

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



### *Hello!*

It is hard to believe that we are now only a month away from Christmas and I have already seen a few trees and houses decorated.

We are looking at organising a number of events in the new year. We are currently planning for an Over 65's night and a quiz night in Spring 2023, more details to follow in the next newsletter!

We can finally move ahead with our plans to tidy up the King Malcolm roundabout, our Southern Gateway Project. It has taken at least 6 years to get to this stage but surveys have been undertaken and plans are in progress. More information on this project can be found on Page 11.

We had a walk around Pitcorthie with officers from Parks, Streets and Open Spaces in September and pointed out a number of issues that had been brought to our attention by local residents. We are delighted to say that the council have agreed to replace the broken metal fence at the edge of the golf course path, the trees will be looked at by an arborist with a view to cutting them back and a contractor will be appointed to look at tidying up the burn in sections as funding permits.

Finally, I would like to pass on my very grateful thanks to Thana Mitchell who has been editing the newsletter since 2019. In that time the newsletter has gone from strength to strength and has been through a radical overhaul. Thana has decided to step down to pursue other interests but we are very grateful for her help and support over the last 3 years, not just with the newsletter but also for designing our new website and managing our social media. If we have any budding editors out there we would love to hear from you!

I hope everybody has a Merry Christmas and a prosperous 2023!

*Alasdair Kay - SDCC Chairman*

### **In this edition...**

- **Fight the Winter Blues**
- **The Southern Gateway Project**
- **Help with the Cost of Living**



## South Dunfermline Local Councillors



Lib Dem - James Calder  
(07825 604016)



Labour - Cara Hilton  
(07935 702926)



SNP - Lynn Ballantyne-Wardlaw  
(03451 555555 ex 442320)  
SNP - Naz Anis-Miah  
(07935 702920)

## South Dunfermline Community Council

Chairman - Alasdair Kay (07756 813766)

Vice Chairman - Vacant

Treasurer - Mhairi Divertie

Secretary - Vacant

Members: Marion Knapman; Sharon Waugh;  
John Ure; Morag Ure

## Pitcorthie & District Events Committee (PADEC)

Chairman - Alasdair Kay (07756 813766)

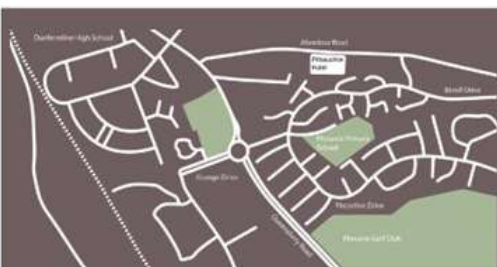
Treasurer - Mhairi Divertie

Secretary - Morag Ure (736651)

Communications - Thana Mitchell

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CANNOT TAKE RESPONSIBILITY FOR THE  
CONTENT.



South Dunfermline Community Council  
meets on the 1st Tuesday of every month,  
apart from July and August, at 7.45pm.

## NEWSLETTER

Editor - Thana Mitchell (07427 695323)

Treasurer - Mhairi Divertie

Advertising - Thana Mitchell

Design - Thana Mitchell

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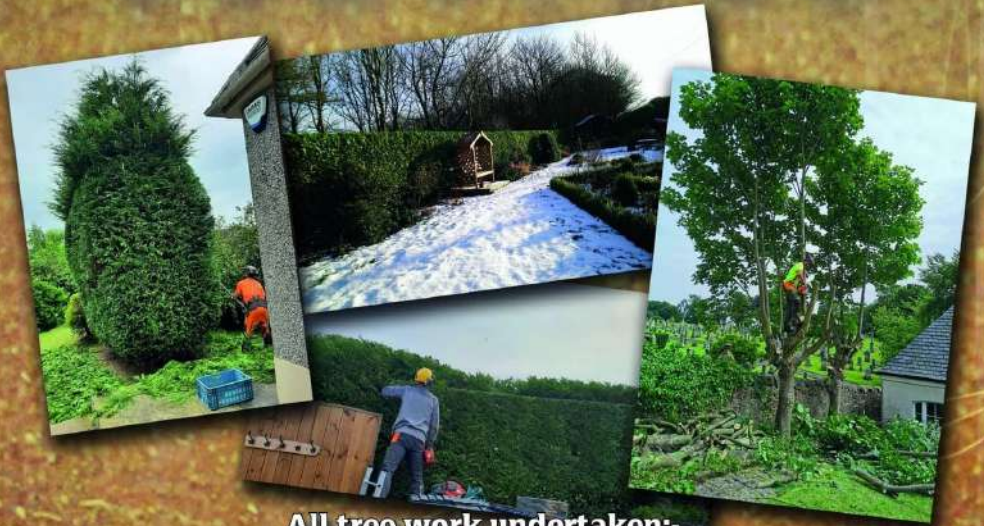
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# Pitreavie Playgroup

Charity Number SC022912



The Playgroup is situated in its own bungalow with a secure garden and plenty of free parking. There are a maximum of 12 children at each session.

