

THE **BEATH** **BULLETIN**



ISSUE 11



NOV 2019

SEASONS **GREETINGS**



A message from the Chairperson of Cowdenbeath Community Council



This is my first Bulletin message since becoming chairperson in June. Alex Haddow decided to stand down and I would like to thank him for all his hard work and commitment he has made over the years in his role as chairperson of the Community Council.

The Town Centre Development continues with the addition of a few more shutters being painted, the giant mural at the green square and the **BE**. The BE was first used in 2015 to 'brand' Cowdenbeath and will continue to be used in the future. I hope you have seen the wooden sculptures which have been installed at Woodend (opposite the Silver Birch), the A92 (just off the slip road) and the Public Park at the Stuart Place entrance. All part of the work to try and improve our town.

I'd also like to take this opportunity to say congratulations to our Civic Week Committee for a great "Civic Week" in June culminating in a great parade. Not forgetting Cowdenbeath's first ever 5K run in September. What a day that was! We now look forward to their Christmas Events. Congratulations to our Environment Group who won the Silver Gilt award in the Beautiful Fife Campaign.

Cowdenbeath was entered into the Great British High Street Awards. These awards recognise and celebrate communities that are working hard to revive their High Streets. Cowdenbeath is short listed for the Rising Star Award. The results will be known by the end of November. A big thank you if you voted!

And finally, the North End Development (Cowdenbeath Retail Park) is open. One store is up and running and the next one is due to open it's doors in Feb 2020. Cowdenbeath is on the up!

Seasons Greetings
Irene Burt, Chairperson

**Like and share our Cowdenbeath Community Council Facebook page
Check out our website: www.cowdenbeathcc.org.uk**

COWDENBEATH PROUD

Cast your minds back to May 2019 when Cowdenbeaths 5 year Community Action Plan was launched. The event was held in Maxwell Centre and there were over 100 people in attendance. Part of the plan was to continue to improve the character of the High Street and promote the CowdenBEath branding and that's what's happened with the creation of the mural in the green square and the installation of the BE.



The branding idea was agreed a few years back and has been part of the framework for all the work being done in the High Street. The mural shows young Cowdenbeath lass (Lucie) blowing on dandelions and making a wish for the future. Looking at the BE, you could also say that she can be what she wants to be .

COWDENBEATH HORTICULTURAL SHOW GREEN



Congratulations to all involved in another successful show!



Where:
The Clearing,
239 High Street, Cowdenbeath

When:
Every Tuesday
11am - 1pm

Know who to turn to if you need information and support about what helps you stay well and independent within your local community.

Your friendly local staff will help you find out information and support related to:

Your local community
Carers support
Housing
Living with long term conditions

Disabilities
Ageing well
Staying active
Healthy eating

No appointment is needed! If you are aged 16 years or over, why not pop along to The Well for a chat and a cuppa, and find out how we can help you.

For further information about The Well, visit:
www.fifehealthandsocialcare.org/the-well

Fife Health
& Social Care
Partnership
Supporting the people of Fife together



THE FUTURE OF PLAY SPACES

From 21st August until 10th December 2019, you can take part in Fife Councils discussion on the future of play spaces.

Play spaces include equipped play parks, greenspace with play features (e.g slopes for sliding, logs for climbing on), and greenspaces for playing in, (e.g parks and woods).

Fife Council need a long term plan as there are a number of issues with play spaces. Most of the play equipment will be at the end of its safe use in the next ten years. Many of the play parks can only be used by children under the age of 5.

Fife Council has a draft Play Spaces Strategy to address these challenges.

