

SOUTH
DUNFERMLINE



South Dunfermline Community Council Newsletter

my community news

Issue No. 144 Spring 2023

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



Hello!

Spring is on the way and the nights are getting lighter!

We are looking to hold a number of events this year. We have brought back the Over 65's Evening which will be held at Pitbauchlie House Hotel on **Sunday 9th April** (more details on page 11).

The Southern Gateway project is moving along, we were recently awarded £20,000 towards our plans to make the entry to the City of Dunfermline more appealing than what is currently offered.

Following our walk through Pitcorthie last year with Fife Council staff and Councillor James Calder, Parks Streets and Open Spaces at Fife Council have started tidying up the burn that runs through Pitcorthie. This is hopefully the start of a phased tidy up, the community council have allocated £4,000 to the clean up, almost a third of the total budget.

We also understand that the fence between the golf course Path and the golf course that is currently in a poor state of repair around Hazel Grove in Pitcorthie is to be replaced.

Daffodils paid for by the community council were recently planted on the corner of Pitcorthie Drive and Laburnum Road, again we hope that these are providing colour in the next few weeks!

Fife Council have also recently agreed to reduce the speed limit from 40mph to 30mph on Lapwing Drive, which should hopefully make the road quieter and safer. We have asked that speeds are monitored once the change is implemented.

Hope you all have a great Easter!

Alasdair Kay - SDCC Chairman

In this edition...

- Over 65's Evening
- Pitreavie Primary ASC Play Area
- Free Sunday Car Parking in March



South Dunfermline Community Council



sdcc2014@outlook.com



www.southdunfermlinecommunitycouncil.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)



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 - 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)

Social Media - Morag Ure

NEWSLETTER

Editor - Vacant

Treasurer - Mhairi Divertie

Advertising - Vacant

Design - Thana Mitchell

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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.

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- Weekly woodland walks
- Healthy snacks are provided
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Check out our new website!

John Marshall Community Centre | Pitreavie Primary School Grounds
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Pitreavie Playgroup



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 Find us on Facebook

The Bungalow
Pitreavie Playingfields
Queensferry Road



Masterton Primary School News

Masterton has been a very busy place since we returned in January.

The Carnegie Dunfermline Rotary Quiz was held at Masterton in February where a very closely fought contest took place. Masterton finished narrow runners up only losing out in the final round. Well done to the pupils involved – Erin, Dylan, Josh, Cameron and Christopher! A credit to the school.

We were able to hold our annual Ceilidh(s) for the first time in 3 years last month. Both Ceilidhs were very well attended by parents/carers with all the chairs taken and standing room only at points.

The hall looked great too. The art work on the walls was of a very high quality. It was all based upon Scottish artists or a Scottish theme so it ranged from cartoons (*Oor Wullie* and *The Bash Street Kids*) through to serious literary characters (*Dr Jekyll and Mr Hyde*).

From mid January, all the pupils have been learning a Scottish Poem to celebrate Scottish culture and the poetry of Robert Burns. All pupils recited their poems in class and a group went through to the grand final where they recited their poems in front of the school. The standard was exceptionally high with many impressive performances. The following pupils were chosen as the winners:

- 1st - Poppy Turnbull (P7b)
- 2nd - Harry Sinclair (P4/5)
- 3rd - Luna Stevenson (P3/4)

Well done to all the pupils who learned their poems but a special congratulations to Poppy Turnbull!

Poppy has been close to winning it before but this time pulled it out the bag with her *Address to a Haggis* by Robert Burns.

Mr Ross, the minister of the local church, has joined us at assemblies again for the first time in 3 years. It was nice to see him again although many of the youngest pupils had never seen him before. Hopefully he will be able to attend assemblies more regularly and become well known to the school community again.

The school football team has been busy during the last few weeks. We have participated in 2 indoor futsal tournaments at St Columba's High School during January / February.

In the first tournament the team did extremely well winning all their games beating 4 other schools in the process.

