

**SOUTH
DUNFERMLINE**



South Dunfermline Community Council Newsletter

my community news

Issue No. 147 Winter 2023

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



Hello!

Welcome to the December newsletter.

It is hard to believe that we are now just over a month away from Christmas, it won't be long till trees are going up and houses are being decorated by the time you get this newsletter.

On page 15 you will find details of our Over 65's dinner and entertainment which is being held at Pitreavie Golf Club this year.

We recently had a walk around the Pitcorthie estate with an officer from Fife Council to look at any improvements that can be made to the green spaces. On page 22 you will find an update on the proposed works to be undertaken over the coming months!

We have received lots of complaints regarding parking in the Spruce Grove area. Please be considerate and think of local residents and emergency access if you must drive to school.

Transport changes have seen the proposals to reduce the speed limit on Lapwing Drive to 30mph and Fife Council are just awaiting new signage to implement this change, and the decision on the proposed Aberdour Road cycle path was deferred to allow an agreeable solution to be found and consultation to take place in the new year.

Finally, I would like to say Merry Christmas and Happy New Year from all members of the Community Council, enjoy the festivities and best wishes for 2024!

Alasdair Kay - SDCC Chairman

In this edition...

- **Community Council Update**
- **Taking Care of Your Mental Health**
- **Remembering Pitcorthie**



South Dunfermline Community Council



sdcc2014@outlook.com



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South Dunfermline Local Councillors



Lib Dem - James Calder
(07825 604016)



Labour - Cara Hilton
(07935 702926)



SNP - Lynn Ballantyne-Wardlaw
(03451 555555 ext 442320)

SNP - Naz Anis-Miah
(07935 702920)



South Dunfermline Community Council meets on the 1st Tuesday of every month apart from July and August, at 7:15pm at Pitbauchlie House Hotel.

South Dunfermline Community Council

Chairman - Alasdair Kay (07756 813766)

Vice Chairman - Mhairi Divertie

Treasurer - Mhairi Divertie

Secretary - Morag Ure

Social Media - Morag Ure

Members: John Ure, Sharon Waugh, Karim Ruzgar, Marion Knapman, Ian Ferguson, Irene Duncan, Wullie Clark

Pitcorthie & District Events Committee (PADEC)

Chairman - Alasdair Kay

Vice Chairman - Mhairi Divertie

Treasurer - Mhairi Divertie

Secretary - Morag Ure

Social Media - Morag Ure

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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
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- 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
Pitreavie Playingfields
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New City Church Christmas Carol Service - 10th December

At this time of year it can be easy to get lost in a flurry of busyness, planning and organising with the seemingly endless to-do list of buying, wrapping and cooking to plough through.

The New City Church Carol Service is a good opportunity to pause from the busyness and take time to remember the history that underpins this special time of year - the birth of Christ.

Come along on **10th December** at **5.30pm** to **Masterton Primary School** to celebrate Jesus' birth, remember the Nativity story and connect with others in your community in worship.

People of all faiths and none are welcome to the Carol Service - come to enjoy the music, the singing of Christmas carols and a sense of community.

The NCC Leadership team told us that the Carol Service is a time when we can be reminded of the birth of Christ. We sing carols and read words from the Bible that tell the story of Jesus' arrival in the world. Hopefully the carol service will be an opportunity to pause and reflect on the things that we often take for granted.

We would love it even more, if people took a few moments to think about who Jesus is and understand a bit more about why he came into the world. We hope to see you there! (Christmas jumpers are encouraged but not mandatory!)

New City Church meets regularly throughout the year, on **Sunday mornings** at **11.00am** at **Masterton Primary School** on Aberdour Road, Dunfermline KY11 8HY.

A standard church service will last for just over an hour - there will be 4 items of praise, 2 or 3 prayers, a Bible reading, a children's talk and a message from the Bible which will last for about 30 minutes. Words will be on a screen at the front. Everyone is invited to join the service and will be made very welcome. There is also a creche and a Sunday School for the children which normally goes on after our second singing.

The Church also has small groups that meet in different areas of Dunfermline during the week. They are a great chance to get to know people better, study the Bible and support one another in the Christian life.

To find out more about these groups, you can contact david@newcitychurch.scot who would be very happy to connect you with the small group for your area.