- Funded places for 3 and 4 year-olds
- Places available for children aged from 2 years old
- Choose from morning, afternoon or all day sessions
- Open: Mornings for 50 weeks of the year and afternoons during term time



For more information or to arrange a visit, please contact Fiona on 01383 622107 or 07811 219785  
 pitreavieplaygroup@hotmail.co.uk  
 www.pitreavieplaygroup.com  
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The Bungalow  
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Charity Number: SC011334

We are a long established playgroup at the heart of the community for over 40 years providing a safe, fun and nurturing environment for children aged 2½ to 5 years old.

We offer both morning and longer sessions during term time with funded places available through Fife Council.

- Weekly woodland walks
- Healthy snacks are provided
- Childcare vouchers accepted
- Members of Early Years Scotland, regularly inspected by Care Inspectorate and HMLe



Check out our new website!

John Marshall Community Centre | Pitreavie Primary School Grounds  
 Pitcorthie Drive | Dunfermline KY11 8AB | Tel: 01383 602382 / 729666  
 www.pitcorthieplaygroup.co.uk | Find us on Facebook



## Masterton Primary School News

As usual Masterton has been a busy place. We are now the biggest we have ever been with 15 classes and over 400 pupils in the school.

In term 1 we had the busiest Shared Start we have ever had. Parents were queued right around the school into the playground before 9 am. It was great to be able to open the door and let everyone in. It was the first time many parents had been in the school as well as the first time in a long time for some.

We had a Halloween Disco at the end of October. It was also very busy. It went very well and all the pupils attending had a great time. Thanks to FROMPS (The Friends of Masterton Primary School) for arranging the disco and to all the parent volunteers who helped out.

Other things which have taken place in the school include a visit from the police to P.6 to speak to them about internet safety, a very important topic at any time. P.7 also had a visit from Barnardos to speak to them about drugs education. Beatbox have also been in working with the P.5 classes on creating their own music and songs.

As we head towards Christmas we are hoping to have as normal a Christmas as possible after the last few years. We have Christmas performances lined up, a P.1 nativity as well as a Christmas Fayre. It's the first time since 2019 we have managed to put these things in place so fingers crossed everything goes well.

Merry Christmas to everyone when it comes!

*Stephen Humphries - Headteacher*

## Free Winter Warm Spaces

Fife Sports and Leisure Trust are partnering with Fife Council to provide warm spaces to help you get active and stay social during the cold months.

We know many people are struggling with rising energy bills this winter, and that's why their Health & Wellbeing Team are holding free weekly Winter Wellness Café sessions to give you extra support during the cold months.

Enjoy a hot drink and biscuit during our two-hour sessions. Meet other participants while enjoying optional, informal, social activities like table tennis, indoor curling, board games and short exercise activities.

These Warm Spaces sessions are available at the following locations:

Monday  
10.30am - 12.30pm at **Cupar Sports Centre**  
12.30pm - 2.30pm at **Carnegie Leisure Centre**

Tuesday  
1.30pm - 3.30pm at **Levenmouth Swimming Pool & Sports Centre**

Wednesday  
12.00pm - 2.00pm at **Michael Woods Sports & Leisure Centre**

Thursday  
10.00am - 12.00pm at **Cowdenbeath Leisure Centre**  
2.30pm - 4.30pm at **East Sands Leisure Centre**

Friday  
10.00am - 12.00pm at **Kirkcaldy Leisure Centre**



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T: 01383 667160

Address: 3 Bridges Vets,  
Fordell Firs, Dunfermline,  
KY11 7HQ



## Community Police Report

Between 01/10/2022 and 30/10/2022 a total of 326 calls were received to the Dunfermline South Ward area. This breaks down to:

Pitreavie area – 65 calls resulting in 12 crime files of which 8 were detected

Duloch area – 112 calls resulting in 18 crime files of which 7 were detected

Abbeyview area – 149 calls resulting in 24 crime files of which 9 were detected

Priorities within the Dunfermline South area:

1. Antisocial behaviour within South Ward Dunfermline
2. Speeding within South Ward Dunfermline
3. Parking issues around South Ward Schools

Anyone wishing to report illegal activity or criminality can do so by contacting us on 101, or through Crimestoppers anonymously on 0800 555 111. In an **emergency**, always dial **999**.

