



CRAIL MATTERS

W/C 14 January 2019. No 92 Free - donations welcome
Suggested hard copy Donation 40p

Craill; The Jewel of the East Neuk.

DENBURN DIGGERS

A small group of us went down to Denburn on Saturday 6th January, to pick up litter and clear paths. There is a large bed of shrubs and flowers below the wall which faces onto the road. We were clearing up litter, bottles, cans and so on which had been tossed over the wall.

We also found, in one small area next to the substation, a collection of full dog poo bags, more than a dozen. On picking them up with the grabber, some had not been tied and the contents fell out. There were also several unused bags.



It looks like one person is habitually tossing their bags into this same spot, instead of disposing of them properly in a bin. We work in that bed and that is really quite gruesome. If the person concerned is reading this, we have helpfully attached a photo of the bin, which is just inside the Denburn gate. We would request that you desist from this disgusting habit and use it.



We also found this lovely Next bag, full of litter,

sadly not nice new clothes. Perhaps you, too, could pop your rubbish in the bin next time.

As always, if you would like to join us, we meet at the wood on the first Saturday of every month at 10.00am, weather permitting. It's not all rubbish, and there's tea, coffee and chocolate biscuits!

Announcement

Carol Grieve passed away peacefully on Monday 7th January 2019
A gathering to celebrate her life will be held in Craill Community Hall
on Saturday 19th January at 2pm
All friends welcome. Dress - informal

Winter Birds



During the long Winter months, food can be in short supply for wildlife in the garden. Offering a selection of foods to the birds will help them survive until Spring and ensure you have lots of interesting visitors to watch!

Dawn and dusk are when most birds feed, so make sure your bird tables are well stocked at these times.

In addition to traditional bird tables, hanging feeders suspended from trees or free standing poles are a popular way of feeding birds.

Seed feeders are usually tubular transparent containers with holes through which birds are able to access a high calorie seed mix, whilst nut feeders are made of steel mesh and suitable for un-

salted peanuts.

When choosing food for birds, try to buy a mixture of sunflower seeds, broken peanuts, maize and millets.

Fat balls are excellent and packed with energy and calories to help birds survive freezing temperatures. Many fat balls are sold in mesh bags. You should remove this mesh as birds can easily become entangled in them.

Feeders and bird tables should be cleaned once weekly to reduce the risk of food contamination and spread of disease.

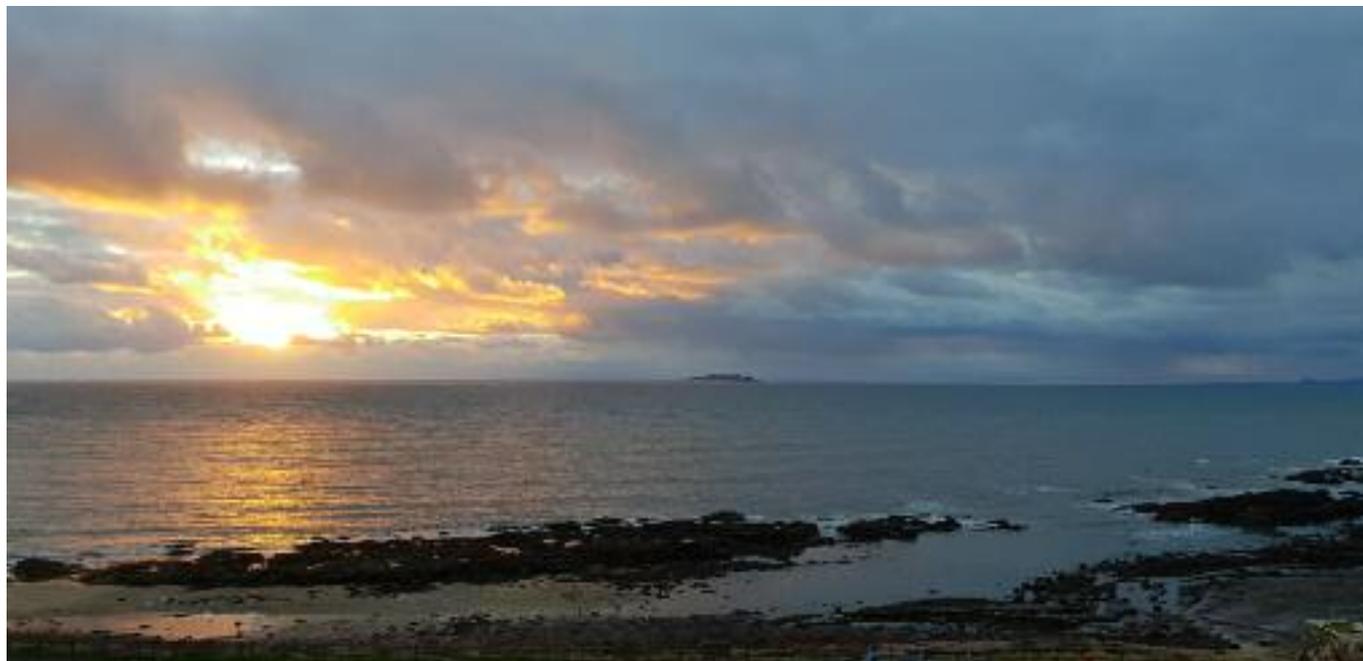
If you have a water bath, pour boiling water on any frozen water. Replace with fresh cool water twice daily. If you don't have a water bath, use a shallow dish or bowl which allows birds to drink and have a bath.