More information about the church, including an introduction to the pastoral team, an overview of their beliefs and an archive of recent sermons are available on the church's website: www.newcitychurch.scot

Laura Pearson



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Masterton Primary School News

As always Masterton has been a busy place. During Term 1 we had our Welcome Back 'Silent Disco' run by FROMPS (Friends of Masterton Primary School). We had a great turn out and all the pupils who were there had lots of fun. We held a Halloween Disco in the school a few weeks later which was very spooky... A big thank you to all the volunteers who made this possible.

We were very fortunate to have 'Travelling by Tuba' visiting us, funded by the Youth Music Initiative which also funded a series of visits by Beatbox. Beatbox worked with 3 classes helping them to create their own song and video before presenting it to parents.

Wullie Oliphant from the PARS dropped by to do some literacy work with P.6. The students thoroughly enjoyed their day and had a bit of coaching with the PARS coaches.

A group of Senior pupils from Dunfermline High School were in working with the P.7s on touch rugby sessions. They will be back later in the term to carry out some handball training too.

Finally the P.7 pupils had a week in Ardroy at the Outdoor Education Centre. They had a great time carrying out a wide variety of activities including climbing, caving bushcraft. A number of groups even managed to see red squirrels when they were there.

We are looking forward to the rest of this term with Christmas fast approaching. As usual there will be parties, performances and a pantomime to enjoy.

Stephen Humphries - Headteacher

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as a dog poo
fairy!



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Recipe

Shredded Turkey Quesadillas

Here's one way to use up any of your leftover turkey.

Ingredients:

½ small red onion, chopped
½ small bunch coriander, chopped
1 red chilli, finely chopped or perhaps red pepper if children eating
2 tomatoes, chopped
150g cooked turkey, shredded
100g mozzarella, cheddar or a mixture of the two
4 flour tortillas

Method:

Mix all the ingredients except the tortillas and season.

Then lay out the four tortillas and divide the mixture among them, spreading it over one half of the tortilla.

Fold over and press down. Heat a griddle or frying pan, then cook on both sides.

Cut into wedges and serve.



1. Which country first started the tradition of putting up a Christmas tree?
2. Which popular Christmas beverage is also called 'milk punch'?
3. How many ghosts show up in A Christmas Carol?
4. Which fairytale was the first gingerbread house inspired by?
5. In Home Alone, where is the family going on holiday?
6. What is the best-selling Christmas song?
7. What's the name of the period leading up to Christmas?
8. What is the name of the shortest day of the year?
9. Which film features the song 'Walking in the Air'?
10. In which US state would you find the town Santa Claus?
11. How many times does the number 1 appear on an advent calendar with 24 doors?
12. If you're born on Christmas day, what's your star sign?
13. How many of Rudolph's fellow reindeers' names start with 'D'?
14. What is the name of the ballet that takes place at Christmas?

Police Report

DUNFERMLINE SOUTH

COMMUNITY POLICE OFFICERS

PC Ross Menzies / PC Vincent Gieldon-Bruce

Pitcorthie
Pitreavie Industrial Estate
Abbeyview
Duloch (South)

Email: DunfermlineSouthCPT@scotland.police.uk



Stand Against Speeding is a joint initiative between Dunfermline Police Community Team and Dunfermline Police Scotland Youth Volunteers to deter and prevent speeding on roads in the local area using interchangeable message boards.

Police Officers regularly receive contact from the public highlighting concerns about speeding on roads, particularly around schools, and this initiative aims to proactively appeal to drivers to slow down using bold messaging which can easily be seen at the roadside. The messages focus on easing off the accelerator, slowing down and ensuring the safety of young people, road users and themselves.



Community Consultation has revealed that the top concern shown by members of the public surrounds the issue of speeding and parking around our schools.

Operation Park Safe has been devised and implemented at every school in Dunfermline to promote responsible parking and reduce traffic congestion.

It involves Police Officers and Council Parking Attendants carrying out high visibility foot patrol and engagement with the public in the area of all our Primary Schools at the start and finish of the school day.

The aim is to reiterate the Park Safe message and encourage all parents to park safely as well as considerately in and around the area of local schools. This approach fosters positive community relationships by showcasing commitment to child safety.





