

DOWN YOUR

# Street

Tenants' Magazine



Phoebe  
Says  
P26

## Autumn gold



#DYSFife

[www.fife.gov.uk/housing](http://www.fife.gov.uk/housing)



**Rent consultation** page 5

## Useful Numbers

Homeless (24 hr)	08000 28 62 31
Housing Repairs	03451 55 00 11
After hours and weekend	03451 55 00 99
Housing Information and advice	03451 55 00 33
Rent and Arrears	03451 55 00 44
Automated Payments	03451 55 00 55
Council Tax & Housing Benefits	03451 55 11 55
Recycling & Waste	03451 55 00 22
Births, Deaths & Marriages	03451 55 00 77



### Alternative Formats

Information about Fife Council can be made available in **large print, braille and audio CD** on request by calling

**Alternative Formats line:**

**03451 55 55 00**



### British Sign Language

please text (SMS) 07781 480 185

**BT Text Direct:**

**18001 01592 55 11 91**

### Language lines

Arabic	خط هاتف اللغة العربية: 03451 55 55 77
Bengali	বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99
Cantonese	中文語言熱線電話: 03451 55 55 88
Polish	Polskojęzyczna linia telefoniczna: 03451 55 55 44
Urdu	اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66

## Contents

Welcome	3
Spotlight On Harbourlea & Melville Court TRAs	4
Rent Consultation	5
Fuel Poverty	6
Spotlight On – FFOTRA Fun Day	8
NEF – Mears Court Celebrations	10
Cowdenbeath – Celebrations at Cedar	11
Dunfermline – Brucefield's Been Busy	12
Spotlight On Newlinktown TRA – Outstanding Efforts Recognised	14
Tenancy Assistance	16
Fire Safety	17
Local Hero	18
Safer Communities – Environmental Vandalism	20
Stand Against Speeding	22
Competitions	23
Kirkcaldy Area – New Tenants Association at Turriff Place	24
TP Bulletin	25
Phoebe Says	26
Mrs Doyle's Kitchen	27
Council tax discount	28



## Get in touch

Edited by: The Tenant Participation Team

If you need to get in touch about this issue, or setting up a Tenants and Residents Association for your area, you can contact us in the following ways:



Tenant Participation Team, Kirkcaldy Customer Service Centre, Town House, 2 Wemyssfield, Kirkcaldy, KY1 1XW



[tenantparticipation@fife.gov.uk](mailto:tenantparticipation@fife.gov.uk)

[www.fife.gov.uk/housing](http://www.fife.gov.uk/housing)



@fifecounciltp



## Continuing to deliver

**The cost-of-living crisis is dominating our thoughts and actions as winter approaches. We have been working hard with council and voluntary sector colleagues to ensure that we are ready to support you through this difficult period.**

The main concern is the significant increase in energy prices and the impact this will make on your household budget. There is financial support available from the Housing Revenue Account to assist tenants who are most vulnerable. Your first point of contact is your Housing Management Officer.

We are continuing to provide rent allowances to assist people with the transfer from Housing Benefit to Universal Credit, to help you at this time. If you are getting into difficulty with paying your rent, please speak to your Housing Management Officer and Revenues Officers who are there to help.

We are also continuing to deliver housing services to you. We are not quite back to pre-pandemic levels, with new challenges around the lower number of empty houses available for let. I



appreciate that housing applicants and tenants are waiting longer than they would normally for offers of housing. We are doing our best to build and buy properties to improve the situation.

*John*

**John Mills**

*Head of Housing Services*



### **Welcome to this Autumn edition of Down Your Street**

As the nights are drawing in, we are all conscious of the cost-of-living crisis, especially with the rise in energy costs. I promised you in the summer edition of this, your tenants magazine, that we would put every effort in, to help the most vulnerable tenants, with

costs of heating support. We have put £0.5m, into a fuel poverty financial assistance support fund, to help tenants who are struggling with fuel costs. Tenants should make contact with their Housing Management Officer regarding this. Please see

pages 6 and 7 - Fuel Poverty, for more useful information, advice and how to get assistance.

Given the current financial climate, it is especially important that the tenant voice is heard, so we know that we're delivering services that you're happy with, whilst delivering best value for money. The best way to do this is through your, Tenants and Residents Association, to find out about your local Tenants and Residents Association or for information, advice or assistance to set one up for your community, contact the Tenant Participation Team in the first instance.

*Judy*

**Cllr Judy Hamilton**

*Housing Spokeperson*

## Spotlight on Harbourlea Tenants Association

# Bloomin' marvellous gardening!

**In the popular East Neuk of Fife, nestled on the harbour of Anstruther, is Harbourlea retirement housing complex and the long standing Tenants association.**

The tenants association, have always worked hard, both in the local community and in their own housing complex, to improve the area and include all tenants.

Gardening has been a favourite hobby in Harbourlea, and two tenants, John Parker & Agnes Guthrie have been taking the lead in this, with some new planters and raised beds, donated by family & friends.

The range of vegetables coming from these include:- carrots, lettuce, peas, potatoes and onions to name only a few. The group provide the vegetables to all local residents in Harbourlea, at a low price to cover expenses only.

John told me he plans to purchase mini greenhouses for young seedling and plants, replacing the greenhouse and plants sadly lost in the last winters storms. These will house new plants, including tomatoes, to add to the already long list the group produce.



## New Tenants Group in Tayport

# Melville Court Tenants Association, Tayport

**Melville Court Tenants, have a long history with the Tenants Participation team, involving the team in their walkabouts, pushing through improvements and tackling unresolved issues.**

The tenants recently invited the Tenant Participation team, to their lovely, well cared for community, to assist in setting up a formal Tenants Association.

After a walk around of the complex to see the beautiful floral projects, they have been growing this year, they explained their plans for the future and the need to formalise these with the strength a constituted tenants association brings them.

