



Welcome to the Christmas Special edition of our newsletter 'Keeping Us Together'. 2021 has been a challenge, but we have pulled through, with the support of members and friends of the Branch and the support of the Parkinson's Scotland team.

We are looking forward to spending the festive period with friends and loved ones, in small groups and abiding by the latest advice. We don't know what 2022 will bring but if we did, we would buy a lottery ticket. We may not share our winnings with you, but we will share the advice to stay safe!

We, your editors, want to thank everyone who has supported the newsletters by providing us with interesting articles and good wishes. We couldn't do it without your support.

We wish everyone a Merry Christmas and look forward to whatever 2022 will bring.

Charles and Mark

Message from the Chair.

We are coming to the end of not only 2021 but the end of the time in office of the current Fife Branch Committee. I am so grateful to all of the committee members for their outstanding time supporting the 150 members of the Branch and potentially over 700 Parkinson's sufferers in Fife.

The extensive range of Zoom activities and the recent return to some in-person events, are regularly mentioned in very positive terms when I meet staff and fellow volunteers from across Scotland.

With the new version of the Covid 19 virus increasing exponentially, I was disappointed that we had to cancel the Christmas Party planned for early December. For the similar reason we will be looking carefully at how we move forward after the festive season. We have already agreed that the AGM, due at the end of January, will be via Zoom: more details will be issued soon.

Personally, and on behalf of the committee, I hope that you Christmas break.

Best wishes for Christmas and 2022

John Minhinick

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Meri's Minstrels



Two Thousand and Twenty-One has been a wonderful year for what we now call 'Meri's Minstrels'. Before the Covid Lockdown, we used to meet with Meri every month in the small room in Falkland to exercise our lungs. However, since our Branch Zoom Programme began, a regular band of members has met every fortnight under Meri's leadership and been taken on musical themed journeys around the world and across the four seasons.

Meri's extensive knowledge of world songs is amazing and how she remembers all the tunes she has shared with us is impressive. Her fabulous sense of humour and her boundless enthusiasm ensure that we all have a great time and the hour seems to fly by! We all wish we could bottle these attributes and take them with us because we always leave our sessions feeling better than at the start of the sing-in.

Although all songs can sound like rounds on Zoom, we do learn how to sing rounds and also songs with several harmonies or parts. Meri also tries to include a number of Scottish songs in the repertoire. It just feels so fine to have a good old sing which is a tonic for our spirits.



If you can or can't sing but would like to join us, please get in touch with Charles Small 01592 713824. We are now singing at Glenrothes as part of our monthly Branch Meetings and also meet on Zoom in between the monthly meetings usually on Friday mornings at 09.45.

As the song says Meri's Minstrels 'wish you a merry Christmas and a happy new year.'

Charles Small

Dance with Alex

Were you aware that our Branch Dance Class has been going on since the start of the lockdown and continues on a Thursday morning from 11.30 until 12.30. Chat time from 11.15 until 11.30?

As our Branch monthly meetings in Glenrothes have now started up again and are also held on Thursdays, the group decided to carry on every Thursday morning apart from the second Thursday of the month which is when our branch monthly meeting is held.

We also have had a change of tutor. Sarah, our first tutor left Shaper Capers as she was flitting through to the west to be nearer her family and her fiancé. However, Alex, who had taken some of our classes when Sarah was elsewhere, stepped up to the mark and with the assistance of PJ took us under her wing and continues to develop our skills, our balance and our flexibility. How quickly the hour passes by when you are kept busy and you feel much the better for working hard.

If you would like to come along and try out a session, which is FREE, simply let Charles small know and he will give you the ZOOM details. Alex has worked out the dances and stretches especially for our Parkinson's Group and can be carried out either standing or sitting in a chair.

Charles Small



Here is Alex, relaxing after a performance of a Shaper Caper Dance in Letham Glen in Leven. Alex does not normally dress like this!

**GET IN TOUCH
with Parkinson's
UK**

0808 800 0303



BRANCH AGM 2022

Unfortunately, due to the ongoing Covid restrictions and Government advice, the Branch Committee has decided to hold its AGM on Zoom. The proposed date is Thursday 27th January 2022 at 7 pm. Please add this date and time to your new calendars and diaries so that we have as large a turnout as possible.

Further details will be sent out in the new year.

