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Masterton Park

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Pitcorthie

Pitreavie



Hello!

Summer is almost here and things are starting to feel much more like normal. I have heard the "holiday" word mentioned a lot more recently as well! Today we have woken up to the news that Dunfermline is now Scotland's 8th city, hopefully this will bring new opportunities to the area!

We are always on the lookout for new members to help us with our ideas, our biggest challenge at the moment is a lack of volunteers. Sadly, despite hoping we could bring back the Gala this year, it is looking unlikely as we really do need more hands-on support. Hopefully we can organise a quiz night later in the year!

Recently, we made a donation of £50 towards plants for the new deck area at the Pitreavie Golf Club, which is being constructed as part of their centenary celebrations. We had five children participate in our Easter Colouring Competition and they were delighted to receive an Amazon gift voucher.

The flower pots in the area have been cleared and new plants added. Grass around the pots has also been tidied up.

Monthly police meetings are now being held in the Pitbauchlie House Hotel from 6.45pm on the first Tuesday of each month, prior to the community council meetings. Our local community police are keen to speak to residents in the area. So, please join us if you would like to engage with them and the community council.

Alasdair Kay

SDCC Chairman

In this edition...

- New Scottish Laws on Smoke & Heat Alarms
- Women's Safety Campaign
- NHS SHARE



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 ex 442320)
SNP - Naz Anis-Miah
(07935 702920)

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Vice Chairman - Dave Rodger

Treasurer - Mhairi Divertie

Secretary - Vacant

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

Pitcorthie & District Events Committee (PADEC)

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Secretary - Morag Ure (736651)

Communications - Thana Mitchell

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

NEWSLETTER

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Treasurer - Mhairi Divertie

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Home Safety

New Scottish Laws on Smoke & Heat Alarms

Starting from 1st February 2022, it's mandatory that all homes have interlinked smoke alarms.

What is an Interlinked Smoke Alarm?

An interlinked alarm system means that if one alarm is set off, then the rest in your home will also sound. This benefits the home as you may not be able to hear the alarm closest to an active fire. With an interlinked alarm system, you'll be alerted no matter your location - ensuring that you and your loved ones can remain safe.

What Alarms are Required in Scotland?

Every home in Scotland now needs:

- 1 smoke alarm in the room that you spend the majority of your time in - typically the living room.
- 1 smoke alarm in all circulation spaces.
- Areas which may see pedestrian travel, such as hallways and landings. An alarm is required for each storey of the building.
- 1 heat alarm is required in the kitchen.
- 1 carbon monoxide (CO2) alarm if your home has appliances run using carbon.

To give an example, if you live in a house that has two floors and includes a boiler:

- 3 linked smoke alarms
- 1 x alarm in the living area
- 1 x alarm on the ground-floor hallway
- 1 x alarm on the second-floor landing
- 1 heat alarm fitted in the kitchen area - this must be linked to your smoke alarms
- 1 CO2 alarm in the room where your boiler is located

The Types of Alarm You'll Need

To meet the new smoke alarm regulations in Scotland, you'll need either:

- Sealed battery alarms
- Tamper-proof long-life batteries
- Mains wired alarms
- Cheaper than sealed battery alarms
- Should be fitted by a qualified engineer

Both alarms should be replaced every 10 years and are connected through a radio frequency.

Installation of Alarms

The position of your smoke and heat alarms is important. It's recommended that they should be attached to the ceiling. If your home has a carbon-fuelled appliance, such as a boiler, you must also have a CO2 detector fitted into your property. Unlike the smoke and heat detectors, there's no need for the CO2 alarm to be linked with the others.

Need More Help?

Scottish laws in relation to smoke and heat alarms are now fully in effect. If you're a homeowner, then it's your responsibility to arrange alarms in your property in line with the current legislation. If you reside in rented/ council accommodation - your landlord/ the council is tasked with fitting the correct alarms in your home.

If you require more help, don't hesitate to contact **Sonis Fire & Security** for help in fitting new alarms in your home.

Philipa Thapa - PR Assistant

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Carer Information Pop-Up Session

Do **YOU** help to look after a family member, friend or neighbour who has an illness or disability?

If **YES**, then you are a Carer.

