

# The Heart of the Community



## The Linton Lane Newsletter

[www.lintonlanecentre.com](http://www.lintonlanecentre.com)



## JULY

July's Featured Group

Friends & Partners

Upcoming Events

June's Timetable

### Healing Therapies & Mini Readings

28th July 2024

11am-5pm

Linton Lane Community Centre

Please message the  
Paige's Musical Butterflies facebook page to book.  
Healing - £20, Readings- £10  
£28 for Both

Stalls, Raffle & Tea/Coffee

**Complimentary Therapy Event**

Scottish Charity No: SCO15342

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## This Month's Featured Group

This month's featured group is The Linton Ladybirds, Linton Lane's Mother and Toddler group which has evolved over the years and through several different names. Group Facilitator Leanne talks about what the group offers for both the children and the parents and the social benefits it offers.



Jemma & Leanne  
Group Facilitators

Can you tell me a bit about yourself?

**Leanne:** So my name is Leanne and I used to run the Templehall Toddlers at the Templehall community Centre and the Book Bug at the Fair Isle Nursery and also the baby massage at the nursery so I have learned a lot of things through volunteering that I think has really helped in what I can bring to this group. I have been here since my oldest child was just a baby when I came in to be part of the parent and toddler group at the time.

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Back then it was parent led and so we all just helped and ran that group together. However the group was looking like it was going to run out of funding so myself and another couple of parents volunteered to help keep it running. The group itself has had a few names since then and now is the Linton Ladybirds.

## What happens at the Linton Ladybirds group?

**Leanne:** So Linton Ladybirds runs on a Friday from 9:45 till 12:15 and we provide a safe space for everyone to come along and meet new friends, to play and learn in an environment where everyone can relax and the kids can run around and enjoy themselves. We also provide healthy snacks for the children so for instance fruit, pancakes and juice. If the weather is good we often have the kids out in the park at the back of the centre which is safely enclosed.

## And does the group also provide interaction for the parents who attend?

**Leanne:** Yes, a lot of the time parents can find themselves just at home talking with toddlers and not having any interaction with people their own age so it is good for them to come along and interact with people their own age which can also be a big help to people's mental health. They can of course also get involved with the children playing but most times the kids are happy playing together on their own which give the adults a chance to have a coffee or tea and a biscuit and chat together.



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## How do people get their children involved with the group?

**Leanne:** They just need to turn up. The first time they come along it is free and then after that it is £1.50 per family and they can bring as many kids along as they like and it will still only be covered by the that one charge of £1.50. Our main goal is to get kids out and socialising with each other especially to try and overcome the problems which were caused for children by being isolated during Covid and which are very visible in their behaviour towards other children.

## Will you be open during the summer holidays?

**Leanne:** We are going to be open every second week during the school holidays and we are going to try and go out on nature trails through the Rabbit Braes and treasure hunts, scavenger hunts and picnics. Everyone is welcome on these days out not just the younger children so parents should feel free to bring along their older children also. Just check our Facebook page for updates.



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Each month we chat with another organisation working within the community. This month we are speaking with Frank Frame, long time friend of the Centre and Outreach Worker at Newcraigs Church who have worked closely in the past with Linton Lane.



Frank Frame  
Community Outreach Worker

Can you tell me a bit about yourself?

Frank: My name is Frank and I am a Community Outreach Worker with Newcraigs Evangelical church. I do that on a voluntary basis and I've been doing it for a couple of years now. Prior to that I worked for the NHS where I was a Community Psychiatric Nurse but I took early retirement as I feel a real concern for this particular area that Linton Lane sits in. My involvement with Linton Lane goes back to the days when it was the Boys Club, back in the early 1970s I started coming along here. And years later when it turned into more of a general youth club I did voluntary work here and then I kind of lost touch with Linton Lane but I was always interested in reaching out to communities and I found the vehicle to do that through Newcraigs Evangelical Church.

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## What does Newcraigs provide for the community?

