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## Let's Talk About Parkinson's #2

Join us and listen to the experts talk about Parkinson's and how to live with it. Come to our evening with the experts for the second 'Let's Talk About Parkinson's'!

The first one in 2024 was so successful we just had to have another one. The Beveridge Suite at the Adam Smith Theatre, Kirkcaldy is a relaxed space where we can listen to the experts, ask questions, and learn more about living with Parkinson's.

Whether you've been diagnosed with the condition or supporting someone who has been, come and connect with others who are in a similar situation. Listen to the experts talk about living with Parkinson's. Tactics that slow its progression down and what research is hoping to achieve in the future. There will be a chance to ask questions on the night, so don't miss out on this great opportunity to connect and support each other! Get your free tickets using the link below, or Google Let's Talk About Parkinson's #2 and look for the photo of James's forehead.

<https://www.eventbrite.com/e/lets-talk-about-parkinsons-2-tickets->

**Dear Reader,** Congratulations on surviving one of the worst Januaries on record. I can't remember such a dark, wet and depressing January ever. So, I guess we have to make and spread our own sunshine – so let's start now!

### Sunshine Challenge No. One.

**Send – hand Charles or Mark your tasty recipes for our newsletter as our stock of tasty treats has run out. See page 4 for our latest recipe which will definitely bring some sunshine to you on a dreary day.**

We will be following up with another Sunshine Challenge in subsequent editions.

**Regards your Editors.**



## The Walking Group

The group decided this session that we would try something different to see if we could encourage more people to come along to our walks. We decided to try the Bums off Seats method of arranging walks in the same place and time for each walk. We decided to use Pittencrieff Park

in Dunfermline and Ravenscraig Park in Kirkcaldy meeting at eleven and walking around the park using different ways. Then coffee or lunch at the café nearby.

Unfortunately despite advertising in the Newsletter and by email the change hasn't worked as in the months past only one new person came on one walk. The group have decided to revert to our usual method in 2026 of arranging the walk in different places in Fife.

Below you will find the list of walks, which are being planned and we hope that you can come along and support our group.

Charles Small says that he has been on several walks over the years and he has thoroughly enjoyed the exercise and the company.

It is important that you let the organiser know that you are planning to attend so that everyone can be prepared. You can do this by contacting [parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com)

The first walk is the popular Valleyfield Snowdrop Walk, meeting at the public car park adjacent to riding for the disabled stables at 11 am on the 20<sup>th</sup> February.

Subsequent walks can be seen on the following table.

3 April (Good Friday)	Ravenscraig Park to Dysart
17 April	Burntisland
1 May	Lower Largo to the Aurrie
15 May	Edinburgh
29 May	To be arranged
12 June	The Bunnet Stane, Gateside - <b>New Walk</b>
26 June	Silverburn to Leven Beach loop tea at Blacketyside Farm Shop



## Get active roadshow coming to Dundee!

Parkinson's Scotland are hosting a Get Active roadshow in Dundee on Wednesday 18 February 2026.

This is open to people with Parkinson's and family, friends and carers.

Join us to get practical advice and we'll connect you to local providers.

Booking is required, so to find out more and sign up using the form [prksn.uk/4bYUKZ0](https://prksn.uk/4bYUKZ0)  
You can also email the team at [parkinsonsactive@parkinsons.org.uk](mailto:parkinsonsactive@parkinsons.org.uk)

Walking Group Programme, Feb-June 2026	Walk Location
20 February	Valleyfield Snowdrop Walk, West Fife
6 March	Pillars of Hercules – Falkland Estate
20 March	Aberdour Daffodil Walk

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# Want my vote?



Then let's talk  
about Parkinson's.  
Your move!



 **Parkinson's UK  
Scotland**

The next Scottish Parliament election will be held on **Thursday 7 May 2026**.

Now is a crucial time for people with Parkinson's and their support networks to get Parkinson's on the election agenda.

Your voice is powerful because parties want your vote. They want to hear your concerns and will often commit to taking action on issues that matter to you, if they are elected.

Fife Branch is getting behind Parkinson's Scotland's campaign to help members of the Parkinson's community send postcards to the party leaders.

Your voice is powerful and together the Parkinson's community in Scotland can deliver change. They've developed some easy ways that you can take to make your voice heard.

Your Move is the Parkinson's Scotland manifesto for the Scottish Parliament elections. It outlines what the next Scottish government can do to improve Parkinson's support.

