

THE BENARTY COMMUNITY NEWSLETTER

Issue 2: Spring 2023



LITTER BUSTERS ARE CLEANING UP



Since its launch in January, come rain, sleet or sunshine, **Benarty Litter Busters** have been litter-picking around the Benarty Community Centre area. Pupils from Benarty and St. Kenneth's Primary Schools have, to date, collected over 70 sacks of rubbish!

As well as the expected discarded crisp packets and juice bottles/cans, the children have been hauling away fly tipping items such as a fire surround, a pressure cooker, a computer scanner, shelving, clothing, broken toys and discarded scooter and bicycle parts.

The pupils have all been eager to help tidy the area which many of them use.

However some of the items found have surprised the youngsters—and it's hard to explain to an eight-year-old why there are several empty deodorant cans and melted wheelie bins in their woodland. Sadly one group even found the remains of a burnt-out dumpster, which hadn't been there mere days before.



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Lochore Meadows Consultation – The Results

Fife Council's Cowdenbeath Area Committee met on Wednesday 1st February 2023. This is the Committee where all our elected Councillors meet to discuss issues which affect the whole area, including Benarty.

Amongst the items on the agenda was a report on the community consultation on the wider Lochore Meadows Country Park Development Plan, with a focus on the play park, nature area and community event space proposals.

Council officials are currently drafting a Development Plan for the Meedies, which aims to pull together historic aspirations (ie recommendations that were in previous plans, or come from previous consultation exercises, but which have not yet been implemented), and identify future developments which support Fife's Recovery and Renewal Plan. The results of the recent consultation exercise are to be embedded throughout the development plan, to ensure that it meets the aspirations and wishes of the local community.

A wide approach to the consultation was adopted, to ensure that as many members of the community, of all ages, could be involved. This included a mixture of in-person discussions and an online survey.

A series of workshops were held at the Meedies, during November and December 2022. These covered: 1. Priority Setting (held 12th November) which focussed on the Cowdenbeath Area Local Community Plan; 2. Idea Generation (held on 18th and 19th November); and Decision Making (held on the 2nd and 3rd December).

Other in-person consultations included a Drop-in Event on the play park design proposal (held 23rd November); Engaging Young People via youth clubs (during late November/early December) and Children via school visits (held December 2022 and January 2023).

In addition, an Online Survey was available for people to complete from 18th November until 16th December 2022.

The online survey alone generated 1,082 responses, with 1,018 of those responses coming from individuals. Two-thirds of responses came from local people within the Cowdenbeath Area.

On the comments, the existing play park and food & drink provision (including the café) were identified as most in need of improvement, with comments being made about opening time and the food & drink on offer.

There was strong support for the proposal to create a natural play area on the existing play park site, with 68% in favour of the proposal and 29% against.

However, the proposal to move the events space up the field, to nearer the pit head, had the least support. 51% of responses were against the proposal, with 39% in favour of the move.

About half of the people who responded chose to look at, and comment on, the design proposals for the new play park. 60% of people were happy with the proposed design, and in particular, the inclusivity for children of all ages.

However, two-thirds were not happy with the proposed location because it would jeopardise the events and other green space activities that take place on the events field.

In the end, the Councillors at the Cowdenbeath Area Committee meeting considered 4 options for the location of the play park.

<u>Option</u>	<u>Comment</u>	<u>Proposal</u>
1: Original Proposal	This was the original proposal on which people were asked to comment. It involved moving the events space further up the field towards the pit head.	<i>Building the new play park on the west end of the event space, expanding the event space so it's larger than the existing space and redeveloping the old play park into a natural play space.</i>
2: Relocate Play Park	This was the compromise option, to retain the existing events space.	<i>Building the new play park between the event space and existing play park.</i>
3: Relocate Play Park (investigate alternative		Investigate alternative locations for the new play park outside of the original proposed site.
4: Refurbish and Refit Existing Play Park Site		<i>Remove old play equipment and install new equipment on the existing site.</i>

There were several pros and cons for all the options, but option 2 was unanimously agreed by the Committee.

The following map shows the agreed location.



(a) Willie Clarke Centre

1. Natural Play Space (site of the existing play park)
2. Play Park (between current play park & current events space)
3. Events Space

People also asked that boundary between the natural play area and the play park be explored, to help integrate the two.

The natural play space had broad support during the consultation. It was recognised that it provided a broader offering to visitors, extended play space for children, was in keeping with the natural heritage of the park and could provide a quieter play space for children who may be overwhelmed by the busier play park.

The consultation exercise was not just about the play park and the events space. A whole range of other ideas were presented and discussed, followed by voting to identify which ideas were the most popular.

In addition, the report covered a list of current and potential projects within the park.

These ideas and projects will also feed into the Development Plan that is being drafted.

The full report on the consultation exercise is available on Fife Council's website.

We will include further reports on the Lochore Meadows Country Park Development Plan, in the Newsletter, as it progresses.