In the second tournament a completely different team with none of the pupils from the first tournament taking part. They won 3 of their games and drew one. Well done to all the pupils involved.

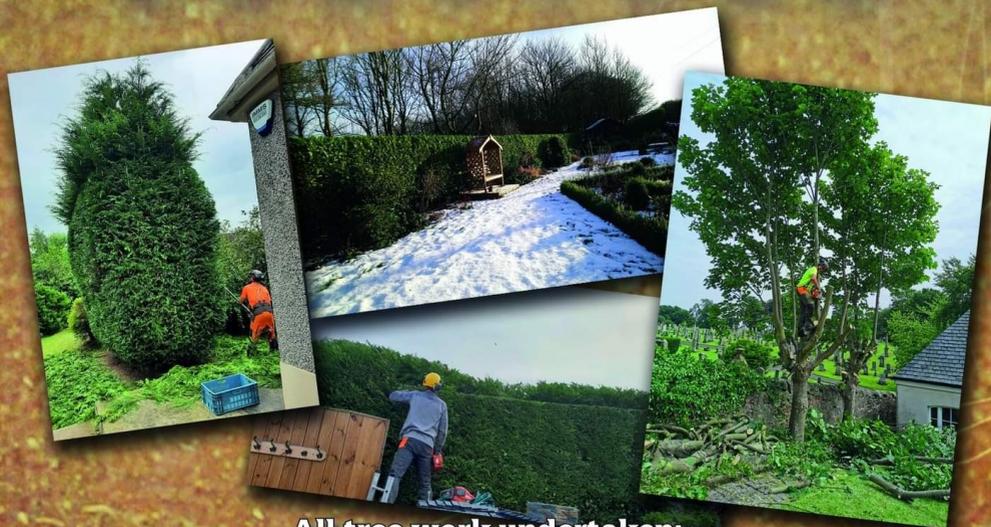
And finally as spring approaches we are looking forward to getting out more and working on our outdoor learning.

Stephen Humphries - Headteacher

Pitreavie and Canmore Updates

Pitreavie Primary will hopefully be back in June, too busy with the ongoing industrial action and we always ask Canmore Primary for a report but have yet to receive a response.

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07849 470182

DUNFERMLINE BASED





Community Police Report

Between 01/01/2023 and 31/01/2023 a total of 377 calls were received to the Dunfermline South Ward area. This breaks down to:

Immediate Calls - 28 calls
Prompt Calls - 156 calls
Standard Calls - 65 calls
Other Calls - 128 calls

This led to 52 crimes being recorded on the Crimefile recording system, 12 of which have been detected as of 1st February 2023.

Notable Crimes/Detections/Incidents

Operation Path - Violence: 13 offences, 8 of which have been detected

Operation Paramount - Road Safety: 12 road traffic offences, 2 of which have been detected

Operation Prevail - Anti-Social Behaviour: 6 offences still being investigated

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

Fife Council Community Contacts

Safer Communities Team:
www.fifedirect.org.uk/safercommunities

Telephone: 01592 583642

Email: safercommunities.team@fife.gov.uk

Free Bulky Uplifts by Fife Council

About 14,200 bulky uplifts take place each year in Fife, with almost 35,000 items collected over 2021/22. This service collects bulky household items - such as couches and mattresses - that are too big to fit into a wheeled bin and cannot be transported to a recycling centre.

Now, residents will benefit from having their unwanted bulky household waste items uplifted free of charge, reducing pressure on Fife's recycling centres and helping residents struggling with the cost of living crisis.

The changes will come into effect from April this year. The service anticipates a three-fold increase in demand with the removal of charges, and additional staff and vehicles will be in place to help cope with this increase.

Cllr Jan Wincott, the Council's spokesperson for the Environment and Climate Change, said: "The removal of bulky uplift charges from April 2023 will relieve pressure on our recycling centres, support residents with financial challenges and help them to dispose of their waste responsibly."