It's easy for you to make your move during the election campaign.

Here are 2 quick ways to get started:

**Move 1:** Send a postcard to party leaders asking



Scotland election postcard

what their party will do about Parkinson's issues. [Send digital postcards with our Postbug tool](#), or send a postcard by filling one out at our meetings.

**Move 2:** Display our election poster at home (see opposite), and ask a question about Parkinson's when campaigners call. Request a hard copy by emailing [influence.scot@parkinsons.org.uk](mailto:influence.scot@parkinsons.org.uk).



Mairi and Tanith will be at our Glenrothes Gathering in March to answer any questions and listen to any concerns or experiences you may have had with doorstep canvassers and tell us how the campaign is going.

## How to vote

Make sure you're ready to have your say in the next Scottish Parliament election! Here's what you need to know:

### Check you're registered

Everyone who wants to vote must be on the electoral roll. Registration is individual, so you need to register yourself. You can register online. Have your **date of birth** ready.

### Vote your way

You can vote in person at your polling station. If you can't make it on the day, you can vote by post or nominate someone to cast your vote for you (a proxy vote). The postal vote deadline is **5pm on 21 April 2026**.

### Find your polling station

Polling stations are open **7.00am to 10.00pm** on election day. Your polling card shows where to vote and when. If you don't receive one, contact your Electoral Registration Office. You can still vote in person.

### What to bring

Bring your **polling card** if you have it. You'll get 2 ballot papers: one for your constituency MSP and one for the regional list. Mark your choices with a **cross (X)**.

### Need help?

Contact your [local Electoral Registration Office](#) for guidance on registration, postal votes, or proxy votes.

[Find more information on registering and voting on the mygov.scot website.](#)

## Antiques Valuation Day

The Rotary Clubs of Inverkeithing & Dalgety Bay and Burntisland & Kinghorn invite you to an Antiques Valuation Day on Tuesday February 17<sup>th</sup> 2026 between 10am and 2pm at Dalgety Church.



*In attendance will be Anita Manning and her team of specialist valuers*

Get your antiques, collectibles or family heirlooms valued

£10 for up to 3 items e.g.

Jewellery, Silver, Paintings, Ceramics, Militaria, Collectables, Asian Art, Glass, Watches, Coins, Books, Sporting Items etc. No Furniture, for large items please bring a photograph.

All proceeds will go to the Fife Rape & Sexual Assault Centre and STAND -Promoting the welfare of people living with dementia in Fife



## Didn't We Do Well?

Well not if you are an Edinburgh Supporter!

We had a great day out at Murrayfield on the 27<sup>th</sup> December to watch the match between Glasgow Warriors and Edinburgh RC. Although for the Edinburgh fans it wasn't that good with Glasgow beating them 21 to 3 and retaining the 1872 cup for another year.



However the real winner was the Fife Branch, who raised nearly £900 through the generous donations of the people who joined me at the match.

Thank you to the Edinburgh RC and Edinburgh Voluntary Organisations Council for donating the tickets to us. We'll do it all again, so look out for the opportunity nearer the time.

If you still want to donate you can use the link here:  
<https://www.justgiving.com/fundraising/chair-fife>

Mark Coxe

## Celebrating Creativity Update

In our last newsletter we launched our Creativity Exhibition to show that people with Parkinson's can still be creative and produce wonderful artwork and crafts. Their work will be displayed at the Rothes Halls, Glenrothes during April, which is Parkinson's awareness month.

I am pleased to say that we have 10 participants, exhibiting such skills as Knitting, Art & Design (Mixed Media), Photography and the Written Word.

If you want to help, either helping to organise the event or by submitting an entry or both please get in touch by emailing [parkinsonsfife@gmail.com](mailto:parkinsonsfife@gmail.com)

### Viennese Fingers

Thank you very much Diane for saving the day with your recipe!

#### Ingredients

4oz / 110g butter  
softened  
1oz / 25g icing sugar  
4oz / 110g plain flour  
1/4 teaspoon baking powder  
2oz / 50g chocolate



#### Method

Pre-heat the oven to 190c / 375f / gas 5  
Lightly grease a baking tray  
Put butter and icing sugar into a bowl  
Beat well until pale and fluffy  
Add flour and baking powder and beat well.  
Put mixture into a piping bag with a medium star nozzle.  
Pipe out the finger shapes about 3in / 7cm long  
spacing them well apart  
Bake for 10-15 minutes or until a pale golden brown  
Lift off and cool on a wire rack.  
Melt chocolate  
Sandwich together with jam, dip each end in chocolate.  
Leave to set on wax paper.