GLENROTHES MONTHLY MEETINGS

In the past the Branch has always taken the month of January as a holiday and did not organise a January Meeting. Because we had missed so many meetings in the last couple of years, we were hoping to hold a January meeting. **However, since the latest advice is that we do not meet with more than three households, it is very unlikely that the January meeting will go ahead.**

As our meetings usually fall on the second Thursday of the month, this would mean that our first meeting would be on hopefully Thursday 10th of February in the Bridge Centre, Glenrothes Baptist Church from 12 noon. Details will be in the next Newsletter, so watch this space.

Christmas Double Biscuits

Ingredients

310g / 11 oz Plain Flour
200g / 7 oz margarine
170g / 6 oz caster sugar
Coloured fondant icing for decoration



Method

Put flour, margarine and sugar into a bowl and mix together to form a dough.

Roll out and cut out rounds. Using a 3inch / 7cm cutter you can get up to 24 single biscuits / 12 double biscuits from the mixture.

Place on baking sheet

Bake for approximately for 15 minutes at 150 C / 350 F / gas mark 4

Allow to cool

Jam the biscuits together.

Decorate the biscuits

Roll out a round of white fondant same size of the biscuit.

Decorate using a little water to stick on the snowman's face.

Use a little jam to stick the snowman's face on to the biscuit

**How many words (3 – 5) letters
can you make from the word**

CRACKER?

ANSWERS

1, REC 2, KEA 3, KAE 4, ACE 5, ARC 6, ARE 7, ARK
8, CAR 9, EAR 10, ERA 11, ERR

3 Letter Words made out of CRACKER

1, RACK 2, RACE 3, CECA 4, CARR 5, CARK
6, ACRE 7, RECK 8, REAR 9, RARE 10, CAKE
11, RAKE 12, CARE

4 Letter Words made out of CRACKER



5 Letter Words made out of CRACKER

1, CARRER 2, CRACK 3, CRAKE 4, RAKER
5, CREAK 6, RACER

To All of Fife Branch

Merry Xmas to everyone and huge thanks to the wonderful volunteers for keeping the branch so active and supportive. You are all stars!



From Alice Hall and the Scottish Staff Team at Parkinson's UK

Merry Christmas and a Happy New Year to All Friends and Members.



From Annette & David Fitzsimmons

To all our Parkinson's Friends,



Have a Very Happy Festive Season. It was good seeing you all on Zoom.

Maisie & Eddy



Charles and Margaret wish all in Parkinson's Fife Branch a very enjoyable and relaxing festive break.

I wish you all a Very Merry Xmas and a Happy, Healthy, New Year.



From Margaret Martin

Merry Christmas to our team of Therapists who have helped us all since we got back to In-person meetings.



Many thanks and Merry Christmas and A Healthy New Year to Meri, Eric and Catherine.



Happy Christmas to all And to all A Happy New Year From Isabel Chalmers xx



A very happy Christmas to those members I know in the Branch and to others I have still to meet.



Have a cosy, relaxing day.

Annabel Blair

Festive Greetings to our Parkinson's Nurses, Gillian, Nicola and Abby and to all their consultants.

Best wishes for 2022 from all in our Fife Branch.



Merry Christmas and a Happy New Year to all friends and members



With all good wishes to all at Parky. Keep safe and hope we can get back to being 'Crafty' together.

From Linda and Mike

My very best wishes to all members of the Parkinson's UK Branch and their families for a safe and Merry Christmas and a happy and healthy 2022



From Elizabeth Tait

Frances and Bob Copeland wish all our friends at Fife Branch a very Happy Christmas



and a guid New Year in 2022.

To All Branch Members



Best wishes for a happy festive season and a very good 2002

John

Allan and Elizabeth Thomson send Seasonal Good Wishes to all Fife Branch Members



Wishing The Minstrels and everyone in the Fife Branch



an enjoyable Christmas season, full of love and laughter.
Meri

A Very Merry and Happy
Time to all our
'Parky Pals'
During The Festive
Season



Diana and Bill

To Alex, PJ and family,
Yolanda and all at Shaper
Capers



Have the
Best
Festive
Season
Ever!

From all your Fife Branch
Dancers

To all my
friends in
our Fife
Branch,
especially those who
ZOOM on Mondays
and Wednesdays.

Mary Thomson



Merry
Christmas
Everyone
from
Alex, Sally
and
Xander

Hope you are NOT on
the naughty list!