The free of charge bulky uplift service is designed to help people who cannot take their non-recyclable and unwanted items to a recycling centre, either because the item is too large or they have no means of transport.

Bulky uplifts will continue to be ordered online via www.fife.gov.uk/bulkyuplift and the current points system will continue to be used. Uplifts will be scheduled on a first come first served basis and 180 booking slots will be available on a daily basis to manage demand across Fife.

For the full details, visit: www.fife.gov.uk/news

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Health



Spring is Around the Corner!

With Spring just around the corner it's the norm to de-clutter, clean and tidy the house, but we often forget to focus on our health and fail to realise that our physical and mental wellbeing need a good spring clean just as much as our homes do.

So, here are some Spring health tips that will help you start the season off in a positive manner.

Spend more time outside - Getting outside and enjoying the sunlight has many benefits. Exposure to bright light helps the body release Serotone which helps boost our mood.

Re-set your body clock - The change of clocks at the start of British Summer time apparently can disrupt our sleep pattern. The Sleep Council advise bringing your bedtime and wake up time forward by ten minutes each day in the week leading up to the clocks changing to help your body clock adjust gradually so the loss of one hour's precious sleep is less of a shock to the system.

Keep hydrated - The increase in temperature can cause you to dehydrate so be sure to drink plenty of water. Dehydration is one of the most common causes of fatigue plus your body relies on water to produce energy and deliver essential nutrients throughout your system. So, make sure you stay hydrated.

Practice Gratitude - There's lots to be thankful for at this time of the year; warmer weather, longer days, blossoming buds and much, much more. So, taking some time to reflect on all the positive things around you will give you a sense of satisfaction and put you in a more positive frame of mind.

Book a massage - First and foremost, massage helps increase circulation, which sends fresh, oxygenated blood to the muscles and joints. This increased blood flow helps warm the area to cut down on pain and stiffness. Less stiffness results in better range of motion of an achy joint.

Getting a massage also triggers the release of some of our feel-good hormones including Serotonin and Oxytocin. So, not only does massage help with pain, but also helps calm depression and anxiety symptoms and helps us to sleep better.

Simeon Hunter - Massage Therapist

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Community

Over 65's Evening

After 4 years of absence, the over 65's evening is back. South Dunfermline Community Council have provided a subsidised evening for over 65 year olds for the last 10 years before Covid forced us to take a break. Join us at Pitbauchlie House Hotel on **Sunday 9th April** from 4pm for a 2-course meal and entertainment for just £10. This event has always been popular so book your place soon! The only rule is you have to live in the South Dunfermline area (see map of the area on the front cover).

For further information please contact us:

Email: sdcc2014@outlook.com

Tel: Morag (736651)

Message us on Facebook

For tickets please complete the form below and return to 6 Alder Grove, Dunfermline KY11 8RP.

Cheques should be made payable to **Pitcorthie and District Events Committee**, or get in touch for bank details.

Dunfermline Children's Gala Returns in June

The Dunfermline Children's Gala is making a return this year after new volunteers stepped up to form the committee now boasting eight members.

The event is scheduled to take place on June 24 subject to permissions being granted.

The theme of the day will be 'Cities of the World' as a nod to Dunfermline's recently-granted city status.

New chairperson Gaynor Williamson said: "This will be the first gala since Dunfermline became a city so we want to make it as big as it can be. We have been engaging with schools and need to make sure school reps are available and can participate and, subject to approvals, we are hoping to run it on June 24."

Check out Dunfermline Press for the full article. If anyone wants to get involved, please email committee@dunfermlinegala.com or visit the Dunfermline Children's Gala Facebook page.

South Dunfermline Over 65's Evening | Sunday 9th April 2023 | Tickets: £10 per person

Name: _____

Address: _____

Number of tickets required: _____

Dietary requirements: _____

Please make cheques payable to Pitcorthie and District Events Committee and return to:
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SDCC Update

Pitcorthie Area

Green Spaces

Back in Autumn 2022, members of the Community Council, along with Councillor James Calder met with staff from Parks, Streets and Open Spaces to discuss grounds maintenance issues in Pitcorthie. The main subject was the Whinny Burn which has suffered from years of neglect. There have been issues with vermin and odour which led to a SEPA investigation. Thankfully, funding has been secured from both Fife Council and the Community Council to clean up the burn. Works have now commenced.