Community Police in Dunfermline have secured more than £32,000 in funding to help youth volunteers undertake a one year-long screen education programme. The project aims to help the Dunfermline Police Scotland Youth Volunteers (PSYV) develop a range of filmmaking skills to generate content on criminal, social and wellbeing issues affecting diverse communities. In total, 20 young people aged 13-18 years are involved in practical workshops, led by creative professionals, began in January 2023, enable young people to explore and learn essential skills in film production. The programme aims to deliver a screen education programme that will allow young people to develop their own creative voice and lean technical approaches to filmmaking.

Dunfermline PSYV have been raising awareness about **Warm and Well**, run by Tim and Mel Thomson. The group of young volunteers started initially delivering leaflets around Touch and Garvock, going door-to-door to promote this free hot meal offering to local residents.



Underage Drinking plays a huge part in crime, antisocial behaviour and violence in our local communities. The success of initiatives such as **Challenge 25** have helped reduce the number of direct sales of alcohol to under 18's, but young people are increasingly accessing alcohol by other means. Asking an adult to buy alcohol for them is one of the most common tactics used by under 18's. It is an offence for an adult to buy alcohol for someone who is under 18, for example a child gives money to an adult to buy alcohol for them, also known as Proxy Purchase.

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School Parking

Residents who live in a street or near a school gate have a lot to put up with. When family or friends come to visit, there is no space for residents to park in the street. Inconsiderate parking on both sides of the road on the pavement near to residents' drives can cause a problem with residents either having to exit their drives or returning home. The rubbish bins are continually moved to the middle of the pavement to allow the cars to park on the pavement thus causing children going to or coming out of the school or parents with a pram to walk on the road.

There are some cars parking long before school starts or finish time, sitting with the engine running with the heating on to keep warm in the winter, or with the air conditioning on in the summer, are polluting the air. Please be considerate to the residents!

An Affected Resident's Viewpoint



Your Comm

Alasdair Kay - Chairman

I have been a member of SDCC since March 2002, when I agreed to attend one meeting and here we are, almost 22 years later and I am still there. I have been the chair for around the last 10 years. I am keen to improve the local area and work with Fife Council to further upgrade facilities and the area that we live in.

Having grown up in Pitcorthie, I care deeply for the local area.

Mhairi Divertie - Vice-Chairman / Treasurer

I've been a member of the Community Council for around 5 years and treasurer for 2 years and was recently appointed as Vice-Chairman. I've lived in Pitcorthie for 16 years and care about the local community.

I, along with the rest of the Community Council, are keen to receive ideas and suggestions for improvements or events from residents whether by e-mail, social media or attendance at meetings.

Morag Ure - Secretary

I am current secretary, a post which I have held for several years with a brief break. I became involved with the Community Council back in the 1980's when the residents were petitioning for a Community Centre for Pitcorthie Estate. At that time there was only Pitcorthie and lots of fields.

The only community facility was a dilapidated medway hut, a type of portacabin, which was used by many community groups including the Playgroup, so as a representative of the Playgroup I was drawn in. Without going back through minutes I think I became secretary in the early to mid 90's and apart from a few years, have been in that role ever since.

I have learned lots and met many lovely people from residents to councillors, Fife Council staff to MP's. The role is varied and every day is a learning day. I moved to Pitcorthie in 1984 and still live within the estate.

John Ure - Member

I joined the then Pitcorthie Community Council in May 1990. I originally became a member to get my son a skate park for the children in the local area. We were eventually successful and got one constructed beside the play park at the Studies, on the opposite side of Queensferry Road from Pitcorthie.

I was chairman for a long period and now am still active as a Community Councillor. I believe that it is a good thing to do for your community.

Marion Knapman - Member

I have lived in Pitcorthie for around 30 years and have been a member of the Community Council for longer than I can remember. I have enjoyed being on the Council and doing my bit for the community and also attending the Young at Heart Club sessions.

Community Council

Sharon Waugh - Member

I lived and worked in London for nearly 40 years before moving to Dunfermline, to be nearer to various family members, upon my retirement at the end of 2012. I was always very active in my local community when I lived in London and I wanted to carry on being involved in my local community here in Dunfermline.

So when the Community Council elections were taking place in 2018, I put my name forward and was duly elected. I have been a member of the community council for over five years.

Irene Duncan - Member

I have been a supporter of the Community Council for many years and it was a privilege when I was selected as a member. I have run the Young at Heart Club for many years at the John Marshall Community Centre, every second Monday of the month from 2-4pm and took over the organisation from the late Ann Kay.