**Frank:** There's a huge amount of similarities between Newcraigs and Linton Lane in as much as that we're both placed in communities and we're organisations who have a concern and a care for people in those communities through all ages of life. So here at Linton Lane you have the Happy Hoppers through to the Grey Panthers and we have similar types of things at Newcraigs, we have mums and toddlers through to coffee and chat which although is for people of any age group does tend to be attended more by senior people. Newcraigs has had connection with the community that we are in through places like Oasis which is part of Trust in Fife. We try to reach out to the neighbours who are just across the road from the church and be good neighbours to them.

## What partnership working has there been between Newcraigs and Linton Lane?

**Frank:** I think about 2014 I came back to Linton Lane and I met Mandy, we struck up a good rapport together and we obviously have similar interest so over the years we've seen things happen including through the pandemic where things were extremely difficult for people. Mandy was able to look for ways in which we were able to reach people who were locked up and were lonely and Newcraigs were able to help with that especially when it came to Christmas time when we provided hampers for people, distributing them in a safe and legal way.

Together we also started an after school club with a lady connected here at Linton Lane called Samantha whose children went to Valley Primary School and who worked with the head teacher to create a group at Linton Lane where kids could come together to form an after school club where there was a syllabus and the children also learned to cook which was really successful.

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We also provided something which we called “Saturday Night at the Movies” based on the idea that most people in the community couldn’t really afford to take their children to the cinema with prices being so high. So we started showing recent films, again with all the legal checks in place and provided things like popcorn and hotdogs and all the kind of things that they would get if they went to the cinema.

On a Friday morning I used to do something here called A Bite, Blether and Blessing which basically gave people a bite to eat, the chance to have a blether and then we would encourage people to share any thoughts on the Christian faith.

## What would you like to see for the future of the two organisations?

**Frank:** I think a lot of things have changed since the lockdown and a lot of it is just feeling our way around how the community has changed but I often have meetings with Mandy and we both have similar visions about reaching people in the heart of the community; we both have a real passion and care for families who are struggling, single parents whose benefits do not cover their needs but one of the issues we have is getting the manpower to make things happen but I would like to see more of what we managed in the past tailored to what is needed today and for the future.

***For more information on what is going on at the Newcraigs Evangelical Church please visit:***

**[www.newcraigs.co.uk](http://www.newcraigs.co.uk)**





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## PAIGE'S MUSICAL BUTTERFLIES

### HEALING THERAPIES AND MIND READING EVENT

Paige's Musical Butterflies

Healing Therapies  
&  
Mini Readings

28th July 2024  
11am-5pm

Linton Lane Community Centre

Please message the  
Paige's Musical Butterflies facebook page to book.

Healing - £20, Readings- £10  
£28 for Both

Stalls, Raffle & Tea/Coffee

(Cakes and Rolls available to buy on the day)



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Paige's Musical Butterflies is a non-profit charity that provides musical therapy and lessons to children and young people battling cancer. Their aim is to support them on their cancer journey by enabling them to meet others on the same journey, share their emotions, and gain strength together.

Today I am speaking with charity member Tracey to discuss the upcoming event being held at Linton Lane this July 28th.

Can you tell me a bit about Paige's Musical butterflies?

**Tracey:** The charity was set up in memory of Paige who was a local girl who lost her life to Ewing's Sarcoma at the age of 17 and one of the things she had asked her mum to do was to set up a charity in her name and for it to be based on music therapy for kids as that is what she had found helped her through her experience. This year is the second anniversary of the charity being set up. For the last six months we have been working with Team Jak who are an established charity working with children going through cancer and providing music therapy. We are funding the Friday sessions for this group at the moment and will hopefully in future to go on and provide our own dedicated musical therapy charity.

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What is going to be happening at the event you are holding here at Linton Lane on the 28th of July?

**Tracey:** Last year we did a gala for the kids but it was cancelled due to the weather so this year we are going to hold our event indoors and it will consist of things like complimentary therapies such as psychic readings, mini readings based on cards which will be around fifteen minutes with the reader and they will either do a psychic reading where they will be connecting with the spirits or they will use cards or colour therapy to connect with those who have passed over. We are also looking at doing Reiki, Angelic Reiki, Reflexology, Angel Healing, Crystal Healing and Shamanic Healing. There will also be soft drinks and cake supplied by us and there will also be filled rolls, teas and coffees which are being provided by Linton Lane

Will there be stalls still available for anyone who may be interested in attending?