PC's Menzies and Geldon-Bruce can be contacted at via:

[DunfermlinesouthCPT@scotland.police.uk](mailto:DunfermlinesouthCPT@scotland.police.uk)

## Fife Council Community Contacts

Safer Communities Team

Website: <https://www.fifedirect.org.uk/safercommunities>

Telephone: 01592 583642

Email: [safercommunities.team@fife.gov.uk](mailto:safercommunities.team@fife.gov.uk)

## Police Safety Guidance

**Home Safe** - Keep doors and windows locked at all times. Don't leave keys on the inside of door locks, under mats or anywhere else they can be easily found. Also do not keep house keys and car keys on the same key ring. Avoid keeping a lot of cash in the house. Don't leave valuables where they can be seen through a window. Do not advertise if your home is unoccupied.

**Stay Safe on Night Outs** - Plan your night out and how you will get home. Take your mobile phone with you and make sure it's fully charged. Stay with friends and don't leave with strangers. Drink responsibly and if you think you have been spiked, report it to the police and seek medical assistance. All reports will be investigated. Look after your bags and valuables and keep enough money to pay for your journey home. Use a trusted taxi company that you have used before, or arrange for a friend or family member to collect you. Stay alert at cash machines, be aware of who's behind you and keep money and your PIN out of view.

**Shop Safe Online** - Make sure the website you're buying from is genuine and not a fake or copycat site. Do this by typing in the address yourself. Check the spelling. Web addresses of fake websites are different to real ones. Do some research on online retailers to check they're legitimate. Check the seller or buyer's review history and feedback from other reviewers. Use a credit card when shopping online. Most major credit card providers protect online purchases. Using a credit card (rather than a debit card) means if your payment details are stolen, your main bank account won't be directly affected.

For more advice and information, visit:

[www.scotland.police.uk](http://www.scotland.police.uk)

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# Health

## Fight the Winter Blues

According to NHS Inform its estimated the winter blues or seasonal affective disorder (SAD) impacts around 2 million people in the UK, that's around 3 % of the population.

The key symptoms are: depression, sleep problems, lethargy, overeating, irritability, feeling down and unsociable.

So what can you do to beat the winter blues? Here are some tips to keep you on top during the cold dark months.

**Keep active** - Physical activity has been shown to boost mood and decrease symptoms of depression. Even just going for a walk can lift your mood. Best Foot Forwards is a local group with regular organised walks for people of all ages. You can access their page on Facebook.

**See the light** - Getting outdoors as much as possible for some natural light can also boost your mood, make the most of bright or dry days. If it's not possible to get outside, simply sitting near a window is a good alternative. Some people find light therapy beneficial, a light therapy box mimics outdoor light and can cause a positive chemical change in the brain that lifts your mood and can ease symptoms. The duration of sessions can last from 15 minutes to 2 hours and can easily be done while you work or even watching TV. The light therapy works by boosting melatonin and serotonin, the hormones that help with your mood and sleep. You can easily purchase a light box for as little as £15 and they are very economical to run which is important just now.

**Turn up the tunes** - a 2013 study reported that listening to upbeat or cheery music significantly improved your mood. So crank up your favourite music that takes you to a happy place.

Laughter is the best medicine - Laughter decreases the production of stress hormones and helps lighten the mood. So watch a funny movie or your favourite comedy to get you giggling!

Book a massage - having a massage has been shown to release feel good endorphins to help improve mental well-being and give a good night's sleep.

Don't forget to talk - If you are feeling down then seek help. Call a friend or family member or speak to your doctor.

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# Community

## The Southern Gateway Project

A few years ago, members of the South Dunfermline Community Council considered a small project to tidy up the roundabout at the King Malcolm Hotel.

When we walked onto the roundabout, we realised it was a much bigger project than first thought. There were many weeds, lots and lots of ivy, overgrown bushes, bits of tarmac and lots of litter. Not to be daunted, assistance was sought from Fife Council.

While everyone we approached thought it was a good idea, no-one wanted to take overall responsibility, there was a bit of shunting around from department to department while officials worked out who owned the roundabout, meantime the roundabout was becoming more unsightly and overgrown.

Covid restrictions put everything on hold for another couple of years, but at last we have all the necessary permissions and some of the funding.

Dunfermline has now gained city status and as the Community Council discussed ways of marking this achievement, The Southern Gateway Project was developed. It is planned to redevelop the roundabout with better landscaping which will help with visibility as vehicles approach. The group looked at various ideas and many pictures of roundabout art.

We have rough plans but need some community input for an art installation in the middle of the roundabout. It needs to reflect the history and culture of Dunfermline City and be a practical design.

If you would like to be involved in this project or want to submit any ideas, please contact South Dunfermline Community Council via email at [sdcc2014@outlook.com](mailto:sdcc2014@outlook.com) or our Facebook page or website.