I have lived in Pitcorthie for over 42 years and have always supported the local community.

Karim Ruzgar - Member

I lived in London and bought my first property in Dunfermline in 2004 as I had family up here. I moved up here full time in 2010 and in 2013 we got our present bungalow in Pitcorthie.

I work at Edinburgh airport and my wife Sharon has been on the community council for several years.

This year I decided to join the South Dunfermline Community Council and was elected in late September. Although I'm new to the council I look forward to helping our community and residents and would like to bring a new voice to the Community Council.

Ian Ferguson - Member

We moved to Dunfermline in 1988. Our first home was in Erica Grove, we moved to The Heathery in 1995 when the kids started to get too big. As the children continued to grow we moved again, to Blackwood Way in 2000. I was a member of the Community Council in 2015, but stood down in November when I was elected as an SNP Councillor for Dunfermline North.

In 2022 I decided not to stand again. It was great to see a few members from 2015 who are still members today. I am hoping more members will step forward to help make South Dunfermline an even better place to call home.

Wullie Clark - Member

I recently joined the SDCC having moved into Dunfermline around 10 years ago. In the area I grew up, I was quite active in local groups and causes and decided that I should continue that here in Dunfermline.

I strongly believe that Community Councils are well placed to help the local people and improve the local area.

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OVER SUNDAY 7TH APRIL 2024 65'S EVENING

South Dunfermline Community Council is pleased to host the Over 65's Evening on Sunday, 7th April 2024 at Pitreavie Golf Club from 4.30pm onwards.

Cost is £10 per person for a two-course meal plus tea/coffee and entertainment.

SDCC is subsidising this event for local residents. This evening has always been popular so book your place soon!

The only rule is you have to live in the South Dunfermline area (see map on the cover).

For more information, please contact us:
Email: sdcc2014@outlook.com
Tel: Morag (736651) or Message us on Facebook



Brown bin collection dates will be changing, as usual, over the winter in Fife. Winter collections mean that your brown garden/food waste bins will be collected **every 4 weeks** over the coldest months, from **13 November 2023**. They will resume being fortnightly again from **8 March 2024**. Online collection calendars have been updated, so please check yours to confirm your next scheduled collection on the Fife Council website: www.fife.gov.uk/bincalendar

For tickets please complete the form.

South Dunfermline Over 65's Evening | Sunday 7th April 2024 | Tickets: £10 per person

Name: _____

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Please make cheques payable to Pitcorthie and District Events Committee and return to:
6 Alder Grove, Pitcorthie, Dunfermline KY11 8RP. Call 736651 if you require our bank details.

COME AND JOIN US!

Dunfermline Health Walks

Wednesdays at 11am (10th Jan - 27th Mar 2024):

Meet at the Glen Gates (Louise Carnegie Gates) at the bottom of the High Street, Pittencrieff Park

Thursdays at 10.30am (11th Jan - 28th Mar 2024): Meet at various points:

11th January	Robertson Road Sports Pavilion (Route Townhill Loch)
18th January	The Glen Gates (Louise Carnegie Gates) at bottom of High Street, Pittencrieff Park
25th January	Waterski Centre Car Park Townhill (Route Loch and Woods)
1st February	Leys Park Road Car Park (Route Cycle Way Circular)
8th February	Townhill Park Car Park (Route Townhill Woods)
15th February	William Street Car Park (Route Parkneuk Circular)
22nd February	Duloch School and Community Campus (Route Calais Wood)
29th February	Car Park North Pier, Limekilns (Route Charlestown Estate)
7th March	Robertson Road Sports Pavilion (Route Townhill Loch)
14th March	The Glen Gates (Louise Carnegie Gates) at bottom of High Street, Pittencrieff Park
21st March	Waterski Centre Car Park Townhill (Route Loch and Woods)
28th March	Leys Park Road Car Park (Route Cycle Way Circular)

Thursdays at 6.15pm for a 6:30pm start (11th Jan - 28th Mar 2024):

Meet outside Duloch Leisure Centre / Duloch Primary School

Easter Break - Walks will resume the week of 15th April 2024

For more information, contact bumsoffseats.project@fife.gov.uk, scan the QR code or pick up one of our booklets.



