

South Dunfermline Community Council Newsletter

my community news

Issue No. 146 Autumn 2023

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



Hello!

Welcome to our autumn 2023 newsletter. It has been a bit of a disappointing summer after the great weather last year, but all that rain is supposedly good for the garden!

We are hanging onto the last days of summer and already you can see that it is getting darker earlier.

One good thing about all the rain this summer was we didn't have to water all the pots in Pitcorthie, these have looked good all summer.

Unfortunately there is no update on the former King Malcolm Hotel, we have been contacted by a number of residents regarding anti-social behaviour over the summer. We understand that Fife Council officers are trying to find out what the future holds for the site at the moment.

We are aware of the continual issues with seagulls in Pitcorthie, we have again repeated the information regarding pest control in this issue, see page 21.

I hope that everybody who has returned to our local schools is settling back in, and all the new Primary 1 and first year pupils are getting used to their new surroundings!

Alasdair Kay - SDCC Chairman

In this edition...

- Community Council Elections
- Removal of Nesting Seagulls
- Baby Loss Awareness Week



South Dunfermline Community Council



sdcc2014@outlook.com



www.southdunfermlinecommunitycouncil.com



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

Chairman - Alasdair Kay (07756 813766)

Vice Chairman - Vacant

Treasurer - Mhairi Divertie

Secretary - Vacant

Social Media - Morag Ure

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

Pitcorthie & District Events Committee (PADEC)

Chairman - Alasdair Kay

Treasurer - Mhairi Divertie

Secretary / Social Media - Morag Ure

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

NEWSLETTER

Editor - Thana Mitchell (07427 695323)

Treasurer - Mhairi Divertie

Advertising / Design - Thana Mitchell

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Charity Number SC022912

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

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Charity Number: SC011334

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

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

Community

Community Council Elections

Elections will be held on Thursday 28th September to recruit new Community Council members. South Dunfermline has 18 places and at the moment only has 7 active members. We have a population of nearly 8000 adults, so a poor show.

Please express an interest in the Community in which you live and come along to find out what is happening in the place you have chosen to live. We meet once a month on the second Tuesday of each month apart from July and August and the meetings last for around 90 minutes. You will find a warm welcome at Pitbauchlie House Hotel on Aberdour Road.

Community Council elections are held every four years in Fife, giving local people the opportunity to have a voice in their neighbourhoods.

Fife currently has 85 active Community Councils out of a potential 105. And Lindsay Thomson, Fife's Depute Returning Officer, is keen to encourage more people to make a real difference in their local areas.

Lindsay commented: "Community Councils are an important part of giving our communities a voice. They can provide Councillors and statutory bodies with the grassroots viewpoint and opinions that are essential to shaping services and making decisions about issues that matter to local people."

A Community Council is a voluntary organisation set up by statute by the local authority – in this case Fife Council. The Community Council is run by local residents to act on behalf of its area. As the most local tier of elected representation, Community Councils play an important role in local democracy.

Some Community Councils are more active than others and some areas don't even have one. New blood is always needed if groups like this are to grow and develop.

If you want to stand, you must be 16 years old or over, be registered to vote and have lived in the community council area you want to stand in for at least a year.

South Dunfermline needs new blood and ideas to take this Community forward for the future.

Morag Ure - SDCC Member

PITBAUCHLIE HOUSE HOTEL FESTIVE DETAILS 2023



Festive Lunches & Dinners Price £35.00 pp Dates 1st to 24th December



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Benji Physio is a team of physiotherapists and massage therapists who have been helping patients in Fife for over ten years.

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Driving

Fife Pass Plus

Fife Pass Plus is an initiative offering new drivers an opportunity to gain more knowledge and practical driving skills in a discounted scheme subsidised by Fife Council. The cost to the pupil is £50.

Pass Plus is open to all new drivers who have passed their test within the past two years and are resident in Fife.

Pass Plus is an established training course for new drivers with the aim of increasing safety for new road users. It consists of attending an information session and completing six modules about driving in different conditions:

For more information or to sign up, contact: safercommunities.projectofficers@fife.gov.uk



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. Consequently the number of people over 70 years of age with a driving licence also continues to rise. This trend will carry on as the population lives to an older age.

While drivers over 70 are less likely to be involved in crashes caused by speed, loss of control or alcohol, 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.

Fife Council can provide a presentation to groups of drivers over 65 years with information, advice and support.