## The Young at Heart Group

The Young at Heart group finished their first 6 months of the year in June with a bus trip to Cupar garden centre and had a lovely afternoon tea. We were thoroughly spoilt by the first class service from the staff.

We opened up again in September after our summer break with a full programme of talks, entertainment, and arts and crafts, and to finish off with our Christmas lunch on Monday 19th December at the Pitreavie Golf Club.

We were very delighted to receive 20 complimentary tickets to the Beauty and Beast Pantomime kindly donated by the Carnegie and Dunfermline Trust and look forward to seeing the show.

The group meets every second Monday in the John Marshall Community Centre from 2pm - 4pm and all over 60's are welcome.



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Brown bin (food and garden waste) collections have moved to Fife Council's winter schedule.

Every year, collections become four-weekly over the coldest months and will return to being fortnightly again from Monday 6 March 2023.

Fife Council have updated the online bin calendars at [www.fife.gov.uk/services/bin-calendar](http://www.fife.gov.uk/services/bin-calendar) so you can check when your next scheduled collection is.



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# Recipe

## Cheesy Sticks

### Ingredients:

4 sheets puff pastry  
1 egg (lightly beaten)  
30ml (1 fl.oz) milk  
3 cups Cheddar cheese (grated)

### Method:

Preheat the oven to 180°C or gas mark 4.

Mix the milk and egg together and brush over one surface of each pastry sheet. Sprinkle the grated cheese equally over the egg wash on two of the pastry sheets and cover with the other two sheets, pressing flat.

Cut into eight strips of equal size and place on the baking tray.

Pick up and twist each strip and then brush with the remaining egg wash.

Bake on a greased baking tray for 10 to 15 minutes until golden brown.

Leave to cool on a wire rack. Makes around 16 cheesy sticks.

Serve these tasty cheesy sticks with a variety of dips at Christmas.

(Ann Kay loved making these, another of her many recipes!)

Photo credit: [www.cakieshq.com](http://www.cakieshq.com)



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A collage of four images: a bride in a white dress holding a bouquet, a close-up of a bride's hands holding a bouquet, a view of the Pitbauchlie House Hotel building, and a view of a garden with a pond.



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# Dunfermline Churches

## Winter Cafes



### Monday

1000-1300 **GILLESPIE CHURCH - GILLESPIE CENTRE, CHAPEL STREET, KY12 7AW**  
Soup & roll available free or donation basis  
Other food and beverages are available at a low cost

1200-1600 **ST MARGARETS RC MEMORIAL CHURCH - EAST PORT, KY12 7JB**  
\*\*From 28/11/22  
Hot meal & refreshments - Bring along your crafts or enjoy our puzzles on offer with our warm and sociable atmosphere. Free

### Tuesday

1200-1500 **VIEWFIELD BAPTIST CHURCH - VIEWFIELD CENTRE, KY12 7HZ**  
'Oasis' is a friendly space, offering a place to sit and enjoy soup/ sandwiches, tea/coffee and biscuits. Free or donation basis

### Wednesday

1700-2030 **REVIVE WELLBEING HUB - 131 GARVOCK HILL, KY121 4JU**  
Warm & well cafe - Free sit-down hot meal and refreshments  
Book via - <https://revivewarmandwell.eventbrite.co.uk/>

1800-1915 **LIBERTY CHURCH - LIBERTY CENTRE, PITREAVIE WAY, KY11 8QS**  
Gathering With God - An alternative style worship service aimed at all ages and suitable for different learning styles. This starts with a simple meal.

### Thursday

1000-1300 **GILLESPIE CHURCH - GILLESPIE CENTRE, CHAPEL STREET, KY12 7AW**  
Soup & roll available free or donation basis  
Other food and beverages are available at a low cost

1300-1530 **LIBERTY CHURCH - LIBERTY CENTRE, PITREAVIE WAY, KY11 8QS**  
\*\*Every 1st & 3rd Thur of the month  
Connect - A friendship group for anyone of retirement age with optional activities available. Free tea, coffee and home baking available

### Friday

1100-1500 **ST NINIANS PARISH CHURCH - 1 ALLAN CRES, KY11 4HE**  
Tea/ Coffee & snacks available free  
Come down for a chat - All welcome

1100-1400 **ST ANDREW'S ERSKINE CHURCH, ROBERTSON RD, KY12 0BF**  
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Community Use Fife are providing free tea, coffee and biscuits at some of their centres in Dunfermline. So, come in from the cold and enjoy a cuppa in a warm and safe environment at their larger Community Centres during normal opening hours in the Dunfermline Area:

- Baldridgeburn Community Centre
- Dell Farquharson Community Centre
- Townhill Community Centre

A warm welcome awaits you so pop in and say hello to their staff and visitors at the centres. Bring along a friend or come in with your family.