Pictures show the new committee signing the constitution and the wonderful floral areas they have.





# Annual Rent Consultation

**Every year over the Autumn and early winter, the Housing Service start consulting with our tenants and Fife's Tenant and Residents Federations, about rent options for the following year.**

Through consultation we seek to listen to your views, on our proposed rent options. You may have had the opportunity to take part in local events, and all tenants will get the opportunity to take part in the annual tenant survey, through the winter edition of Down Your Street. Your opinions and feedback do matter and will help inform the Elected Members, in reaching their decision. There is a balance where we need to consider the affordability of our rents, against the need to provide repairs to your homes, make improvements to your properties, build more houses and deliver the affordable housing programme.

Councillor Judy Hamilton confirmed, that the Council's Cabinet Committee on 22nd September agree, that

tenants should be consulted on a rent freeze or partial rent freeze for 2023/24. The Council is keen to hear your views.



## Do you have home contents insurance?

Fife Council are responsible for the Buildings Insurance of Fife Council properties but we do not insure your furniture, belongings or decorations against theft, fire, flooding and other household risks.

Tenants are strongly advised to take out adequate insurance and ensure the value of insurance cover is maintained at a realistic level.

Fife Council offers tenants the opportunity to insure their home contents with a low-cost insurance scheme. Contact your Housing Officer for further information



or call the **Housing Advice Line** on  
**03451 55 00 33**  
(Mon-Fri, 8am-6pm).

## LOOKING TO MOVE HOME WITHIN FIFE?

**Have you thought about Mutual Exchange?**

**Register now on HomeSwap - Fife Housing Register's online exchange service. Register your property and search for other tenants looking to exchange. Not sure if it's for you? Check out the public register to see what's available.**



To find out more,  
visit: [www.fifehousingregister.org.uk/homeswap-about/](http://www.fifehousingregister.org.uk/homeswap-about/)

# Fuel poverty

## Cost of Living and fuel support payments

Please note that these are available at time of issuing this information, these payments/discounts may be subject to change, given the fluidity of the current energy crisis.

### £400 Energy Bill Support Scheme

The Energy Bill Support Scheme is a £400 rebate on electricity bills for every household in Great Britain. You do not need to do anything to receive this rebate. It will be paid automatically from your supplier into your electricity account.

It will either be paid as a lump sum, or possibly in 6 separate monthly instalments starting in October 2022. If you are a prepayment customer, then you may be sent vouchers to use to top up your meter with.

**Energy Bills Support Scheme explainer - GOV.UK**  
([www.gov.uk](http://www.gov.uk))

### £650 Low Income Cost of Living award

The Low-Income Benefit award is a payment to help those on means tested benefits. You will receive £650 in 2 separate sum payments of £326 and £324.

The first instalment of £326 will be paid from 14th July 2022 to 31st July 2022. This will be paid automatically into your bank account. The payment date of the second instalment has not yet been decided but should be in the Autumn.

**Cost of Living Payment - GOV.UK** ([www.gov.uk](http://www.gov.uk))

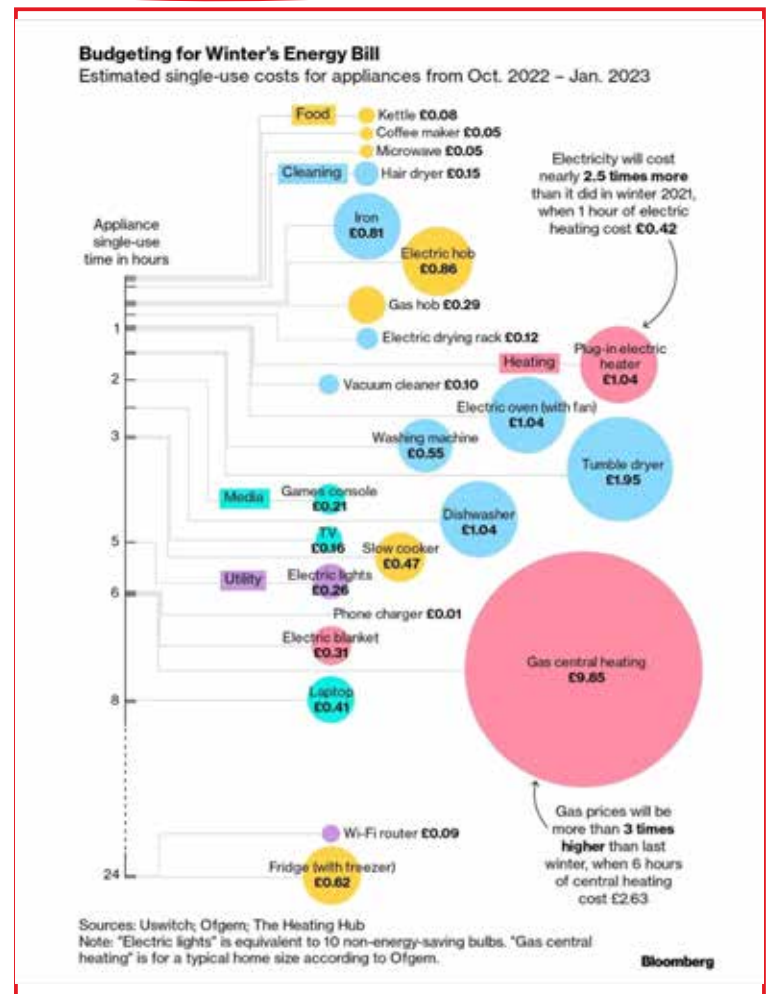
### £150 Disability Cost of Living award

The Disability benefit award is a payment to help those in receipt of non-means tested disability benefits, eg DLA and PIP.