The King Malcolm Hotel

It has been established that Peel Hotels no longer own this site. Fife Council have held talks with the new owners and we hope there will be more news soon.

Pavements

After local councillors received a number of complaints regarding the state of the pavements in Pitcorthie, it was welcome news that a phased resurfacing programme has been approved. The first phase is set to be on Pitcorthie Drive, starting at the roundabout at Birrell Drive and going to the north side of Lime Grove.

Newsletter Deliveries

Thank you to Don Makin who has delivered newsletters in Poplar Grove for the last 41 years, and he has decided to take a well earned break.

Delivering since 1982 we feel he has more than taken his turn! We are grateful for all his help. If anybody would like to help with newsletter deliveries, we are always on the lookout for volunteers.

Masterton Area

Lapwing Drive

At the City of Dunfermline Area Committee meeting on Tuesday 7th February 2023, councillors voted to reduce the speed limit on Lapwing Drive from 40mph to 30mph. This should hopefully reduce the noise impact and more importantly make the road safer.

Children at the west end of the road near Merlin Drive and Fergusson Road need to cross this busy road without the aid of a crossing to catch school buses.

Hopefully this is the beginning of improvements in this area. The Community Council would still like to see a pedestrian crossing installed at the Fergusson Road end, similar to the east end of the road near Aberdour Road.

Older Road Users

The older population in Fife continues to grow with over 20% of the population now being over the age of 60 years.

While drivers over 70 are less likely to be involved in crashes involving speed, loss of control or alcohol as a cause when older drivers are involved in a crash the likelihood of them being seriously or fatally injured is up to four times higher simply because of their frailty.

If you would like more information or to arrange a presentation to a group, please contact:

safercomunities.projectofficers@fife.gov.uk
Phone: 03451 55 55 55 ext 446161

FIFE WILL WRITERS

A photograph of a family dining at a table. An older woman with white hair is leaning over the table, smiling. A younger woman and a child are seated at the table, also smiling. The table is set with plates of food, glasses, and several lit candles, creating a warm, intimate atmosphere.

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Recipes

Mushroom Soup

Ingredients:

10 oz mushrooms
2 oz margarine or butter
1 medium onion
1 clove garlic
1 oz plain flour
1/2 pint fresh milk
1/2 pint chicken stock

Method:

Finely chop the onion, melt the butter in a pan. Add the onion and cook gently. Finely chop the mushrooms and add to the pan.

Cook gently for 5 minutes.

Shake flour in milk. Add the stock to the pan, add milky flour. Stir them together.

Liquidise in blender or leave whole.



Leek and Potato Soup

Ingredients:

4 leeks
1 onion
1 medium potato
1 litre chicken stock
150ml cream
50g butter

Method:

Melt 50g of butter in a pan, add the vegetables and stir. Put lid on and cook for 10 minutes, stirring occasionally.

Add the chicken stock, season and bring to a boil.

Cover and simmer for 20 minutes. Puree and then add 150ml of cream.

Reheat and serve.







Pitreavie Primary School ASC Outdoor Play Area

On Monday 3rd October 2022, the ribbon was cut to officially open the Pitreavie Primary School ASC Outdoor Play Area. The new play area has been named 'The Cubby'.

At Pitreavie Primary School the main goal is to encourage and support their pupils to fulfil potential in all areas of school life. This includes supporting our pupils' health and wellbeing by providing appropriate opportunities for play and movement.

With that in mind, the school wanted to provide a safe, secure, stimulating and inclusive outside play area for the pupils in Pitreavie Primary School's Additional Support Classes (ASC) within the mainstream playground.