If the Council approve the strategy, it will:

- be used to secure funding for upgrading play parks,

- ensure play parks have a range of equipment that can be used by all ages of children

- transform many greenspaces into play spaces

The strategy and maps showing the proposals for each town and village can be downloaded from Fife Council's play parks webpage <https://fifedirect.org.uk/playparks/>

COWDENBEATH
ACTIVE



COWDENBEATH COOP UPDATE

***Cowdenbeath
Co-op has
been quieter
than usual the
past few
months.....
BUT WHY?***



We have been completing a trial for the last 12 weeks and finishes up on November the 6th it is called a health trial. Right now we do not have promotions on confectionary crisps or biscuits. The reasoning is in 2020 there will be a new legislation over the whole of Scotland to not promote unhealthy foods and the Coop decided to trial it to find out the impact it will have on our customers and the store. Thankfully everything is back to normal in November but sadly in all stores not just coop this will be reality in 2020! Any questions please ask instore we are happy to help.

NEW PAGE ALERT!!!!

Please everyone look up our new facebook page called Cowdenbeath Locals. We plan to keep in touch with our community and update you on anything we believe you would be interested in not just coop!

Wow Wow Wow Wow!!!

A new look store is coming to you at the start of 2020!! Look out for more info instore

CHARITY UPDATE!

This year into next year we will not only be supporting our local causes but we will be fundraising for SAMH (Scottish association for mental health) the coop is the only food retailer to support a mental health charity and it is a big honor to do so. There are too many people who suffer from mental health who don't get the support they need so hopefully the coop can provide funds to carry this out.

We also have our celebration day for our last round of local causes coming up in November.



A BIG THANK YOU TO EVERYONE FOR THEIR CONTINUED SUPPORT.. THIS STORE WOULD NOT BE HERE AND WOULD NOT BE THE SAME WITHOUT ALL OUR LOVELY CUSTOMERS SO THANK YOU!!!!



A local woman, Michelle Kellichan, has set up a group within Cowdenbeath to assist women who might be worried about mental health issues. Michelle has had a few difficult moments over the past few years and has overcome them through support from family and friends who gave her someone to talk to, to help her cope. That inspired her to set up the Whispering Women group. The group meets on Wednesday evenings in the Junction Bar, Cowdenbeath from 7pm - 9pm. Approx 20-25 people have turned up at the first couple of meetings. If any women feel they need to air their thoughts to someone, then pop up to the junction bar any Wednesday between 7-9pm, you'd be more than welcome



The Scottish Parliament
Pàrlamaid na h-Alba

CONSTITUENCY ADVICE SURGERIES

Friday 13th December 2019

Friday 17th January 2020

Monday 3rd February 2020

12 noon - 1.30pm

Constituency Office, 253-257 High Street
Cowdenbeath, Fife, KY4 9QF

All welcome, no prior appointment necessary.

**ANNABELLE EWING MSP for
Cowdenbeath Constituency**

Email: Annabelle.Ewing.msp@parliament.scot

Phone: 01383 611067

Address: 253-257 High Street, Cowdenbeath KY4 9QF

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.

Civic Week Committee have had a well earned rest after this years gala and are currently organising the Christmas Programme of Events. Sadly this year they are unable to bring you the Scottish Night. But don't despair, they are looking to try and organise it for sometime early in 2020...watch this space.,

The Christmas Lights Switch On will be on the 24th November at the Green Square in the High Street. Santa has confirmed he will be in attendance. The Kids Christmas Party (also with Santa) & Christmas Fair will be on 7th December and then the Christmas Concert featuring Cowdenbeath's Community Choir will be on 15th December.



CHRISTMAS LIGHTS SWITCH ON
SUNDAY 24TH NOVEMBER
SANTA WILL BE THERE

The usual Music, Entertainment and Stalls will be at the 'green site' in advance of the lights being switched on.

See you there

CHRISTMAS EVENTS

SATURDAY 7TH DECEMBER

CHILDRENS XMAS PARTY

At Beath High School

Cowdenbeath Civic Weeks' childrens xmas party will be on from approx 2-4pm at BHS and entry will be by **TICKET ONLY**. Ticket sale dates and locations will be announced through Face book and Central FifeTimes.