Kinship Care Group



Kinship Carers are relatives who care for a child that is not their own. It is usually arranged through a Social Work Team, but it can be an informal arrangement too within the family. The role can be difficult, particularly if a child has complex health or social needs; and it is unpaid.

The Kinship Care Group exists to provide support to Kinship Carers. It's a safe, welcoming place where carers can share their experiences, learn from each other; and where they can ask questions about anything relating to their role, or about anything that affects their role.

The group is supported by the Kinship Care Social Work Team, and it's a great place to share information; find out what else is available to help the carers; and it's a nice social way to spend an hour or so. The group also organise the occasional day out.

The local group in Benarty meets in the Assembly Hall of Benarty Primary School every Wednesday from 10am to 11.30am. It's an open forum and people don't need to live in Benarty to attend.

If you know anyone who might be interested, please let them know about the group. It could really help them.

For those who are a wee bit shy of joining groups on their own, you can take a friend along with you.

Also, if you have pre-school age children, take them along too. There's loads of space for them to play whilst you have a blether with the adults and enjoy a free cup of tea or coffee and some biscuits.

The group would make you feel welcome, and it gets you out the house for a wee while in the company of those who understand the issues you may be facing as a Kinship Carer.

BENARTY FOOD ANGELS

If you stay in Benarty, you likely know of the Food Angels—might even use the service—if not or would like a bit more info, then here is everything you need to know.

Set up during the pandemic, the Food Angels started as a way to provide lunches to school children during the lockdown. As well as ensuring there was food available if needed, the Angels were also friendly faces (albeit masked!) in a time of upset and unrest, providing more help than they'll ever know. However, when the community started to open back up, taking its first tentative steps out of lockdown, the Angels weren't ready to call it quits—they knew the community was still in need of their help.

Inspired, they came up with the idea of A Meal in a Bag, as a way of lending a hand to the families who might need it. The idea was simple enough, each bag contained the ingredients needed to make the recipe provided, a main meal and pudding—as well as a few extra treats. The bags are designed to feed a family of four, and there was soon the addition of tables where the attendees could pick up other items donated by local shops. In no time at all the Food Angels were supplying, on average, 130 bags per week to residents of Benarty.

So, now we know *what* they do but *how* do they do it?

The whole set up is run by volunteers, usually a team of around ten people and is solely reliant on charity funding and donations. Getting the funds isn't always easy, yet with the cost-of-living crisis hitting everyone hard, the Angels are needed more than ever. The team leaders apply for funding and keep their fingers crossed they are successful, and even in these austere times the local community give what they can.

The next step is what recipe to choose. When that is decided—and a backup, in the event they can't source everything needed for option A—they place a large order with the local supermarket. "Aldi's in Cowdenbeath have been brilliant," said Maggie Bell, one of the team leaders. When the order is ready, it is then collected by members of the team—alongside other donations from the local shops.

The next step is setting it all up—no easy task! Using one of Benarty Community Centre's large halls, the team get everything ready to hand out to the families who start to arrive from 1 till 2 p.m. on a Tuesday during school term time (unless otherwise advertised on their Facebook page.)

If you want to make use of the service, the only requirement is that you're a Benarty resident and collect in person. The bags are given out on a first-come, first-served basis.

Further information—including yummy recipes—and gallery of the fantastic food created - is available on their Facebook page: Benarty Food Angels.





Fairy Wood – Spring Plans



The Fairy Wood Group have announced that they plan to hold an Easter Egg Giveaway event at the Fairy Wood on Easter Sunday, 9th April



This will be the third Easter Egg Giveaway event that the group has held, and it is sure to be as popular as the first two. The Easter Bunny and the Fairy Queen are also expected to make an appearance.



The event can only go ahead with the generosity of the people within Benarty and beyond, who donate chocolate eggs, or money to buy chocolate eggs, so that every child who attends can receive a free egg. If you would like to make a donation, please pass it to Derek Davidson, 33 Montrose Crescent, Lochore or John (the Cat) Robertson at 78 Ballingry Crescent, Ballingry. Even one egg can make a difference. If you would prefer to make a financial donation, the boys will accept cash or cheques, or you can bank transfer the donation to: Name of A/C: Fairy Wood Group; Sort Code: 80-08-85 (BoS); A/C No: 22570969.



Thanks to the generosity of the Benarty Community Council, who awarded a micro grant, the group also has plans to add new figures to the Fairy Wood in the Spring. The new figures will include flowers, fairies and birds. The figures are being cut by a local company, Re-employ, who are based at BRAG in Crosshill; and will be decorated by local artists. If you would like a sneaky peak, watch out for the announcement on Facebook on when the figures will be in the Fairy Wood; but the plan is to have them in place by the time of the Easter Egg Giveaway.



*Finally, the Fairy Wood Group say a huge **THANK YOU** to everyone who donated to the madness that is Splash for Cash on New Year's Day and to those hardy souls who actually went into the loch! Over £1,000 was raised. This money will go towards another new project, which will see a brand-new installation at the Fairy Wood later in the year. We won't say what it is, because we don't want to spoil the surprise; but what we can say, is that everyone who ever wanted to be a fairy, will want to have their photo taken at the new installation!*

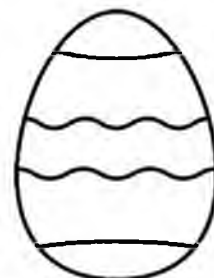


KIDZ CORNER

Easter-themed pictures to colour in.



