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FIFE BRANCH AGM

Dunnikier Park Golf Club, Kirkcaldy
February 6th at 7PM



Everyone is welcome to come and have their views heard, but you have to be a member before you can vote. So, why not join us today?

Dear Readers

As this is the first edition of our Branch Newsletter **Fife Life**, Mark and I would like to wish each and every one of you that the year ahead will be one the best, the happiest and one of the healthiest you have experienced despite everything that comes our way. If there is anything that you think our Fife Branch can do to help you achieve this, please speak to us about it. You can be assured that if it is something you will benefit from, there will be others in the Branch that would benefit from your idea too.

Finally, we hope you will enjoy reading this month's edition. Please make a note in your 2025 diaries that our Branch AGM will be held in the Dunnikier Golf Club on Thursday the sixth of February at 7pm. James Jopling who is the Parkinson's UK Scotland Director will be our guest Speaker and Alice Hall who is the Parkinson's UK Volunteer Co-ordinator will be with us again to see that everything is in order. The Committee would be very grateful if as many members as possible could be with us at the AGM. Fife Branch enjoys a good reputation, and a busy AGM would be the icing on the cake.

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**

The Choir of the Glenrothes & District Churches Together and the Christmas Shoppers who donated at the Kingdom Shopping Centre.

The Ticket holders for the 1872 Cup at Murrayfield on December 28th.

St Andrews TT 'Rascals'

Maisie Michie



Who Do You Associate With The Following Songs?

1. I'd Like To Teach The World To Sing.
2. Diamonds Are A Girl's Best Friend.
3. Son Of A Preacher Man.
4. Stranger On The Shore.
5. You're A Pink Toothbrush.
6. Sailor.
7. I Don't Feel Like Dancing.
8. On A Carousel.
9. Nellie The Elephant.
10. With A Little Help From My Friends.
11. Something Got Me Started.
12. Theme From Mahogany
13. Making Your Mind Up
14. Bang, Bang
15. Flying Without Wings



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.



Vegetable Stock

Ingredients

- 1 onion, chopped,
- 1 leek, sliced
- 2 carrots, sliced
- 1 stalk celery, sliced
- A few parsley stalks / a sprig of thyme
- 6 – 8 black peppercorns
- 1 bay leaf
- 1.5 litres/2.5 pints cold water
- A pinch of salt

Method

1. Put all the ingredients into a large, lidded saucepan
2. Bring slowly to the boil.
3. Reduce the heat and allow the liquid to simmer with the lid at an angle for 30 minutes.
4. Use a large spoon skim off any scum from the surface as it appears.
5. There is no need to stir the stock.
6. Remove the pan from the heat and pour it into a large sieve placed over a large bowl. Do not push the vegetables through the sieve but allow the stock to drain naturally.
7. Cool before refrigerating. Keep for up to 3-4 days in the fridge or label and freeze until required.



The Walking Group leaders are spending every waking hour thinking how they can encourage the members of the Branch to get out and enjoy the Fife footpaths and benefit from being out in the fresh air. They are in the middle of planning the walks for the first half of 2025 and would welcome any suggestions that you might have. These could be your own favourite walks and should be easily accessible and not too strenuous. Contact us by emailing parkinsonsfife@gmail.com

We thought you could put these dates in your diary.
7th and 21st Feb, 7th and 21st Mar, 4th and 18th Apr,
2nd, 16th and 30th May, 13th and 27th June .

JOIN US... ROSYTH PARKINSON'S CAFE

Starting January 2025

LAST WEDNESDAY OF THE MONTH 10.00 - 12.00

EATS Hub 115a Queensferry Road, Rosyth KY11 2PS

Wednesday 29 January

Wednesday 26 February

Wednesday 26 March

Wednesday 30 April

LOOK FORWARD TO SEEING YOU THERE

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE. JOIN US.



We are very excited about our new Parkinson's Café, which opens in Rosyth at the end of the month.

This new addition comes on the heels of our Parkinson's Café in St Andrews and acts as a pair of bookends for Fife, being in the East and West of the Kingdom.

Thanks to Varrie and Heather for helping us get this off the ground at the EATS Hub and Living Room Café.

1872 Cup Result

What a result! For the third year running Fife Branch have been the lucky recipients of tickets to the Murrayfield leg of the 1872 cup, which sees Edinburgh Rugby and Glasgow Warriors clash for the trophy.



This event has become a tradition for the Branch and this year we were allocated a record 100 complimentary tickets, which were snapped up in no time at all. We would like to give our thanks to Adam Cook, who initially kicked this off and to the Edinburgh Voluntary Organisations Council and Scottish Rugby for their support.