The new play area also provides an enhanced play offering to the residents in the local community outside of school hours.

The development of this new play area started in early 2021 when one of the ASC PSAs, Mrs Rodger, put in an application to Fife Environment Trust who agreed to fund 75% of the project costs which covered the groundworks, fencing and safe play surface for the new play area.

Further grants from the Carnegie Dunfermline Trust, Fife Housing Group and Pitreavie Primary Parent Council covered the costs of the play equipment in the new play area.

The school then worked with Caledonia Play in the summer of 2022 to make the play area a reality. The play area has been a great success and enjoyed by all our ASC pupils.

A huge thank you to everyone who has supported the development of the fantastic outdoor space for additional support classes.





PITREAVIE GOLF CLUB

Did you know you can join Pitreavie Golf Club as a social member for only £20 per year and enjoy all the exclusive offers? The Clubhouse has recently been refurbished and we offer a warm, relaxed atmosphere with friendly staff and an excellent menu from our caterers.

- 15% off all drinks
- Social events throughout calendar year, including Bee Gees tribute night on 29th April and monthly quizzes (last Friday of each month with a pre-quiz dinner offered)
- Room hire for functions in the Clubhouse
- Sunday carveries
- For our Young Seniors (65 years and over) we are offering:
Tuesday - Thursday: Soup & Sandwich - £4.95 or smaller portion meal £5.95

The kitchen has recently had a full refurbishment and the catering staff have lots planned, including Sunday carveries along with various other themed food evenings at very reasonable prices.

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

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

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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 Spring Specials (12 - 3pm): 2 courses - £8.95
- Smaller Portion OAP Specials (12 - 3pm): 1 course - £5.95

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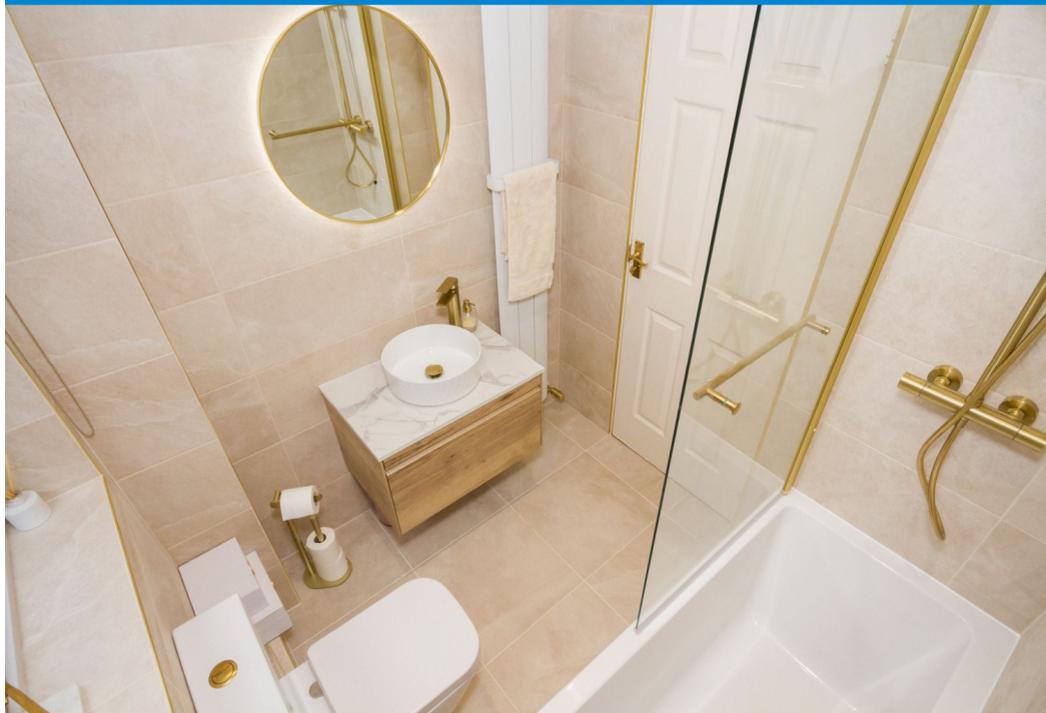
Young Max O'Flaherty needed to earn a community badge for the Beavers so, he did a litter pick round Pitreavie School. There were lots of crisp packets and sweet wrappers to collect. Well done Max!

