



# CRAIL MATTERS

W/C 7 January 2019. No 91 Free - donations welcome

Suggested hard copy Donation 40p

*Crail; The Jewel of the East Neuk.*

### A request for Help

Crail Matters is distributed free of charge for both paper and digital issues and we accept advertisements without any charge. We do this because we strongly believe that by providing a vehicle for news of events, people and things, we are investing in our community. Although Crail Matters is independent of any political party or grouping (including the Community Council), we believe that local democracy and community wellbeing thrives when people have an opportunity to access local information and opinion. We undertake to make our pages freely available to all who wish to contribute. We distribute 512 digital copies each week (growing by around 2 or 3/week), and a further 120 hard copies, giving a total distribution of around 630 issues/ week. On average, each week the digital copies are opened 1,300 times, suggesting recipients open each issue 2 or 3 times (perhaps on multiple computers/ mobile phones or by other family members).

But providing this service costs money!! We estimate that each hard copy costs around 40p to produce, with in addition the back office costs of computers, software and licenses. A number of very loyal supporters make regular contributions to us - and for this we thank them and are very grateful, because this gives us the capacity to continue week by week. If you do not make a donation, would you consider doing so? Crail Matters operates as a non-profit making entity, and any surplus we generate is donated back into Crail. Could you help? Please contact one of the Editorial team for information on bank transfers, donations, etc.

### Scottish Ambulance Service Performance

Performance statistics recently released by the Scottish Ambulance Service show that response time to life threatening calls in the East Neuk are twice the response time for similar calls in St Andrews, Kirkcaldy, Leven and Perth. The average response time in the East Neuk was 10 minutes, compared to 5 minutes in Dundee, and 6 minutes in St Andrews. The national target is 8 minutes.

### 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.



## New Dunes for Old Trees

Saturday 12th January 2019, 10.00am - 12.30pm

Join the West Sands Ranger Team as we place donated Christmas trees in a crater in the sand dunes as part of our sand dune regeneration project.

No need to book, just turn up on the day with sturdy footwear and old clothes appropriate for the weather.

Meeting Point: Beside the Christmas Tree donation compound on West Sands Road.

For further information contact our Rangers on 07984 152558 or email [Gavin.Legg@fifecountryside.co.uk](mailto:Gavin.Legg@fifecountryside.co.uk)

[fifecoastalpath.co.uk](http://fifecoastalpath.co.uk) [fifecountryside.co.uk](http://fifecountryside.co.uk)  
experience • engage • enjoy

# Small Repairs Service



Are you over 60?

OR

Are you over 50 and registered disabled?

Do you own your own home?

OR

Are you a private rented tenant with responsibility for repairs to your home?

If so, you may be able to use our **Small Repairs Service**

**We can help with:** small joinery repairs, basic plumbing repairs, cleaning your rhones (single storey height only)

**Call us on 01592 632592**

E: [careandrepair@kingdomhousing.org.uk](mailto:careandrepair@kingdomhousing.org.uk)

  
**KINGDOM**  
Housing Association

## Crail British Legion

The members would like to thank everyone who attended our Christmas Coffee Afternoon in December. Your local support is much appreciated. Final figures are not to hand yet as some donations are still to be included. As usual all proceeds will be shared amongst Military Charities.

Our January meeting is on Wednesday 9 January at 2.15pm when we will have a Scottish themed afternoon tea. Looking forward to a good turnout of members.

## Planning Applications

Replacement of windows - 4 West Green Crail Anstruther Fife KY10 3RD

Ref. No: 18/03672/FULL | Received date: Fri 21 Dec 2018 | Status: Pending Consideration | Case Type: Planning Application

Listed building consent for replacement of windows - 4 West Green Crail Anstruther Fife KY10 3RD

Ref. No: 18/03673/LBC | Received date: Fri 21 Dec 2018 | Status: Pending Consideration | Case Type: Planning Application



## Quiz Night - Sepsis Research

Guess the birthday for the Harrods bear was drawn on the 18th of December and was won by Elis Reekie from Crail who correctly guessed the birthday as 16th February. A total of £220 was raised from this and along with the total from the quiz night, the combined total comes to £750 (as some of the 'bear' money was included in the quiz night total). A huge thank you to all who supported and donated. Many thanks again, Fiona Thomson

## 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.**





This is the first of a series of articles that illustrate how communities can make changes to where they live to achieve ends they think are important. The next step of the Charrette process will require us to think about and plan for the changes we think are important - we hope this example, and others in succeeding weeks, will illustrate what can be done.

**Boarhills and Dunino community gain right and funds to buy land**

Scottish Ministers have given their consent to Boarhills and Dunino Community Trust to purchase the land to the North of No 3 Boarhills Farm Cottages. This follows a community right to buy application by the community trust to buy the land

to provide a community green space which can be used for recreation and an orchard. The site also contains a B-listed 17th Century doocot which is in derelict condition, and the community hopes in time to restore this important historic building, making it accessible to all. The area is immediately adjacent to the Fife Coastal Path and the group also intends to provide access to toilet facilities and water for coastal path walkers who pass the site each year. £146,340 was awarded in August 2018 by the Scottish Land Fund to enable the implementation of the vision to create along with the renovated Dooocot a community orchard, seating, play area and wildflower area.