Easter bunny picture courtesy of Gordon Mackie.



Junior Reporter

All the news in the junior reporters' own words – this issue we have Olivia and Campbell, Pupil Leaders at Benarty Primary School.



We have a group of amazing pupils that come together and talk all about our school and we call them pupil voice. The Pupil Voice group are holding a Valentines Bake Sale to raise money for warm winter clothing for pupils who need it.

We also have a group of p7 that we call our pupil leaders that come together every Friday and talk all about different things that go on in our school. So far we have raised £300 from an after-school bake sale organised by Olivia and Evan ran a tombola at our Christmas fair and has bought all new footballs and bean bags to replenish our gym hall supplies.

Just after Christmas we were awarded the bronze Rights Respecting Schools Award and now we are trying to get our silver award. As part of this we are visiting Commercial Primary School who are a gold award school to learn how we can further help everyone at Benarty learn more about children's rights.

We have a pupil leader called Campbell who leads a group of buddies who go in our small playground and help our younger pupils play and solve playground problems. Our new buddies just started their training with the Active Schools Coordinator, Simon and will begin in their new roles after half-term.

On the 27th of January we also had a dress down day as part of our ASPIRE school values day, where you wear normal clothes for a day. On Thursday the 23rd February we are celebrating our Burns Supper and we will have pupils performing poems and songs. We have a Valentine Disco on the 14th of February for all ages which will take place in our hall.

Our after-school clubs for pupils and families are starting back up shortly, hopefully at half term. At the moment we have a football club on every Friday run by Active Schools. We also have a breakfast club on Fridays as well.

Our P6 class had a chance to do curling training for 8 weeks: it took place in Kirkaldy curling school. Active Schools have helped with funding for ten P6 pupils to continue after school lessons. Four pupils were chosen to go to a curling festival and won three out of four events.

This week, the Navy visited school and delivered digital learning lessons involving circuits and spheros with P6, P6/7 and P7. Bethany said "the lesson was very, very fun because we got to code robots!".

All of our classes are working hard with the Community Council on the Litter Busting competition. So far P6/7 are in the lead, but there are lots of classes to go. Well done everyone who is working so hard to keep our community clean.

Some of our pupils in P7 and P6/7 have had the chance to take part in the 'Rock Up and Ride' programme if they don't own a bike already. They have been learning how to ride a bike confidently at Lochore Meadows.

After half term the classes will be helping out with some tree planting in the White Woods, to improve the mountain bike trails and work towards our Natural Connections outdoor learning awards.

Everyone is very excited about our upcoming musical show 'We Will Rock You' which is happening at the end of March. The classes have been working hard to learn their lines and the choir is sounding lovely.

Olivia and Campbell

Benarty Community Council Annual General Meeting

The Annual General Meeting (AGM) of the Benarty Community Council will take place during this quarter. A date has not yet been fixed but it is likely to be late April/early May.

Everyone who lives in Benarty is encouraged to come along and see what the Community Council has been doing on your behalf over the past year.

The AGM does not involve elections. They are normally held later in the year (around September) in accordance with Fife Council's timetable. Notices will be given about them nearer the time.

In the meantime, please watch out for the notice of the AGM on the Community Council's website and on Facebook.

You will all be made welcome.

Introducing Benarty's New Community Education Worker

We give a warm welcome to Diane Cassidy who took up her new post as Community Education Worker for Benarty in January this year.

Diane has been busy getting out and about, getting a feel for our community, meeting some of the groups & individuals that operate in our area, learning what they do & offering her support.

Diane has hit the ground running and has already set up some new initiatives for the community (see other articles in this Newsletter & the What's On In Benarty pages); and we are sure that she's going to be a great asset for the community.



Diane Cassidy

In her own words:

"I started working in Benarty in January and I'm enjoying the job so far. It has been great to meet so many people who care about their community. I am a qualified and experienced Community Education Worker with a background in community engagement, green space development, placemaking and health promotion. I have worked for Councils in Midlothian, Edinburgh, Perth & Kinross and Staffordshire and Health Authorities in Tayside, the West Midlands and Calgary, Canada. My recent role with Edinburgh Council was concentrating on engaging communities on improving greenspaces and I was with Perth & Kinross for 10 years before that, engaging on park and town centre improvements, helping groups set up community run allotments and engaging people on Planning issues. Please get in touch if you have any ideas for learning activities in the Benarty area for all age groups."

diane.cassidy@fife.gov.uk





FUN IN THE PARK

8–11-year-olds and 12-15 year olds

3rd & 4th April

5th & 6th April

11th & 12th April

13th & 14th April

Example activities included: team challenges, island adventure, biking, water sports, archery, and orienteering.