This is in addition to the Low -Income benefits ward if you also receive one of those benefits.

You must have been in receipt of DLA on 25th May in order to be eligible for the payment.

The payment will be made automatically from September 2022.



**Cost of Living Payment - GOV.UK** ([www.gov.uk](http://www.gov.uk))

### £150 Warm Home Discount

If you're eligible for the Warm Home Discount, you'll get £150 (previously £140) off your bills in winter 2022-23. The money won't be paid to you directly – it'll be added as credit to your electricity account. This usually happens between September and March.

You need to apply for the discount through your energy supplier.

**Warm Home Discount Scheme: If you're on a low income - GOV.UK** ([www.gov.uk](http://www.gov.uk))

### £50 Low Income Winter Heating Assistance payment (LIWHA)

This is a new benefit from the Scottish government to help those on a low income keep their homes warm in winter. It has replaced the Cold Weather Payment of £25 whenever the temperature dropped below 0 degrees Celsius for 7 consecutive days.

The LIWHA payment is paid automatically in February to everyone eligible.

**Low Income Winter Heating Assistance Confirmed by Scottish Government** ([chap.org.uk](http://chap.org.uk))

## £100 - £300 Winter Fuel Payment

Winter Fuel Payment is an annual tax-free payment for households that include someone born on or before 25 September 1956. It's designed to help you cover your heating costs in winter. You could get between £100 and £300 to help with your bills.

If you've received it before, you should get your Winter Fuel Payment automatically this year.

If you claim State Pension or another social security benefit (not including Housing Benefit, Council Tax Reduction, Child Benefit, Universal Credit or a deferred State Pension), you should also be paid automatically.

If you don't receive these benefits and you're eligible for Winter Fuel Payment, you might need to make a claim directly to receive your payment.

**Winter Fuel Payment: Overview - GOV.UK ([www.gov.uk](http://www.gov.uk))**

## Home Heating Advice Fund

Homeheatingadvice.scot are working in partnership with the Scottish Government to deliver the Home Heating Support Fund for Scottish households struggling with energy costs.

The fund seeks to provide financial relief to energy consumers who are experiencing significant financial hardship and strives to provide this support to households regardless of the fuel or payment method used. That is, the project is inclusive of: users of prepayment meters, district heating networks and unregulated fuels.

**How to Apply for Funding – Household Application – [homeheatingadvice.scot](http://homeheatingadvice.scot)**

**Household Registration – [homeheatingadvice.scot](http://homeheatingadvice.scot)**

**Contact us – [homeheatingadvice.scot](http://homeheatingadvice.scot)**

## Fuel Poverty financial assistance support fund

The Council recently agreed to provide £0.5 million funding in 2022- 23 to help Fife Council tenants meet escalating energy costs. This will provide financial and other supports to tenants struggling with energy payments or unable to afford to heat their property. Get in touch with your local office if you need help to stay warm.

## Energy Price Guarantee?

On the 8th of September the UK Government announced an intervention into the energy market to limit the impact of rapidly increasing energy prices.

This price guarantee will replace the Ofgem Price Cap, which is currently set to £1971 for the average customer and prevent it from increasing to around £3,549 on October 1st.

Instead, the new price guarantee will come into play on 1st October and will limit what the average customer will pay to around £2,500.

This price guarantee works similar to the price cap in that if you use more energy you'll pay more, but if you use less, you'll pay less as it's a representative amount based on average energy consumption.

The average consumption estimate is for a household using around 2900kWh electricity and 12000kWh of gas.

**For more information on the current energy crisis, you can visit: [www.cosykingdom.org.uk](http://www.cosykingdom.org.uk)**





## Spotlight on FFOTRA Fun Day

**FFOTRA were successful in securing some funding, from the National Lottery Community Fund, in 2020, for a Family Fun Day. Unfortunately, due to Covid restrictions, this event had been delayed for a couple of years, however, we think that it was well worth the wait!**

FFOTRA, offered free tickets to anyone, who wished to attend their Family Fun Day, on the 1st of July 2022. The event was held at St Bryce Kirk, Kirkcaldy and notification of the event, went out to all our members, via their Tenants and Resident Associations, social media and to local primary schools. All 140 tickets were snapped up quickly, these tickets were then entered into a free raffle, which was drawn on the day, at the event. Numerous other people without tickets appeared on the day.

With the rise in the cost of living, the aim was to arrange a totally FREE event, where the community could meet new friends, under one roof and enjoy time with their families, without worrying about the expense.

FFOTRA hired 2 halls, the main one was where the kid's entertainment was held, featuring party games, face painting, rodeo, bouncy castle, sand art and loads of opportunities for the kids to interact and win prizes, including guessing the teddy's birthday and the number of sweets in a jar. Food and refreshments were also available free of charge.

In the Second Hall they supported local small businesses crafts, by holding a pop-up market. Each stall donated a prize towards the Free Raffle.

The Family Fun Day, was the ideal opportunity for FFOTRA, to reintroduce themselves, to the community and explain what advice and support they can provide for people, living in social housing.

For those of you who are not familiar with FFOTRA, FFOTRA is a not-for-profit voluntary organisation, set up to represent Tenants views on all issues, relating to Social Housing and Neighbourhood Development. Our aim is to bring tenants and residents together, to form TRA's, to work on issues of collective interests. We provide free independent advice and support.

Fife Council Tenant Participation Officers & Safer Community Officers were on hand, to answer any questions and offer advice.

It was wonderful to see so many people attending this family event, interacting with each other and having fun.

A huge thank you to all the local businesses who donated prizes for our free raffle, supermarkets who gave discounts and donations and our local football community team, who donated some kit, we couldn't have done it without you.