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Health

Stay Healthy This Winter

Winter can be a challenging time to stay healthy and feel our best. So, what can we do to protect both our mental and physical health at this theme of the year? Here are few suggestions to help keep feeling fit and healthy throughout the cold dark months ahead.

Get some exercise - According to the British Heart Foundation, keeping active doesn't only benefit your long term heart health but it can help strengthen your immune system. Moderate exercise can boost the immune system by promoting good blood circulation, reducing inflammation and supporting the efficient movement of immune cells throughout the body. **Best Foot Forwards** is a local group with regular organised walks for people of all ages. You can access their page on Facebook. The Ramblers (www.ramblers.org.uk) is also a great source to find local group walks. There is also the **Bums Off Seats** Fife Walking Initiative with various Health Walks in the area (see opposite page).

Take your supplements - The lack of sunlight during winter results in our body producing an increased amount of melatonin, the hormone that regulates our sleep, the result of too much melatonin is feeling tired and lacking energy. Also, during the cold months a lack of sunlight depletes our levels of Vitamin D, we can rectify this by taking a daily supplement of 10mcg of Vitamin D.

Book a massage - Winter can also affect the serotonin levels in our body. Serotonin is a hormone that affects our mood, appetite and sleep so by regulating this it helps us feel good and sleep better. Having a regular massage for just 30 minutes is known to boost serotonin levels which aid the release of "feel good" endorphins, keeping us feeling fit and healthy.

Try Yoga - Yoga is a truly mindful experience. It's impossible for your mind to wander when you are practicing, so stops the internal chatter and keeps you in the moment. There is so much more to Yoga than just a physical practice. It works deep into the nervous system, calms the mind, encourages good lung health, works into all internal systems and brings about a soothing sense of peace and tranquility.

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Pitreavie Primary School Update

It's been a busy start to the year at Pitreavie with a variety of learning experiences on offer. Our new nursery children and new Primary One settled in quickly and are already looking like school experts!

Music is on our school improvement plan this year and at the start of the session, we were pleased to welcome Travelling by Tuba. It was an informative and entertaining show that gave the pupils the great experience of live music.

Primary 7 had an early visit to Ardroy this year. As always, the pupils had a fabulous time where they were encouraged out of their comfort zone and supported to achieve.

The opportunity to attend a residential trip is an integral part of our school curriculum and created memories and life lessons that will last a long time.

Primary 7A Team also got through to the finals in the recent indoor Hockey festival at Pitreavie. Unfortunately, they were pipped at the post when they lost at penalties. However, they were understandably proud to be bringing home the silver trophy.

Just prior to the October holidays, Pitreavie Parent Council provided a great Dis-Glow where we had a light up theme. There was great excitement all round. Many thanks to the PTC and the parent helpers who helped to organise this.

We ended the term before the October holidays with a Harvest Big Breakfast. Our families were exceptionally generous and we took over 60kg of food to Dunfermline Food Bank.

We have a number of events to look forward to as we move towards Christmas.

Primary 6 are holding a Remembrance Assembly; our P1-3 will have a bedtime story session and we are due to hold a re-scheduled Macmillan coffee afternoon.

And of course, ... Christmas! We have our usual array of nativities, parties, Christmas lunch, Christmas jumper day and Christmas Fair. It will be 2024 before we know it!

Wishing the local community all our best wishes.

Mrs Broadley – Headteacher

Christmas Quiz Answers

- | | |
|----------------------------------|------------------------------------|
| 1. Germany | 11. 13 times |
| 2. Eggnog | 12. Capricorn |
| 3. Four | 13. Three (Dancer, Dasher, Donner) |
| 4. Hansel and Gretel | 14. The Nutcracker |
| 5. France | |
| 6. Bing Crosby's White Christmas | |
| 7. Advent | |
| 8. Winter solstice | |
| 9. The Snowman | |
| 10. Indiana | |

Community C

The King Malcolm Hotel

Many residents have been getting in touch to see if there has been any news regarding the King Malcolm. Earlier in 2023 it was raised at the Community Council and as a result Councillor James Calder was able to get in touch with the owner of the site.

While the owner was unable to commit to changes in the immediate term during their meeting with Councillor Calder, they did inform that they are looking at possibilities of someone else developing the site.

Councillor Calder is keen to stress that this is unlikely to be a quick process, and even if a deal can be secured, there is likely to be a number of other hurdles before the King Malcolm site can be redeveloped.