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

E: <u>safercommunities.projectofficers@fife.gov.uk</u>
T: 03451555555 ext 446161

Advice and information for older drivers and their families is also available here:

https://fife.goodeggsafety.com www.olderdrivers.org.uk











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Contact us:

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- f @jmrroofingscotland

Health



Take Time For Relaxation

Taking care of your health and wellbeing are crucial because they significantly impact your overall quality of life. Prioritising your health can help prevent illnesses and contribute to a greater sense of happiness and contentment.

An important practice for promoting mental and physical wellbeing is relaxation. It involves calming both the body and the mind to reduce tension stress and anxiety. As well as reducing stress, relaxation offers numerous benefits including improved mental clarity, enhanced mood, lowered blood pressure, better quality of sleep and even a stronger immune system. Taking time to relax can stimulate overall wellbeing and help recharge both your mind and body.

Here are some ideas to get you started:

Deep breathing - Breathing exercises are one of the easiest relaxation techniques and can effectively calm your stressed out body and mind at anytime. Sit or lie down in a quiet and safe place such as a chair, your bed or even the floor. Once you are comfortable, place a hand (or both hands if you prefer) on your belly. Breathe in slowly to a count of three then breathe out slowly to a count of three. Repeat this 5 or 6 times or as many times as you need to feel relaxed.

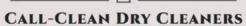
Get a massage - Massage helps us relax both physically and mentally. The physical manipulation of the muscles and soft tissues during a massage increases the blood circulation, which helps reduce muscle tension and encourage relaxation. The release of Endorphins act as natural painkillers and mood enhancers to contribute towards relaxation. The soothing touch of massage triggers the body's parasympathetic nervous system which helps reduce stress.

Practicing yoga is another relaxation technique. By focusing on the present moment reduces stress and anxiety, helping to quiet the mind and create a sense of calm. The gentle stretching helps release muscle tension while the increased blood flow encourages oxygenated blood to alleviate built up tension. Yoga can also simply take your mind off the stresses of daily life, giving you a mental break.

Taking a walk in nature, listening to music, meditation, practising Tai-chi or reading a book, are other simple activities to give the mind and body time to switch off and relax.

Simeon Hunter - Massage Therapist





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Fife March to Raise Awareness About Violence Against Women

"Violence against women and girls, in any form, has no place in our vision for a safe, strong, successful Scotland. It damages health and wellbeing, limits freedom and potential, and is a violation of the most fundamental human rights" - Scottish Government

A Reclaim The Night march is set to take place in Kirkcaldy in November as part of the 16 Days of Activism Against Gender Based Violence campaign.

The march is an opportunity for Fifers to come together to show their support and raise their voices about women's rights, gender inequality and gender based violence. Organisers, the Fife Violence Against Women Partnership (FVAWP), are appealing to people from across Fife to come out and support the march.

A key part of the work of the FVAWP is raising awareness of how gender inequality has a huge impact on women, their choices and opportunities. There is also a proven link between gender inequality and gender based violence - where women are victims of violence purely because they are women. This can be in many ways, such as catcalling, unwanted attention, unwanted touching, sexual harassment, rape, so called 'honour' based abuse, sexual assault and domestic abuse.

The march is an opportunity to demonstrate how much gender inequality matters to us in Fife and to ask for more discussion about how organisations and communities can work together to tackle violence against women. Everyone is invited to join on Thursday 30th November, meeting at 4.30pm outside the Town House, Wemyssfield, Kirkcaldy. The march itself will start at 5pm, heading down the High Street, and will end at the Kings Live Lounge on the Esplanade.

There will be two community workshops prior to the march where people are invited to come along to make banners and meet others who will be attending. The dates and venues for these are still to be confirmed and promoted.

For more information about the march, as well as the programme of events taking place during the 16 Days of Activism Against Gender Based Violence, scan this QR code or email: fvawp@fife.gov.uk



Laura Pearson - Coordinator Fife Violence Against Women Partnership



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Bums off Seats is a Fife Walking Initiative. We provide 16 free local health walking opportunities a week in Fife and all walks are led by a trained team of Volunteer Walk Leaders. A health walk is a free, short, local walk and is suitable for most people even if you have a long term health condition.

All our walk leaders are keen to encourage everyone to come along, no matter what your level of fitness. There is no need to pre-book for any of the walks, so when you arrive at a walk look out for the leader (they will likely have a clipboard and a high vis arm band) and introduce yourself. The walk leader will be able to answer any questions you have about the route.

All the walks are very sociable with many walkers making lifelong friends, some even make sure they go for a cuppa together after the walk. So whether you are looking to get fitter, enjoy the outdoors more, improve your mental health, have a good natter, make new friends, volunteer or meet like minded people - Bums Off Seats is for you.