WILD WEEKENDS

And for the older kids 18+ years there are the:

SUP Loch Lomond 20th & 21st May

SUP West Coast 20th -22nd September

Bike and Hike Ben Alder 2nd -4th June

More to be confirmed.

Contact 01592 583388 or info.outdoored@fife.gov.uk for more information and prices.

PETS CORNER



HUGO

Hugo is the fur baby of Claire Bryson and Ian Stobo.

What's Happening at the Meedies?



Ongoing work throughout spring, will continue to see the area's borders tidied up; freeing up more space for use, whilst maintaining our much-loved woodlands. The reeded area up by the pit head is being dried out, making it suitable for the hopeful siting of machinery that had been used in the pits when they were active - the venture is being led by the Save the Cage Group, in partnership with the park and the National Mining Museum of Scotland.

The Park will also be going hi tech! An update to the current system will log park numbers using existing data. The numbers will be collated much more accurately and will show which areas are used most and when, which in turn will give a much better basis when applying for funding for various projects.

2023 Seasonal job vacancies should be posted online soon - check both Facebook and Fife Council's website for further information regularly.

The Newfoundland Club will be celebrating their 30th Anniversary on 8/9th April. The gentle giants are a popular sight at the Park, so if you love the fluffy pups be sure to head down and see them.

The Pit Pug or the Train, however you like to label it, is still under work at Smeatons in Kirkcaldy. The job will not have them beat though and they continue to restore it to how it looked in its heyday.

The Park's events' field continues to attract the unwanted attention from motor cyclists. The grass has been torn up repeatedly, and there was a near miss incident when a pregnant woman was almost mowed down. Police Scotland are aware.



What's On In Benarty This Quarter

Adult Learning Taster Sessions

Friday 24 February
Every week for 5 weeks

9.30-11.45am

Benarty Centre

The sessions are free. Please come along.
We're never too old to learn.

Arts Club

Every Monday

1-3pm

Benarty Centre

There is a waiting list for this group.
Contact: Violet Fotheringham

Community Council

First Thursday of
every month
2 March
6 April
4 May

7-9pm

Benarty Centre

All members of the public are welcome &
encouraged to attend.

Companions' Club

Every Friday

11am-2pm

Benarty Centre

Aimed at older members of the community, but all
are welcome to attend. Just turn up.

Craft Fayre

Friday 14 April

12-4pm

Miners' Welfare Institute,
Lochore

Fundraising for some great local
causes included.

Digital Skills Training

Starts Thursday 23 March

6-8pm

Benarty Centre

This is an 8-week course. If interested, please
contact diane.cassidy@fife.gov.uk

Easter Egg Giveaway

Sunday 9 April

Time tbc

Fairy Wood, The Meedies

A free Easter Egg for every child.

Food Angels

Every Tuesday

1-2pm

Benarty Centre

No referral required.

Foodbank

Every Monday,
Wednesday & Friday

4-6pm

BRAG, Crosshill

Needs a referral from an appropriate body.
Donations are always welcomed, either direct to
the Foodbank at BRAG (15 mins before each ses-
sion), or at the Community Shop in Ballingry.

Football

Lochore Welfare Junior Football Club Matches

Saturday 18 March	2.30pm	Home to Whitehill Welfare	Central Park, Crosshill
Saturday 8 April	2.30pm	Home to Kirkcaldy & Dysart	Central Park, Crosshill
Saturday 15 April	2.30pm	Away to Dunipace	Westfield Park, Denny
Saturday 29 April	2.30pm	Home to Dunbar United	Central Park, Crosshill
Saturday 6 May	2.30pm	Away to Kennoway Star Hearts	Treaton Park, Star
Saturday 20 May	2.30pm	Home to Burntisland Shipyard	Central Park, Crosshill
Saturday 27 May	2.30pm	Away to Coldstream	Home Park, Coldstream

Fun in the Park

Monday 3 – Thursday 6 April & Tuesday 11 – Friday 14 April	Outdoor Education Centre, The Meedies	8-11 years old & 12-15 years old
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Benarty Heritage Preservation Group

Every Monday	1-3pm	Benarty Centre	Looking for new members.
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Highland Dancing

Every Wednesday	5.30-8.30pm	Benarty Centre
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Indoor Bowls

Every Wednesday	6.30-9pm	Benarty Centre	Looking for new members.
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Inflatable Fun Day

Monday 3 April	11am-1pm	Benarty Centre	Bouncy castles for the bairns to play. Free entry.
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Jobs' Club

Every Tuesday	11am	Benarty Centre
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Kids Come First

Every day before & after school.	7.30am – 6pm	Benarty Centre
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Kinship Carers' Group

Every Wednesday	10-11am	Benarty Primary School
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Ladies' Circle

Every Wednesday	2.15-4.15pm	Benarty Centre
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Messy Church

Every Thursday	6-7pm	St Serf's Church, Ballingry	Children's play group.
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What's On In Benarty This Quarter (continued)

Mothers & Toddlers' Group

Every Monday 10am-Noon St Serf's Church, Ballingry

The Newfoundland Club

Saturday/Sunday 8/9 April Times tbc. Please check The Meedies The Club are celebrating their 30th
Lochore Meadows Lochore Meadows Anniversary. If you love big, fluffy
Country Park Facebook page. puppies, this is the event for you.