#### Diane Dunbar

Our stock of recipes has now run out, but do not fear as everyone will have an opportunity to contribute by responding to our first 'Sunshine Challenge', see page one.

# PARKINSON'S UK

## HELPLINE

0808 800 0303



### A Piece of Cake

1. What fungus is added to flour and water to make bread dough?
2. What is a sfingi?
3. Which area in Germany is famous for its sweet baking?
4. When is stollen traditionally eaten?
5. The name of the German cake bienenstich translates as "bee sting cake" True or False?
6. Madeleines were made famous by which French author?
7. Florentines and Canestrelli are biscuits from which country?
8. Baking powder produces carbon dioxide when combined with heat? True or False
9. Shortbread is a traditional biscuit from which country?
10. A meringue – based dessert is named after which famous ballerina?
11. Shortcrust, double-crust, puff and choux are all types of what?
12. Which Italian cheese can be used as an alternative to cream cheese in baking?
13. Profiteroles are normally filled with what?
14. Panettone is traditionally eaten at Hallowe'en. True or False.
15. Which baked item is traditionally associated with afternoon tea?
16. Pastel de Leches is a sponge cake from which country?
17. From which part of the world does the nutty dessert halwa come?
18. Complete the following phrase: "the greatest thing since . . .
19. Pastry was originally made by Egyptians. True or False?
20. What is the process of baking a pie crust without the filling, known as?

### Respite Support for Members and Carers

Our Committee has agreed to explore how we can better support members and carers with respite. Jim Tucker has been asked to look into this and has provided the information below.

#### What is Respite?

Respite care is short-term support provided to someone with Parkinson's (the *client*), and it can take different forms depending on individual circumstances:

- **For someone living alone:** respite can offer a welcome break from their normal routine.
- **For someone living with an unpaid carer:** respite allows both the client and the carer to have time away from their usual routine, allowing the carer time to rest, recharge, or attend to other commitments.

#### Examples of Respite

Respite can cover a wide range of activities, for example:

1. A friend staying with the client for an hour or two while the carer goes shopping.
2. A paid care worker from a care agency coming regularly (for example, every Wednesday afternoon) so the carer can attend activities such as a bowling club.
3. A client who lives alone visiting friends or relatives for a weekend.
4. A client and their carer partner spending a week at a guesthouse.
5. A client staying for a week at Leuchie House (the National Respite Centre) while the carer takes a holiday.

The aim of respite is to give both the client and the carer a break from their normal routine, helping them return refreshed and better able to cope with day-to-day challenges.

#### Your Respite Needs

We would really like to hear from members about their experiences and needs.

- Have you used respite care before?
- Do you currently have respite needs or wishes?
- Have you experienced any difficulties accessing respite?
- Do you have ideas about how our branch, or Parkinson's UK more widely, could help?

If you are able to share your thoughts or experiences, please email me at [jim.tucker@live.co.uk](mailto:jim.tucker@live.co.uk).

Thank you for your help.

— Jim Tucker

# Can You Help?



We're looking for a volunteer who is good with numbers to be our Treasurer, following the resignation of our current Treasurer, Alex Rodger. Alex has been volunteering his time and expertise for over six years and has decided that it is time to move over and give someone else a go.

The link below gives you more information, although most of it is waffle and the post of Treasurer is easier than you think, so don't be put off.

<https://volunteer.parkinsons.org.uk/opportunities/107382-branch-treasurer-fife-2026-02-05>

For more information and a talk through of what it entails in reality, contact the Chair [mcoxe@fife.parkinsonsuk.group](mailto:mcoxe@fife.parkinsonsuk.group)

I would like to take this opportunity to thank Alex for his years of dedication and service and wish him well in retirement.

Mark Coxe

## DONATIONS TO OUR BRANCH - Alex Rodger

Our Fife Branch of Parkinson's UK is always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for a local charity. We are aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness. Thanks to the latest donors.

In memory of  
Alexander Sneddon  
A Brown



If you or someone you know is thinking about fundraising, remember that our Fife Branch has its own 'Just Giving' page, where you can increase your donation with Gift Aid.