The Fife Carers Centre provides Information and Support to unpaid Carers in Fife. This could be help with benefits, A Carer Support Plan, general information, support, links to groups, or just someone to talk to about how you are doing.

Cindy Souter, the Carer Support Worker who covers Dunfermline and Crossford will be holding a:

**Carers Information Pop-Up Session
Monday 25th July from 10am-12pm
Carnegie Library and Gallery
Abbot Street, Dunfermline**

Please feel free to come along to meet Cindy and get some information about how the Carers Centre can support you in your caring role.

There will be other Pop-Up Information Sessions in Dunfermline throughout the year.

If you can't manage to visit this session but would like to see how the Carer Centre can support you, please phone us on **01592 205472** for more information.

*Cindy Souter –
Carer Support Worker*

Masterton Primary School News

With restrictions being eased since Easter we are trying to get back to a bit of normality after the last 2 years of Covid. We have gradually been changing things in the school back to 'normal' and beginning to carry out activities which we couldn't do in the past.

The Primary 7 pupils were able to attend the Ardroy Outdoor Activity Centre in March. They spent four days there over a weekend, taking part in lots of different adventurous activities and had a great time!

The rugby development officer was in working with pupils in the Upper School.

The Beat Box are in the school collaborating with the P.4/5 and P.5 class. They are learning some songs and will be creating a performance of the songs.

Our Sports Day is planned for June and we have asked parents to come to the school to watch this as well.

The Primary 7 pupils have been taking part in a transition event at Lochore Meadows with the Outdoor Education team. All the schools in the Dunfermline High cluster are participating and two schools are going each day over the month.

The Parent Council were able to meet face to face for the first time in more than two years, so it was great to see people in the flesh so to speak. After the summer holidays they are hoping to start getting activities up and running with the school discos and fayres returning.

Stephen Humphries – Headteacher

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Update from Pitreavie Primary School

The summer term at Pitreavie is much brighter when we no longer have masks on all the time so we can see each other smiling. It is so important to share the life of the school with the community. So much has been virtual but now we are busy planning opportunities to share in person!

We ended last term with a "Break the Rules" day, when everyone in school looked very different and engaged in lots of different fun activities - nail salon, crazy hair, random snack time, desk mascots and lunch tables outside! Lots of funds were raised for the school. The playground discos were most enjoyable, dancing in the sunshine to some specially selected hits!

The nursery playrooms held a "Scoot About" session in the playground for nursery funds. The playground was very busy as traffic rules were not followed! Over £2000 have been raised so many thanks to all our families and friends. The children are enjoying looking at catalogues and voting to decide what they would like to order!

Our school grounds are developing with the new netball posts and goal posts. The inner quad has some super pieces of equipment to investigate after lots of fund-raising and planning. Outside areas have become even more important for children to explore, practise and challenge themselves.

Nursery, P1 and P2 parents have not been into class to see and share in their child's learning activities but the school is opening up with a number of opportunities to attend - A Big Breakfast, the Jubilee celebrations, sports events and House activities are coming up on the horizon shortly. Primary 7 have attended

Lochore Meadows activities as part of their transition before their 3 days in June. Nursery children are playing together to get to know each other. The Parent Council is working on an Open Event to encourage new parents and families along to community events.

P4/5 have been working with The Beat Box to write about emotions and looking after themselves, while P5 wanted a song about the pandemic. There is also some superb artwork, where they created their own interpretations of Van Gogh's Sunflowers.

Our pupils have been earning praise and recognition as Responsible Citizens for their sporting and charity endeavours, supporting the Ukraine children, collecting litter and supporting young handlers, with assistance dogs. The peer mediation training is being trialled and shared with participants in both Cosy areas.

May and June always bring sports and transition events - starting nursery, starting school, joining the ASC or transferring to High School. There is much reflection and decision-making about what should be included in the P7 Assembly as well as the learners of the year awards. Earning House points is taken very seriously in our weekly assemblies as is the competition to earn the House Treat.

We all look forward to 2022-2023 to be a new year that we can all share our time, efforts and achievements with our families and community. Our children will also continue to follow our values of Respect, Responsibility, Kindness and Ambition.

*Karen Methven -
Deputy Headteacher*

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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



Charity Number: SC011334

Check out our new website!