WILD CRAIL CHARRETTE SPECIAL

Will Cresswell,

with Photographs by John Anderson



You will have read about the Crail Charrette. Lots about how we need to make Crail a sustainable community with good transport infrastructure, affordable housing, business opportunities and so on, but another important part of it all is maintaining and improving the natural environment of Crail. Most of us live in Crail because it is a nice place to live, in a lovely natural environment. Key parts of Crail such as Denburn Wood, Roome Bay, the sheep field between them, Beech Walk Park, the footpaths to Wormiston and Balcomie, the coastal path to Kilminning and Fife Ness and so on. Small features like the trees along Marketgate and the well vegetated gardens running down to the sea. And larger features like the dedicated green spaces in Victoria Park, below Castle Walk or around Roome Bay. All of these things are fantastic and make Crail the great place to live and visit: we need to look after them and enhance them. But what if we can do more – much, much more to enhance the natural environment of Crail. This is the real opportunity of the Crail Charrette. Here are some ideas that we could adopt – put into future development plans – and then enjoy.

Denburn Wood Extension

How good is Denburn? I love it because I might find a mega rare bird there one spring or autumn, or because I will see a range of woodland birds there every day. Others love it as a pleasant dog walk, a place to show your toddlers a robin or some frog spawn, a place to sit and hear bird song while looking at the snowdrops, a place to have an adventure and build a den after having a play on the rope swing. Denburn really is a jewel – gifted to the town by a far sighted, generous resident that we all enjoy. But why not extend Denburn? The land behind Bow Butts is already allocated to housing, but what if we extend the Denburn corridor up behind Bow Butts. A thirty metre wide strip of woodland on the east side of the burn, running all the way up to the St Andrews road. This would enhance both the new and existing houses, provide a longer wooded walk through Crail and a natural connection between the new and the old parts of the town.

Wildflower Meadows and Hedgerows

You will have seen the patches of wildflowers and seed bearing plants that have been planted between Denburn and Bow Butts and in many other places in the East Neuk. These have led to many bird species benefitting, including corn bunting populations that are now bouncing again in Fife. How about we spread these throughout Crail. Why do we cut our grass in public places so often? Why do we have short playing field grass on the slopes that run down to the sea in Crail? Replacing the grass in places with hedges and small trees, seeding other areas with meadow flowers, and cutting the grass only once or twice a year on either side of neat, closely mown paths would transform the green spaces in more pleasant and biodiverse areas. And we can extend these ideas throughout Crail, reducing the amount of maintenance that the Council needs to do and bringing more wildlife into the heart of Crail. Why is Beech Walk Park all just short grass – you can't play football at the edges? Why is the unused part of the cemetery extension also all just short grass? No-one is allowed to play there and nothing will happen there for many, many years. So why not do some wildlife friendly planting and have some flowers and shrubs there to make things a little better for people when they visit the cemetery? As the cemetery expands so the land can be reclaimed, but in the meantime...