CHRISTMAS FAIR

At Beath High School

There will be lots of stalls at the fair 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. 1-4pm

SUNDAY, 15TH DECEMBER



In their FIFTH year, the Community Choir have begun their rehearsals and will be performing at Beath High School on Sunday, 15th December.

Make sure you get a ticket & get along to support the choir & have a great night out. Ticket sale dates & locations will be announced through Facebook and Fife Times.

Find your local
funeral home
[coop.co.uk/
funeralcare](https://coop.co.uk/funeralcare)



We're here for
you when you
need us most.

Funeral Director Jim Haddow
& Funeral Arranger
Debbie Beveridge

**A bereavement is never easy to bear.
So it's good to know that we're right
here, if you need a friendly face to
help you through what comes next.**

From Cowdenbeath to
Inverkeithing, Lochgelly to Rosyth -
Our teams are local people, and
will be here for you. Just as we
have been for generations.



It's what we do

COWDENBEATH FUNERALCARE
8 High Street, KY4 9NA
01383 510 024

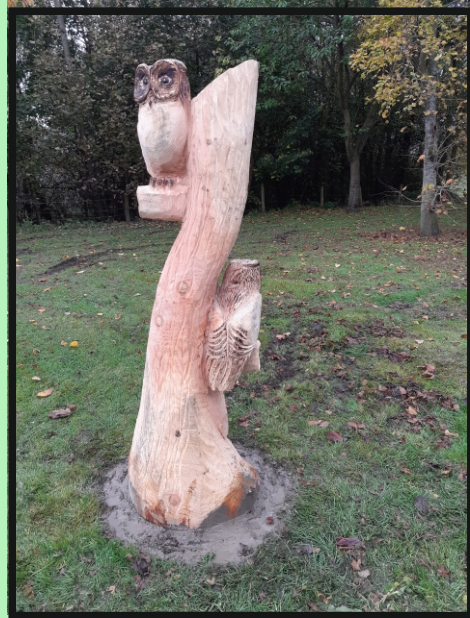
Co-op Funeralcare is a trading name of Funeral Services Limited, a registered society registered in England and Wales with registration number 30808R and registered office 1 Angel Square, Manchester, M60 0AG. VAT registered 403 3146 04. Part of Co-operative Group Limited.

SCULPTURE TRAIL

Cowdenbeath Community Council's trail of sculptures plan is now taking shape. Last year the Community Council, with the help of funding from the Mossmorran Wind Farm Community Fund and the Coalfields Regeneration Trust, began an initiative to create a trail of sculptures in the town.

It is part of the Community Action Plan drawn up earlier this year to try and improve public spaces in the town. The first three sculptures have been installed at areas where folks come into Cowdenbeath and it has caused a 'buzz'.

The Community Council has funding for more sculptures and the aim is to create a trail within the town and hope that residents and visitors alike will get out and about to see them.



REMEMBER WHEN...

THE BEVIN BOYS

As Britain could not import coal during World War II, the production of coal from mines in Britain had to be increased. From 1943 until 1948 one in ten of the young men called up was sent to work in the mines. These conscript miners were given the nickname “Bevin Boys”. Interestingly, some footballers later worked in the mines as an alternative to doing National Service so they could still play football. Celtic and Scotland great Bobby Collins worked in the pits in Fife in the early 1950s and trained at Central Park with Cowden for a number of years. These young Miners needed accommodation and in many areas special Hostels were built to house them. In Fife, there were Hostels in Methilhill, Muiredge, Comrie and Townhill. There was also one at Cowdenbeath built in 1944. Originally, this was planned for Viewfield, Lumphinnans but it was later decided to build it at Leuchatsbeath, Cowdenbeath. The Hostel was in effect a camp which consisted of 66 Nissen huts and 19 larger huts. Its now the site of the Glenfield Industrial Estate after the Miners Hostel site was bought via a Compulsory Purchase Order in 1967. The Hostel over its lifetime hosted Miners, dockyard workers, Poles and



***Carringtons Paper Shop
(now Turkish Barbers).***



***Fowlis
(now Vape Shop).***

Hungarians. Cowdenbeath star centre Jackie Jones and Ian McColl of Rangers were two of the miners billeted at Leuchatsbeath



The service initially covered Kirkcaldy and Levenmouth, later expanded to Glenrothes and more recently extended to include Dunfermline and Cowdenbeath. ...

