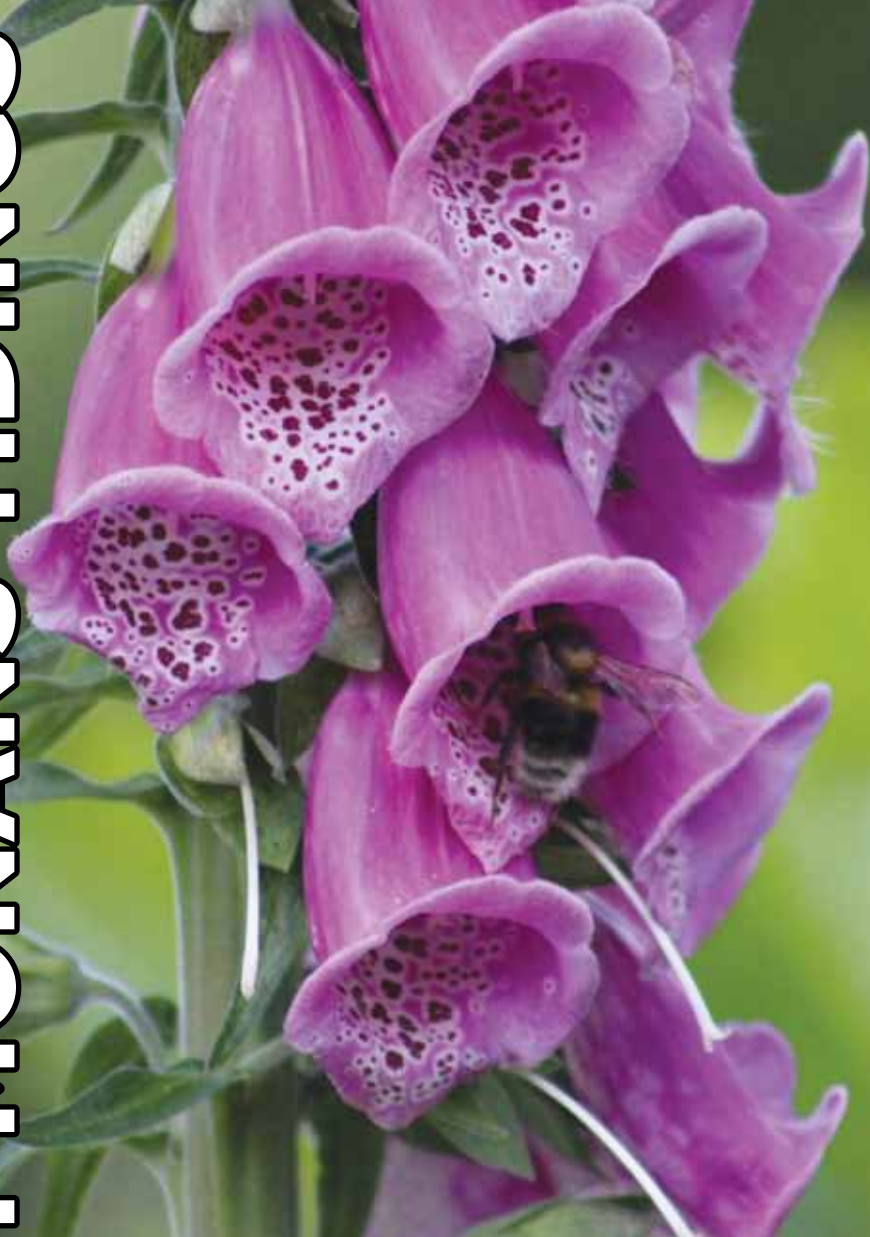


ABERCROMBIE AND ST MONANS TIDINGS



*Community Newsletter
April/May 2022*



WELCOME MESSAGE FROM THE EDITORIAL TEAM

Welcome to the first issue of *Tidings* of 2022, and an especially warm welcome to newcomers to our villages including those who have already moved into the Lochay Homes development in St Monans. Our newsletter is published around 3 to 4 times per year with the objective of keeping residents and visitors informed about things happening in and around our villages. Of course, over the past two years, local matters have been hugely influenced by global events; as Covid related restrictions

are eased, we look forward optimistically to the remainder of 2022 and hope that local events can return to pre-pandemic levels and that businesses in our community will thrive and flourish.