Mostly I would like to thank the ticket holders, who have so far donated an eye watering £650 to the Branch. Thank you for your exceedingly generous donations and I'm sorry that I didn't get to meet everyone at the match. Maybe next year.

Mark

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).

We've Been Havin' a Party and What a Party It Was!

This year's Branch Christmas Party was held on Thursday 12th of December 2024 in our usual Gathering Place in Glenrothes. It was great to see so many helpers who were all ready to get going and get the rooms ready for what we thought would be either a wonderful full house or a small but beautifully formed group, ready to party. I am so pleased to report that by the end of the afternoon we had fifty partygoers coming together to have some fun.



We started with the Grand Old Duke of York which was voted the most creative version ever experienced - but what a way to start an afternoon of fun. This was followed by Pass the Parcel a la Frances Copeland and a couple of games of Irish Bingo. Here I must stop to thank everyone who brought along a donation/s of food and/or drink for our Party Buffet which looked good and tasted even better.

The Big surprise of the afternoon was when Santa Claus BEM dropped in to greet all of the boys and girls of all ages!

The answers to the Christmas Quiz were given out and the First Prize was won by Diana Penman. Well done, Diana.



We had two games next- The Putting Game - which is always popular with our members and The Straw and Pea Game. We needed a seat after all the excitement and activity so Briar and Mark led their 'choirs' in "The Twelve Days of Christmas".

The time was passing quickly so we drew the Raffle which had been put together by the guests and Mark brought the festivities to a close by thanking everybody who had contributed to the fun packed afternoon.

Diary Date: Branch Christmas Party Thursday 11th December 2025. At 12 noon until 3pm

Carrot and Orange Soup (serves six)

25g / 1 oz butter
900g / 2lb carrots sliced
2 trimmed leeks, sliced
850ml / 1.5 pints vegetable stock See page 2
Zest of 1 orange
Juice of two oranges



2 teaspoons sugar
salt and ground pepper
to taste

For The Garnish

Zest of 1/2 orange
A handful of fresh
parsley

Method

1. Melt the butter in a large-lidded saucepan.
2. Add the carrots and leeks
3. Cover and sweat for 10 minutes shaking the pan occasionally.
4. Blend in the stock, orange zest and juice and the sugar.
5. Bring to the simmering point, cover and bubble gently for 30 minutes until the carrot is cooked through. Meanwhile, prepare the garnish.
6. Peel strips of rind from the oranges and pare away any white pith which would sour the soups. Slice the rind very thinly into strips. Place these in a cup and pour over boiling water to just cover. Leave for 3 seconds, drain, and plunge into cold water to prevent any further cooking.
7. Cool the soup slightly before pureeing in a liquidiser until smooth.
8. Return the soup to the rinsed out pan and reheat very gently.
9. Pour soup into bowls, add garnish and sprinkle with a little chopped parsley.

The Camera Club is changing its format to hopefully encourage more people to post pictures on its WhatsApp page.

The members had drifted away from the zoom meetings as it was increasingly difficult to get everyone to take part, with the members busy and unable to get together. The group was already posting its pictures on its WhatsApp page, so the group could review and comment on them. This was an informal way to keep everyone involved and posting photographs, even for the people who don't get out much.

Bob Copeland, who is one of the club organisers says that "The club is open to everyone to join and you don't even need to have a camera, these days, as there have been some excellent photos using mobile phones posted. The existing club members hope that you will wish to become involved in this informal way and will post your own pictures."

He continues "Our page on WhatsApp is called the 'Parkie Camera Club'. People who are interested are invited to join the app. We are only expecting Fife Branch members and friends to show an interest and join us.

Bob.

Last Word From The Chair

**Glenrothes Still
Good Value For
Money For Many!**



We all know that everything seems to be costing more these days and hosting our meeting at Glenrothes is no exception. We have striven to keep the contribution at £3 for as long as we can remember, which for someone with Parkinson's may not be that long.

We have, reluctantly, come to the conclusion that we will have to charge £5 from the February gathering in order to continue to provide our wide range of popular activities and our 'Lite Lunch'.

I hope that you will agree with me that these days you don't get much for a fiver, except at the Glenrothes Gathering.

Mark Coxe

ANSWERS

- | | |
|------------------------|-----------------|
| 1, The New Seekers. | 15, Westlife |
| 3, Dusty Springfield | 13, Bucks Fizz |
| 5, Max Bygraves | 11, Simply Red |
| 7, The Scissor Sisters | 9, Mandy Miller |
| 8, The Hollies | 7, The Beatles |
| 6, Petula Clark | 5, Diana Ross |
| 4, Acker Bilk | 3, Cher |
| 2, Marylyn Monroe | |