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





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Recipes

Malteser Traybake

Ingredients:

4 oz margarine 2 tablespoons syrup 5 oz milk cooking chocolate 8 oz digestive biscuits (crushed) 8 oz Maltesers Milk or white chocolate for the topping

Method:

Melt together margarine, syrup and chocolate Add crushed biscuits and Maltesers Mix well Put in a swiss roll tin

Chocolate Traybake

Ingredients:

4 oz margarine or butter 4 oz chocolate Small tin of condensed milk 8 oz digestive biscuits Milk chocolate for the topping

Method:

Melt the margarine and chocolate together Add the condensed milk Add the digestive biscuits Put in a swiss roll tin and allow to cool

Optional - Add cherries, nuts, sultanas or mini marshmallows to the mix

Melting Mars Bar Bake

Ingredients:

3 oz margarine or unsalted butter2 Mars bars sliced3 tablespoons syrupRice Crispies

Method:

Melt margarine, Mars bars and syrup Add the rice crispies Mix well Put in a swiss roll tin and slice when cold Or put in paper cases

Car Park Transformation.

Dear Customers,

Following customer and colleague feedback we have managed to secure investment to completely refresh the store car park.

From 28th August through to January 2024 we will be investing in new drainage, removing the monoblock paving and completely resurfacing the entire carpark.

Whilst I appreciate this will reduce the amount of parking spaces temporarily, we will work hard to minimise any disruption to your shopping trip and will be left with a much more user friendly car park.

Any questions please ask for a member of the management team at the customer service desk.

Regards

Robbie (Store Manager) and the management team





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Baby Loss Awareness Week

Baby Loss Awareness Week is held annually from 9th to 15th October. It's a special opportunity to mark the lives of babies lost in pregnancy or at or soon after birth. During this week, many charities and groups work to raise awareness of key issues that affect people who have lost a baby.

Losing a baby is a very painful experience, often physically and emotionally. For many it can feel like a lonely experience, with no one who understands. They may isolate themselves from friends and family or not feel like seeing anyone. After losing a baby, they may find that grief, missed milestones and anniversaries continue as the years pass.

Whether the loss was last month or 10 years ago, the pain is very real. Talking about their loss can sometimes be very helpful and there is support to do this, available from Fife Sands, who are the local group connected to Sands. They can provide peer support, one-to-one support and information. You can find them on Facebook:

www.facebook.com/FifeSands

It is estimated that 1 in 4 pregnancies end in baby loss. Many more people are affected by baby loss than we realise as parents can be reluctant to talk about it and share their experiences with others.

At the end of Baby Loss Awareness Week on 15th October, you may wish to take part in the annual global Wave of Light. People around the world light a candle or candles at 7pm local time in memory of the baby or babies they have lost.

Photos of these candles on social media create a wave of light that spreads across the globe. You can join this virtual wave of light by adding your photo on the night, with the hashtag #WaveofLight.

For more information about Baby Loss Awareness Week and ways you can support it, visit: www.sands.org.uk/blaw

www.babyloss-awareness.org/

If you have been impacted by baby loss, you can get information and support from Sands on 0808 164 3332 or helpline@sands.org.uk

Laura Pearson



Image credit: www.babyloss-awareness.org



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Have Your Say

Where are the spaces for young people to socialise and hang out?

I know it's not technically in our community council area, but I wanted to write to say I was frustrated reading the recent article in the Dunfermline Press about McDonalds at Duloch banning people aged under 18 from eating inside the restaurant after 7pm. According to the article, published on 3rd August, 'the restaurant has decided to ban unaccompanied youngsters under the age of 18 from being served in the restaurant due to "anti-social behaviour affecting the wider area."

I find this response from McDonalds really infuriating. The behaviour of a small number of young people has had an impact on all of the young people in our locality.

Have they considered the ratio of young people causing trouble to young people happily and quietly spending their money in the restaurant? Have they considered that some young people will be as annoyed and frustrated by this behaviour as the staff are?

Young people, as with any group of people, are not all the same. This ban is telling young people that local businesses think they are all trouble and not respected as paying customers. They would never get away with this if they tried to impose a ban on any other group.

I am absolutely not condoning the behaviour of these young people. I know that anti-social and disruptive behaviour is frightening and intimidating, especially when there are large groups of young people gathered together causing trouble. However, I don't think it's fair to impose this blanket ban on all young people in the area.