New Habitats

Much of the surroundings of Crail is very intensive farmland. The fringing shore and Crail's location on the migratory flyways makes up for this, but without these advantages we would be living in a very sterile place indeed. There is a huge opportunity for us to create some habitat in the land around Crail. Small patches of woodland and meadow can perhaps be coaxed here and there by goodwill, as with the corn bunting project. But what about actually creating some larger special places? A woodland on common good land as you leave Crail on the St Andrews road perhaps? Or what about a wetland at Kilminning? This neglected piece of council managed land (for this read our land held on our behalf by the Council) has been used unsuccessfully as a dump and a travelers site; other uses include a noisy go kart track. But why can't we create a nature reserve here? Remove the tarmac, dam the burn to make a wetland area or even a small lake at the southern end, and a series of small ponds at the northern end. Plant trees and hedges and make a really interesting site to stop for a picnic for tourists on the coastal path, or for Crailers on a weekend. The site is apparently derelict and unloved, but many of us walk our dogs or look for wildlife there. Sooner or later the council will earmark this land for development, unless we can show that the people of Crail would actually prefer something else there.



The Environment and the Charrette

My main point here is that we can decide what we do with our environment that we walk through every day, rather than just accept the status quo. We should only ever accept a development plan that fully incorporates enhancing the natural environment of Crail. Much of what we have we accept because this is what we are used to. We surely don't enjoy paying for gangs of men with trimmers roaming Crail when we are having to make real cuts to our school day or our NHS services: it is just that it is currently what the Council does, because it is the easiest way to "keep things tidy" to fulfill their role as managers of our common land. But we can go much further than tweaking how we manage what we have: we can create new environments, even as we build more houses. Imagine Crail in 50 years with several Denburns, an orchard in the sheep field, wildflower meadows running down to the sea, hedgerows along the footpaths, new houses with reasonable sized gardens, green spaces for wildlife rather than ease of mowing, a new woodland and wetland to walk to... and all as well as the gannets and puffins to watch passing Roome Bay. Crail is a nice place. You can't choose where you are born, but you can choose where you live. And you can choose how you will live – engagement with the charrette by everyone gives us the authority to take this kind of vision forward. To stand up to selfish development. To maintain and create a lovely place for us to live in.

These are some of my ideas, and I know others share them from my conversations when I am out birding around Crail and the feedback I get for Wild Crail. There are many other potential ideas of course. But we need to get such "concrete" ideas firmly in the fabric of future development plans for Crail. Engagement with the charrette is the key to this. If the majority of people living in Crail want the environment to be an important consideration in future development, then this is much more likely to occur. We can reject externally imposed, unsympathetic, selfish and destructive development because we can clearly show that it is the will of Crail's people. We can accept locally sympathetic and sustainable development because we can clearly show that it is the will of Crail's people. The really important thing here is that this should be so because it is demonstrably the will of everyone (more or less) in the community. The charrette, in a nutshell, is simply to establish what everyone would like to see in the future for Crail: please engage with the charrette, make your views known and hopefully push the natural environment and potential biodiversity of Crail up the list of priorities.

Will Cresswell



Seal pups: what to do



The S.S.P.C.A. (Scottish Society for the Protection of Animals) is urging members of the public to contact the animal helpline if they see a distressed seal pup lying on the shore this winter. Nursing pups remain with their mothers for 4 to 6 weeks and are then weaned to forage and survive on their own. Pups are precocious at birth, capable of swimming and following their mothers into the water immediately after birth. Seals are wild animals that can be aggressive and bite, causing major wounds and possibly infections to humans.

If you find a live seal:

Watch it from a distance. Do not approach the animal. Seals regularly haul out on our coasts - it is part of their normal behaviour and in fact they spend more time out of the water, digesting their food and resting. Therefore, finding a seal on the beach does not mean there is necessarily a problem and they should not be chased back into the sea as this may stop them from doing what they need to do - rest. A healthy seal should be left well alone.