John and Sheila Minhinick
wish you all
a happy festive season
with family and friends
and a great 2022.

Season's Greetings and
Continuing Friendship to
Charles and Margaret
from Mark and Arlene



Looking forward to a
better year all round and
lots of articles sent in to
our newsletter!

Wishing everyone in the Branch a very happy Christmas
and best wishes for the new year.

I am missing the various Branch activities on Zoom and
in person but hopefully I will manage along in 2022.
Thanks for all the Get-Well Cards which cheered me up.

Best wishes
Alan Chapman





A Merry Christmas
and a Happy and Successful 2022
to Alice Hall and her colleagues at PUK Scotland
from the Fife Branch



May your Christmas
be full of love and laughter
and may the New Year
bring peace and
hope.



Muriel, Mathew, Jay and Flora

Merry Christmas to
Everyone and
let's hope
and a
Healthy
2022



..... Covid Willing!
From Victor



*Sounds
of the
Season*

Mark & Charles would like to
wish all their reporters and
our postman, Matthew, a
very merry Christmas and a
happy and healthy New Year.



John and Martha
Brand wish everyone a
Merry Christmas and a
Happy New Year'



MERRY CHRISTMAS

Best wishes for a
happy Christmas and
lots of fun, games and
good food.



Love
Catherine Wilson x

Kindest Christmas Wishes to
Karen and everyone
in
The Bridge Centre,
Glenrothes
Baptist
Church

From All

in the

Fife Parkinson's Group



Best Wishes from Mark & Arlene

Wishing Everyone in the Fife Branch and
beyond a Very Merry Christmas
and a not too Shaky
Start to 2022!

Remember to look
after yourselves
and treat everyone
as if they have Covid!



New Fire Safety Legislation – Are You Ready for the changes?



The law on fire alarms is changing from February 2022 which means all Scottish homes will need to have interlinked alarms. Bob Copeland thought that his experience might be useful to our members and offers to help any member who has no relatives or neighbours who could fit them.

Every home in Scotland must have interlinked fire alarms by February 2022. Interlinked means if one goes off, they all go off, so you will always hear an alarm wherever you are in your home. The new law has come about because of the Grenfell fire in London in 2017, and it applies to all Scottish homes. It is the property owner's responsibility for meeting the new standard.

What each home needs

By February 2022 every home must have:

- one smoke alarm in the living room or the room you use most
- one smoke alarm in every hallway or landing
- one heat alarm in the kitchen

All smoke and heat alarms should be mounted on the ceiling and be interlinked.

If you have a carbon-fuelled appliance – like a boiler, fire, heater or flue – in any room, you must also have a carbon monoxide detector in that room, but this does **not** need to be linked to the fire alarms.

Bob tells us, ***'I needed three smoke detectors and one heat detector for my house and bought them for a price of £100 from a company called "Linked up Alarms" based in Hamilton. They are easily***

linked together and as they are light in weight. I bought some double-sided sticky tape from Halfords which they use for number plates. The strips are very strong and I stuck them to the detector then stuck it to ceiling, so no drilling or plug fixings required. Unfortunately, this does not work on stippled ceilings which require plugs and screws.

You can get a fire safety visit by the Fire Service who will give advice but won't fit them or supply them. However, if they deem the individual a high risk they can supply and fit them for free. The government has given £1 million to provide detectors for people who are high risk.'

Two types of alarms

You can use either sealed battery alarms or mains-wired alarms.

Both types of alarm are interlinked by radio frequency and do **not** need WiFi.

What the alarms must have

If you use battery alarms, they must be sealed tamper-proof units and have long-life lithium batteries, which can be up to 10 years. You may be able to fit these types of alarms yourself and they do not need an electrician.

Mains-wired alarms are cheaper but if you use them, they must be fitted by a qualified electrician and must be replaced every 10 years. You may also need to redecorate after fitting them.

If you also need a carbon monoxide alarm and it is battery-operated, it must have a sealed battery for the duration of its lifespan.

Where and what to buy

There is no list of approved suppliers or fitters. You can buy both types of alarms online or in store from a number of retailers, and any qualified electrician can fit the mains-wired type.

You need to check that each alarm complies with the following standards:

- smoke alarms BS EN14604:2005
- heat alarms BS 5446-2:2003
- carbon monoxide detector British Kitemark EN 50291-1

Thanks very much, Bob, for bringing this to our attention. If you are on line you will find more details at www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/ If you would like to discuss the matter with Bob, please contact Charles Small on 01592 723821 and he will contact Bob with your details.