The Pantry

Every Thursday 1-3pm BRAG, Crosshill There is currently a waiting list.

Sewing Class

Every Thursday 6.30-8.45pm Benarty Centre

Taekwondo

Every Tuesday	6.15-7pm	Benarty Centre	Kids 3-8 yrs
Every Monday	6.30-8pm	Benarty Centre	Kids 8yrs+ & Adults
Every Thursday	7-8pm	Benarty Centre	Kids 8yrs+ & Adults

Youth Clubs

Every Monday & Tuesday	5.30-7pm	Benarty Centre	Junior
Every Tuesday	7.30-9pm	Benarty Centre	Senior

Warm Spaces

Every Tuesday 11am-2.30pm BRAG, Crosshill Free to all

Live Entertainment

The pubs and clubs in Benarty have some cracking good guest artists at the weekends. So if you fancy getting your dancing shoes on, or just want to tap your feet from the comfort of your seat, check out their posts on Facebook to see who is on each week.

The Cleikumin, Ballingry; The Craigie Bar, Ballingry;
Lochore Miners' Welfare Institute;
The Masonic Hall, Glenraig; The Red Goth, Lochore

Religious Services

Benarty has three main places of worship and all three hold regular services. The chapel and church alternate their services with their counterparts in Lochgelly. Special services will be held over the Easter period.

Gospel Hall, Crosshill
Ss Kenneth's & Bernard's Chapel, Ballingry
St Serf's Church, Ballingry

Planning Proposals

Over the past three months, the following planning applications have been registered, and decisions on existing applications have been taken.

Applications Registered

14 December 2022	Installation of replacement shop front at 15 Benarty Square, Ballingry.
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Decisions Taken

14 December 2022	Erection of 6 units (3 x Class 1, 2 x Class 2 & 1 x Hot Food Takeaway) & associated works, including 47 parking spaces, at the site of the former Benarty Community Centre (former Benarty Primary School), Hill Road, Ballingry. (See pictures below.)	Application Permitted with Conditions.
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Site Map & Proposed Design of Proposed New Units on Hill Road, Ballingry

11 January 2023	Change of use from disused land to form caravan & boat storage area (Class 6) & erection of boundary fencing & gates (part retrospective) at 44-48 Lochleven Road, Lochore.	Application Refused.
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Objections to the above planning application were submitted by the Community Council, based on the strong opposition expressed by local residents; and safety considerations, given the proposed location.

The Community Council has noted, however, that the fencing that had been erected is still in place, and that there are caravans on the site. Fife Council has been asked, by the Community Council, to confirm what action will be taken to enforce their decision. The outcome will be reported on the Community Council's website and in a future edition of this Newsletter.



Planning Proposals (continued)

In the last issue of the Newsletter, we reported on the planning application that had been approved for containers to be sited at BRAG in Crosshill.

Much to the delight of local residents, who raised a petition against the siting of the containers, but were unsuccessful when the application was considered by Fife Council, BRAG have decided not to use the space for containers.

Instead, they are planning to use the area for a Community Growing project and have recruited someone to lead the project. Further information is contained in the article on BRAG in this issue.

On behalf of the local residents, we thank BRAG for their change of heart and wish them every success with their Community Growing project.



VENTIENT
ENERGY



Foundation
Scotland

WESTFIELD BENARTY COMMUNITY FUND

APPLICATIONS OPEN!

GRANTS UP TO £2,000 AVAILABLE

**Constituted community groups and
charities in the Benarty Community
Council area invited to apply**

2023 Deadline dates

Sunday 5th March 2023 (decision by end April)

Sunday 13th August 2023 (decision by end October)

To apply please go to:

www.foundationscotland.org.uk/apply-for-funding/funding-available/westfield-benarty

Or contact:

grants@foundationscotland.org.uk

foundationscotland.org.uk



Local Place Plan / Climate Action Towns

What is a local place plan?

Local Place Plans (LPPs) are community-led plans which set out proposals for the development and use of land. They offer communities an opportunity to be active participants in planning for their future. Once registered by the planning authority, they are to be taken into account in the preparation of that authority's local development plan.

Local Place Plans relate to the development and use of land. Examples of the issues they might address include:

- proposals for new homes (including affordable), local employment, tourism or community facilities
- sites which help support new renewable energy projects, or climate change adaptation measures, such as flood mitigation
- improvements to town and neighbourhood centres
- improvements to open space, play facilities and active travel
- conservation of the natural and built environment
- land for community food growing

Why might a community want to create a local place plan?

Local Place Plans provide communities with the ability to shape the appearance, form and function of the places in which they live. These plans can raise awareness and bring attention to issues that are experienced in a community and explore what actions can be taken to improve them.

They have a statutory role in shaping the planning process as an important input to the preparation of Local Development Plans. They can also help the Council, Community Planning Partners and funding organisations to better understand local issues and where to target Investment and services.