After stormy weather and high tides, seals will haul out onto beaches to rest and regain their strength. Many do not need first aid however; if there is a problem, there are a number of things you may see:

- ☐ Abandoned: If you see a seal with a white, long-haired coat in the autumn/winter, or you see a small seal (less than 3 feet in length) alone between June and August, then it is probably still suckling from its mother. Check the sea regularly for any sign of an adult seal.
- ☐ Thin: Signs of malnutrition include visible ribs, hips and neck and perhaps a rather baggy, wrinkled skin.
- ☐ Sick: Signs of ill health include : coughing, sneezing or noisy, rapid breathing and possibly thick mucus coming from the nose, wounds or swellings, particularly on the flippers, and possibly favouring one flipper when moving (although remember that healthy seals will often lie and 'hunch along' on their sides) cloudy eyes, or thick mucus around them, or possibly one eye kept closed most of the time a seal showing little response to any disturbance going on around it (although remember they could be soundly asleep).

Colin Seddon, manager of the National Wildlife Rescue Centre, said, "Anyone concerned about a seal pup should give us a call before approaching them. This includes seals who appear injured, are found on public beaches or are spotted in unusual places such as non-breeding areas. Unfortunately we are often contacted about seal pups who are healthy but have been abandoned by their mothers because someone has disturbed them."

Fife Coast & Countryside

An unfortunate regular sight everywhere is the mess of cigarette butts left when some smokers choose to just drop their cigarette end on the ground. The two pictured patches were found on West Sands recently, within 20 metres of a bin. Cigarette butts are the most common item of litter we find here at West Sands – worldwide, cigarettes account for 19% to 38% of the litter collected from beaches. When I've challenged people that drop cigarettes, I often get the response that "they are just paper, they do not harm". That's definitely not the case. Cigarettes contain cellulose acetate, which is a form of plastic, with the filters taking approximately 10 years to decompose. When the filter enters the marine environment, it is very easy for it to be mistaken for a food source – filters have been found in the stomachs of fish, birds, whales and other marine creatures. Clearing cigarette related litter is also expensive, with estimates suggesting it costs Scotland more than £34 million each year. So what can we do about it? Persuade people to change behaviour. Start with your friends and family – if they drop cigarette butts, ask them to bin it and let them know it is not ok to litter. If each of us can get one person to change their behaviour, we can go a long way to solving the problem!"



Coffee Morning

Saturday 19th January 10am – 12noon
British Legion Hall
Entry £2. Raffle and home baking.

All proceeds go to Scotland's Charity Air Ambulance.



Scottish Fisheries Museum

Boats, fish and folk...

As we all ease ourselves back into normal busy patterns of life after the festive break, a few things to tide us through the first month of the year... a final chance to catch our exhibition on the theme of the Remembrance, what's sure to be a very interesting talk focussing on one particular local tragedy featured in the exhibition and an important but worrying display on the huge and horrifying problem of plastic pollution in the marine environment... just to really help intensify those January 'Blues'!

Until 20th January 2019, Lest We Forget: Remembrances of WW1

A New Exhibition at the Scottish Fisheries Museum to mark the Centenary of The Great War

A poignant exhibition of World War 1 stories, highlighting the personal memories of some of the people mentioned on our local war memorials, how their lives were touched by war and how our communities remember them.

Normal museum admission prices and opening times apply - www.scotfishmuseum.org

Monday 14th January, No Grave but the Sea: The Loss of Andrews Henderson, A Talk at the Scottish Fisheries Museum, 6.30pm

Join us for a talk by Richard Wemyss who will share his research on the impact of World War I on the East Neuk fishing industry, centred on the loss of one man and his crew while fishing in the Firth of Forth.

Also a chance to see the exhibition Lest We Forget: Remembrances of World War I.