# Mears Court Retirement Housing – Platinum Jubilee Celebrations

**Having not met socially, as a group, since the outbreak of Covid, the tenants decided that they should have a party, to mark the Queen's Platinum Jubilee and reunite with each other socially.**

With support from Yvonne, Retirement Housing Officer (RHO) everyone contributed to the planning and organisation, to make the event a huge success.

## Quotes

**Cath Drysdale - *Everyone enjoyed the day and it was great teamwork.***

**Linda McGarry - *Good to get together with everyone and see so many faces, beautiful buffet and great support from Yvonne, our RHO***

**Kath Beattie - *Had a lovely day and really enjoyed it. My husband done the toast and was very proud to do so.***

**Yvonne Tasker – RHO – Fife Council**

***We all had a fantastic day, it was the first time since covid, as a group all the tenants have been socially together, they also enjoyed the buzz organising the event and working together as a team and everyone made it along.***

***I also felt privileged as their RHO to be part of their day and see the joy it brought.***

## New group -moving forward

The tenants in Mears Court, Leuchars have always had a strong history of scrutiny and social activities in their community.

They boast a busy and inclusive social calendar, mixing in scrutiny of local services, improvements and small projects, to enhance their local area for all.

The group have recently built on this solid foundation, by forming a fully constituted Tenants Association and now looking at ideas and projects to fund and improve Mears Court.





# Jubilee Celebrations at Cedar House

**After the restrictions of the past few years. The tenants at Cedar House, Very Sheltered Housing, have finally enjoyed their first proper celebration, with a party to mark the Queens 70th Jubilee year.**

Tenants enjoyed a get together in the lounge with a singer and buffet, organised by Very Sheltered Housing Officers, Dawn & Jackie, thank you. It was a great day, and everyone is looking forward to more celebrations taking place in the future.



## It's all in bloom for Cedar Avenue Tenants and Resident Association!

The tenants and residents' association, CATRA, have been successful in gaining a floral enhancement grant, with the help from Fife Council, thank you. The grant of £250 has really helped to brighten the area up for all to enjoy.

Tenants have benefited from flowers being planted in all pots and planters around the complex.

Special thanks to Safer Communities Officers, who worked hard to assist the tenants, to carry out this work, for everyone at Cedar House.

We think it looks fantastic!





# Bucefield's been busy

## Walkabout

It has been a busy time for Brucefield Tenants and Residents Association. We have been working towards achieving some of the goals set out in our Community Action Plan. On Thursday 16th June an estate walkabout took place with our local Housing Management Officer, Safer Communities Officer and representatives from Fife Council Parks Streets and Open Spaces. The objective of the walkabout, was to identify any problem areas within the community where improvements can be made. Some of the concerns raised included the poor condition of roads and pavements, blocked and unsafe guttering, unsightly waste, litter and the growth of invasive giant hogweed in public areas. A multi-agency plan will be devised to tackle these issues.



## Community Picnic

It hasn't been all work though; we hosted our first community picnic to celebrate the Queens' Platinum Jubilee. The sun was shining and a fantastic afternoon of fun was had by all. Children and adults alike, joined in with our carnival style games, scavenger hunt, quiz and races. Thanks to the generosity of a local business, residents and committee members donating items for prizes we were able to make the whole event completely free.

***"It was so much fun searching for all the hidden pictures"*** (Lewis age 7)

***"Hooking a duck was the highlight of my day! It was great to see the community getting together socially, reminds me of years gone by"*** (Norma, Chairperson)

***"Me and my family had great fun at the Jubilee picnic. Lovely to see people coming along and joining in, we're really looking forward the fun day in August. Thank you to the organisers"***





## Community Fun Day

The sun was shining again on 13th August when we held our first community fun day. It was amazing to see so many people enjoying the activities on offer. The bouncy castles and inflatable fun run were a huge hit, our face painter had a constant queue of children, waiting to be transformed and a photo booth manned by a member of Dunfermline Camera Club, was on hand to capture the happy faces. Little Sunshine Entertainment brought along Mirabel from Encanto to greet the children, sing and play games. Royal British Legion Riders Scotland with their decorated Quad and Motorbikes providing additional photo opportunities. Younger guests were kept entertained with fun activities provided by Tots Play. Police Scotland Youth Volunteers did a fabulous job of running the carnival style games and raffle. In addition to the fun activities there was a food van and stalls selling unique gifts and sweets. Representatives of Fife Federation of Tenants and Residents Association, Fife Council Tenant Participation, Housing and Community Police Officers, were on hand throughout, to engage with the public, offering information, support and advice.

St Leonards Park Transformed for the fun day and filled with so many families enjoying an afternoon out was a rare sight. This much neglected and dated park is usually deserted, with the exception of occasional dog walkers. The park has so much potential and could be a much-needed asset to the community, which is why regeneration of the park is something that Brucefield TRA are passionate about. Following

the results of the interactive public consultation booth, set up by Coalfields Regeneration Trust, it seems the public agree and have some fantastic ideas, on what the park needs. We hope to see some of these ideas realised, in our quest to upgrade the park.

The fun day was a resounding success and we hope to return with a bigger and better one in 2023

Please come along to our meetings, to support our Brucefield community and help us to make improvements for our area. We meet on the third Thursday of the month, at 7pm in the Church of Jesus Christ and Latter Day Saints. Find us on FaceBook or email us on [brucefieldtra@gmail.com](mailto:brucefieldtra@gmail.com)

**Brucefield TRA have plans to host more events throughout the year which will include Children's Halloween and Christmas Parties (dates to be confirmed). Check out Brucefield Tenants and Residents Association on Facebook for updates**



*"Well done to all the organisers for today. Great day and turnout. Everyone was chatting and happy"*

*"It was a great day and great to see so many, stalls were amazing and so friendly" "Can't wait to see the photos from*

*the fun day and photo booth"*

*"My three children aged 2, 4 and 8 had so much fun and the afternoon cost very little which made me a very happy mum. Thank you to everyone involved for an amazing afternoon"*



# New Linktown, Tenants and Residents Association – Outstanding Efforts Recognised

## Best Practice in Developing Community Award

**In March 2020 the New Linktown TRA and Philp Hall Management Committee, set up Linktown Community Aid (LCA), in anticipation that they would be needed, to support their community, to tackle food poverty or any other issues that may arise due to coronavirus. LCA worked with Kirkcaldy Foodbank, Greener Kirkcaldy, local shops and businesses and Fife Council / Kirkcaldy Shielding Hub to address the needs of the community.**

LCA volunteers worked selflessly, 7 days per week in the beginning of lockdown, to ensure that food parcels were delivered to the members of the community who needed them and even out with the area to Methil and Lochgelly.