What weight will LPPs have in planning decisions?

Local Place Plans registered through the Council will not be part of the 'development plan' as defined by the Planning Act but will feed into the preparation of Fife's Local Development Plan.

What is a climate change town?

The climate emergency demands urgent action from us all. To protect Scotland from the impacts of climate change, we all need to work together to adapt the ways we live, work, play and move in our places.

Therefore, in 2020, the Scottish Government committed to develop a network of Climate Action Towns, focussing on small towns with little historical involvement in climate action. To realise this, Architecture & Design Scotland, in partnership with the Coalfields Regeneration Trust, developed a Climate Action Towns project. In year 1, seven towns were included in the project: 1. Alness, 2. Invergordon, 3. Blackburn, 4. Holytown, 5. Stevenston, 6. Campbeltown & 7. Annan.

The project is now being expanded to work collaboratively with local people and organisations in small towns across Scotland to:

- ◆ Bring small towns into the climate adaptation conversation.
- ◆ Challenge and explore what types of pace-based action can be taken in small towns.
- ◆ Explore opportunities to support communities to deliver real change on the ground.
- ◆ Use this to outline learning at a town scale that can be applied across Scotland.

What will happen in Benarty?

With the help of Architecture & Design Scotland and the Coalfields Regeneration Trust, Benarty will now be developing its own plan. Two workshops were held on 25th February at the Benarty Centre as kick-off meetings to develop actions in response to the climate change priorities. We are only at the start of the process, but we need to work together as a community to develop ideas and actions that will, for example, address, or mitigate against, the recurring flooding that is experienced in Kirkcoun Park and Navitie Park in Ballingry; protect our green spaces and heritage sites, whilst investing in affordable housing. There is a long list of issues to consider.

The outcome of the climate action plan will feed into the local place plan.

What happens next?

The Benarty Community Council are hoping to work with the Benarty Forum to develop the Local Place Plan, including Climate Actions, with support from Architecture & Design Scotland and the Coalfields Regeneration Trust.

However, the plan will need input from the whole community. One of the first jobs will be to decide on how best to get that input. You might all be sick to the back teeth of consultations and questionnaires by now, but this is important. The Local Place Plan must be considered by Fife Council when it prepares its own plan and considers planning applications.

We have until January 2024 to submit the Benarty Local Place Plan. That may seem like a long time away, but there is a huge amount of work to do to meet that deadline. Please watch out for notices on how you can contribute to the plan and make your views known. Benarty is awash with clever, experienced and skilled people. We will need you all to speak up, to help shape the future of Benarty.

Microgrants Awarded

Over the past three months, the following microgrant applications were approved by the Benarty Community Council.

Group	Reason	Amount Awarded
Lochore Miners' Welfare Institute	Contribution to the cost of a new laptop and WIFI extenders to help the club to process memberships and deal with various correspondence.	£250
Fairy Wood Group	Contribution to the cost of materials for new figures to be added to the Fairy Wood in Spring 2023.	250
Benarty Santa Sleigh	Contribution to the running costs of the Santa Sleigh on the run-up to Christmas 2022.	250
Benarty Community Newsletter		
Benarty Litter Busters Project	To buy hi-viz bibs for the children taking part in the project & to cover the cost of awards.	250
Lennon Docherty	Contribution to the cost of a new safety helmet.	250
St Serf's Mothers & Toddlers	To contribute to the cost of new toys, bat-	250

Anyone, or Group, can apply for a microgrant provided that they live in Benarty and/or the grant will fund a project in Benarty. The maximum microgrant amount is £250.

The funds for these grants come from the Wind Farm; are administered by Foundation Scotland; with decisions taken by the Benarty Community Council.

Application forms are available from the Benarty Centre or from the Benarty Community Council website. www.benartycc.org.uk



Companions Take Flight

January saw an exciting day out for two regulars of the Companions' Club – a group that meets every Friday in the Benarty Centre (see *What's On In Benarty This Quarter*).

Tommy Currie and Davie Queen turned up to the club as normal, but were then offered the chance to go to the Scottish Gliding Centre at Portmoak Airfield, Kinross to fly in a glider. Both gentlemen are ex-forces and they didn't need to be asked twice!

The offer came from the manager in Kidz Come First, which also operates from the Benarty Centre.



A glider awaiting take-off at Portmoak Airfield.



Davie Queen ready to fly.

Both gentlemen are in their 80s, but said that they had always wanted to fly in a glider.



Tommy Currie

Tommy Currie, who is an ex-para, said that he loved the experience, but he was more used to flying, and jumping out of planes, that have an engine! At least they both had a parachute – not that it was needed.

Both gentlemen said that it was an amazing experience and that they loved every minute.



Well done to the Benarty Events Group and Kidz Come First for making this happen – and well done to Tommy and Davie for proving that you're never too old to try new experiences.

Focus On... Taekwondo

Taekwondo classes are held three evenings a week in the Benarty Centre. Most people would recognise the sport as a Martial Art, but what does it involve?