John Marshall Community Centre | Pitreavie Primary School Grounds
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Pitreavie Playgroup



Charity Number SC022912

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- 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 Find us on Facebook

The Bungalow
Pitreavie Playingfields
Queensferry Road



Massage – The Original Mood Enhancer

Anxiety is one of the most common forms of depression, some sources such as mental health support group Mind.org estimate that 1 in 4 people in the UK will experience some form of mental health problem each year. The symptoms can be quite debilitating and can include worry, panic attacks, feeling isolated, muscle tension and difficulty sleeping.

For many of us, a massage is an occasional treat enjoyed when we go on holiday to help relax and unwind. The obvious benefits of massage are helping ease aching back muscles and tight shoulders (particularly as more of us are working from home and hunched over a laptop for long periods). But research shows that regular massage can also help alleviate the symptoms of anxiety and depression whilst also encouraging relaxation.

These studies investigating the use of massage to treat depression found that participants with the condition reported a reduction in feelings of anxiety and increased feelings of self-confidence when being treated to regular one-hour massages.

One of the ways that massage helps boost our mental health is by lowering the levels of the stress hormone Cortisol within our bodies. In stressful situations our bodies naturally release Cortisol via the sympathetic nervous system – often referred to as the 'fight or flight' response. While the short-term release of Cortisol is perfectly normal and can help us react to stress or danger, spending extended periods in this state of high alert and stress can be problematic for our mental health.

Studies have found that having regular massage can also lead to an increase in the release of Endorphins such as Oxytocin,

Dopamine and Serotonin, these chemicals are often described as 'feel-good' hormones and are linked to regulating our mood whilst also acting as natural painkillers helping us feel more balanced.

(source: bluecreekhealth.com)

When receiving a massage, we are free of the daily stresses that contribute to low mood and anxiety, giving us an escape from work emails, messages and the general daily grind. Research indicates that the positive effects of massage sessions can last for many days after treatment.

Simeon Hunter – Massage Therapist

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Community Police Report

Between 05/04/2022 and 03/05/2022 a total of 283 calls were received to the Dunfermline South Ward area.

This breaks down to:

- Pitreavie area - 48 calls resulting in 5 crime files of which 2 were detected
- Duloch area - 84 calls resulting in 15 crimefiles of which 5 were detected
- Abbeyview area - 151 calls resulting in 24 crimefiles of which 13 were detected

Priorities within the Dunfermline South area:

- Antisocial behaviour within South Ward Dunfermline
- Speeding within South Ward Dunfermline
- Parking issues around South Ward Schools

Police Scotland Youth Volunteers

Within Fife we have two groups located in Dunfermline and Levenmouth. The Police Scotland Youth Volunteers (PSYV) are groups of up to 24 young people based across Scotland. Supported by adult volunteers and led by a police constable, the PSYV volunteer at community and national events across Scotland.

Each PSYV group is coordinated by a police officer who will either have full time PSYV duties, or complete their PSYV duties alongside other duties such as a community constable or school based officer etc.

The coordinator is supported by a team of adult volunteers who come from all walks of life and bring their own skills and flare to each group.

The groups have volunteered at numerous local fayres and fetes across the country, they have also attended and assisted Police Scotland at many high profile events including; The Wickerman Festival, T-In The Park, The Open Golf, the Royal Edinburgh Military Tattoo and the Scottish Airshow.

In addition, each year when the clocks go back, PSYV takes the opportunity to deliver a national housebreaking campaign which focuses on providing residents information on how to keep their property safe and secure during the darker nights.

Community Speed Watch

Police Scotland's priority is to Keep People Safe within our communities and with the help of residents we intend to work in partnership to reduce the risks on our roads.

We will continue to listen to residents and the Community Council in relation to speeding hot-spots and will respond by conducting both Police and Community Speed Watch deployments in an effort to identify and deter offending motorists.

Community Speed Watch operates in the summer months only, however due to local COVID restrictions no action has been taken regarding deployments.