LCA communicated with the community through their very popular FaceBook page “Tenants and Residents Linktown Kirkcaldy” local residents and businesses

wanted to help and donations started to come in of food, toys, clothes, money etc. which were all used within the community.

The LCA didn't stop there. They started making hot meals to deliver to the people who needed it, including taking meals for the NHS staff at Victoria Hospital.

They made activity packs to keep the kids amused and had competitions for them on the Facebook page. They managed to get the Easter bunny and helpers, to deliver Easter eggs to the kids, since they couldn't meet in person. Visits were arranged from characters in fancy dress, who walked around the area waving to the residents to cheer them up. As restrictions eased and people were allowed to meet outdoors, they even arranged for a pipe band to come to play for residents and had an outdoor Halloween party, for the kids, in the local play park.







These selfless efforts hadn't gone unnoticed and the TRA/LCA were quite rightly nominated to and shortlisted for the Tenant Participation Advisory Service (TPAS) National Good Practice Awards, at the TPAS conference, in June 2022. This is the leading event for the social housing sector in Scotland and Northern Ireland, the National Good Practice Awards, are a key part of the conference and celebrate the excellent work and community involvement, individuals, organisations and groups have delivered.

There hadn't been any awards, since 2019, due to Covid restrictions, so the number of entries were high. The Newlinktown TRA and Linktown Community Aid, triumphed and won the Best Practice in Developing Communities Award, which was for effort showcasing local pride and community spirit, building support systems, reducing barriers, and enhancing physical, mental and emotional health and wellbeing.

The award recognised the excellent and consistent hard work of New Linktown TRA/LCA volunteers.

The New Linktown TRA/LCA, Auchmuty and Dovecot Tenants Association in Glenrothes and Walter Hay Court TRA in Rosyth, showcased the work that they do for their communities, in a workshop at the conference, to share best practice with other TRAs across Scotland. They had each previously made a video with the Tenant Participation Team, talking about and showing their successes, which was played in the presentation. The workshop was very good and gave people the opportunity, to ask the relevant TRA, questions on their achievements, or problems they had experienced and how they overcame them.

*We had a fantastic time with amazing company & met new people. We enjoyed the workshops, heard how other TRAs do things and learned some new ideas. It was very well organised and the food was delicious. We were totally delighted to win the award, on behalf of Linktown and want to thank everyone who supported us, to help our community.* Shane, Marie & Lizzy

Linktown Tenants and Residents Association & Linktown Community Aid of Kirkcaldy, demonstrated how getting together brings benefits and how pride in your community, springs from many places and can be shown in lots of different ways. TPAS

**If you would like to make a free short video, to showcase the work of your TRA, please contact Rab Clark: email [rab.clark@fife.gov.uk](mailto:rab.clark@fife.gov.uk) or mobile 07525 392637**



# Tenancy assistance

**Housing Management Officers (HMO) are justifiably proud of the advice and assistance they can offer tenants through the Tenancy Assistance service.**

**Tenancy Assistance is available for all Fife Council tenants** whether a first-time tenant or further into an existing tenancy - HMOs are there to help. They work with the tenant to enable them to settle in or to overcome challenges that might otherwise hinder them from sustaining their tenancy.

The service is tenant-led, mutually agreed with the HMO and is carried out over a 12-16 week period. During the period of Tenancy Assistance, HMOs will assess and

agree any help and assistance that is required and where needed can make referrals to other agencies that can assist them further.

Contact: **Fife Council Housing Services, Tenancy Sustainment Team for further information**

**Tenancy.Sustainment@fife.gov.uk**

## Contacting your HMO

**If you don't know who your HMO is, ask in your Local Office or phone the contact centre on 03451550000**

**Here are just some of the areas that we can advise on:**

**Tenancy Assistance**

**Digital Skills**

**Heating your home**

**Furnishing your home**

**Budgeting & income maximisation**

**Anti-social behaviour**

**Housing Options**

**Garden issues**





**SCOTTISH**  
**FIRE AND RESCUE SERVICE**  
Working together for a safer Scotland



**Safer  
Scotland**  
Scottish  
Government

# Keeping yourself and others safe from fire in your high rise building



# Kingdom FM Local Hero Awards 2022

## My name is Claire Woods and I am a Dental Nurse at NHS FIFE.

My son Ryan, now 15 years old, has spent so much time in and out of hospitals, since he was around 2 years old, due to a blood condition and other medical conditions. Around 3 years ago he had lengthy visits, to The Sick Kids Hospital in Edinburgh, which was when I realised just how little toys the kids have. The nurses had been telling me how short they were of funding, so couldn't buy toys. I decided that I wanted to do something to help them, to give something back, for the treatment and care that Ryan received, to show my appreciation and gratitude. I organised tribute nights, to raise funds, to buy toys for the children's ward, we also managed to purchase premature baby clothing, toys, easter eggs, selection boxes, iPads, tablets and cot mobiles for the wards.