**Crail Parish Church of Scotland (Charity registered in Scotland SC 001601)  
Intimations Sunday 6th January**

Happy New Year & Welcome to our Service

Chatbite resumes on Wednesday 9th January in the Kirk Hall. 10 - 12. Come along for coffee, cake and chat. All most welcome.

Guild: Thursday 10th January in the Kirk Hall at 2:15pm, Talk about “Cambo” by Keri Ivens.

Next week’s service will be taken by Mr Angus Shaw

**Notice**

Would the owner of a black and white spaniel (?) with blue harness very kindly get in touch at the number below to discuss the encounter between her dog and mine on the West Braes high path on Wednesday 19th December at approximately 1 pm. My 6 year old black lab was being walked by my 22 year old son. 07766704331. Thank you. £265 vet bill followed!

**Epiphany and Christmas**

Well, Christmas is officially over! The 6th of January is the Feast of the Epiphany and the traditional end (at least in our tradition) of the Christmas season. A lot of Christian traditions mark this day; in much of Europe, and particularly in Spanish speaking areas world-wide, the 6th is celebrated as the Feast of the Kings and is an important religious as well as secular occasion. It marks the coming of wise men, the Magi, who brought gifts to the infant Christ, and is the time when families exchange gifts, rather as we do on Christmas Day. In Ireland, the 6th is known as Woman’s Christmas (Nollaig na mBan) and still in some parts of Ireland (especially the South and West) men take on domestic roles on that day.

In our tradition, we tend to mark the occasion in a different way, by taking down our Christmas decorations (and the Fife Coast and Countryside Trust advert on the front page nicely adds to the sense of end of Christmas). So the 7th, the day after Epiphany as well as this year being a Monday, is the day when we move back to the normality of a world of work

not lit up by decorative trees and lights. But whilst that seems to be the lead into a time of cold and dullness contrasted with the pleasures of Christmas, it is worth remembering that the word epiphany means ‘revelation’; and revelations don’t stop once made – they continue. And as in the last testament of the Bible, the Book of Revelation, the essence of the Revelation of Christmas is that it precedes Easter, where faithfulness is ultimately rewarded, and justice done. Christmas leads to Epiphany, and Epiphany points the way to the crucifixion, and the resurrection.

SP



### **Scottish Country Dancing**

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

### **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.

### **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

### **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](mailto:respite@disabilitiesfife.org.uk) or call on 01592 203993

### **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.**

### **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

### **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.

### **CRAIL BADMINTON CLUB**

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

### **Crail Mobile Post Office Service**

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

### **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](mailto:respite@disabilitiesfife.org.uk)  
Website - [YoungCarersRespite.com](http://YoungCarersRespite.com)

### **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

### **Useful Emergency Numbers**

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

### **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.

www.nhsinform.scot




	<ul style="list-style-type: none"> <li>• coughs and colds</li> <li>• sore throat</li> <li>• diarrhoea or constipation</li> <li>• indigestion</li> <li>• aches and pains</li> <li>• help if you run out of your repeat prescription</li> </ul>	<b>Pharmacist</b> (self care)
	A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues.	<b>GP Surgery</b>
	<ul style="list-style-type: none"> <li>• tooth pain</li> <li>• swelling to your mouth</li> <li>• painful or bleeding gums</li> <li>• injury to your mouth</li> <li>• advice on oral hygiene</li> </ul>	<b>Dentist</b>
	<ul style="list-style-type: none"> <li>• red and/or sticky eye</li> <li>• pain in or around your eye</li> <li>• sudden loss of vision</li> <li>• blurred or reduced vision</li> <li>• flashes and floaters</li> </ul>	<b>Optometrist</b>
	<p>NHS 24's health information service includes self-help guides for a range of common conditions.  <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a>            When your GP and local pharmacy are closed, and you are too ill to wait, call 111.</p>	<b>NHS 24</b>
	<ul style="list-style-type: none"> <li>• Breathing Space 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a></li> <li>• Choose Life <a href="http://www.chooselife.net">www.chooselife.net</a></li> </ul>	<b>Mental well-being</b>
	<ul style="list-style-type: none"> <li>• cuts and minor burns</li> <li>• sprains and strains</li> <li>• suspected broken bones and fractures</li> </ul>	<b>Minor Injuries Unit</b>
	<ul style="list-style-type: none"> <li>• suspected heart attack or stroke</li> <li>• breathing difficulties</li> <li>• severe bleeding</li> </ul>	<b>999 or A&amp;E</b>



## *The Crail Seagull*

It doesn't do to want to use a public lavatory over Christmas - at least not in Crail. One of the friendly dogs told me that the toilets that were so expensively renovated were all locked up from Christmas Eve over the Christmas period. Not a problem for a Gull of course, but it seems it was a problem for some visitors judging from the complaints I've heard.

Did you have any damage from the storms in December? I saw lots of debris on the roads, and quite a few branches down, but no big trees that I could see. I decamped from Flook Dub to avoid all the high seas.

Material for inclusion in Crail Matters should be sent to [crailmatters@gmail.com](mailto: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.

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