Taekwondo was developed in Korea and is also known as The Way of the Foot and Fist. It's a combat sport; but it's not all about kicking and punching lumps out of each other!

There are five tenets of Taekwondo and they underpin everything that the students do in their daily lives, as well as when competing. The tenets are:

- ♦ Courtesy (ye-wee) in the dojang (training area or school) and to all people outside;
- ♦ Integrity;
- ♦ Perseverance;
- ♦ Self-Control; and
- ♦ Indomitable Spirit.

There are two different styles of Taekwondo; Combat (also known as Olympic) and Technique, as governed by the International Taekwondo Federation (ITF). The style taught in Benarty is the ITF style.

This concentrates on three main disciplines:

- ♦ Pattern or Tul – This involves a fixed series of movements.
- ♦ Sparring or Jayu Matsogh
- ♦ Power or Weerork – This involves breaking boards and flying kicks for juniors.

Different coloured belts signify the fighter's rank. There are 10 grades (or gup) and 9 degrees (dan). The grades start at White, then Yellow, Green, Blue, Red and Black. Between each grade, Tags are earned. Once a fighter reaches the Black belt rank, they move up in Dans, with 9th Dan being the highest, which is Grand Master level.

Benarty students attend a special session in Leven for their grading.

All fighters wear a uniform called a dobok. The dobok is always white, which symbolises the unity and origin of the universe.

The classes in the Benarty Centre are taught by Robert McGregor (5th Dan), Mike Ferguson (2nd Dan), Liam Smith (3rd Dan), Joe Dignan (2nd Dan), Jerome Chevet (2nd Dan) and Zoe Matthews-Smith (1st Dan), so the students are in very good, experienced and skilled hands.

Robert says, "*Taekwondo is not a brutal sport. It is self-controlled sparring. Adults and children who learn the sport gain all round fitness; co-ordination; strength; flexibility; morality; discipline; speed and self-confidence. It helps them to become more rounded individuals*".

The classes are open to everyone from 3 years old upwards. There is a session for little ones, aged 3 to 8 on a Tuesday night. Then there are two sessions for ages 8+ and adults (Monday and Thursday).

The sessions cost £40 per month for Seniors and £20 per month for Juniors. Each person also needs a licence, which costs £35 per year. The uniforms cost around £40, including the belt; and there is a grading fee of £25.

The costs may seem a bit pricey at first glance, but when you consider the number of sessions that are held each month, the average cost is reasonable. Well worth it for the wide range of skills that students develop.

If you, or your children, want to get really fit and develop all the life-skills that Taekwondo has to offer, please go along to one of the sessions in the Benarty Centre.



L-R: Sophie Grindey (1st Dan), Jerome Chevet (2nd Dan), Joseph Dignan (2nd Dan), Robert McGregor (5th Dan), Liam Smith (3rd Dan), Mike Ferguson (2nd Dan), Zoe Matthews-Smith (1st Dan)

Digital Skills Training

FREE "Learn My Way" Digital Skills Training at the Benarty Centre
Starts: Thu 23rd March Time: 6pm-8pm Duration: 8 Weeks
To enrol, contact Diane on 07749712207

Trainings@Chen.com

The diagram features a central pink circle with the text "learn my way" in white. Surrounding this circle are eight categories of digital skills training, each with a list of topics and a small icon:

- Online Basics** (Icon: Computer monitor)
 - Using the internet
 - Completing online forms
 - Using email
- Using your computer or device** (Icon: Laptop)
 - Using a mouse
 - Using a computer
- More internet skills** (Icon: Internet symbol)
 - Online shopping
 - Socialising online
 - Using Facebook
- Finding a job online** (Icon: Person with magnifying glass)
 - Job hunting online
 - Using Universal Jobmatch
 - Job interviews
- Public services online** (Icon: Government building)
 - Introduction to public services online
 - More about public services online
 - How to use Universal Credit
- Managing your money online** (Icon: Banknote)
 - Online banking
 - Making money work
- Improving your health online** (Icon: Heart)
 - GP services online
 - Using NHS Choices
- Online Safety** (Icon: Shield)
 - Keeping your information safe online
 - Staying safe online

www.learnmyway.co

News to B.R.A.G about...



BRAG (Benarty Regeneration Action Group) Enterprises was founded in 1988 by a group of community activists. Sited on the grounds previously used to house Crosshill Primary School until its amalgamation with Benarty Primary.

Since its creation BRAG Enterprises has gone from strength to strength and has other sites across East Central Scotland. But it is very much still rooted in Benarty. As well as the much sought after Crosshill Enterprise Centre (groups of individual businesses sited on the grounds), the building serves the community well by housing both the Foodbank @ Benarty and [The Pantry @BRAG](#)—both have been actual lifelines for many since the cost-of-living crisis began and continues to hit the community hard. New for 2023 is the [Warm Spaces](#) project: Every Tuesday from 11 a.m. till 2:30 p.m. the main hall is open to anyone who'd like to come along, whether it be for a cuppa and a blether, or for a free bite to eat, to watch some television, play board games or a combination of all the many available options. It's a stigma free zone where folk don't have to worry about the soaring costs of heating their homes for a bit—there is also literature available for those struggling, financially or otherwise.

