and sleigh on the roof and he was worried about getting a parking ticket!



One of the highlights of the afternoon was the pass the parcel dressing up game, which saw some of our party goers putting on the weirdest costumes. Whilst the golf putting game was played to a chorus of oohs and aahs. After all of the excitement we settled down to some carol singing, which signified the end of the party and people began to drift away.

We could not pass on the opportunity to thank all of the people who supplied the prizes for the raffle, including the legendary Christmas Cake, which was baked by our Fife Branch equivalent to Mary Berry, Diana Penman. Thanks to all of the volunteers who made the day so memorable, not to mention Chloe Macmillan who is an Area Development Manager who knew instinctively when to lend a hand.



## Anyone For Tennis?

We are delighted to be partners with the St Andrews University Community Outreach Programme and the Saints



Sports Centre, who are offering people with Parkinson's tennis coaching on Thursday mornings between 10 and 11am. The Parkinson's Group sessions will take place on their indoor tennis courts and will be run by a level 3 certified coach.

Sessions will focus not only on tennis specific skill development but also improvement in mobility for everyday life. The sessions cost £6 per player. You are also very welcome to bring a spouse or friend as a helper.

Following the session players will also have the option to use their facilities to socialise over tea/coffee (please bring this with you) should they wish.

If you wish to sign up, please contact the university reception team on 01334 462190

Or book a place using the following link:

[Welcome to Saints Sport - Leisure Hub](<https://l-xn-hub-ext.st-andrews.ac.uk/.../identity/login...>)

## 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:

**North Fife Rotary**

**Edinburgh Voluntary Organisations Council (Rugby tickets).**

### In Memoria:

**From the collection at Elsie Weir's Funeral.**



**We've got some dates for you to stick in your diary for next year.**

### January 8th

The next Glenrothes Gathering

**January 13<sup>th</sup>** Carers Cafe

**January 26<sup>th</sup>** - St Andrews Café

January 28<sup>th</sup> – Rosyth Café

**April 22<sup>nd</sup>** - Let's Talk About Parkinson's #2.

An evening of presentations from Healthcare Specialists, Parkinson's UK Staff and Researchers with a chance for the audience to ask questions.

### During April

Parkinson's Creative Exhibition at the Rothes Halls, Glenrothes. An exhibition of art and creativity by people with Parkinson's to show what can be achieved even when sometimes your fingers fail to cooperate!



## The Tickets Are Out!

The wait is over and after me getting very nervous we've got our ticket allocation which I am keen to distribute. 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 27<sup>th</sup> December, kick off 3pm.

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.

## Mark Coxe

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.



# PARKINSON'S UK HELPLINE

## To contact a Local Advisor phone

# 0808 800 0303



### Festive opening times

- Tuesday 23 December: 9am to 6pm
- Wednesday 24 December, Christmas Eve: 9am to 12pm
- Thursday 25 December, Christmas Day: Closed
- Friday 26 December, Boxing Day: Closed
- Saturday 27 December: 10am to 1pm
- Sunday 28 December: Closed
- Monday 29 December: 10am to 1pm
- Tuesday 30 December: 10am to 1pm
- Wednesday 31 December, New Years Eve: 10am to 1pm
- Thursday 1 January, New Years Day: Closed
- Friday 2 January: 9am to 6pm, normal opening hours resume.



To all Parkinson's members, we wish you all a Merry Christmas and happy New Year From John and Heather Paterson.



To everyone at Parkinson's Group, wishing everyone at the Group a Merry Christmas and happy and healthy New Year! From John and Martha Brand.



To all at the Glenrothes meetings. Have a Merry Christmas and a happy New Year. All the best from Ann and John Wilson

Just to wish every single one of you a very happy Christmas and best wishes for 2016 from Liz Neilson





To all of the members  
and volunteers. Wishing  
everyone a lovely Xmas  
and a good New Year  
From Roma Jefferson

To all the Fife Group  
Thinking of you all at this  
festive time.  
From Janice

Wishing Everyone a  
very Merry  
Christmas and A Happy New  
Year! From Mark Coxe  
And Family



To all of the volunteers who  
give their time and effort to  
help us run the Branch for  
the benefit of the

Parkinson's  
community in Fife.  
Without your help  
this task would be  
impossible.

Merry Christmas and a Happy  
New Year from Mark



# Last Word From The Chair

  
**BAH.  
HUMBUG.**