Entry free; Refreshments by donation

<https://www.facebook.com/events/344083746373283/>

Saturday 12th January to Sunday 24th February (dates TBC), Anstruther Improvements Association Presents "It Ends up on Our Beach" An exhibition of photography highlighting the worrying scale of plastic pollution on our local beaches in the Merchant's Room gallery of the Scottish Fisheries Museum

This photographic exhibition will show the grave reality of litter and its impact on the East Neuk's shores.

During a 12-month period, Christine Keay of the Anstruther Improvements Association (AIA) undertook the task of cleaning up her local beaches of rubbish and litter, saving a fraction of her haul to highlight the huge range of items that are left, or washed up, on Anstruther's beaches.

Christine teamed up with local retired environmental scientists, Graham and Linda James, to discuss how best to show to the public what she had witnessed and collected over that year. The resulting photographic exhibition, It Ends Up On Our Beach, will display 20 photographs taken by Graham (a keen hobby photographer), highlighting the scale of the problem of litter and plastic on our beaches and in the sea.

With the images split into the varying categories of waste found, alongside information supplied by Linda regarding the composition of the waste, whether it is recyclable, and potential future uses for such recycled materials, this eye-opening exhibition hopes to ignite people's passion in the local and global environment, taking a look at what we can all do to limit the impact we have on our seas.

It Ends Up On Our Beach is co-hosted by the Anstruther Improvements Association (AIA) and Plastic Free Anstruther, with generous sponsorship from The Community Kist.

<https://www.facebook.com/AnstrutherImprovements/>

<https://www.facebook.com/pages/category/Cause/Plastic-Free-Anstruther-2301500626531169/>

Free entry! See museum opening times etc. on our website www.scotfishmuseum.org

Keep an eye on our Facebook page for confirmation of dates and activities relating to the exhibition.

Crail Parish Church of Scotland (Charity registered in Scotland SC 001601)

Monday Club: **14th January** in the Community Hall at 2:15pm, Talk "Further Bird Adventures" by Will Cresswell

There will be a Session meeting on **Tuesday 15th January** at 7.00pm in the Kirk Hall.

There will be a Worship Group meeting on **Thursday 17th January** at 2.00pm in the Kirk. All who would like to help with worship will be most welcome.

Nominations Committee: Notice is hereby given that a meeting of this congregation of Crail will be held in the Church on **Sunday 20th January** at the close of worship for the purpose of appointing a nomination Committee.

Next week's service will be taken by Rev N Robb

Intimations to be in by Thursday noon to Lisa 450035, or email (intimations@crailchurch.co.uk)

Session Clerk: Helen Armitage 450516

Interim Moderator: Rev Brian Oxburgh

Scottish Country Dancing

Crail Town Hall
Wednesday at 7:30pm
October to March

CRAIL BADMINTON CLUB

MEETS ON TUESDAYS 7 – 10 PM IN
CRAIL COMMUNITY HALL
New members welcome
Any queries:- Tel. Anne on 07769156003

RBS Community Liaison

RBS Community Liaison staff will conduct drop in sessions each Tuesday from 1000 to 1200 in Anstruther Lower Town Hall. Anyone with questions or concerns is welcome to attend.

Crail Mobile Post Office Service

Location - Along High Street opposite the Beehive
Opening times:
Monday: 1400-1600
Tuesday: 1400-1600
Wednesday: 1400-1600

Contact your Fife Councillor?

Cllr.Linda.Holt@fife.gov.uk 07725 223773.
cllr.bill.porteous@fife.gov.uk 01333 730837 or
07753982311
cllr.john.docherty@fife.gov.uk 07718 66 89 96

Do you know any young carers?

We are the respite care officers for Disabilities Fife. Carers that are actively looking for families to help. Please feel free to contact us anytime by:
Phone - 01592 203993
Email - respite@disabilitiesfife.org.uk
Website - YoungCarersRespite.com

Senior Carers Respite Fife

Senior Carers Respite Fife are pleased to introduce our great new service - Senior Carers Respite Fife. This is for carers 60 plus. We come to you and lend a helping hand. At a time that's convenient to you. This is a FREE service. For more information email Moira or Adele at respite@disabilitiesfife.org.uk or call on 01592 203993

R.B.S. Mobile Branch Timetable

Tuesdays St. Andrews Road Car Park, Anstruther – 2.15pm -3.00pm; Thursdays North Marketgate, Crail – 10.20am 10.50am

Crail Community Choir

The choir welcomes all adults who enjoy singing. There is no requirement to read music and the evenings are relaxed, friendly and informal.