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# CHRISTMAS TOY APPEAL

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## Help Make Christmas Magical!

As the Cost of Living continues to raise for some children, Christmas day could be just like any other day. No tree, no presents to open and no reason to celebrate.

Kingdom FM with the help of Your Ford Centre we'll distribute toys to those that need them most.

You can donate toys at any of the following locations across Fife:

**Kirkcaldy Ford Centre & Cupar Ford Centre**

**Styx in Kirkcaldy & Glenrothes**

**Gym 64 in Glenrothes, Kirkcaldy & Dunfermline**

**Morrisons in Cowdenbeath & St Andrews**

**Kingsgate Shopping Centre, Dunfermline**

**Mercat Shopping Centre, Kirkcaldy**

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We'd not be able to run this project without the help of our friends at Your Ford Centre who have garages across Central Scotland in Kirkcaldy, Cupar, Dalkeith and Peebles.

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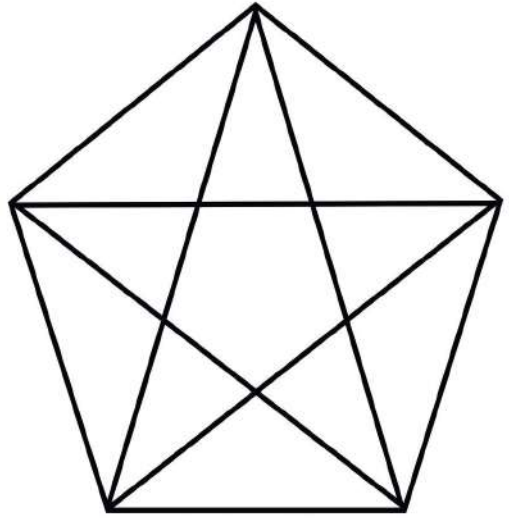
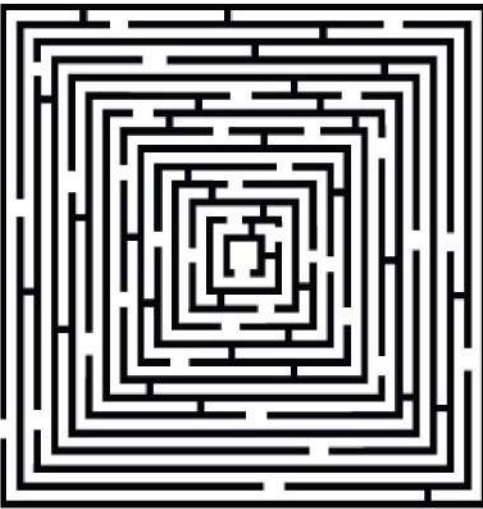
Listen Now

# Puzzle Corner

	3				6	5	
	5	6		4	7		
4	2				3	8	
	6			4	8		
		9		2		7	
1			8		2		6
		5	7				1
			2				3
		7		5	6		2

1. Sudoku

2. Can you beat the maze?



3. How many triangles are there in this pentagon?

## Brainteasers:

A) A man stands on one side of a river, his dog on the other. The man calls his dog who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

B) There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

C) In a game of cards, GEORGE partnered with MARY, while TED had to choose a partner. He could have chosen ANN, EDNA, JOAN or ANGELA. Who did he choose and why?

D) I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me.

Answers on Page 34

C	P	A	R	D	C	M	L	I	H	T	E	M
E	L	B	B	D	O	R	E	L	I	U	S	O
L	O	D	H	E	O	O	E	L	A	R	G	O
L	G	I	S	N	R	O	W	I	P	O	S	N
A	I	E	I	P	A	D	N	L	C	T	C	Z
R	E	L	F	T	C	U	O	I	L	H	S	I
D	Y	R	A	T	S	N	C	U	N	E	I	E
Y	A	H	T	A	E	B	C	U	R	U	W	B
K	E	L	T	Y	M	O	B	E	P	F	D	C
E	L	O	G	I	E	G	C	E	L	A	O	R
S	S	Y	M	E	W	D	A	I	I	P	R	A
W	O	R	M	I	T	W	S	S	A	L	T	I
D	U	L	O	C	H	K	E	N	E	V	E	L

Find the Fife based words:

ABDIE  
 ABERDOUR  
 BEATH  
 CELLARDYKES  
 CERES  
 COAL  
 CULTS  
 CRAIL  
 CREICH  
 CUPAR  
 DULOCH  
 DUNBOG  
 DUNINO  
 ELLIE