If you have any suggestions for future editorial content for our newsletter, wish to place an advert, or would like us to distribute flyers with *Tidings*, please get in touch at stmannewsletter@gmail.com

COMMUNITY ACTION PLAN UPDATE

The St Monans & Abercrombie Community Action Plan ('CAP') was created in 2018 to summarise the opinions and aspirations of our local communities.

As a reminder, the CAP was based on a series of household surveys and interviews undertaken in both villages during autumn 2018. These responses were presented at a community open day where local residents were given the opportunity to vote for their favourite projects. The whole process was coordinated by a small team of volunteers, all of whom were local residents.

A number of ideas identified by the community and included in the CAP have been successfully implemented (or are in the process of being implemented). As the CAP

report expires at the end of this year, it is worth reflecting on what it has achieved; the CAP didn't make all these things happen - it simply listed our aspirations!

- improved disabled access to the Auld Kirk
- villages Newsletter
- development of cycle paths between East Neuk villages
- establishment of a mother and toddler group
- establishment of a walking group and other interest groups
- renovation of outdoor swimming pool
- renovation of the play parks
- improved signage

Each success was down to the hard work and perseverance of individual

residents or groups taking on these projects.

As a marketing tool, the CAP came into its own in providing an objective document to demonstrate community support for their project. In order to be eligible to *apply* for a grant from the Fife Environment Trust, for example, it was necessary to demonstrate a genuine community identified need. Several projects have been successful because of the CAP and as a result our villages have benefitted and will continue to benefit long after the expiry of the CAP.



ST MONANS PLAYPARK REDEVELOPMENT - UPDATE FROM THE PLAYPARK COMMITTEE

Work is due to start on the playpark at the beginning of April. This has been delayed slightly due to the contractor experiencing severe delays to projects and supplies resulting from the ongoing pandemic. All being well the park should take around 8 weeks to complete. Further updates will be issued when we get them.



WELCOME MESSAGE FROM THE NEW COMMUNITY EDUCATION WORKER

My name is Heather Whyte and I am the new Community Education Worker for the East Neuk area for Fife Council. Professionally, I have worked in both third sector and local authority settings within Communities and Education. I'm also a volunteer and have been

working with young people for over 20 years. Being new to working in the East Neuk, I have been spending some time getting to meet people and see the many vibrant communities in it. I'm looking forward to helping develop and support groups in St Monans.

Our Community Learning and Development team are very excited to start opening groups again after such a long time of working online. We understand it has been a really difficult time for many people and we want to be there to help communities reshape and re-engage together in this Covid recovery period. So far in St. Monans, I have been supporting the Community Larder with their development and preparations for Cafe Inc to be run during the Easter break. I have started a small

cooking group in Cellardyke and a Stay & Play session in Anstruther after the closure of the playgroup.

I hope to be able to explore the needs and offer more opportunities to the community as I grow into the role and learn more. You may indeed bump into me at some of the community larders or community centre groups in future, so please say Hello! However, the easiest way to reach me is by email: heather.whyte@fife.gov.uk

STAYING SAFE ON THE FIFE COASTAL PATH

Users of the Fife coastal path may have noticed the appearance of new coastal safety markers like the one near St Monans windmill which is pictured here.

There are 38 markers between Shell Bay and Kingsbarns which are designed to help locate people requiring emergency assistance. Each has a unique reference (in this case, E-13) which is recognised by the emergency services who will not only know the precise location, but also the best access points to save potentially vital minutes in reaching those needing assistance.

The project leading to their installation has been run in partnership with RNLI Anstruther Community Safety Team, Fife Coast and Countryside Trust, Police Scotland and The Waid Academy. It will be reviewed over coming years, with the hope that the model is taken up by other coastal locations around the UK.



ANSTRUTHER LIFESAVING HUB

The RNLI is the charity that saves lives at sea in Scotland. In Anstruther, our volunteer crew cover one of the busiest waterways in the UK and we urgently need to raise £100,000 to fund new facilities so that we can continue saving lives.

fit for the future. We make the best of its current space and facilities but, crucially, the new lifeboat and launching system won't fit inside. Also, the existing launch slipway could be better placed for faster and safer launching. This will help both our volunteer crew and the people we save.