I felt so bad for the innocent boys in the article who just wanted somewhere to have dinner and spend time together.

I've heard adults complain about 'young people today' being on their phones all the time, or sitting in their bedrooms chatting online instead of being out and about. But then when they are out and about they're accused of causing trouble.

Well, what are we doing about giving them safe spaces to meet and socialise? As far as I am aware there is nothing in this area for young people in the evenings. There is no youth club or social area for young people just to hang out, chatting and being together safely.

I wonder if McDonalds might consider putting some of their community funds towards a local youth space where young people could gather and socialise?

I wonder if this matter of safe, social spaces for young people in our area could be brought to the community council?

Ref: <u>Duloch: Turnstone Road McDonald's ban</u> <u>children from entering after 7pm | Dunfermline Press</u>.

A resident's personal opinion

Do you have any local issues to raise or share? Please get in touch with us via email: sdcc2014@outlook.com or message us on Face-book SocommunityCouncil.



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.

Exclusive social membership offers include:

- 15% off all drinks
- Social events throughout calendar year and monthly quizzes (last Friday of each month with a pre-quiz dinner offered)
- Use of function room for private functions (birthday parties, weddings, funerals etc.)
- Sunday carveries £9.95pp / £5.95 child (under 12 years)

The kitchen recently had a full refurbishment and the catering staff have lots planned, including various themed food evenings (Italian, Chinese, Indian) 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

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

Social Membership:

Only £20 per person from 30 June 2023 to 1 July 2024

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- KDN Catering Sunday Lunch Specials (1 - 5pm): 2 courses - £10 / 3 courses - £12

Golf Membership:

- Various memberships available
- Finance offered
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Seagulls

Removal of Nesting Seagulls

Seagulls can be a real nuisance - causing damage to your property, being noisy, creating mess and health risks from their droppings and during the breeding season, they can become aggressive and attack people and pets if they feel threatened

The Community Council and Councillor James Calder have received several messages in the last years about issues with nesting seagulls in the Pitcorthie area. Cllr Calder has subsequently spoken to Fife Pest Control Services about what could be done in the area to combat this matter.

Before any measures can be taken to remove the birds, please note that seagulls are protected by law. Although many complaints have been submitted to Fife Council, the Council has no statutory duty to take action against gulls.

Fife Pest Control Services have told us that if they are called out, the nest will be removed and the customer will get a free second visit if gulls start to rebuild their nest which does happen if the nest is removed too soon.

Seagulls are very territorial, especially when it comes to areas that harbour safety for their nests. If the birds are left undisturbed throughout a season, they will come back around to the same spot year after year to build their nests all over again. Spiking can be put in place but seagulls are smart and will often return and stack sticks on top of spiking to renest on it plus it's costly and not always needed. Nest removal should see them gone and not return the following year.

Anyone who presents this newsletter with their services mentioned in it will get a discount and for those who do not receive the newsletter, there will be an online edition on our website to access:

www.southdunfermlinecommunitycouncil.com/ newsletter

In the meantime, we strongly urge people to stop feeding seagulls because as long as that continues, they will keep coming to nest in the area. If anyone has any questions, please get in touch with us via Facebook or email: sdcc2014@outlook.com.

Please contact Fife Pest Control Services to get their costs.





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Volunteering with Samaritans

The reasons people give for wanting to volunteer with Samaritans are many and varied, including, a care and empathy for others, a feeling they have something to offer and wanting to give something back.

However, many do not realize the many benefits gained by volunteering with Samaritans. The initial training offered, which is well recognized by Universities and Colleges for its "Learn to Listen" training is a skill for life.

There are an enormous amount of ongoing training opportunities available, allowing development throughout the volunteer journey in whatever aspect interests you, whether it is Outreach work, Recruitment, Leadership, Trustee, Training to be a Trainer or work within prisons, to name but a few.

Communication skills are enhanced and being able to work as part of a team. The support offered by fellow Samaritans, not just when you are on shift but at any time is what makes volunteering with Samaritans so special.

Friendships are made with people of all ages and walks of life and the incredible satisfaction of knowing you are helping people who are experiencing distress and despair.

Further information is available at the following links:

Volunteer for Samaritans | Support us | Samaritans

www.samaritans.org/dunfermline

WalkOn Group at Duloch Library

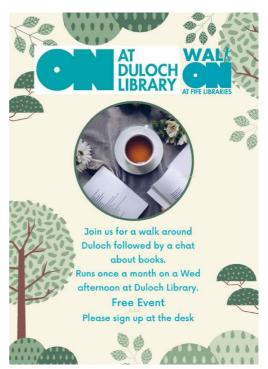
Do you love books, walking and meeting new people?