FISH  
 FLISK  
 KELTY  
 LARGO  
 LEVEN  
 LINO  
 LOGIE  
 METHIL  
 MOONZIE  
 NEVEL  
 SALT  
 WELLWOOD  
 WEMYSS



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Dobbies Dunfermline  
 Whimbrell Place, Fife Leisure Park



## PITREAVIE GOLF CLUB CELEBRATES 100 YEARS

Our Centenary Ball held at the Glen Pavilion on 12<sup>th</sup> November was a great success with over 170 members/guests attending! As we approach the end of our Centenary year, we are looking to support the community more by welcoming all “Young Seniors” (65 years and over) to come in to our warm and cosy Clubhouse to have a cuppa and bite to eat. Social memberships usually cost £20 but joining in the month of December with our Christmas deal, the £20 goes directly on your bar card to spend in the Clubhouse:-

- **Open to all:** Every Monday: Coffee & Cake - £3
- **65 Years and Over (Young Seniors):** Tuesday-Thursday: Soup & Sandwich - £4.95 or smaller portion meal - £5.95

Quizzes are held monthly on the last Friday with a pre-quiz dinner offered. Sample our latest menu served in our newly decorated lounge with views overlooking the 1<sup>st</sup> tee and the 18<sup>th</sup> fairway and green. Come along to experience our fantastic food and scenery!

Interested in holding an event? Please contact Lynne Burnside, Bar & Functions Manager on 01383-722591 (option 3) or email: [pitreaviebar@gmail.com](mailto:pitreaviebar@gmail.com) for enquiries.

**CONTACT US** - Mel Dreszler / Sheila Shedden, Secretary's Office

T: 01383 722591 | E: [secretary@pitreaviegolfclub.co.uk](mailto:secretary@pitreaviegolfclub.co.uk)

[www.pitreaviegolfclub.co.uk](http://www.pitreaviegolfclub.co.uk)

### Social Membership:

Only £20 per person from 30 June 2022 to 1 July 2023

### Catering:

- KDN Catering Sunday Lunch Specials (1 - 4pm): 2 courses - £10 / 3 courses - £12
- Mid-week Winter Specials (12 - 3pm): 2 courses - £8.95
- Smaller Portion OAP Specials (12 - 3pm): 1 course - £5.95

### Golf Membership:

- Various memberships available (from juniors upwards and ladies)
- Full Memberships available (please check our website for current prices)
- Finance offered







## Cost of Living - Help and Support

Everyone is feeling the pinch with the day-to-day cost of living going up. We're all looking for ways to save money on our bills. Did you know the rules around Council Tax reductions have changed? If you've applied before and been refused, it's worth trying again, as you may now be eligible. For more information go to:

<https://our.fife.scot/gethelp/money>

While you may still be ok, you probably know someone who is struggling to make ends meet or heat their home.

There's loads of help and advice available online but we know that's not suitable for everyone. If you know someone who's not online and might be missing out on help with heating their home or accessing benefits tell them to call our Helpline and set up an appointment to speak to someone direct.

Fife's Community Support Line 0800 952 0330 is open from Mon-Fri, 9am-5pm. Don't let them miss out this winter. For more information you can visit: <https://our.fife.scot/gethelp>

People can go hungry for many different reasons from redundancy to getting an unexpected bill when on a low income.

Should you find yourself in this position, food banks can provide short term access to emergency food and support for people experiencing a crisis. Several charitable organisations have set up food banks in Fife. Customers in crisis may be referred to a food bank by Fife Council's Welfare Fund team (T: 0300 555 0265), their Social Worker or Citizens Advice and Rights Fife.

Source: <https://our.fife.scot/gethelp>

Food for Your Future Community Pantry committed to reducing food waste provides free pantry bags every week with ambient, chilled/frozen, fresh fruit & vegetables and bakery goods to anyone in need. Everyone is welcome and no questions are asked. Call on a Wednesday from 10am - 1pm (07730 809375) to register and a collection time for Thursday will be given. Touch Community Centre, 30 Mercer Place.

You can also reach them on Facebook @foodforyourfuture.

Shield Fife are a self funded Community Interest Company relying on donations from the public. We use these funds to deliver food parcels, personal click and collect items, home cooked meals, clothing bank items, education bank items to our service users. s another group that provides surplus food at their pop up events. Please contact them via Facebook @shielduk.org for more information.