At this time, it was doubtful that Ryan would be able to play football again, which would have been devastating for him, as he loves to play football. It was at that moment, that I needed to believe, that Ryan would play football again, so I started working on an event, to raise funds, for his team, to travel to and play in a football tournament in Blackpool. Although Ryan did play he ended up in hospital after an injury.

After the success of these events spread, people from other groups contacted me, asking me to help them raise funds for their groups. I arranged various tribute nights, to raise funds for the groups, at Pinkertons in Glenrothes. We then went on to hold a Fun Day at Overstenton Park, I arranged a giant cinema screen for the Scotland V England football match during Covid and I recently held a Family Music Festival at Warout Stadium, all of which were a huge success. We have been able to help around 30 groups/charities, including the Victoria Hospital in Kirkcaldy.

Early in August, I was notified that I had been nominated for the Kingdom FM - Local Hero Awards and had been shortlisted, which was a big shock to me but also a lovely surprise. I attended the awards ceremony on Friday 26th August 2022 but never expected to win because I do what I do, to help people, not for the recognition. I was astounded and delighted, to be awarded with the Charity Champion Award. It's lovely to be recognised and win the award but even better knowing that everyone's enjoying the events I am arranging and that local children and groups are benefiting from these events. Thank you to whoever nominated me for the awards

and to Cadham Pharmacy for sponsoring the Charity Champion Award category. Thank you to Pinkertons and everyone that has helped me organise these events. Thank you also to the people who come to support me and the local charities and groups, that benefit from your generosity because without you none of this would be possible.

We are currently looking to start purchasing toys for the Children's Christmas appeal – to help families with toys for their children's Christmas presents.

**All donations are made to local families/groups/charities, so if you'd like to attend any of my fundraising events, or need advice to organise your own fundraiser, please check out my facebook page - TRIBUTE EVENTS – where you can contact the page, get information for all upcoming events and see all the charities that have previously benefited.**







# Environmental Vandalism

**Did you know that Environmental vandalism currently costs Scottish local authorities approximately £78 million per annum?**

As an introduction of the Environmental Vandalism Strategy, a pilot was carried out in Templehall, Kirkcaldy, aiming to tackle and reduce environmental offending in the area, through both prevention and enforcement.

The pilot was very much a partnership approach which is necessary to deliver the strategy and included partners from Safer Communities & Housing, Street Cleansing, Grounds Maintenance, Environmental Health, CIRECO, Community Payback, Legal Services and Communications.

Specifically, the importance of awareness raising and education, communicating the messages about environmental vandalism widely; providing the necessary facilities to assist people to dispose of their waste appropriately; better use of enforcement and publicising any action taken to deter others.

Issues that have been identified and/or dealt with in and around Kirkcaldy are: -

- Illegal dumping and litter were removed from the back of the shops and the old Fair Isle Clinic by both Street Cleansing and Community Payback.
- Mechanical sweepers and street cleansing operatives cleaned the road channels and litter picked areas.

- Cireco replaced the old bins with new bins at the recycling point, and erected new signage
- We increased patrols and issued several fixed penalties for people illegally dumping their waste
- CCTV was installed at the recycling point at the beginning of August, to deter people from illegally dumping their waste and to use the site responsibly.
- Community Payback removed graffiti and painted the back of the shops that were affected
- Hedges were cut back by Grounds Maintenance
- Environmental Health Duty of Care team visited all the shops reminding them that they are responsible for ensuring their waste is disposed of correctly and that they keep the areas around their shops clean
- There was an old lock-up site in Cairnwell Place that has been demolished (see photos). Housing colleagues took this project forward with assistance from Transportation and their contractors
- The Communications Team ran a campaign via social media, Sky tv and radio, they also arranged for signage on council vehicles called "Don't Rubbish Fife"

The pilot began on the 21st of February for an initial 8-week period; however, we are continuing to work with partners to improve the overall look of the area which will be beneficial to the residents of Templehall.







# Stand against speeding

**Dunfermline Community Police Officers are working alongside youth volunteers to promote road safety and tackle speeding in the West Fife area.**

Stand Against Speeding is a joint initiative between Dunfermline Police Community Team and Dunfermline Police Scotland Youth Volunteers to deter and prevent speeding on roads in the local area using interchangeable message boards.

Officers regularly receive contact from the public highlighting concerns about speeding on roads, particularly around schools, and this campaign aims to proactively appeal to drivers to slow down using bold messaging which can easily be seen at the roadside.

The signs, which are similar to current road signage to avoid distracting drivers, will be displayed in a line, revealing the full message as motorists travel along the road.

The messages focus on easing off the accelerator, slowing down and ensuring the safety of young people, road users and themselves.

Over the summer the campaign will focus on roads in the West Fife area which have been highlighted as a speeding concern by the public.

As the new school term begins, Stand Against Speeding – The School Road Safety Tour will begin on roads near 29 primary schools in the area in a bid to help children travel to and from school with less risk.

PC Scott Morgan, Dunfermline Police Community Team, said: "Having worked closely with our local schools, it is clear they do a power of good work to educate and promote road safety to children of all ages and parents. Even with these proactive approaches, we still see the trend of heavy traffic congestion and speeding motorists on roads outside schools.

***"Young people really have a chance to have their voices heard with this campaign and it's important we let them take the lead with the messaging. They've been telling us about speeding on roads outside schools and the improvements that can be made, so we're more than happy to support them in this initiative."***

***"We hope drivers will take note of this messaging and slow down. It's a simple yet effective method which I hope will make a difference."***

Senior Police Scotland Youth Volunteer Madison MacGregor, who has been with the team for three years, said: "This is great for teaching younger children about road safety but also using the children to get the message across will have a different impact. It will make drivers sit up and take notice.