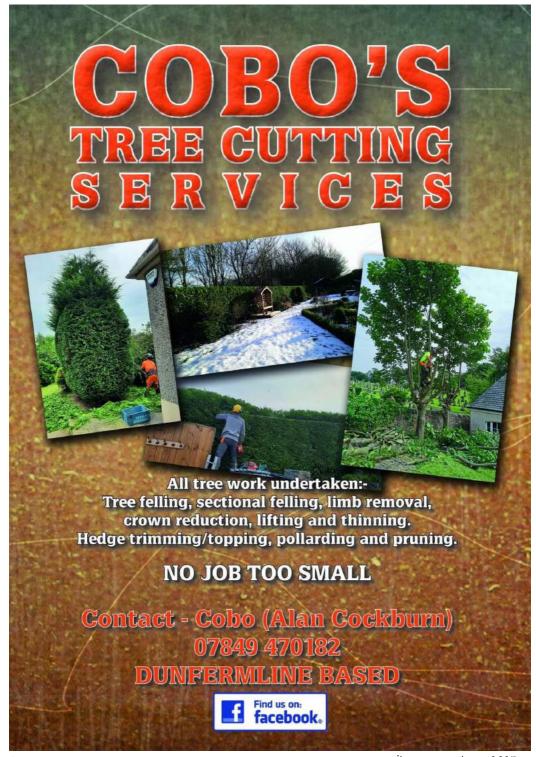
Why not pop along to Duloch Library for their monthly WalkOn group? They have a wee walk around the local area then back to the library for a blether about books. It's an informal chat, over a cuppa, with no set book to read each month.

Very friendly group, a great way to keep healthy, have a wee chat and get some great book recommendations. What's not to like?

For more information, contact the friendly staff at Duloch Library:

T: 01383 602208 or E: duloch.library@onfife.com







Help Prevent Rubbish Fires

There are approximately 22,000 outdoor fires each year in Scotland which require the emergency attendance of the Scottish Fire and Rescue Service.

Approximately 50% of all these outdoor fires involve refuse, rubbish and fly-tipped materials.

With an estimated average cost of £2,000 for each attendance at such incidents, the estimated annual cost to the Service is £22 million.

Here are some tips to help prevent rubbish fires:

- Store your rubbish in a secure area if possible
- Keep your garage and shed locked as well as your home
- Keep all flammable liquids locked away
- Consider installing security lighting outside
- Be alert to strangers loitering in your street and call the police if strangers are loitering for some time
- Report any build-up of rubbish to your Local Authority or community fire station. This will help ensure it can be removed and prevent fires
- Report any fly-tipping direct to your local authority
- Warn other people if a fire breaks out

Remember not to:

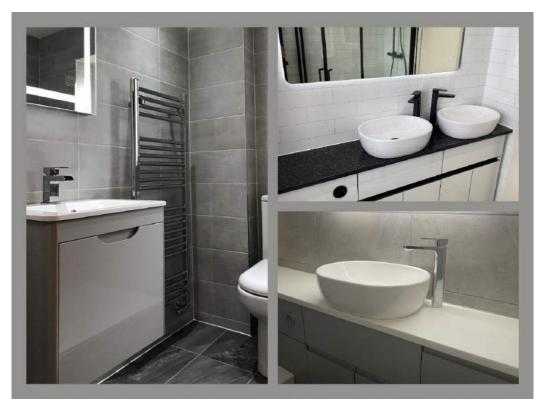
- Allow rubbish to block escape routes
- Store rubbish by doors, windows or any other openings
- Store bins or sacks up against your home as fire can quickly spread to buildings
- Overfill your bin or leave rubbish around it
- Smoke in or around storage areas
- Put bins out for emptying until the day your refuse is collected
- Fly-tip materials or leave rubbish to build up outdoors – it could start a fire
- Accept deliberately fire-setting in your community. It's a crime that threatens lives

 report it to the police

Please be careful and considerate when disposing of your refuse and recycling. If a crime is being committed, or is about to be committed, or if there is a risk of serious injury, or if the fire and rescue service is needed, call 999.

If there is a fire in your home **GET OUT. STAY OUT. CALL 999**

Source: <u>www.firescotland.gov.uk/your-safety/</u>outdoors/rubbish-and-refuse



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Community

COVID Vaccine Booster

A COVID vaccine booster will be offered this autumn to people at greatest risk of getting seriously ill.

