

THE  
**BEATH  
BULLETIN**



ISSUE 7



NOV 2017

**SEASONS  
GREETINGS**

**AND A HAPPY NEW YEAR**



## **A Message from the Chairman of Cowdenbeath Community Council**



Well what can I say. It's been a disappointing year in that some of the key developments for Cowdenbeath have been delayed. However, work has now started on the mural at Brunton Square and hopefully the Maxwell Centre will be opening its doors soon.

But on a more positive note, there have been more shutters painted and the High Street is looking a wee bit more colourful. What is needed now is for folks to SHOP LOCAL. The Whats Your Beath office opened on the High Street in March this year and it's a place you can go to find out what's going on in Cowdenbeath and share issues and concerns you have. Have you popped in yet?

The Community Council has a few more volunteers (we still have space available for more if you are interested) and that means we can canvass more residents opinions on matters and relay more issues that concern you to the appropriate authorities.

And the Civic Week Committee welcomed a few more volunteers to their committee at their AGM in September which is great. But they have a huge programme of events throughout the year and they can never have enough helpers. If you can help in anyway at the events they organise, then please get in touch with them, they would certainly appreciate it. .

***A. Haddow, Chairman***

***Like and share our Cowdenbeath Community Council Facebook page  
Check out our website: [www.cowdenbeathcc.org.uk](http://www.cowdenbeathcc.org.uk)***

# WHAT'S YOUR BEATH?

## BRUNTON SQUARE

Have you seen the 'artists impression' of the proposed changes to Brunton Square. If not, why not pop into our office on the High Street and have a look. Funding has been secured and the aim is to create a heritage garden on the site. The Community Council canvassed approx 400 residents and the proposed mural has been given the 'thumbs up'. Hopefully, you will have down the High Street and seen how the mural is taking shape.



## EATS PROJECT

The Edible and Tasty Spaces project is all about communities having spaces where food can be grown and shared locally. With the assistance of the Community Payback Team and local volunteers, the first phase of the BEATH EATS project has been created. The HUB office now has an outside growing area which is set out as a demonstration garden with fruit, vegetables, salads and herbs, many of which are available to harvest now for free and highlights what you can grow in a small space. Volunteers are required to help deliver this exciting project in the Cowdenbeath area. So why not pop into the hub office, have a wee look at what we are growing and have a chat about what types of volunteering and training opportunities are available.





# JANE KIRK

**164 HIGH STREET,  
COWDENBEATH, KY4 9NH  
MOBILE NO: 07754357120**

**OPEN TUES - SAT 11AM - 5PM  
CHAIRS FOR RENT  
CONTACT FOR MORE DETAILS**

## LUMPHINNANS CARE HOME

*The care village is due to be handed over to Fife Social Work soon. It will consist of a 60 bed care home, day care facility and 30 extra care houses. Other features will be a drop in area and café, a hairdressing salon and a sensory garden.*

*Residents of Jenny Gray House and Valley House have been consulted and engaged in discussion about how their new home will look in terms of furniture and fittings and colour schemes. Consultation has also taken place on what they would like the new home called.*

*Cowdenbeath Area Committee endorsed the proposed name of the new care home as Lindsay House.*



# COWDENBEATH PRIMARY SCHOOL

## Our Vision

Learning, Nurturing and Achieving Together

### Our Values

We are **'TERRIFIC'** learners at Cowdenbeath Primary School

Trusting  
Equitable  
Responsible  
Respectful  
Inclusive  
Fair  
Integrity  
Caring

### Our Aims

- To be a safe, healthy and inclusive environment for learning
- To inspire, challenge, support and celebrate high quality learning and achievement for all
- To welcome, nurture, respect and listen to everyone
- To work together as a team with everyone within our school community

**THREEPOOR BOYZ**  
**DETAILING**

stevie mattie ronan  
*the clean team*  
07909705653  
07850688565  
07495304074

## CUTTLEHILL FARM BEEF

CUTTLEHILL FARM  
CROSSGATES, KY4 8HD  
(NELSON FAMILY FARM)

## WHOLESOME HEARTY FOOD LOCAL FARM FRESH

TO PLACE AN ORDER  
PHONE 07889757423

DELIVERY FREE IN LOCAL AREA  
EDINBURGH/GLASGOW CAN BE  
ARRANGED

OUR FACEBOOK PAGE IS:  
CUTTLEHILL FARM BEEF

# BEATH BARGAIN STORE



DIY  
Paint Brushes  
Duck Tape  
Masks  
Paint

HOUSEHOLD  
GOODS  
Duvets,  
Towels,  
Ironing boards

ELECTRICAL  
GOODS  
Slow Cookers, Kettles,  
Deep Fat Friers  
Hair Dryers  
AND MUCH MORE IN STORE



There's never been a better time to shop at BEATH BARGAIN STORE. Our aisles are packed with an assortment of products.