Police Engagement

PCs Ross Menzies and Vincent Geldon-Bruce can be contacted at via: DunfermlinesouthCPT@scotland.police.uk

Holiday Club 2022

MAJESTY CASTLE

Inviting all dragons, archers, ogres, knights, princesses and jesters to join us for a week of adventure & discovery at Majesty Castle

Monday 4th July - Friday 8th July

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MAJESTY CASTLE



Holiday Club 2022 - Monday 4th - Friday 8th July

With the summer holidays just around the corner - WHAT ALREADY I HEAR YOU SAY? - the weeks can be tricky to fill, but fear not, help is at hand, the first week is covered. Your P1-P7 young people can join a week of adventure, discovery, games and crafts at Majesty Castle.

WHERE IS THIS, I HEAR YOU ASK? You can't miss us, we will be garrisoned at St. Leonard's Church in Brucefield Avenue and we invite all Dragons, Archers, Ogres (who doesn't love Shrek?), Knights, Princesses and Dragon Tamers (Hiccup was amazing at that!) to join us.

For many years now, St Leonard's Summer Holiday Club has entertained our young people in the first week of the school holidays, on a week of adventure, discovery, crafts and games. Formerly hosted at Pitreavie Primary School and now from St Leonard's Church in Brucefield Avenue.

This year there will be Tournaments, Training, Round Table Time, Conversations with the King, Riddles to solve and Drama!

We have afternoon games and crafts and there are also a couple of evenings in the Moat House for P7 and teenage trainees.

Here at St Leonard's we are already in training and are excited about a brilliant week!

For more information and sign-up, please go to www.slpc.org.uk or call 01383 620106.

<p>Morning Sessions (P1-P7) Monday 4th - Friday 8th July 10.30am - 12.45pm</p>
<p>Games Afternoon (P1-P7) Wednesday 6th July 2.30 - 4.00pm</p>
<p>Craft Afternoon (P1-P7) Friday 8th July 2.30 - 4.00pm</p>
<p>Youth Evenings (P7+) Tuesday 5th & Thursday 7th July 6.30 - 7.30pm</p>
<p>Family Open Evening Friday 8th July 6.00pm</p>
<p>Holiday Club Service Sunday 10th July 10.15am</p>



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Health

NHS SHARE – The Scottish Health Research Register Needs You

The need for health research is essential so new treatments can be developed for conditions such as asthma, cancer, dementia, heart failure and mental health issues.

We would like to improve the prevention and treatment of disease, which is why we are asking for your help – please sign up to **SHARE**.

SHARE – The Scottish Health Research Register and Biobank, is a register of people aged 11 years and over, who are interested in helping health research and being contacted by SHARE if a health project relevant to you becomes available.

Health research can be anything from filling in a survey about your diet, to researching a new medication for an illness you may have. We need healthy people and those with medical conditions to join.

SHARE also seeks your permission to keep any leftover blood following routine clinical tests (e.g. if you have given a blood test at your GP). This leftover sample is anonymised and can be used to help genetic research.

Please sign up to SHARE today at www.registerforshare.org. If you prefer to speak with someone, please contact us on Tel: 01382 383471.

There is no obligation for anyone who registers to take part in any projects.

Signing up to SHARE allows us to keep you informed of what research is available in Scotland.

SHARE is a great way for people to make a contribution to health research - which can improve the health of everybody in Scotland.

Thank you very much for considering this request and please pass this information on to friends and family (anyone over age 11 can join).

Sarah Ritchie

*SHARE Deputy Programme Manager
School of Medicine, University of Dundee*

The Scottish Health Research Register & Biobank



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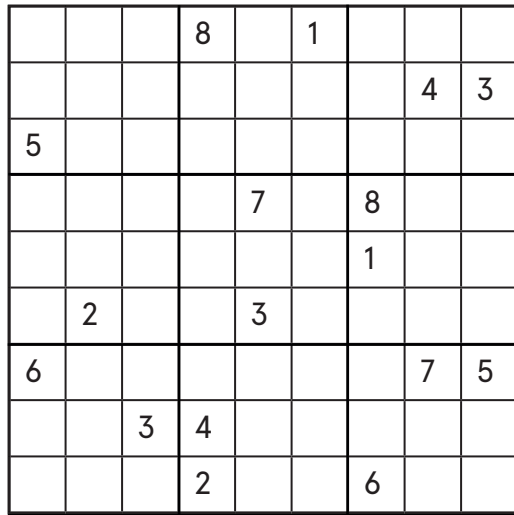


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If you have any questions or wish to register by telephone please call 01382 383471