Weddings

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Free Sunday Car Parking in March

The City of Dunfermline Area Committee have allocated £5,700 to fund free Sunday car parking in Dunfermline throughout March.

This means that on Sundays 5, 12, 19 and 26 March 2023 parking will be free in all Fife Council car parks and on-street parking bays within Dunfermline.

Councillor James Calder, Convener of the committee, said, "We recognise that the cost of living crisis is having an adverse effect on people's spending and consequently on city centre businesses. Our intention for this initiative is to offer additional support to these businesses by increasing footfall."

Unfortunately, the Pay & Display meters cannot be changed to reflect this change. There will be temporary signs on the meters reminding drivers that Sunday is free, however Fife Council cannot give refunds for anyone who has still chosen to pay.

Local Transport Strategy for Fife

Have your say on the future of transport in Fife.

How can we make it fairer and more sustainable for everyone to access their daily activities?

We are consulting on our new Local Transport Strategy, which sets out our vision and action plan for Fife's transport system over the next ten years.

Please complete our online survey and let us know what you think. The survey will close on **Sunday 2nd April**.

The Local Transport Strategy sets out our vision and action plan for managing Fife's transport system over the next ten years, until 2033.

The strategy will help us improve the services we provide and make the case for investment.

At the Main Issues consultation in early 2022, we asked you what your transport challenges were. We wanted your ideas on how to improve transport in the future. Our proposed strategy is based on what you told us.

Fife Council manage and operate the following transport services:

- Walking, cycling and wheeling routes
- Supported bus services, community transport and school transport
- Roads, including bridges, road safety, street lighting and winter maintenance (but not trunk roads)
- Car parks and electric vehicle charging

We also work with our partners to support commercial bus services, rail services, and freight.

Our vision is that by 2033, Fife's transport system supports communities with affordable, seamless, and sustainable access to all aspects of our daily lives.

Our vision looks at four key priorities:

- Fair access to daily activities
- Safe and secure travel for all
- Just transition to net zero
- Transport network resilience

For the full stories, please visit: www.fife.gov.uk/news



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Fife Council Sets Budget and Council Tax for 2023/24

Fife councillors have approved a budget for 2023-24, including a council tax rise of 5% on Band D, to help plug a £11.505 million budget gap and avoid cuts to essential services. The Council will also draw on financial balances to allow one-off investment of an extra £6.448 million in priorities for the year ahead.

Council tax: a 5% increase on Band D is an extra £1.27 per week, taking the annual bill to £1,385.18.



45% increase in road material costs

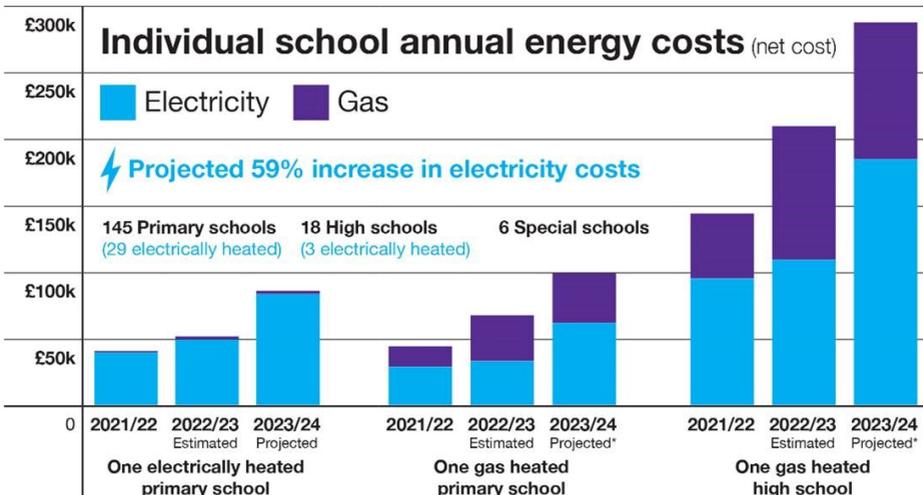
Transport, fuel, vehicle & plant hire costs have increased by 15%
Fife Council maintains over 2,500km of roads in Fife