The new session starts on Monday 11th February at 7.30pm in the Town Hall.

Useful Emergency Numbers

Samaritans	116 123
Breathing Space	0800 838587
Social Work Out Of Hours Emergencies	03451 55 00 99
Adult Protection Phone Line	01383 602200
Child Protection or Social Work	03451 551503
NHS24	111
Police	101
CARF (Citizen's Advice & Rights)	0345 1400 095
Homeless Emergency Number	0800 028 6231

Crail Table Tennis Club

It's a fun affair with some serious play and banter, the cost per session is only £3.00 and that includes free membership for the season which lasts throughout the winter months.

We play over three tables and there is rarely time to sit down, so if you are looking for things to do as the summer months drop off why not pop down and join us. If you would like to know more then please call:

Graham at The Honey Pot on 01333 450935.
Community Hall (Side Entrance)
1900 Tuesday
All welcome

Crail Hospital Car Service

It's only when you can't drive because you or the car is sick, or it is too daunting to think of standing in the cold, waiting for a return bus from the health centre or the dentist, or you need to get to Kirkcaldy hospital that you wish for a bit of help. Maybe you're new to Crail and don't know many people yet. That bit of help is there and has been for 54 years in Crail. It's the Hospital Car Service. It gets no funds from anywhere, though occasional donations means no one is refused if they genuinely can't afford the contribution to the cost of the journey. It relies on a small band of drivers, good neighbours, but they are getting on a bit themselves. Two have small operations themselves; two have relatives who need care; three have part time jobs. New drivers are desperately needed. Once or twice a month. More drivers would mean even fewer calls on each one. If you feel you could offer, you can ring **450096**. If you need help it's the same number.

Remembrance

Crail Matters is putting together a collection of material that will describe and commemorate the Remembrance services in Crail this year. Because it was a significant anniversary, we propose to collect together images, service details, etc. of the events in the form of a digital and hard copy booklet, and lodge them in the Museum Archives. We would like to invite any of our readers who might wish to have recorded the memories they may have of people who served in the First World War, or have family or other stories that are relevant, to submit them for inclusion in the final document.

St Andrews Out Of Hours

The Out of Hours working group met last week to discuss the progress on retaining the Out of Hours and Minor Injuries Service at St Andrews Community Hospital. A delegation from the group went to the IJB (Integrated Joint Board) meeting in December to put forward proposals with the agreement from Michael Kellet (Head of Fife Health & Social Care Partnership) that the consultation process will be re-run to include St Andrews in the next option appraisal. It is our understanding that North East Fife will have some sort of provision but it may not be what was there before.

The active public consultation process in North East Fife, from 1 June – 1 September 2018 took place after a decision had already been made to exclude St Andrews from the options to be publicly consulted upon. In the 5 workshops held in 2016, in advance of the option appraisal process no members of the public were present. The 3 option appraisal workshops held in 2017 involved only 41 members of the public in the whole of Fife – 9 from the East Neuk. It is becoming more clear that no frontline staff from St Andrews Community Hospital were involved in the option appraisal exercise or workshops leading up to the option appraisal workshop.

Within the criteria against which the options were marked, the lowest weighting was given to equitable care. This category not only included the issue of geography but also mixed in with geography were gender, ethnicity and socio-economic status. We believe these should have been given a category of their own considering the accessibility of rural areas with poor roads and transport links. There should also have been a category of timely access to care which covers the avoidance of harm due to delay in accessing care as we believe North East fife has a distinct demographic situation. North East Fife has the highest number of over 90 year olds in Scotland.

Although the option appraisal is to be re-run, the option of retaining St Andrews Hospital may be rejected when it goes back to the IJB in April which is comprised of civil servants and elected representatives, of which only 2 are from North East Fife.