Alongside the clear benefits in terms of lifesaving operations, the new station will become a community hub for Scotland. We pride ourselves in first-class community involvement and every year we work with schools, watersports groups

and fishing crews to share water safety knowledge and skills. We also work closely with agencies like local first-responders, fire service and police. The new station will enable our volunteers and staff to strengthen these partnerships for the benefit of the local community and beyond, and we're looking forward to hosting joint workshops and sharing our facilities.

Our current station in Anstruther is a reassuring presence for people in the water or by the shore. It's home to the only all-weather lifeboat on the Fife coast and our much-loved Mersey class lifeboat has helped our crew rescue around 550 people over the last 30 years. Technology has now moved on and we are expecting a new Shannon class lifeboat in 2023, which will vastly improve the speed and range of our operations, almost halving response times. Every second counts when it comes to saving lives.

Please join us in building a new lifesaving hub in Scotland. Your generous support will help save lives now and in the future. Find out more now at <https://rnli.org/support-us/give-money/give-to-a-special-appeal/anstruther-appeal>.

The current station was built at the turn of the last century and is not

ST MONANS COMMUNITY LARDER

The weekly Community Larder opens every Friday at 11am at the Town Hall to welcome around 25 - 30 households who help us reduce food waste in and around St Monans. Every Thursday night we pick up sacks of food that the Co-op in Anstruther can no longer sell, and which would otherwise be going to landfill. But over the past three months we have been "recycling" the food, making it available to our customers, and at approximately six sacks per week,

we have already saved over 50 sacks worth of food in the first two months of the year.

Our success has led us to consider opening on another day per week! But it needs more volunteers who would be willing to give a couple of hours of their time fortnightly. If this is something that appeals, or you just want to know a bit more about it, please email me at revhugh@hotmail.com and I'll be in touch.



ST MONANS CHURCH NEWS

Despite an uncertain couple of years due to the global pandemic and rumour of impending closure, St Monans Parish Church is still alive in

our community. We have emerged from the pandemic, and like most organisations, we are having to look at how we do things. We are

actively supporting the Residents Association's Community Larder, have a number of activities through the week and have resumed regular in-person services in the Auld Kirk. The future of all Church of Scotland congregations is being reviewed by the Presbytery of Fife, however we are determined to continue our vibrant, enthusiastic, and optimistic presence in our community. The Kirk Session and our Minister want to influence the decisions made at Presbytery and that comes from

having a wide range of community-based and community-led church involvement.

We are here to serve the community and be an active part of it. We held consultation events in March and will be using these to direct where we go and what we do next, but what are your ideas? Add your thoughts to the discussion by emailing info@stmonanschurch.org.uk or follow us on Facebook and drop us a message.



HOLY WEEK AND EASTER

Palm Sunday - Colinsburgh Town Hall
10.30am Family Service
12noon HopeCafe@Colinsburgh/Lunch
12.30pm Family Fun with Easter Egg Hunt
7pm Palm Sunday Reflections in Largo

Monday & Tuesday - online
7pm YouTube Reflections

Wednesday - St Monans Parish Church
7pm Reflective Service

Thursday - East Neuk Trinity, Elie Building
7pm Maundy Thursday Communion

Friday - Largoward Parish Church
3pm Open Air Service

Easter Sunday
8am St Monans Harbour & Breakfast
9.30am St Monans Church Hall
11am East Neuk Trinity, Elie Building

East Neuk Trinity CHURCH OF SCOTLAND
Knowing God Loving Community Serving People

YouTube Facebook

the family of st monans
open hearts open minds open to ever yours

NEEDLE AND PINS

East Neuk Needles and Pins group is open to everyone. The group meets every Tuesday at 1.30pm to 3.30pm in Braehead Church hall in St Monans. There is plenty of tea

and biscuits, plenty of chat and if you need a hand with your current project, or if you wish to master a new skill, there's plenty of expertise to call on. Some members have

been knitting, sewing, crocheting etc. for a few charities during the past 6 or 7 months and many lovely items have been produced. If

you've never done any needlework, but wish to learn, you'll be made to feel very welcome. Elaine Hilditch 07711 617783