The service offers up to eight one to one self help coaching sessions to people aged 16 and over who have experienced trauma and adverse experiences in childhood. The support focuses on safety and stabilisation,

introducing people to techniques and tools tailored to help recognise and understand the impact of trauma, coping with current difficulties and connecting with other sources of support in the community. The service uses a CBT-based approach and requires active engagement during and between sessions with self help materials. The service also runs seminars and learning events to increase awareness of the impact of childhood trauma and to encourage people to get involved with its work.

The Better Than Well service can accept referrals from individuals directly as well as from other agencies, or you can call us for further information on 01592 644048.



BETTER THAN WELL

A free service for adults who have experienced abuse and neglect in childhood.

This service is for people aged 16 and over who live in the City of Dunfermline, Cowdenbeath, Glenrothes, Kirkcaldy and Levenmouth areas.



HOMESTART - COWDENBEATH

Could you be a Home-Start Volunteer?

We need people to volunteer and make a difference to the lives of parents and children. Join us and:

Access free training

Learn new skills

Enhance your wellbeing

Make new friends

Help change families lives

The logo for Home Start features the words 'Home' and 'Start' in a stylized, rounded font. The letter 'o' in 'Home' is replaced by a simple stick figure of a person. The text is colored in shades of orange and red.

Support and friendship
for families

Contact us today to find out more about Home-Start Cowdenbeath

Telephone No: 01383 510010 or

email: admin@home-startcowdenbeath.org.uk


*A Child's early years are critical to their future
Homestart helps families give their children the best start in life*



COWDENBEATH

For those of you who use Facebook. Have you checked out the new Love Cowdenbeath page which has been set up to show that collectively Cowdenbeath has a lot to offer residents and visitors alike.

If you are a Business, shop or group located within Cowdenbeath and want to promote any offers you have Or what you do, then send the details to the Love Cowdenbeath page. Likewise if you are holding an event in our Town, then send the information to the Love Cowdenbeath page and they will help to promote

If you  Cowdenbeath, then get in touch





The Clearing
239 High Street, Cowdenbeath, KY4
9QF

**Every Friday (starting 12 July 2019);
10.30am-12 noon**

A weekly social group for people living with dementia and their carers. Please join us for light refreshments, friendly company, and the opportunity to engage in some reminiscence and activities. There is no need to book ahead.

For more information
please contact:

Linda Aitken, Community
Activities Organiser
Tel: 07778 113705 or
email: laitken@alzscot.org

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453. www.alzscot.org



Support Cowdenbeath to become a Dementia Friendly Town

Do you want to help Cowdenbeath to become a Dementia Friendly Town. Members of Cowdenbeath Community Council and Cowdenbeath Civic Week Committee do. They went through their awareness training on 23rd October and they are now Dementia Friends,

Fife Health & Social Care Partnership are running an initiative in partnership with other governing bodies which involves supporting local businesses and members of the public to:

be more understanding about dementia,

raise awareness of the condition at local level,

reduce the stigma that continues to surround the illness and,

make it easier for people living with dementia and their families and friends in our community to stay at home and live their lives as normally as possible for as long as they can

If you're interested, then check out

<http://www.dementiafriendscotland.org/>.or contact Ruth.McCabe@fife.gov.uk. This programme is completely free of charge as it is funded through the Fife Health and Social Care Partnership



Ruth McCabe presenting certificates to some of the young participants at the October session.