[The Pantry @ BRAG](#) is currently operating on a waitlist, but keep your eyes peeled on their Facebook page as they advertise when more slots become available. They also operate a low cost café to encourage the members to stay for a while. Hot drinks, juice and biscuits are free and the other options are easy on the pocket and always delicious. The Pantry is on Thursdays from 1 till 3 p.m.

Employability Team

The South Team are based at Crosshill and cover Glenrothes, Cowdenbeath along with Dunfermline and West Fife. The team is headed up by Kirsten Spence (Operations Manager, South.) Kirsten and her team continue to work hard to support clients with Bright Futures youth provision and Spring Forward adult provision.

Since starting Bright Futures provision in 2022, they have been innovative and really think differently around encouraging engagement and participation. The team have done a great job offering a variety of activities to create interest, whilst continuing to support their young people who have significant barriers. Below are some of the activities due to start over the coming months:

Self-Employment Programme including Ideas Generation Workshops – this is due to start March 23– offering participants from our youth and adult provision the opportunity to learn more about business through Ideas Generation Workshops. The workshop promotes nurturing personal growth and development, tapping into unrealised talents/skills, critical thinking and problem solving and opportunities to help the enrolees move onto our Self-Employment Programme. The programme provides access to a small grant to support startup marketing/research. The full programme covers pro's/cons of self-employment, legal structures, business plans, marketing, HMTC/Tax, sales, customer service, and funding with the support of dedicated business mentors. We currently have six participants waiting to start the next programme. The last programme proved to be successful with one participant now trading and 2 others still developing their business plan. Participants continue to be supported by BRAG staff.



Community Growing and Eating Project

BRAG have recently secured funds to extend The Pantry service to include help with cooking and growing. This is three years' worth of new funding from the Scottish Government's Investing in Communities Fund, and it complements the funding they have from the Lottery. BRAG also have other smaller bids in for equipment and work to prepare the garden and hope to be able to share some good news later in the year.

Remember to check their website and Facebook page regularly so you don't miss all their updates.



UNISON Fife Branch



UNISON Fife represents employees of the council and workers in voluntary organisations in and around Fife.

We negotiate for better pay and conditions, help individuals in trouble and campaign for a safer, fairer society.

To join UNISON go to

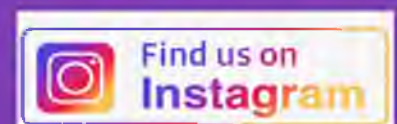
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BENARTY NOW AND THEN...

LOCHLEVEN ROAD, LOCHORE



Have Your Say

If you have any opinions, that you'd like to share on this Newsletter, or if there are any announcements, articles or photos you'd like to contribute, please email them to: charlotte.howe@benartycc.org.uk; or you can hand them in, or post them to, Charlotte Howe, Benarty Community Council, Benarty Centre, Flockhouse Avenue, Ballingry. KY5-8JH.

Benarty Community Council

The Benarty Community Council meets on the first Thursday of every month at 7pm in the Benarty Centre, Ballingry. All residents of Benarty are welcome to attend these meetings and ask questions on any item on the agenda. Residents can also raise other issues, that haven't been covered by the agenda, towards the end of each meeting. Alternatively, you can write to the Secretary of the Community Council, Benarty Centre, Flockhouse Avenue, Ballingry. KY5-8JH; or email the Secretary at: john.purdie@benartycc.org.uk. The papers for meetings are also available online at: www.benartycc.org.uk and in the local library in Benarty Centre.

Local Councillors Contact Details

Benarty is part of Ward 8, within Fife Council's boundaries, which also includes Cardenden and Lochgelly. There are 4 Local Councillors who cover the Ward, so each of the four represent Benarty as part of their remit. If you have any issues, about areas for which Fife Council is responsible, you can contact any of the Local Councillors direct. The details are shown below.

Name	Party	Telephone Number	Email Address
Linda Erskine	Labour	Mobile: 07930 607403 Fife House: 03451 555555 Ext 442455	cldr.linda.erskine@fife.gov.uk
Rosemary Liewald	SNP	Mobile: 07725 223776 Fife House: 03451 555555 Ext 442320	cldr.rosemary.liewald@fife.gov.uk
Mary Lockhart	Labour	Mobile: 07515 289982 Fife House: 03451 555555 Ext 442320	cldr.mary.lockhart@fife.gov.uk
Lea McLelland	SNP	Mobile: 07596 727308 Fife House: 03451 555555 Ext 442320	cldr.lea.mclelland@fife.gov.uk

You can also write to any of the four Local Councillors at: c/o Members Services, Fife House, Glenrothes, Fife. KY7-5LT

Advertising

If you'd like to advertise your business in this Newsletter, please contact Debbie Doyle at debbie.doyle@benartycc.org.uk; or leave a note with your contact details at the Benarty Centre and Debbie will contact you.