However, we still need to peruse the issue of staffing, which is the claim of why the service was closed to begin with and has been the IJB's most significant argument. We have proposed that all GPs in North East Fife form a working group to explore this. However, the rota for St Andrews has always been full for St Andrews and the next few months are full as well, but this is not the case for Glenrothes and Dunfermline who are struggling to cover shifts.

Fife Health and Social Care have said that currently they know of no issues as a result of closing the St Andrews service and some people are being seen at Kingscross in Dundee. However, we have heard of people who have had to wait 3+ hours to be seen here or have been turned away. We are now trying to collate these stories as evidence to take back to Fife Health and Social Care. **So if you have had a negative result as a result of the closure of St Andrews Out of Hours, please get in touch with Heather on heatheraird@btinternet.com to help save St Andrews Out of Hours!**

Communities do make things happen.



When in 1987 the people in Kirkcudbright felt they needed a swimming pool rather than go the ten miles to Castle Douglas, a group calling themselves Friends of the Swimming Pool started to raise money.

Three years later they opened a charity shop in the town, which is twice the size of Crail and has lots of art galleries, to fund it. They looked at plans, decided they could

build one for less than the Council proposed, raised £100,000 and in 1997 the pool was opened near the High School grounds.

The charity shop, admittedly the only one in town except for a seasonal one, continues to fund it to the tune of £900 a week turnover.

Schools use it; under-18s can use it free on Saturday mornings until 2.30; there are warm sessions for the elderly and rheumatic. And signs over the showers say 'Remember We Pay the Bills'.





Community Council Notes

**The next Community Council meeting will be at 7.15pm, Monday 28 January.
All members of the Crail community are welcome to attend.
Local Fife councillors will be in attendance.**

Phases 2 of the Crail Charrette

The Phase 2 Workshop of the Crail Charrette will be held on Saturday the 9th of February 10am-12pm in the Community Hall, with a further meeting on Wednesday 13 Feb. 7pm-9pm for people unable to attend the Saturday meeting.

The aim of this Second phase Workshop is to funnel the wishes expressed in the first well-attended one into realistic and achievable goals. The Charrette Team would like to suggest four areas to focus on:

1. The number of halls in Crail and their uses.
2. Housing Development - how can we influence it.
3. Local business, old and new.
4. Other developments.

The Team will bring plans for discussion, and will explain the processes, often time-consuming, by which funding can be got, and aims achieved.

To see what other communities are doing and a recall of what Crail has done for itself see, Making It Happen in this and succeeding issues of Crail Matters.

Thank You!

The Editorial Team of Crail Matters would like to express grateful thanks to everyone who responded to last week's appeal for donations to help support the newsletter. We have several regular donors too so our grateful thanks goes out to you all. Without you, there would be no Crail Matters.



The Crail Seagull



Have you seen all the fishing boats out of the water and sitting at the harbour? Although we've had some fierce winds recently, I'd never have thought that they were strong enough to achieve that! It's fine, no need to worry, the wise owl told me that a huge crane had come along and lifted them out, phew! I wonder why...

Has anyone seen the Phantom Dog Poo Chalker recently? There must be lots and lots of new dogs around (or increasing numbers of careless owners) as there's an awful lot of dog poo around the place, or so I'm told. And, it's not just in Crail either. One of my cousins from further up the coast told me that other coastal communities see far more dog mess than seagull mess (that's saying something!) Even other lovely wee towns like Freuchie are experiencing lots of complaints, I know that this is true, the gossipy sparrow told me. Do some folks have bad backs and can't

bend down or are they just too lazy to care and can't be bothered? I often see folks picking up after their dogs so it can't be them.

Material for inclusion in Crail Matters should be sent to crailmatters@gmail.com and received on Friday midday before publication. Any views expressed in Letters to the Editor are those of the author, and not of Crail Matters.

We reserve the right to edit copy for length and style. Submission does not guarantee inclusion.

© Crab Publishing 2019: Editorial Team this week: Helen Byres, Julie Middleton, Isla Reid, Valencia Sowry, Max Taylor, John Wilson