## Energy Saving Tips

Looking for easy ways to lower your bills and carbon footprint? Here are a few tips from Energy Saving Trust:

- Turn your appliances off standby mode
- DIY draught-proof doors and windows
- Turn off lights when you are not using them
- Use your washing machine more carefully
- Avoid using a tumble dryer for your clothes
- Only run your dishwasher when it is full
- Take a shower instead of a bath
- Top up the insulation on your hot water cylinder

Source: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

# FIFE WILL WRITERS



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Email: [info@marylynmelbourne.com](mailto:info@marylynmelbourne.com)  
[www.fifewillwriters.com](http://www.fifewillwriters.com)**



# Christmas Party - Big Inflatable Takeover

Saturday, 17 December 2022 at 9:30am

Fife Sports and Leisure Trust and Pitreavie Athletics Centre are partnering with World of Parties to offer the Big Christmas Party at Pitreavie Athletics Centre on .

Kids aged 12 and under will be jumping for joy at our inflatable fun sessions, with 90 mins play in the sports hall with giant inflatables.

- Santa's Castle Inflatable
- Obstacle Course
- Cliff Jump
- Christmas Entertainment
- Bouncy Castles
- Meet Santa at his Grotto plus sweet gift

## Session 1

9:30am - 11:00am

## Session 2

11:00am - 12:30pm

## Session 3

12:30pm - 2:00pm

Cost: £11.95 per session, per child

Book now to avoid disappointment!

Call us on 01383 602212 or pop into the centre to secure your place. Alternatively call 01383 602209 to book (Duloch Leisure Centre).



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or follow our Facebook and Instagram pages***

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[www.barber-station.co.uk](http://www.barber-station.co.uk)

  
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Dunfermline  
KY12 7AG

  
Monday - Friday  
8.30am - 5.30pm

Saturday  
8.30am - 4.00pm

Sunday  
Closed

# Call out to everyone in Fife!

**OVER 67?**  
**Check if you're entitled**  
**to Pension Credit**



**PLUS** a  
**cost of living**  
**payment of**  
**£324\***

**Help with...**  
benefits and income support

**\*If you apply**  
**before the 19th Dec**



Call out to everyone in Fife. Are you or someone you know over 67? If so, you might be entitled to an extra Pension Credit on top of your state pension, even if you have some savings. **If you are eligible and you apply before the 19th December, then you could also receive an additional £324 cost of living payment.**

Go online today: <https://our.fife.scot/gethelp/topics/income/pension-credit>

Enter your details in to the Fife Benefit Checker and if you are eligible for Pension Credit you will receive an estimate of how much extra that payment could be per week. It will also provide information about any other entitlements you could be due.

Even if you are already receiving some benefits or have some savings it's worth checking.



**Call us today!**  
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**www.threecsolutions.com**



# Scottish Water

Here are some facts from Scottish Water's Join the Wave campaign and how you can help.

- **7.5 million** wipes are flushed down the toilet in the UK every day
- **36,000** sewer blockages occur every year in Scotland
- **1 out of 4** people say they flush wipes
- Plastic can take up to **500 years** to break down
- Clearing sewer blockages costs Scotland **£19,000** per day

What happens when you flush wipes down the loo?

What happens if you pour fats, oil or grease down the sink?

Most wipes contain plastic: toilet wipes, baby wipes, make-up wipes, cleaning wipes. So, they never really break down.

Instead, they block sewage pipes by clumping together with discarded fats, oil and grease.

Climate change is causing extreme weather. Sewers, choked by wipes, are overwhelmed by a deluge of storm water. Filthy water and revolting wet wipes are then forced back out of the waste water system.

Wipes spoil riverside walks and litter our beaches.

They harm fish and birds, leaking microplastics into their habitats.

## RE-USE OR BIN LEFTOVER FAT, OIL AND GREASE

It may seem like fats, oils and greases (FOG) go down the kitchen drain with ease. But as they cool, they begin to thicken.

And when fats combine with other materials in the sewer system, they create blockages and nasty fatbergs. FOG make clogs, leading to flooding in your neighbourhood.

If you can't reuse it, leave it to cool in a container, then scrape it into your food waste recycling or, if it's a lot, put it in the bin.

For more information and tips, please visit [www.jointhewave.scot](http://www.jointhewave.scot)

**Please bin the wipes and join the wave.**



Source: [www.jointhewave.scot](http://www.jointhewave.scot)

KEEP THE RIVERS CLEAR BIN FATS, OIL AND GREASE

MERRY  
CHRISTMAS





**LIBERTY**  
CHURCH

# connect

**A gathering of retired and older  
people seeking company**

Tea, coffee, home baking, activities



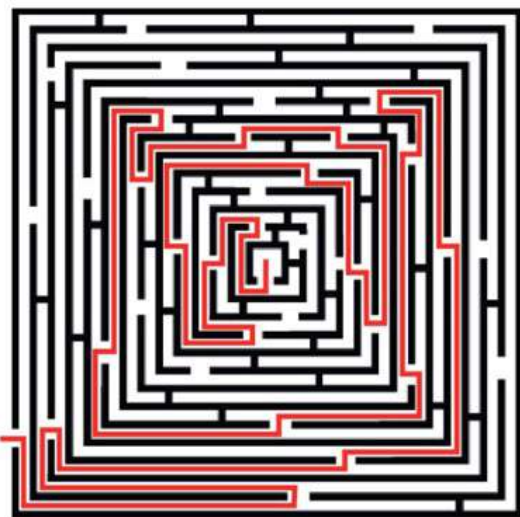
**Every 1st and 3rd Thursday of the month  
2.00 – 3.30pm**