***"I want kids to have reassurance and confidence that they can walk to school and cross the road safely. Encouraging drivers to slow down will help that."***

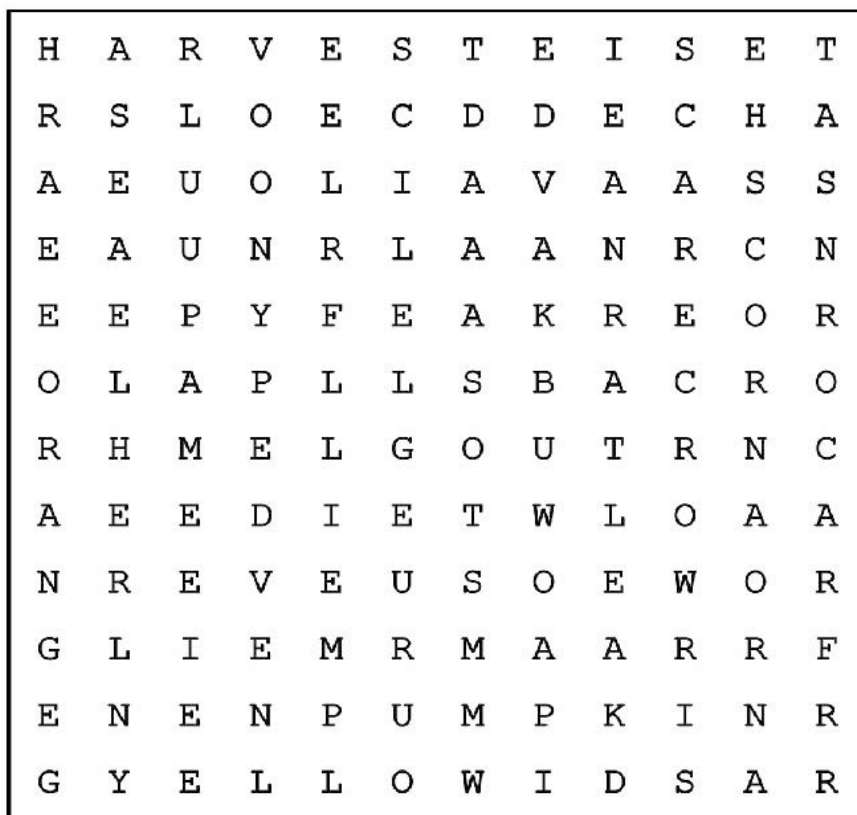
***"I'm really proud to be part of the initiative and I hope I can be a role model for others to look up to."***





**Win  
£30 of  
high street  
vouchers!**

## Autumn Word Search



**Find the words for the chance to win a £30 High Street Voucher**

The winner of the Summer edition word search was **Sue Brown**, Glenrothes.

### WORDS TO FIND:

Pumpkin  
Yellow  
Scarecrow  
Autumn  
Leaves  
Sunflower  
Acorns  
Corn

Harvest  
Apples  
Hayride  
Red  
Thanksgiving  
Football  
Orange



## Where's Millie?

**Do you know where Millie is?**

If so, email the answer to the address opposite for a chance to win a £30 high street voucher, remembering to include your contact details.



**Win  
£30 of  
high street  
vouchers!**

Return postal entries to Tenant Participation Team, Kirkcaldy Customer Service Centre, Town House, 2 Wemyssfield, Kirkcaldy, KY1 1XW or scan or take a photo and email it to [tenantparticipation@fife.gov.uk](mailto:tenantparticipation@fife.gov.uk)

Remember to include your name, address and contact phone number, **competitions close at 5pm on Friday 4th November 22.**

# New Tenants Association at Turriff Place

We had heard about tenants association groups and read about them, in *Down Your Street* magazine. We spoke to Ghislaine Lockie, our Retirement Housing Officer (RHO) who said she could invite Rab Clark along to our lounge, to tell us more about it, as he would be able to answer any questions we might have and give us the support should we wish to start one.

Rab visited and told us all about the TRA, his presentation was interesting and informative, we decided then that we wanted to go ahead with a TRA of our own. We didn't decide on the day who was going to take the different committee roles, as not everyone who wanted to be there was present, so thankfully, Rab agreed to come back again a week later, when everyone would have a chance at volunteering for the relevant positions.

The following week, we all met up again with Rab and after discussion the committee members were agreed. We are looking forward to what we can do as a group

to improve our wee community and enhance our lives and hope to be reporting our achievements in a future edition of this magazine.

## Quotes

*We want to be more proactive in the issues that matter to us, one of these issues is seeing the area we live in better maintained. I have taken on the role as Secretary and although slightly nervous, as have never done this before, I am looking forward to the challenge.* Agnes Dunn

*I look forward to seeing the group achieving their personal and collective goals and will be there to support them if they so wish.* Ghislaine Lockie –RHO

*We want a community we can be proud of.* Jean Clive

*I have taken on the role as Chairperson and look forward to working closely with Rab and other committee members, also gaining the skills that will help me be part of a successful TRA.* Brian Finlay







# Tenant Participation News Bulletin

## New team member

My name is Julie and I am really pleased to introduce myself as the newest member of the Tenant Participation Team. I have worked in the Cowdenbeath Area as a Housing Management Officer for the past 6 years covering all aspects of Tenancy Management. I enjoy engaging with people and working together to improve communities.

In my free time I love running and days out with my family. I am very much looking forward to working in the Tenant Participation Team.





# PHOEBE SAYS...

I'm Phoebe, look at all my new furriends!