Antisocial behaviour at the site has also been an issue. The police have made some arrests and have also been advising the site owners on how to improve security.

Whinny Burn

In October, a few representatives from South Dunfermline Community Council met with Fife Council officers regarding the burn and green areas.

We are applying for further funding to facilitate work around cleaning up the Whinny Burn in Pitcorthie.

Hopefully this will be successful and work can be undertaken over the coming months.

In addition to this, it has also been agreed that the following will be undertaken:

- Banking edge & Culvert Cut back vegetation opposite Willow Grove
- Review Tree at Pine Grove
- Mulberry Drive Cut back vegetation edge and trim at drain
- Ivy and path at Ivy Grove clean up at hammer head
- Ivy Grove bridge cut back 4 metres either side
- Clear culverts / Cut Back at Menteith and Masterton Rd
- Cut back vegetation along path edge of Whinny Burn / banking from Ivy Grove to Masterton Rd
- Path at 2nd Last lamppost towards Ivy Grove Repair tarmac raised tree root
- Post at the path next to the Crematorium Land repair
- Clear path and vegetation bottom of Walnut Grove
- Cut back trees and vegetation at path next to Golf course
- Clear back path of leaves / vegetation
- Remove / cut back 5/6 Ash trees at back of 8-9 Gib Grove

Council Update

John Marshall Community Centre

We have also applied for funding to carry out work in the John Marshall Community Centre, hopefully seeing an upgrade to the heating in the main hall and the curtains replaced.

Lapwing Drive Speed Limit

Lapwing Drive should be reduced to a 30mph limit soon, the delay is outwith the control of Fife Council and is due to a backlog at the sign manufacturer which is delaying the delivery of the new signage.

Aberdour Road Cycle Lane

According to a recent article in the Dunfermline Press, Fife Council were forced to change track in the summer, after pressure from some who live on the north side of Aberdour Road. As for those residents on the south side, they are not happy with the new proposals.

Most of the work has been completed but the section from Blacklaw Road to Hospital Hill will be postponed until at least the Spring.

Cllr Cara Hilton said: "I've got serious concerns about this proposal and would really value further time for community engagement to make sure we've got a cycle scheme that works not just for the cyclists but for local residents and pedestrians too."

"It's not right and it's not democratic to cast aside so many objections from local people living on Aberdour Road, as the recommendation proposes."

Committee convener, Cllr James Calder, conceded the public had already been consulted on a number of occasions but said there was "significant local opposition" and residents felt the cycle scheme was being "forced on them".

Allan Maclean, the council's lead consultant for sustainable traffic and travel, said there had been some "misunderstandings" about their plans.

He explained: "What we want to build here is a dedicated two-way cycle track which would be using space on the carriageway, so the existing footways and dropped kerbs would remain as they are, so there's no impact on pedestrians."

The committee has deferred a decision and there will be another public consultation around January / February with a report to come back to the committee in April 2024.

Do you have any local issues to raise or share? Please get in touch with us via email: sdcc2014@outlook.com or send us a message on Facebook.



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SAMH

Scottish Action for Mental Health

Taking Care of your Mental Health

The Festive period is traditionally seen as a time of joy but many aspects of this time of year can bring a lot of pressure and can have an impact on our mental health. Throughout the Festive period, things such as the increased financial worries of buying gifts, tricky family relationships and social media comparisons can make us feel less than joyful. The New Year, which is often a time of reflection, can also bring challenges for our wellbeing.

If you feel that your mental health is being challenged, you might be interested in Sam's Fife, which is a space where you can connect with someone who really understands what it feels like.

The team at Sam's are mental health peers, with their own experience of mental health issues and a recovery journey. Sam's Fife is not a group support – you will get one-to-one peer support and anyone over the age of 16 years (and no longer in school education) is welcome.

You don't need to book or register to come along to Sam's, the team believe in being there for people on a drop-in basis. The team are aware that a set appointment can at times be challenging to attend and will therefore offer a warm welcome at a time that you pick to suit you. You'll be offered the chance to chat over a free tea or coffee.