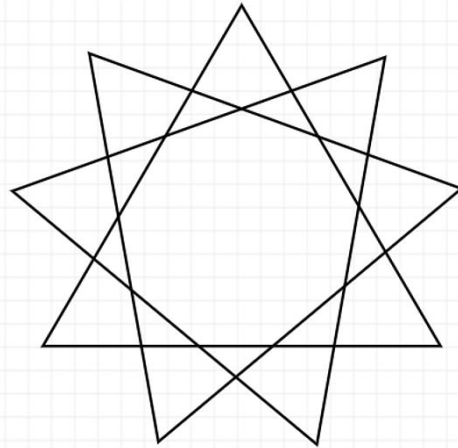
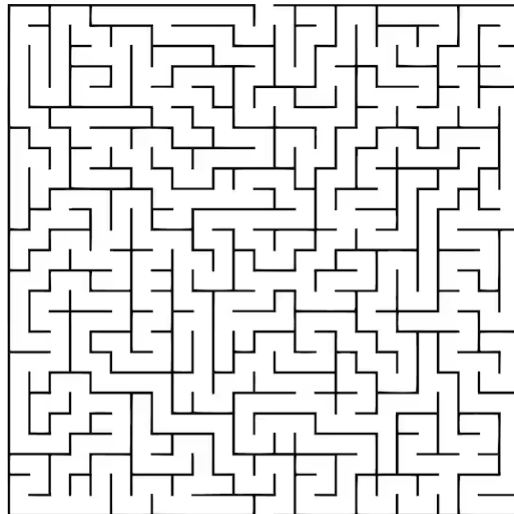


Puzzle Corner



1. Sudoku

2. Can you beat the maze?



3. How many triangles are there?

4. Brainteasers:

A) A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

B) What can be stolen, mistaken, or altered, yet never leaves you your entire life?

C) What do you throw out when you want to use it but take in when you don't want to use it?

D) What goes through cities and fields, but never moves?

E) The cost of making only the maker knows, Valueless if bought, but sometimes traded. A poor man may give one as easily as a king. When one is broken pain and deceit are assured. What is it?



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Embrace - Caring in Fife is calling for those with care experience to share their stories, support each other and inform the development of Care in Fife.

Embrace - Caring in Fife hopes to bring people together as a family, to support each other and help to create a better future for others who may experience care.

This campaign has been initiated by Fife Council, Fife's Corporate Parenting Board and The Promise Scotland.

You can find out more at www.embrace-fife.com or call freephone on 0800 953 0535.

Answers on Page 31

Circles Carers Advocacy Fife



Do you need support and guidance to understand and navigate the processes surrounding power of attorney, capacity or guardianship?

Circles Network have a team of independent advocates ready to help you gain access to information, raise concerns or queries and ensure that you are ready, should your circumstances or those of the person you care for change.

How to contact us:



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info.fife@circlesnetwork.org.uk

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Funded by Fife Health and Social Care Partnership

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Unpaid Carers Project

Fife Health and Social Care Partnership has funded Circles Network to provide a free Advocacy service for Unpaid Carers in Fife.

This project is to highlight the importance of having a power of attorney in place, to ensure that carers have the legal powers they need to help make decisions in the event the person they care for is unable to, and to support the carer and cared for person to arrange a suitable power of attorney.

The project will also support carers who find themselves in a situation where, due to not having a power of attorney in place, a Guardianship order is required, for example, if your loved one needs to go in to hospital and then due to their health deteriorating, are unable to return home, our advocates can support carers to navigate the process, so a suitable legal guardian is appointed as quickly as possible.

We will have an initial chat on the phone, and, if the carer wants, arrange to meet with them in a setting of their choice. We can support the carer to access legal advice, be there when they meet with a solicitor and support them through the process as much or as little as they feel necessary.

For more information on the service we provide, please contact us on:

Telephone: 01592 645360
Mobile Number: 07909 002582
Email: info.fife@circlesnetwork.org.uk
Website: www.circlesnetwork.org.uk

Pars Foundation Summer Camp

Our Summer Football Camp is filled with Footballing fun for pre-school and Primary aged children.

Our sessions are structured to gradually increase a child's learning from the basic skills to game play throughout the day and week.