As well as our wide range of DIY, Household and Electrical goods we have all kinds of KITCHENWARE (eg: pots, pedal bins, casserole dishes)

We also have PARTY SUPPLIES and GIFTS for all occasions .(eg: cards, banners, balloons). And we have gifts and outfits for NEWBORN babies. There's SO MUCH to browse through, why not POP IN - we'd be HAPPY to see you



The store is LOCATED at 175-179 High Street. There's a bus stop outside and on street parking round the corner in Union Street.



Social Eyes Fife is a group welcome to anyone in Fife who has any kind of eye condition or visual impairment.

The group meets in Broad St Community Centre, C/Beath. Come along and join us to socialise and support each other and feel free to bring along a friend, family members or carer. The address is 78A Broad St, Cowdenbeath, KY4 8JA

## PUBLIC WI-FI

Free public access wifi was launched in the High Street just under a year ago.

By providing free WiFi for residents, visitors and businesses within the town, the aim was to promote what Cowdenbeath has to offer and highlight the wide range of activities within Town.

Have you used the free WiFi? Pop into Whats Your Beath offices and let us know what you think of it.

## COWDENBEATHS' ELECTED COUNCILLORS

If you have a local issue that you want to discuss or you're unhappy with a council service, then get in touch with your locally elected councillors



**Alistair Bain**

[cllr.alistair.bain@fife.gov.uk](mailto:cllr.alistair.bain@fife.gov.uk)

01383 861630



**Darren Watt**

[cllr.darren.watt@fife.gov.uk](mailto:cllr.darren.watt@fife.gov.uk)

03451 55 55 55  
Ext 442320  
Mob No:  
07872423863



**Gary Guichan**

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**Alex Campbell**

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03451 55 55 55  
Ext 442320

# CIVIC WEEK

These are the details at the time of going to print. For up to date details on the programme of events - check out the Cowdenbeath Civic Week Facebook page.

We had a well earned rest after this years Gala, but we are well underway with our plans for Christmas Events. By the time this newsletter is printed, we will have already had our Scottish Night (21st Oct) and the Childrens Halloween Party Night (28th Oct) and we hope you managed to get along to enjoy those nights. Remember when you attend Civic Week Events, you are not only getting a great night out, you are also supporting Cowdenbeath Children's Gala & the Festive Programme of events. It is a slightly different format to the Christmas Festivities this year. The lights will be switched on Friday, 1st December and the Childrens Christmas party will be the following day. (Saturday, 2nd)



**CIVIC WEEK is 40 years old next year and we are looking to 'celebrate' in style.**

**So "watch this space".**



## **CHRISTMAS LIGHTS SWITCH ON FRIDAY 1ST DECEMBER**

**Santa will be arriving tonight and making his way to the 'green square' where there will be music, entertainment and stalls. Christmas lights switched on at 6pm**

## **JOIN US!**

At our AGM in September, 15 folks were voted on to the Civic Week Committee which is fantastic!. However, we are always looking for people to help out with a whole heap of tasks that need to be undertaken for each event. If you would be able to help in any way, then please get in touch with us. You can contact us through Facebook or by Emailing [civicweekenquiries@outlook.com](mailto:civicweekenquiries@outlook.com)



# CHRISTMAS EVENTS

**SATURDAY 2ND DECEMBER**



## CHILDRENS CHRISTMAS PARTY

At Beath High School

The party will be on from 2-4.30pm and entrance will be by ticket only. Ticket sales and locations will be announced through Facebook and the Central Fife Times

## CHRISTMAS FAIR

At Beath High School 1-5pm

There will also be a Christmas Fair at BHS with lots of stalls so if you don't get a ticket for the Childrens Christmas Party, you could have a wee browse through what's on offer and pick up some unique Xmas gifts from local businesses and stall holders. Entry to the fair is free. All welcome.