**At Liberty Centre  
Pitreavie Way,  
Pitreavie Industrial Estate  
KY11 8QS**

For more information:  
**[office@libertychurch.co.uk](mailto:office@libertychurch.co.uk)  
01383 733970**

Est. September 2022

7	3	8	9	1	2	6	5	4
9	5	6	3	4	8	7	1	2
4	2	1	5	6	7	3	8	9
5	6	2	1	7	4	8	9	3
8	4	9	6	2	3	1	7	5
1	7	3	8	9	5	2	4	6
2	8	5	7	3	9	4	6	1
6	9	4	2	8	1	5	3	7
3	1	7	4	5	6	9	2	8



### Useful Numbers

National Gas Emergency Service	0800 111 999
Scottish Water	0845 601 8855
SP Energy Networks	(from landlines) 0800 092 9290 (from mobiles) 0330 1010 222
Samaritans (Freephone)	116 123
Dial-a-Ride / Ring & Ride	03451 551 188
Dog Warden	03451 550 022
Shopmobility	(Dunfermline) 01383 661 455 (Glenrothes) 01592 807 102 (Kirkcaldy) 01592 803 772
Council Tax	03451 551 155
Citizens Advice Bureau	03451 400 095
Street Light Faults	03451 550 011
Bulky Items Uplift	03451 550 022
Pest Control	03451 550 022
Furniture Plus	01383 720 131
Fife Small Repairs / Care & Repair	01592 632 592
Canmore Primary School	01383 602 447
Pitreavie Primary School	01383 602 428
Masterton Primary School	01383 602 455

How many triangles? 35

A) The river was frozen

B) Heroine

C) ANN. If you give each letter a number according to its position in the alphabet:

TED = 20+ 5+4 = 29

ANN = 1+14+14 = 29

D) A jigsaw puzzle piece

# Active Dunfermline

Dunfermline Fencing Club	Mr M O'Neill	736661
Dunfermline Tennis Club	Pat Reid	724262
UK Tae Kwon Do	Master Rooney	01786 845060
Rosyth Bowling Club	Brian Heggie	07867 117710
Charlestown Bowling Club	Bob Owens	872696
Dunfermline Water Polo Club (DWPC)	Richard Metcalfe	727414
Pitreavie AAC	secretary@pitreavie-aac.co.uk	
Dunfermline Bowling Club	Gaynor Hynd-Hill	732760
Carnegie Harriers	enquiries@carnegie-harriers.co.uk	
Headwell Bowling & Social Club	A Falconer	731417 or 07530 270884
Global Tae Kwon Do	Laura Cunningham	07791 850569
Pitreavie Golf Club		722591
Dunfermline Track & Field Club	membershipdtfc@gmail.com	
Fife Jive Dance	Bill Foreman	07962 041423
Dunfermline Folk Club	Gifford Lind Jeanie Gardiner	729673 725872
Highland Dancing	Mrs A Brown	734606
Scottish Country Dancing	Amy Drysdale	659923

St. Leonard's Church	Rev. Margaret Mateos	620106
Dunfermline East Church	Rev. Andrew Morrice	07815 719301
Dunfermline Free Church	Rev. Jeremy Ross	320155
Anchor Boys	Janet Brown	732533
Beaver Colony	Sarah Jane Dale	07894 505956
39th Scout Group	Keith Strachan	735399
Pitcorthie Playgroup	Mrs S Paterson	729666
Pitreavie Playgroup	Fiona Barcroft	622107 07811 219785
Dunfermline Dads		07809 406159
Duloch Parent & Toddlers	Nicola Simpson	07855 329186
Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112
Dunfermline Floral Art Club	Jean McLean	738529
Dunfermline Heart Support	John Ord	724809 07547 549286
Dunfermline Historical Soc.	Mrs C Allan	722373
Trondheim Twinning Assoc.	Gifford Lind	729673
Dunfermline Ramblers	Rob & Margaret Pearson	823486
Dunfermline Photographic Association	David Bolton	725074
PH Racing Club	phracingclub@gmail.com	

Sport
  Dance
  Religion
  5+
  Young
  Misc.

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