Sam's Fife drop-ins are run by SAMH (Scottish Action for Mental Health) and, locally, Sam's Dunfermline is open on Thursdays and Sundays from noon to 8.00pm at
Going Forth
First House, Woodmill Road
Dunfermline KY11 4SS

We all have concerns about our mental health, and it's important we take the time to look after it. Mental health problems are very common, affecting one in four of us in Scotland each year, so SAMH encourage all of us to be prepared, open, and ready to talk about mental health.

Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, SAMH is here to help.

You will find a wide range of information and plenty of resources on their website, including a fantastic information booklet with tips on supporting a friend or family member with their mental health issues:

samh.org.uk/about-mental-health/being-there-for-someone/friends-family)

To find out more go to www.samscafe.org.uk, phone 07725214012 (available on Thursdays and Sundays) or email sams.cafe@samh.org.uk

Laura Pearson



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PITREAVIE GOLF CLUB

With Christmas just around the corner, we are busy with Festive lunches and social events, including monthly quizzes, Hogmanay Party and in the New Year a Burns Supper with the renowned, Andy Chung. Tickets for all events can be purchased at the bar.

The catering staff have an extensive menu and offer special lunch deals during the week including a Sunday carvery.

Pop in for a social membership for only £20 per year and experience our fantastic food with views over the 1st and the 18th fairway.

Social Membership Special Offer from 1st December to 30th January - buy your social membership for £20 and get £20 back onto your bar card!

Thinking of hosting an event? Why not contact Cathy Wood, our Bar & Functions Manager on 01383-722591 (option 3) or email: pitreaviebar@gmail.com for any enquiries.

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Old Dunfermline

Old Dunfermline Calendar 2024

An 'Old Dunfermline' 2024 calendar has been produced featuring archive images of the City of Dunfermline over the past century and we print some of them here.

The paddling pools in Pittencrieff Park were very popular attractions before they were removed on health and safety grounds.



The view along Dunfermline High Street before the Kingsgate Shopping Centre was built shows 'Graftons' shop where Marks and Spencer now operate from.



The Cinema in East Port Street has a long queue of people waiting to get in to see the film 'Grease' in the 1970s.



The final image is a view looking down Moodie Street. The lady is passing by the door to the cottage in which Andrew Carnegie was born, and this is now 'The Andrew Carnegie Birthplace Museum' telling the story of one of the world's greatest ever philanthropists.



The calendar is on sale at Dunfermline Carnegie Library and Galleries and Abbot House, as well as online at olddunfermline.com/shop.

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Digital Skills Training for people over 65

AbilityNet and BT Group are working in partnership to help improve the digital skills of older and digitally excluded people across the UK during 2023 and beyond. Are you an organisation, charity or individual 65 years old or over that could benefit from digital skills training? AbilityNet's friendly team of Digital Skills trainers can provide free digital skills training to support older people (65+ years) in London, Birmingham, Manchester, Glasgow, Edinburgh, Cardiff and surrounding areas.

Rob McLean is the Digital Inclusion Programme Officer covering the UK. Being local to Dunfermline, he would like to use the opportunity of his role to help groups in Dunfermline with one of their local volunteers to help older people on how to use their phones, laptops, book online appointments, get repeat prescriptions, video calling their family and friends.

This is a **free service**, funded by Abilitynet in partnership with BT. For more information, you can contact Rob on 0131 376 3020 or email: rob.mclean@abilitynet.org.uk or visit the website to request free training:

<https://abilitynet.org.uk/free-tech-support-and-info/digital-skills-training-people-over-65>

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For more information, contact us:
kometsnetball@outlook.com
Windmill Community Campus
Windmill Road
Kirkcaldy Fife KY1 3AL



Rememberin

In this first series of Remembering..., we look back at one of the first large estates of private houses to be constructed in Pitcorthie in Dunfermline.



The first photograph is of the top of Queensferry Road before the estate was built and the first occupants moved there in April 1966.

The same viewpoint today would show the King Malcolm Hotel and the top of the housing estate in Pitcorthie.

The track in the centre of the road was where the trams to Rosyth Dockyard once ran.

The next photograph is of Oak Grove in 1971. It developed the nickname of 'Spam Valley' because it was regarded as so expensive to buy a house there that residents couldn't afford to pay a mortgage and eat well at the same time.



Shona de Rose was unaware at the time of this reference to houses being unaffordable:

"When I went to Dunfermline High School people said 'Spam Valley' when I said where I lived. I'd never heard of it before - I didn't even know what Spam was!"