**SUNDAY, 17TH DECEMBER**



For the **THIRD** year running, the Community Choir will be performing at Beath and Cowdenbeath North Church. The choir has been rehearsing since September and they are aiming to 'knock your socks off' with this year's performance. Make sure you get a ticket & get along to support the choir & have a good night out to boot. Ticket sale dates & locations will be announced through Facebook and Fife Times.

# REMEMBER WHEN...

## STOTTS



*Stotts was an integral business in Cowdenbeath High Street for many years. It was a sad day when in August 2008 after more than 100years of successful trading, Stotts was closed and the premises sold.*

## STENT NAE STENT

**In 1952, Cowdenbeath  
Town Council  
adopted our coat  
of arms and motto:  
Stent Nae Stent**



## THE PALLY

Geordie Penman built the Empire as a roller skating rink before it opened as a Theatre. In the 20s when attendances began to fall at the Empire, it was then opened again as a skating rink and then a dance hall..when it became the Palais de Dance. Big Bands at the Pally included: Acker Bilk, The Johnny Dankworth Seven, The Clyde Valley Stompers, Joe Loss, Tito Burns Gene Vincent also paid a visit to the Pally and he needed a police escort for his visit!!

## ELECTRO MAP AT TRAIN STATION

Do you remember the light up map that used to be in the High Street when you came down the ramp from the train station. It was known as an Electro Map and was installed in 1959. There were 24 buttons each of which when pressed illuminated a small bulb which highlighted a place of interest in Town. The Council

agreed it could be installed albeit they suggested it should be located near the Police Station as that was where folks might go for information. And that location might deter young folks from amusing themselves by pushing all the buttons. Not sure of the date when it was removed but was there in 70s.

*Information, courtesy of local man - David Allan*



# Appaws for Autism

• Be your own kind of wonderful •

**Autism is a lifelong condition. Autism is a social interaction, communication disorder with difficulties in behaviour and using their imagination. There are approx 8000 people in Scotland with Autism Spectrum Disorder.**

Do you or a loved one live and deal with autism, then Appaws for Autism may be able to help you. Appaws wish to help create Acceptance, provide Advocacy and promote Awareness for all ASD children and adults within society and communities everywhere. The services we provide are: Advocacy (education & health and social care); Support and advice when you need it; 1-1 support; Events and Workshops; Training for all services; Autism friendly projects; Training on our own autism service. The Appaws for Autism Community Friendly

Award has also been introduced. This is a criteria and nomination based award for services, retailers, businesses, organisations and local authorities who are Autism Friendly. We will provide training, support and information sessions for services across the community to help them become eligible for the APPAWS AUTISM FRIENDLY COMMUNITY AWARD scheme. The aim is to help raise awareness of autism within the local area and hopefully improve the services available locally to the autism community. We would encourage local retailers, businesses and organisations to be nominated for the award. We operate out of the 'Whats your Beath' office in Cowdenbeath High Street on Fridays and Saturdays. Why not pop in and see us.

## COWDENBEATH HORTICULTURAL SHOW

CONGRATULATIONS to all involved with the annual horticultural show. It was a great weekend. The exhibits at the show were brilliant.



Thanks to D Johnstone for the photos

## 46TH FIFE SCOUT GROUP

[www.46thfifescoutgroup.org](http://www.46thfifescoutgroup.org)

Scouting can help develop a child's social skills and encourage self-sufficiency. It also gives them access to opportunities and activities that might otherwise be unavailable to them. If you want to know what is involved, then why not contact Cowdenbeath's scout group at Wemyss St. To give you a flavour of what the group has been involved in this year, then read on: **BEAVERS**. The beavers have been on visits to Edinburgh Castle, the Scottish Museum and the bird sanctuary as well as being involved in Handicrafts, Sports, Camps/Sleepovers, Computing, Games, Star gazing, Pirate Night, Cowboy Night, Parties, Cooking etc

**CUBS**. The pack took part in the coastwalk challenge, supporting local cancer charities as well as participating in sleepovers in the Scout Hall. The cubs built, and raced old-fashioned go karts and we now have 2 go karts for ongoing competitions. They have also been doing their bit for conservation by completing the gardeners badge and learning about plants and their care.