This follows the latest advice from the Joint Committee on Vaccination and Immunisation (JCVI) and these groups of people are eligible:

- residents and staff in older adult care homes
- everyone aged 65 and over
- those aged 6 months to 64 years in a clinical risk group
- frontline health and social care workers
- household contacts of immunosuppressed people aged 12 to 64
- unpaid carers aged 16 to 64

Further advice on the choice of vaccine products for use this autumn will be provided in due course.

From autumn 2023, JCVI additionally advises that primary course COVID-19 vaccination for persons who have not had any COVID-19 vaccines before should consist of a single dose of COVID-19 vaccine. Eligibility for primary course vaccination will be the same as for the autumn 2023 booster.

Data from last autumn's programme showed that those who received a booster were around 53% less likely to be admitted to hospital with COVID-19 in the 2 to 4 weeks following vaccination, compared to those who did not receive a booster.

Full article can be found on the link below.

Source:

www.gov.uk/government/news/jcvi-advises-oneligible-groups-for-2023-autumn-booster



COSY KINGDOM

Cosy Kingdom is a free and impartial energy and debt advice service available to all tenants and homeowners across Fife.

They offer advice and support by telephone or through a home visit.

Their friendly energy advisors can help you find practical and affordable ways to save energy, understand your gas and electricity bills and tariffs, support you in dealing with suppliers, advise on gas and electricity utility debt and help apply for grants and schemes such as the Warm Home Discount.

For more information, please visit: www.cosykingdom.org.uk or call o1592 807930 between 10am - 3pm Monday to Friday



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Contact safercommunities.projectofficers@fife.gov.uk to register for this FREE road safety initiative.







Are you, or someone you know, over 65 years and still driving? Would you like some advice on how to drive safer for longer?





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FAMILY SUPPORT VOLUNTEERS:

Being a parent isn't always easy. Sometimes, just having a friend to talk to can make all the difference.

HomeStart is currently recruiting for Volunteers to offer support and practical help to families across Fife.



TRUSTEES:

Our Trustees come from all walks of life, bringing their experience and individual skills to the scheme.

No special qualifications are needed just a genuine interest in supporting parents in the community and the ability to be part of the team.

If you would like to join us or find out more about what we do, please contact us at : admin@hsdunfermline.co.uk



Dunfermline City Conference - June 2023

The first ever Dunfermline City Conference brought together community and economic stakeholders to develop a coherent and robust vision for the future of the city of Dunfermline. Representatives from business, charities, community groups, sport and local agencies shared their ideas for collaboration and development to ensure that Dunfermline, as one of the UK's fastest growing cities, can fully meet the needs and aspirations of its residents and visitors, and can capitalise on opportunities to maximise potential in all areas of tourism, business, sustainability, community and inclusivity.

The conference was held at the Glen Pavilion in Dunfermline on 27 June 2023. The event was opened by the Leader of Fife Council, Cllr David Ross, who set out its aims: to give attendees an update on the work that has been undertaken since the achievement of city status; to afford the opportunity to discuss and contribute to the work that is ongoing to create a vision for the city of Dunfermline; and to provide an opportunity for key stakeholders in Dunfermline to network and discuss partnership working and ways to collaborate.

205 individuals registered to attend the event from across the public, private, political, charitable and community sectors. The audience consisted of a mix of stakeholders, including but not limited to: Fife Council, Scottish and UK Governments, political representatives, community councils, local businesses, community groups and charities, churches, tourism bodies, heritage groups, sports clubs, health and social care partnerships, town centre partnerships, theatres and museums, colleges and universities.

It was recognised that the significant turnout for the city conference had been a major success in itself, but the contributions made by everyone at the workshops had been both positive and helpful. The panel, in discussion, drew out some consistent themes during the day, and those themes will be hugely helpful in informing the future vision for the City.

- Reaching the whole community
- Coordinating existing activity
- Securing the benefits of growth for Dunfermline
- · Building a smart city
- Developing the tourism offer
- Making better connections
- Promoting a city to enjoy
- Embedding sustainability

A full summary of the day can be found in the Dunfermline City Conference, Draft Report, Fife Council, July 2023 which was reported at the last City of Dunfermline Area Committee on 15 August 2023. The minutes of which are available on www.fife.gov.uk



Photo credit: www.fife.gov.uk

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Active Dunfermline

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

		<u>J</u>
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	dulochtoddlers@outlook.com	
Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112
Dunfermline Floral Art Club	Louise Littlejohn	07976 965454
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