JIM MATTHEW CAMERA COLLECTION - UPDATE

The collection is available for public viewings by individuals or small groups, as normal by arrangement at mutually convenient times and do please visit our Facebook page. The Trust wants to open on a more regular basis and is looking for volunteers who can be available

for a few hours each month to help with visitors. For further details, please contact treasurer@stmonans.org photography



MEET OUR LOCAL BUSINESSES

East Neuk Market Garden is expanding

Some of you may know us already. For those of you who don't, we are Connie and Tom, and we run East Neuk Market Garden on 2 acres of land rented from the Balcaskie Estate just behind Bowhouse. We run a Community Supported Agriculture (CSA) veg box scheme from May to December, supply local restaurants, cafes and shops and attend Bowhouse market every month.

This year we are taking on another 2 acres to expand our growing area, and plan to establish an

agroforestry system. Agroforestry has been around for thousands of years and simply refers to any agricultural system that integrates

Solidarity veg bags

Would you, or someone you know, like to get fresh local vegetables every week, but can't afford them right now?



From May to December we are offering discounted weekly veg bags to those who need them



Please get in touch:
hello@eastneukmarketgarden.com
www.eastneukmarketgarden.com
All made possible by donations from our subscribers

trees and other woody perennials in a complimentary way. We will be planting strips of fruit trees between our vegetable beds which we hope will bring the following benefits to our farm:

- An increase in biodiversity both above and below ground: increased habitat for birds and insects as well as soil microorganisms
- Prevention of soil erosion and improved cycling of nutrients
- Better moisture retention and reduced wind speeds, benefitting the vegetable crops
- Apples!

This year we are hoping to run some open days on the farm. Please follow us on Facebook or Instagram for the latest updates.

Sustainable, Local Flowers

Not many folks give much thought to where their red roses for Valentine's Day came from. If you have a look in the garden, you will see the rose bushes looking like a bunch of twigs, so how do we get a beautiful bunch of roses in the depths of winter? The answer is that around 85% of the cut flowers available to buy in the UK are imported. They are grown on an industrial scale which involves the use of chemicals to control pests and diseases and to preserve them while they are flown around the world. This is a global industry with a massive carbon footprint.

At Keeping the Plot we offer an alternative approach. Our flowers are grown without the use of chemicals, respecting the environment and with great care for our most precious resource, the soil. We grow with the seasons, without artificial heat and offer fresh flowers from April to October, with 5% of the carbon footprint of imported flowers. They also have a style, beauty and often scent that can be missing in large scale production systems.

You can buy our flowers as bunches, wrapped in brown compostable paper, from Ardross Farm Shop, Pillars of Hercules and through Bowhouse Link.

We also offer Flower Arranger's Buckets which make a lovely gift for the recipient to arrange at home, avoiding single use plastic and wrapping materials that end up in



the bin. We have a subscription offer, with local delivery to St Andrews and the East Neuk or collected on Fridays from Bowhouse.

For those who need a larger volume of flowers, e.g. for a wedding or

event, then we can also supply DIY buckets of flowers and foliage.

For more information, please see our website www.keepingthepot.co.uk

MEMORIAL GARDEN UPDATE

As reported previously in Tidings, a Memorial Garden is planned for the corner of Station Road and East Street to commemorate the Fishing Disaster of 1875 when 3 vessels and 21 fishermen from St Monans were lost at sea in the great storm whilst returning home from fishing off the East Anglian coast. The garden will provide an appropriate space for people to sit and reflect on the perils of the sea that fishermen

have encountered since first they set out in boats. So far, over £1,000 has been generously donated, and if you wish to add to the fund, details are listed below:

Account: St Monans & Abercrombie Residents Association Treasurers Account
Sort code: 80-22-60
Account number: 21412667
Reference: Memorial Garden

EARLSFERRY TO PITTENWEEM SHARED PATH

East Neuk Community Action Plan is thrilled to announce that they have been awarded further funding through Sustrans Scotland's Places for Everyone programme, funded by Transport Scotland, to develop an attractive and safe Shared Path

between Earlsferry and Pittenweem. This path can play a significant role in fostering wheeling, cycling and walking, especially for everyday journeys to school, work, shops or leisure trips.