<https://www.justgiving.com/fundraising/chair-fife>



baking.  
17. India. 18. Sliced Bread. 19 True. 20. Blind  
Mexico. 17. India. 18. Sliced Bread. 19 True. 20. Blind  
12. Madagascar. 13. Cream. 14. False. 15. Scone 16  
Anna Pavlova. 11. Pastry.  
6. Marcel Proust. 7. Italy. 8. True. 9. Scotland. 10.  
1. Yeast 2. Doughnut. 3. Bavaria 4. Christmas 5. True.

## Still got it.

I've had Parkinson's now for fourteen years  
Give or take a day  
And since they've yet to find a cure  
It looks like it is here to stay.

It's a degenerative condition  
Which will undoubtedly get worse  
So I'm going to have to live with it  
Until I'm boxed up in a hearse.

But there's a new type of procedure  
Based at Ninewells in Dundee  
Focused Ultrasound Thalamotomy  
And they have offered it to me.

It's a non-invasive process  
Type of trepanning for today  
It's not drilling through your thick hard skull  
It is in fact a type of ray.

It's not the normal type of ultrasound  
Used to scan an unborn baby  
Instead it's almost like a laser beam  
With which they'll fix my tremor - maybe.

With my skull held steady in a frame  
I'll be bolted to the table  
Of a whirring MRI machine  
Because my head must be held stable.

They don't want a moving target  
While they fry cells in my brain  
If they were to kill the wrong ones  
That would be a downright shame.

The result that they are aiming for  
Is to control my blasted shake  
To reduce it by at least a half  
What a difference that will make.

It's not going to cure my Parkinson's  
But if it makes my shake abate  
Even if it's only very slightly  
That's a risk that I will take.

## MRI Focused Ultrasound and Me.



My journey started last year at the Dundee Research open day when I stood on stage in the auditorium and introduced Gillian Solymar-Lacey, who is one of the Movers and Shakers podcast presenters. The microphone in my hand was shaking wildly and Tom Gilbertson, who was giving a presentation about the Focused Ultrasound procedure noticed and we spoke about it during the coffee break. Talk about being in the right place at the right time!

During the second week in February I took part in a clinical trial at Ninewells Hospital. The procedure is an MRI Guided Focused Ultrasound Thalamotomy and has been available to patients with Essential Tremor on the NHS for some time. The procedure was developed at the Clinical Research centre in Ninewells Hospital five years ago and uses MRI to pinpoint the area in your brain that causes the tremor and then heats up and destroys the cells with highly focused ultrasound beams. They have only started to treat people with Parkinson's and are gathering data on its efficacy to present to NICE to see whether people with Parkinson's can be treated on the NHS too. Because it is a clinical trial you have to meet a strict criteria to take part. I was the one hundredth patient to undergo the procedure at Ninewells under Tom Gilbertson and Sonnie Khan and only their tenth Parkinson's patient, the majority being people with Essential Tremor. So I am literally Mr 10%!

The surgeon didn't use a hacksaw or a drill to operate on my brain and because it was non-invasive meant that I could go home within twenty-four hours. The non-invasive nature of the procedure is beguiling in as far as the enormity of the procedure. I had undergone major brain surgery but without the scars to show for it. Down in London they still drill a hole in your skull and insert a wire to heat up and destroy the brain cells with microwaves.

The procedure was a great success and at the moment I am tremor free. Although Parkinson's can be quite complicated, unlike Essential Tremor and the neural pathways can sometimes reroute and the tremor returns, only time will tell.

I was so elated with the result I possibly overdid it. The day after getting home I was playing Table Tennis and enjoying a celebratory meal with my family instead of resting up. The consequence of this was that once my hospital medication, to control swelling on my brain, had finished I felt very fatigued and unsteady on my feet, literally bouncing off walls. My speech was affected and I not only slurred my words, but I was literally lost for words, which isn't like me. Another side effect was tunnel vision. I was warned about all of this and the effects will wear off in time.

### Post (op) Script

As I lie here in my hospital bed  
After my Ultrasound Thalamotomy  
And the feelings race inside my head  
Thinking of what they have just done for me.

They're magicians they're not Doctors  
Tom Gilbertson and Sonnie Khan  
They have turned the clock back fourteen years  
To when my tremor first began.

I'm sure that it will be apparent  
I've got my life back in a stroke  
Because without my awful tremor  
I'm an almost newish bloke

It's the little things with Parkinson's  
That culminate to make life hell  
But a tremor's so much more than that  
As anyone who knows will tell.

I can stand at a urinal now  
Without the fear of spreading pee  
Or of looking like a pervert  
To someone standing next to me!