Bob Copeland

Christmas Quiz 2021

1. Which country started the tradition of putting up a Christmas tree?
2. How many ghosts show up in *A Christmas Carol*?
3. Which country did eggnog originate?
4. How many gifts were given in total in 'The Twelve Days of Christmas' song?
5. What year did Mariah Carey's 'All I Want For Christmas Is You' come out?
6. What is traditionally hidden inside a Christmas pudding?
7. Which city has been donating Trafalgar Square's Christmas tree to London every year since 1947?
8. If you're born on Christmas day, what's your star sign?
9. What is the best-selling Christmas single of all time?
10. What time is the Queen's speech traditionally broadcast on Christmas Day?
11. What colour are mistletoe berries?
12. What colour suit did Santa wear until Coca Cola rebranded him in red?
13. What decoration do elves traditionally have on their shoes?
14. *Miracle On 34th Street* centres on what real-life department store?
15. What fruit is traditionally put inside a Christmas stocking?
16. According to tradition, when should you have your Christmas decorations down by?
17. Traditionally, when should you start making a Christmas pudding?
18. What is the opening line to Shakin' Stevens' 'Merry Christmas Everyone'?
19. When do the 12 days of Christmas start?
20. According to Buddy the Elf, what are the four food groups elves can eat?



What Am I?

I'm a big part of Christmas you'll see me on the tree

I've an e in my name you can have that one for free

You'll find me in Santa and I'll call more than once
The clue's in the name so, don't be silly chump's

I'm found in the Pudding but not in Mince Pies
I'm shorthand for you when your texting sometimes

You'll find me in Banter and also in Bells
Try counting me twice we're a couple of swells

I'm beginning with lunch but I'll not stay for tea
What do you think I am?
What could I possibly be?

I shimmer and glitter and I'm reflecting the light
But if you grab me by them it could end in a fight!

What am I?

1. Germany 2. Four 3. Britain 4. 364
5. 1994 6. A coin 7. Oslo 8. Capricorn
9. Bing Crosby 'White Christmas'
10. 3pm 11. White 12. Green 13. Bells
14. Macy's 15. Orange or Tangerine
16. January 5th
17. On a Sunday, five weeks before Christmas
18. Snow is falling, all around me;
19. Christmas Day
20. Candy, Candy canes, candy corns and syrup.

Answers

A Christmas Message

At last it's Christmas twenty-one,
And it's time to celebrate,
It's the birth of baby Jesus,
Who was delivered in a crate.



Not a crate, of course, a manger
And in a stable far away,
Health and Safety regulations,
Would have frowned on that today.

There wasn't room at any inn,
And they hadn't booked online,
Which would have been a miracle,
Like turning water into wine.

I wonder what would happen,
If the Messiah came today,
Perhaps if he was here right now,
He'd be a migrant near Calais.

If that was indeed the outcome,
He wouldn't need a boat at all,
He could cross the English Channel,
Just by going for a stroll.

That sounds so disrespectful,
But what does Christmas mean to us?
Not about poor Baby Jesus,
He's been pushed under a bus.

Christmas today just means big business,
Helps the financial world stay healthy,
Forget the Christmas message
Just help the "fat cats" to stay wealthy

Why do we buy so many presents?
How does that celebrate his birth?
Why don't we just get back to basics?
That's my advice, for what it's worth.

*The virtual Christmas Partygoers will be glad
that I found something to rhyme with Calais!*

Mark Coxe



Take a virtual tour of the Parkinson's UK Brain Bank

You're invited to join a virtual tour of [Parkinson's UK Brain Bank](https://www.parkinsonsuk.org/brainbank), based at Imperial College London and funded by Parkinson's UK.

During the interactive talk, you can hear more about how donated tissue is supporting research projects worldwide. We'll show you examples of donated tissue, and talk about how you can get involved and help us find more effective treatments for Parkinson's.

For more information or to book your tour, please contact brainbank@imperial.ac.uk or 020 7594 8902.

What Am I Answer?

I'm a big part of Christmas you'll see me on the tree

I've an **e** in my name you can have that one for free

You'll find me in **Santa** and I'll call more than once
The clue's in the name so, don't be silly chump's

I'm found in the **P**udding but not in Mince Pies
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BAUBLE