Contact us on 01383 745901 or email: enquiries@parsfoundation.co.uk

Week 1 | 4th – 8th July
Full Day Camp – 9-3pm £72 (plus booking fee)

Week 2 | 11th – 15th July
Half Day Camp | 9-12pm | £52 (plus booking fee)
Oakley Community Centre | 9-12pm | £45 (plus booking fee)
Mini Kickers Camp | 9.15am-10.00am | £22 (plus booking fee)

Week 3 | 18th – 22nd July
Full Day Camp | 9-3pm | £72 (plus booking fee)

Week 4 | 25th July – 29th July
Half Day Camp | 9-12pm | £52 (plus booking fee)
Mini Kickers Camp | 9.15am-10.00am | £22 (plus booking fee)

Week 5 | 1st – 5th August
Girls Only Camp | 9-12pm | £52.00 (plus booking fee)
P6-S2 Camp | 9-12pm | £52.00 (plus booking fee)
Mini Kickers Camp | 9.15am-10.00am | £22 (plus booking fee)

Week 6 | 8th – 12th August
Full Day Camp | 9-3pm | £72 (plus booking fee)



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Recipe

Blueberry and Lemon Loaf Cake

Ingredients:

50 ml (2 fl.oz) vegetable oil and extra to grease
200g (7oz) self-raising flour
175g (6oz) caster sugar
2 medium eggs
200g (7oz) soured cream
2 tsp vanilla essence
Finely grated zest of 2 lemons
125g (4 oz) blueberries

For the icing

75g (3oz) icing sugar, sifted
1½ tbsps lemon juice

To decorate

50g (2oz) blueberries
Pared lemon zest

Method:

Pre-heat oven to 180°C (160°C fan), gas mark 4. Grease and line a 900g (2lb) loaf tin with baking parchment. In a large bowl, stir flour, sugar and a pinch of fine salt to combine. Add remaining ingredients, except for the blueberries, and whisk briefly until just combined (a few lumps are a good thing in this recipe). Fold in 100g (3½oz) of the blueberries and scrape mixture into prepared tin. Scatter over remaining berries.

Bake for about 1hr -1hr 10min, or until golden and a skewer inserted into the centre comes out clean. Cool in tin for 10 min then gently ease out and leave to cool on a wire rack. Mix icing ingredients in a small bowl until smooth, then drizzle over the cooled cake. Scatter over blueberries, lemon zest. Serve in slices.



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**35% OF WOMEN
DO NOT
FEEL SAFE
WALKING ALONE
IN THEIR
NEIGHBOURHOOD
AFTER DARK.**



MEN CAN HELP WOMEN FEEL SAFER

GIVE ME SPACE - don't walk close behind me

If I don't want to talk - LEAVE ME ALONE

STAY VISIBLE - stand where I can see you



#DontBeThatGuy



**WOMEN'S SAFETY CAMPAIGN
MEN CAN HELP WOMEN FEEL SAFER**

Women's Safety Campaign – Men Can Help Women Feel Safer

MEN CAN HELP WOMEN FEEL SAFER is a campaign being launched by Fife Violence against Women Partnership (FVAWP) which includes representatives from Fife Council, NHS Fife, Police Scotland and third sector partners. After increased media attention to women's safety, some of the content has been unhelpful:

- Increasing women's fear and alarm
- Putting responsibility onto women for their safety and thereby limiting women's opportunities

This is in a context of:

- Victim blaming
- Inequality and misogyny

Every woman has the right to feel safe when going about her daily life without fear. This Fife-wide campaign aims to encourage all men to be responsible in helping end violence against women and girls.

How safe do you feel?

Over a third of women don't feel safe walking in their neighbourhood after dark. Women are afraid of being harassed or assaulted and this needs to change.

It's not about women limiting their lives but needs to be about women feeling safe and going about their business safely. Men can help women feel safer by thinking about their actions and body language. Small actions can make a big difference.

How can men help women feel safer?

Seven in ten women in the UK have experienced some sort of sexual harassment in a public space. Men can help to make a change by calling out any form of harassment.