I can drink a lovely cup of tea  
Without it pouring everywhere  
Not a wild storm in a teacup  
Now you can take me anywhere.

There's one more thing I've learned here.  
"Ablation" Tom's word of the day  
It's from the Latin verb ablatus  
Meaning to remove or scrape away.

And that's just what they've done with me  
Making a lesion on my brain  
Burning off the cells that caused my tremor  
Never to come back again.

So I thank you everyone concerned  
From specialists to frontline crew  
To those hard at work behind the scenes  
I could not have done it without you!

## Fife Branch Activity Planner 2026

SCHEDULE	ACTIVITY	DETAILS	TIME	LOCATION	COST	NOTE
WEEKLY	Monday	Chair Yoga	Therapeutic Exercise and meditation	10:45 - 12pm Online with Zoom Meeting ID: 870 1565 7022 Passcode: 863295	Free	
	Monday	Sporting Memories	Get those brains working with Sporting Memories	Weekly Mondays	10:30am - 12	Parkgate Community Centre, Rosyth. KY11 2JW
	Tuesday	Parkinson's Table Tennis	A chance to play table tennis and not worry about having Parkinson's	11:15 - 12:15	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	£2 Except for school holidays
	Wednesday	Indoor Bowling	Friendly competition for all abilities with a chance of a cuppa.	2 - 4pm	Abbeyview Bowling Club, Dunfermline	£5.50
	Thursday	BoxFit	Physical and mental exercise open to all abilities.	11:15am	PureGym, Dunfermline	£6 Membership of PureGym required.
	Thursday	Tennis For Parkinson's	An hour of Parkinson's Tennis with a qualified Coach	10am	St Andrews University Sports Centre	£6 
	Thursday	Exercise to Music	Seated or standing exercise and movement to music.	11:15am	Online with Zoom Meeting ID: 414 757 393 Passcode: 886058	Free
	Friday	BoxFit	Physical and mental exercise open to all abilities.	12 -1pm	The Lomond Centre, Glenrothes	£6 
	Friday	Walking Football	Exercise and a kick about.	1:30 - 3pm	Pitreavie Sport & Soccer Centre, Dunfermline	Free
FORTNIGHTLY	Alternate Fridays	Singing Therapy	Singing with Meri	09:45 - 11am	Online with Zoom Meeting ID: 893 8697 2141 Passcode: 994443	Free
	Alternate Fridays	Walking Group	Walk, talk and get a chance to have something to eat at the end of the walk	11am	Meets in a different place every time.	Free Contact us for details
Monthly	Second Tuesday OTM	Carer's Café	Just for Carer's	11:00 - 12:00	Caulders Garden Centre, Cupar.	Free (buy your own refreshments)
	Second Wednesday OTM	Coffee & Chat Dobbies	Chance of a friendly blether	Meets at 11am	Dobbies Garden Centre, Dunfermline	Free (buy your own refreshments)
	Second Thursday OTM (Except July & August)	Glenrothes Gathering	Meeting place with lots to do	12 - 3pm	The Bridge Centre, Glenrothes KY7 5NS	£5
	Third Tuesday OTM	Tenpin Bowling	Good natured competition with a chance of a snack at Dobbies afterwards	Meets at 2pm	The Hollywood Bowl, Dunfermline	Concession Rate of £3.50 (buy your own refreshments)
	Last Monday OTM (Except July and December)	St Andrews Parkinson's Café	An informal place to chat	11 - 12:30	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	Free
	Last Wednesday OTM (Except July and December)	Rosyth Parkinson's Café	An informal place to chat	10:00 - 12:00	EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS	Free (buy your own refreshments)
	Last Wednesday OTM	Monthly Quiz	Quiz questions on anything	07:30pm	Online with Zoom Meeting ID: 824 7666 1284 Passcode: 892282	Free

## Last Word From The Chair

I've been doing this newsletter for a long time, not as long as Charles, admittedly, but still a long time. A recurring topic and one that John Minhinick, the

previous Chair often alluded to was the desire for as many people as possible to participate in our group activities and meetings. Now I know we all have busy lives, some of us are still working, whilst others are trying their best to fill their retirement. I am no exception and find that I cannot go to certain activities that clash with each other, but I try to support the activities that in turn support me, whether this be sociable or physical or, more often than not, both. So I urge you to give it a go! There's always an excuse to not do something but if you get out there, you never know you might just benefit from joining in.

Mark Coxe