To a modern eye the cost of a house there doesn't look too dear, with prices ranging from £3,395 for a three-bedroom semi-detached villa to £4,475 for a four bedroom detached bungalow.

The estate was regarded as a safe place for young families to grow up and evokes strong memories in people who grew up there.

g Pitcorthie

For Martin Moyes, "Great childhood, fantastic memories....the woods, yellow/burnt island, the Crem, Pitreavie playing fields, the RAF base (cheese cutter), brilliant pinching wood from the building sites to build our BMX ramps, platform swing and death slides !!!!! Bonfire near the woods for Guy Faulkes, great times!"

Dean Spriddle has similar fond memories: "My folks moved to Burt Grove in 1970 or so, and my mum still lives there. Great safe place to grow up and Pitreavie Golf Course 5 minute walk. I remember "helping" my dad build the garage - still standing so that's good!"



Jenny Gardner stayed in a couple of different locations on the estate: "Moved to Masterton Rd in 1971, then moved to Burt Grove in late 70's. Had a fantastic childhood in Pitcorthie & would not change it for the world. You were safe & could play anywhere-even in the woods or the grounds of the Crematorium."

The next photograph from around 1927 is of the junction of Queensferry Road and Aberdour Road with tram tracks in place. The houses in view are still there today. The 'Paint Shed' (which occupies what used to be the

extension to the Cottage Inn pub called 'Castaways') is now on the left of the photograph.

At that stage it was open farmland further along on the north side of Aberdour Road before bungalows were later built there.



Our final image is a view looking up Queensferry Road towards Dunfermline near where Pitreavie Golf Club is today on the right of the road. Pitreavie Industrial Estate would later be constructed on the left hand side of the road.

Frank Connelly

Thanks to OnFife for the kind permission for use of the images.



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Christmas

Making Christmas Memories

Having the opportunity to view Christmas through a child's eyes has reminded me of the sense of magic, wonder and joy that comes at this time of year.

The busy month of December seems full of opportunities for festive fun, whether that's a visit to one of the many Santa's Grottos in the area, nativity plays at schools and nurseries, dancing at Christmas parties with colleagues or going on evening walks to admire the variety of Christmas lights and decorations that have been put up across our neighbourhood.

One of my favourite Christmas traditions since living here, is waiting eagerly with my children for Santa to come past our house in his sleigh, accompanied by a group of volunteers from the Dunfermline Round Table.

We make it a point to check the Facebook page for dates of Santa's visit to our area and mark that date on the calendar. On the day of his visit, we have our friends over, open up the Santa's Sleigh route app on our phones and wait excitedly as the wee dot makes progress along the route.

We take turns checking the app and guessing what time he's going to be coming into our street. We run back and forward to the window until someone shouts "he's almost here" and we all listen for the Christmas music blaring out, signalling his arrival. There's always a race to the door as we all rush to run out to the street, grinning and waving wildly.

Santa always stops to say a few kind words to the kids, and sometimes even gives them a sweet.

They wave goodbye as he continues on along the street and come back inside, exhilarated and satisfied - contentedly assured that Santa knows where they live and will be back on Christmas Eve with a gift especially for them!

I try to make the most of these magical family moments, and try not to think that there may come a time when the kids become too old for waving to Santa. But I like to think I will still head out into the street to wave as he passes. I'll make a donation and shout a special thank you to the kind volunteers of Dunfermline Round Table who come out each year, walking for hours in the cold, to create this wonderful experience and give us family memories of happy children mesmerised by the magic of Christmas.

To keep up to date with the Santa Sleigh dates and routes for 2023, check out the Dunfermline Round Table Facebook page:

www.facebook.com/Dunfermlineroundtable/

Dunfermline Round Table is a local group run by a volunteer committee and is part of the national Round Table charity. Round Table is a place for individuals who identify as male between the ages of 18 and 45, to make friends and take part in a wide range of different activities in their community. The group offers a warm welcome, good banter and the potential for lasting lifelong friendships.

Laura Pearson





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Charlestown Bowling Club	Bob Owens	872696	Anchor Boys	Janet Brown	732533
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Global Tae Kwon Do	Laura Cunningham	07791 850569	Pitreavie Playgroup	Fiona Barcroft	622107 07811 219785
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Dunfermline Track & Field Club	membershipdtfc@gmail.com		Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112
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