Young women experience the highest proportion of sexual harassment. Women say these things would help them feel safer when out and about:

- Give me space - don't walk close behind me
- If I don't want to talk leave me alone
- Stay visible - cross the road where possible
- Help make a change - call out any form of harassment
- Just don't be that guy

Concerned for their safety, 39% of female runners have changed their route. Too many women say that they feel on edge and don't feel safe when exercising outdoors alone. Some have switched to indoor activities or limited their exercise completely. Consider the fact you might be intimidating to someone else who can't see you in the dark.

If you are concerned for someone's safety or see someone being harassed - do something. Call it out and in an emergency always call 999.

Keri Duffy

*Learning and Development Officer
Fife Violence Against Women Partnership
Fife Council*



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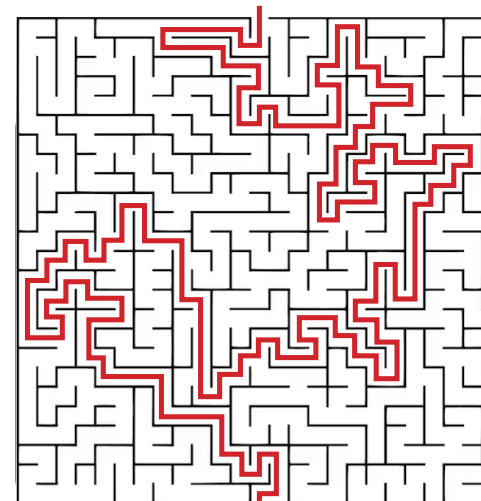
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1	8	6	7	9	5	2	4	3
5	9	4	3	2	6	7	1	8
3	1	5	6	7	4	8	9	2
4	6	9	5	8	2	1	3	7
7	2	8	1	3	9	4	5	6
6	4	2	9	1	8	3	7	5
8	5	3	4	6	7	9	2	1
9	7	1	2	5	3	6	8	4



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

3. How many triangles are there? 30

4) Brainteasers:

- A) An apple a day keeps the doctor away!
- B) Your identity
- C) An anchor
- D) A road
- E) A promise



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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 1st tee and the 18th fairway and green. Pop in for a social membership at only £20 per year and bring along family and friends 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 for enquiries.

CONTACT US

T: 01383 722591 | E: secretary@pitreaviegolfclub.co.uk
www.pitreaviegolfclub.co.uk

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

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OAP Special Offer - Smaller Portion (12 - 3pm): 1 course - £5.95

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Dunfermline Tennis Club	Pat Reid	724262	Dunfermline East Church	Rev. Andrew Morrice	07815 719301
UK Tae Kwon Do	Master Rooney	01786 845060	Dunfermline Free Church	Rev. Jeremy Ross	320155
Rosyth Bowling Club	Brian Heggie	07867 117710	Anchor Boys	Janet Brown	732533
Charlestown Bowling Club	Bob Owens	872696	Beaver Colony	Sarah Jane Dale	07894 505956
Dunfermline Water Polo Club (DWPC)	Richard Metcalfe	727414	39th Scout Group	Keith Strachan	735399
Pitreavie AAC	secretary@pitreavie-aac.co.uk		Pitcorthie Playgroup	Mrs S Paterson	729666
Dunfermline Bowling Club	Gaynor Hynd-Hill	732760	Pitreavie Playgroup	Fiona Barcroft	622107 07811 219785
Carnegie Harriers	enquiries@carnegie-harriers.co.uk		Dunfermline Dads		07809 406159
Headwell Bowling & Social Club	A Falconer	731417 or 07530 270884	Duloch Parent & Toddlers	Nicola Simpson	07855 329186
Global Tae Kwon Do	Laura Cunningham	07791 850569	Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112
Pitreavie Golf Club		722591	Dunfermline Floral Art Club	Jean McLean	738529
Dunfermline Track & Field Club	membershipdtfc@gmail.com		Dunfermline Heart Support	John Ord	724809 07547 549286
Fife Jive Dance	Bill Foreman	07962 041423	Dunfermline Historical Soc.	Mrs C Allan	722373
Dunfermline Folk Club	Gifford Lind Jeanie Gardiner	729673 725872	Trondheim Twinning Assoc.	Gifford Lind	729673
Highland Dancing	Mrs A Brown	734606	Dunfermline Ramblers	Rob & Margaret Pearson	823486
Scottish Country Dancing	Amy Drysdale	659923	Dunfermline Photographic Association	David Bolton	725074
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