'If you would like your pet to feature on 'Phoebe Says', please email [tenantparticipation@ffe.gov.uk](mailto:tenantparticipation@ffe.gov.uk)



Sadie chillin on the grass

4 year old Elvis the himalayan mini lop rabbit having a cuddle

and his brother nixon

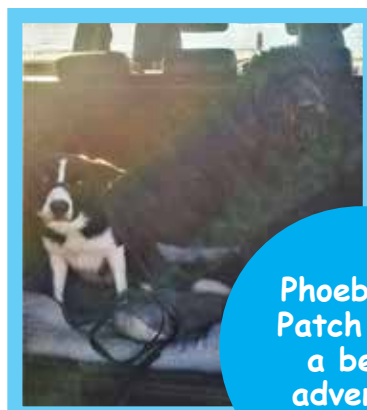


Millie enjoying a walk in the woods



Honey having a run at the beach

Bernie after his hair cut



Phoebe and Patch after a beach adventure



Millar 4 - Frank 7 playing I'm the king of the castle on the hay bales



Archie Millie and Angel have been on holiday

puppy Frankie looking very innocent







Mrs Doyle's Kitchen features amazingly tasty recipes for the whole family. Check out this seasons delicious and easy ideas...



## Tasty autumnal sausage & pasta ragu

### Ingredients

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 large garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 rosemary sprigs, leaves finely chopped
- 2 x 400g cans chopped tomatoes
- 1 tbsp brown sugar
- 6 pork sausages
- 150ml whole milk
- 1 lemon, zested
- 350g rigatoni pasta
- grated cheese or parmesan and ½ small bunch parsley, leaves roughly chopped, to serve

### Method

1. Heat 2 tbsp of the oil in a saucepan over a medium heat. Fry the onion with a pinch of salt for 7 mins.
2. Add the garlic, chilli and rosemary, and cook for 1 min more. Tip in the tomatoes and sugar, and simmer for 20 mins.
3. Heat the remaining oil in a medium frying pan over a medium heat. Squeeze the sausage meat from the skins and fry, breaking it up with a wooden spoon, for 5-7 mins until golden.
4. Add to the sauce with the milk and lemon zest, then simmer for a further 5 mins.
5. Cook the pasta following pack instructions. Drain and toss with the sauce. Scatter over the parmesan and parsley leaves to serve.

## Traditional apple and pear crumble

### Ingredients

*For the crumble topping*

100g cold butter, cut into small pieces

125g plain flour

75g demerara sugar

75g roughly chopped nuts (optional)

*For the filling*

500g 2oz cooking apples (2 medium-large)

400g pears (2 medium-large)

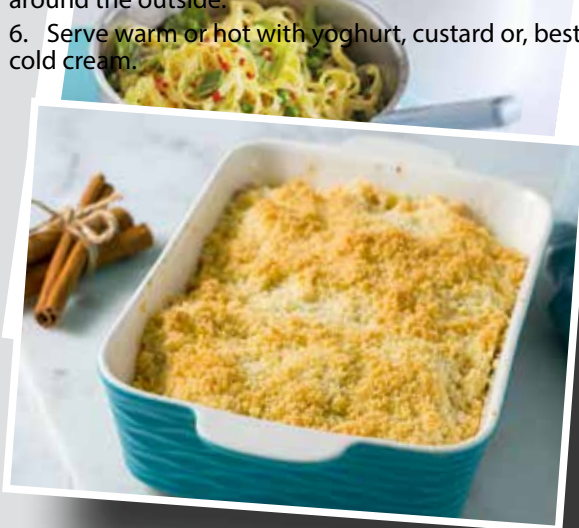
½ tsp ground cinnamon

2 tbsp runny honey

yoghurt, custard or cream, to serve

### Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. To make the crumble topping, put the butter in a large mixing bowl and add the flour. Use the tips of your fingers to rub the butter into the flour until you have a texture like large breadcrumbs. Stir in the sugar and the chopped nuts, if using.
3. To make the filling, peel, quarter and core the apples and cut into 1cm pieces. Quarter and core the pears and cut into 3cm chunks crosswise (no need to peel). Spread the fruit in a shallow ovenproof dish about 30x20cm and about 5cm deep.
4. Sprinkle over the cinnamon, drizzle over the honey (dip the spoon in just-boiled water first and the honey will slide off), pour over 120ml of water and mix together. Cover the fruit with the crumble topping, but do not press it down.
5. Bake the crumble for 45-55 minutes, or until the top is lightly brown and the liquid in the bottom is oozing up around the outside.
6. Serve warm or hot with yoghurt, custard or, best of all, cold cream.



# Support with cost of living Council Tax Discount

**MORE PEOPLE ARE  
DUE A COUNCIL  
TAX REDUCTION  
THAN BEFORE – IS  
THAT YOU?**

**Don't miss out.**



**For more details visit:**  
**[www.fife.gov.uk/ctaxdiscount](http://www.fife.gov.uk/ctaxdiscount)**



## Don't miss out

### Example:

Sarah lives alone and has a low income from her job in the hospitality industry.

She receives Universal Credit which increased slightly as her working hours recently reduced.

While talking with a colleague about the increasing costs of household bills, she became aware that her colleague paid less council tax than she did even though they work the same hours and both live alone in band B properties.

Sarah didn't know about the changes to Council Tax Reduction since she last applied over 2 years ago so she checked Fife Council's website ([fife.gov.uk](http://fife.gov.uk)) and used their Benefit Calculator

([www.entitledto.co.uk](http://www.entitledto.co.uk)). It recommended she make an application for Council Tax Reduction. She did this on the same webpage.

**Sarah's Council Tax direct debit reduced by £12.36 a month based on her new circumstances.** Even if her hours had not reduced, as from April Sarah would have qualified for help towards her monthly Council Tax costs due to the change in regulations. To find out more or make an online application visit our [fife.gov.uk/ctaxdiscount](http://fife.gov.uk/ctaxdiscount) or speak to staff in your local Customer Service Centre or housing officer.

**Use the online benefits calculator to check how much reduction YOU might be entitled to at or ring 03451 55 11 55.**