EARLSFERRY TO PITTENWEEM SHARED PATH

The next stages of the project will explore the design details of the proposed route.

If you want to get involved in our project or if you have an idea you

would like to share, we would love to hear from you. Please email Sonja: spotjewijd@gmail.com or follow us on Facebook: www.facebook.com/eastneuksharedpath.co.uk.

THE WALKIE TALKIES - WALKING GROUP

The Walkie Talkies is a small group of people who enjoy walking in our local area. The walks are low level and suitable for all abilities. Some of our walks have included Shell Bay, Kilrenny and Balcaskie to name a few. We meet every Wednesday at 10am at the Welly Garden, St Monans to start our walk. We have been most fortunate with the

weather - we have not been rained on since restarting post COVID and hope this continues! At the end of the walk we have a coffee and chat before heading home refreshed and energised. If you would like to join us, please meet us at the Welly Garden or contact me by email (karenbjork@icloud.com).



ABERCROMBIE AND ST MONANS RESIDENTS ASSOCIATION

We held our first AGM on 23rd February when a Chairman's Report summed up the activities and issues tackled over the past two years, the Treasurer's Report recorded a healthy balance in the

Memorial Garden Fund and the Community Larder Fund, and when appointments were made of Hugh Wallace (Chair), Carol Copland (Treasurer) and Gordon Bell (Secretary) for the next year. We

are grateful to Sandra Mayes who stepped down as Secretary after more than two years of service.

Every resident in the two villages is eligible to attend and to make their views known at the monthly meetings of the Residents

Association which typically take place on a Wednesday evening in the Masonic Lodge, Braehead, St Monans - details can usually be found on the St Monans Facebook page and notices around the villages.

ST MONANS LIBRARY OPENING HOURS

The Library is part of the Town Hall, on Hope Place, KY10 2DH. Currently the hours are:

Monday 2pm-5pm, Wednesday 10am-1pm and Thursday 2pm-7pm. They are temporarily closed on

Saturday mornings at the moment. The library is back to the full range of services.

Do pop in and meet Margot, our librarian.

OUR SPACE COMES TO ST MONANS!

Oor Space is a volunteer-led, self-help group for people with drug and alcohol addiction problems as well as those with more general mental health issues. We also cater for families and friends affected by these issues. Since 2019 we have been running a drop-in cafe at Anstruther Town Hall on Thursday nights as well as other activities.

As lockdown eased, it became clear there was also a demand in St Monans, with poor and expensive public transport making it difficult for people to get to Anstruther. In July 2021 we held our first drop-in cafe at St Monans Town Hall on Monday night from 4pm to 5.30pm.

Yoga St Monans Town Hall Spring 2022

Tuesdays: Indoors
3.30pm Gentle Yoga Class
5pm General Class
6.30pm Improvers Class

Thursdays: Outdoors
11am Outdoor Class

Beginners welcome at Gentle & General Classes

To book contact Jayne on
yogawilding@outlook.com
Tel: 01333 730 866

Plant Sale

At

Waid Academy

Wednesday 25th May

10 till 1 noon

Plants will be sold outside the school gates by pupils

The proceeds will go to Cancer Research
and student projects



CANCER
RESEARCH
UK



This has run every Monday since then.

A friendly welcome awaits from our regular volunteers, as well as drinks and snacks, and the chance to do a spot of painting (currently the most popular activity) or play some table football which has been kindly donated to us.

We work closely with other

addiction support agencies in Fife and can put people in touch with professionals at FASS/ADAPT Substance Recovery, DAPL, the Near Fatal Overdose Team and Scottish Families Affected by Drugs and Alcohol. Representatives from these organisations sometimes drop in to the cafe and hold workshops, including a naloxone training session. Naloxone is a life-saving antidote which can be administered if someone overdoses and can be supplied to drug users and their families/friends free of charge. Anyone can come along to naloxone training sessions and should contact Susan Gay (seagle22@talk.talk.net or on facebook via the Oor Space page) for details of the next session.

Do drop in on a Monday for a cup of tea and some banter. We're a friendly bunch and everyone is welcome. If you're unsure or have got any questions, please get in touch with Susan.



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