**Tracey:** Yes. At the moment we are not sure how many we will have but we are trying to keep the stalls relevant to the theme of the event, so we would be looking for people who are selling crystals or selling cards, that kind of thing. For anyone who would be interested us they can contact us through our Facebook page.

**For more information on Paige's Musical Butterflies please visit their website here:**

[www.paigesmusicalbutterflies.com](http://www.paigesmusicalbutterflies.com)

**And for more information on Team Jak please visit their website here:**

[www.teamjak.org.uk](http://www.teamjak.org.uk)

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## Upcoming Events...

### **REVISED DATE!**

#### **LINTON LANE CENTRE ANNUAL GENERAL MEETING**

The Linton Lane Centre's Annual Genral Meeting will be held on Wednesday 18th September at 7pm. Light refreshments will be available. All Welcome.



Kirkcaldy actors Kirsty and Tony Strachan are offering a week long taster course for any children who would like to experience taking part in a drama performance. A script has been prepared and roles will be assigned to the participants who will then perform a play at the end of the week in the Linton Lane Centre.

For more information please call the Centre on  
01592 643816



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## This Month's Schedule

### Mondays

9:45am - 11:44am

Happy Hoppers - Quality childcare for 2 - 3 year olds

12:15pm-2:30pm

Adult Cooking Class

4:30pm-8:15pm

Stages Dance School (07867540433 for details)

### Tuesdays

9:45am - 11:44am

Happy Hoppers - Quality childcare for 2 - 3 year olds

12:30pm-2:30pm

Kinship Carers (07736909692 for details)

1:00pm-2:30pm

Fife Carers Centre Group (fortnightly)

4:45pm-7:15pm

Stages Dance School (07867540433 for details)

7:45pm-9:00pm

Karate



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## This Month's Schedule

### Wednesdays

9:45am - 11:44am	Happy Hoppers - Quality childcare for 2 - 3 year olds
12:15pm-2:15pm	Grey Panthers Lunch Club
3:45pm-7:00pm	Stages Dance School (07867540433 for details)
7:00pm-9:00pm	Pete's Man Chat Movement
7:30pm-8:30pm	Regilded Yoga Class

### Thursdays

9:30am-11:30am	Adult Craft Group
10:00am- 12 noon	Walk 'n' Talk - Leisurely local walk with refreshments

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## This Month's Schedule

### Thursdays

1:00pm-4:00pm	Quit Your Way (Smoking Cessation Support)
1:00pm-3:00pm	Chest, Heart & Stroke Club (Fortnightly)
1:30pm-4:00pm	ADAPT Substance Abuse Drop-in (01592 321321)
2:00pm- 3:30pm	Poosie Nansies Ladies Burns Club (Monthly)
4:00pm-6:15pm	Stages Dance School (07867540433 for details)
7:30pm-9:00pm	Karate

### Fridays

9:30am-1:00pm	Express Group (More info on 01592 645331)
10:00am- 2pm	ADAPT Auricular Acupuncture (Appointment Only) 01592 321321
9:45am-12:15pm	Linton Ladybirds Family Group - fortnightly through the school holidays



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## This Month's Schedule

### Fridays

4:30pm-6:30pm

Paul Priestly Taekwondo School

7:00pm-9:00pm

Crystal Light Spiritual Church

### Saturdays

10:00am-2:30pm

Polska Szkoła w Fife (Polish School for children) -  
closed now for the school holidays

### Sundays

10:30am-1:00pm

Vineyard Church

12:30pm-2:00pm

Hosting Hope Community Lunch (Final Sunday of  
every month)

7:00pm-9:00pm

A Veteran's Best Friend (Veteran's Rescue Dogs)

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**Contact us for any further  
information**

**Linton Lane  
Kirkcaldy  
Fife  
KY2 6LF  
01592 643816**