**SCOUTS**. have attended the first international jamboree since the group was reformed in 2014. The troop has represented itself within the district circle of competitions (A creditable 5th in the safety competition) But the highlight was our Camping competition in which we came 2nd in the district. Really proud of all that took part and as they say, there is always next year.



Awards and badges are always in the fore-mind of the troop and over 100 were given out last year -with the highlight being the whole troop gaining their Dragon Boat Badge at Lochore Meadows. **EXPLORER SCOUTS**. Explorer Units are the 4th section of the Scouting family after Beavers, Cubs and Scouts. Explorer Scouts are between 14-18 years old and take part in camps and expeditions both at home and abroad. Also adventurous activities such as mountaineering, parascending and off shore sailing.

Section	Ages	Night	From	To
Beavers	6 - 8	Mondays	1745	1845
Cubs	8 - 10.5	Mondays	1900	2000
Scouts	10.5 - 14	Wednesday	1930	2100
Explorers	14 - 18	Wednesday	1930	2130

**To join contact Graham Gilbert 01383 306647**



**Have you got a membership card?  
You could be earning money for doing your shopping  
and contributing towards your local community!**

Your local causes that have benefited from your 1% membership contribution!



**Kids Come First (Ballingry)  
Education & Skills**

We want to purchase educational resources to create a more modern, adaptable, appealing and responsible environment for the children

£2,368.36 raised so far



**Co-op food  
that funds  
you and your  
community  
5% for you  
1% for your  
community**



**Sunny Harbour Cat &  
Kitten Rescue (Lochgelly)  
Animal Welfare**

We want to buy a van to transport supplies and take community and pet cats to vets and allow us to visit pet owners when they need help.

£2394.11 raised so far.

**Pop into your local Cowdenbeath Store today!**

# REMEMBRANCE DAY SERVICES



THIS YEARS  
REMEMBRANCE DAY  
PARADE WILL BE ON  
SUNDAY,  
12TH NOVEMBER

1.30PM AT WW1  
MEMORIAL  
AND 2.30PM AT  
Ww2 MEMORIAL



## BEAUTIFUL FIFE 2017

Congratulations to Cowdenbeath Environmental Group, their volunteers and staff at Fife Council for their hard work and efforts to get our Town the Silver Medal in the Beautiful Fife Campaign 2017



413 High Street, Cowdenbeath

Gorgeous Everyday & Occasion  
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☎ : 01383 515400

f : Uptown Girl

## CUTTLEHILL FARM BEEF

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ARRANGED

OUR FACEBOOK PAGE IS:  
CUTTLEHILL FARM BEEF

## THE MAXWELL CENTRE



Work continues on the renovation and extension of the former social work building on Stenhouse Street. Once completed the building will contain a function hall with bar and kitchen, a learning suite, creche, dedicated youth facilities and various multipurpose rooms which will be a huge improvement on the present

community facility in Broad Street. The recently appointed Community Education Worker, Mike Payne, is looking forward to moving into the Maxwell Centre, which is named after Alex and Mary Maxwell, and will be looking to transfer all existing Broad Street Centre groups and activities into the new centre. Mike said, "Broad Street Centre has served the community of Cowdenbeath well over the past 40 years but it is nearing the end of its life. This new facility will house all existing Broad Street Centre groups and I will be looking to develop more for the young people of the area. I will also be looking to develop adult education and in particular IT provision. The Workers' Education Association will move from their present home in Lumphinnans to the new centre and I hope to develop projects in conjunction with the WEA". Mike also said that a Broad Street Centre Legacy Group has been set up to mark the closure of the community centre and to record as much of the history of the centre as they can. The Legacy Group will be hosting a number of community events in the period leading up to the closure of Broad Street Centre and more information can be found on their Facebook Page.

## SKATEPARK

Weather permitting work on Cowdenbeath's new skate park should begin soon. The sod cutting milestone was conducted at the end of August.

The skate park is part of a wider programme of new or upgraded skate park facilities in the local area. Skateparks in Cardenden, Benarty and Kelty have already been completed. Cowdenbeath's new skate park will be the largest in the area and is set to be one of the best in Fife.

# A WEE BIT O' FUN

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



**LAST SUNDAY**  
- of the month

**Book in advance/  
Turn up on the day**

**Contact L Calder  
01383 513446  
for more info**

**Morrisons (Cowdenbeath) Car Park 10AM - 2PM**  
**£5.00/Car**

**ALL WELCOME**