Extra investment for 2023-24

- £0.150m extra funding for Café Inc
- £2m towards the hardship fund
- £0.948m to support cost of living pressures
- £3.50m for roads maintenance (potholes and drainage)
- £0.761m towards the increased costs of subsidised bus contracts
- £0.216m for Fife Coast & Countryside Trust staff and to support tourism and environmental management

Find out more about council tax, water charges set by Scottish Water, benefits, council tax discounts and other help to pay bills at www.fife.gov.uk/counciltax.

For anyone who is struggling, even if you have not received benefits before, you can check if you're eligible for council tax discounts or other financial support at our.fife.scot/gethelp.



* Actual prices are not settled yet and consumption could vary.



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Play Spaces in Dunfermline

Fife Council approved a Play Spaces Strategy in August 2021. The recommendation at committee was for each area committee to categorise Fife Council play spaces in their area.

Each site is categorised as a type of play space (natural play space, local play park, town play park, destination play park), also included is whether the site needs improving.

At present there is no format to play parks that FC manage. Some have 2 pieces of equipment, others like the Glen have a wide range of equipment. Many don't cater for primary school children.

The strategies aims are to:

- be used to secure funding for upgrading play parks
- ensure play parks have a range of equipment that can be used by all ages of children
- transform many greenspaces into play spaces

Public consultation on the categorisation was carried out in 2019. All community councils were notified. Councillors have been involved in checking the categorisation and a report will go to the City of Dunfermline Area Committee in the spring of 2023 for approval.

Play spaces categorisation for Ward 4:
Dunfermline South

- Brucefield
- Pitcorthie
- Abbeyview
- Pitreavie

There are plans to upgrade/improve the play-parks in Lilac Grove, The Heathery and Duloch Park sometime in the future. For more details, please visit: www.fife.gov.uk

Mini Eggs Safety Warning

It's that time of year again when mini eggs are lining the supermarket shelves. But did you know that they are the perfect size to block a small child's airway and choke them? And their hard shell can make it difficult to dislodge with standard first aid techniques?

That's why they aren't recommended for children under 4.

So, when you're stocking up for the Easter Bunny please stay safe and choose another treat for your little ones.

Visit the choking hub to learn more about common choking hazards and what you should do in an emergency:

<https://capt.org.uk/choking-prevention/>



Have you spotted the safety warning on mini eggs?



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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	Trish Paton	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.



Portable Equipment Safety Advice

Every year people die and are injured in their homes as a result of fires caused by heating appliances. Many of these fires involve portable heaters. Any type of portable heater can start a fire if it is misused.

- Turn off portable heaters before going to bed
- Always follow the manufacturer's operating and maintenance instructions
- Keep the heater clean and well maintained
- Ventilate the room in which the heater is being used
- Make sure that a permanent safety guard is fitted
- If a heater is to be used in one place for a long time fix it securely to a floor or wall

Whatever type of heater you use, **DO NOT:**

- move a heater while it is alight or switched on
- stand or sit too close, your clothing may ignite
- place a heater too close to furniture, bedding or curtains
- air or dry clothes over a heater
- place heaters where they are likely to be knocked over
- leave a portable heater on if young children or animals are left unattended
- use flammable adhesives, cleaning fluids or aerosol sprays near a heater

For more advice and tips, check out Scottish Fire and Rescue Service's website:

www.firescotland.gov.uk

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



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