

The Heart of the Community



The Linton Lane Newsletter

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• STAGES DANCE SCHOOL PRESENTS •

BORN READY

Annual dance show featuring all classes showcasing their hard work and dedication from the past year.

ADAM SMITH THEATRE



27.04.2024



4PM

APRIL

Latest news

April's Featured Group

Meet our Volunteers

Friends & Partners

Stages Annual Performance

Upcoming Events

April's Timetable

The Stage is set!

Scottish Charity No: SCO15342

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Where I would like to see the Linton Lane Centre heading in the future is as a venue which provides groups and activities for young people. Often there is an emphasis on providing for young children or the elderly but the middle group of around 12 plus can be forgotten about. I would like to see the Centre providing somewhere they can come along and spend time with their friends and also to meet other young people. I would also like to focus on getting more young people interested in volunteering perhaps with our Grey Panthers senior citizen group or with the cookery class. This would be helpful for improving their CVs and everyone would benefit.

Zoe: I started off my career by attending a theatre school in Edinburgh where I studied dance and drama and where I achieved the qualifications to teach and perform. For a while I did perform in pantomimes and various other acting roles but I was always more interested in teaching.

For a time I was at the Linton Lane Centre teaching Line Dancing before I met with my now business partner Amber and went on to open The Party Place in Kirkcaldy organising parties. We then went on to concentrate more on providing dancing lessons and this is how Stages Dance School came about. We started at the Adam Smith and then moved up here to Linton Lane. So all in all I have been involved with Linton Lane for over 20 years so when the position of manager came up I thought this would be something I would love to do.

Working in this role has been a real eye opener. Though I have been part of Linton Lane for a long time it is not until you see it from this side that you realise the importance of the Centre to the community, the variety of people who we help. There is a lot to learn but it has been really interesting and enjoyable meeting all the different groups and understanding their needs and also meeting partner organisations and finding out how exactly we all work in conjunction towards a common goal. I am amazed that Mandy was able to run the place by herself for so long. I find it really useful having a co-manager as we can use each other as sounding boards to try out ideas with which I have found really helpful.

I would like to see the future of the Centre including activities available for teenagers. We used to have this in the Centre and I would really like to see us have it back again. There isn't a great deal of opportunities for young people in the local area and I think that if we could provide something then it could help them develop interests and go on to have a more enjoyable and rewarding life.

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Meet The Grey Panthers
Linton Lane's longest
running group providing
social interaction and
activities for the over 50s

This Month's Featured Group



Anne Rintoul
Grey Panthers Chairperson

Taking their name from a similar group in Canada the Grey Panthers have been running almost as long as the Centre - since 1965. Current Chairperson Anne Rintoul talks here about today's group and why she enjoys being a part of it .

Could you tell me a bit about yourself – how you came to be working with the Grey Panthers?

Anne: So I came to the group first of all eight years ago to help Mary Walls who was Chairperson at the time. I gave her a call and she told me to just come in and see how I got on and I have been here ever since helping out as a volunteer and then four years ago I became Chairperson of the group.

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What does the group provide for people on a weekly basis, what activities do you do?

Anne: We start by having a snack; soup, sandwiches, cakes biscuits teas and coffees then we have our fitness instructor Helima who comes in twice a month to go over some gentle exercises with the group and she spends half an hour with them. And then we have bingo after this and we also have quizzes. We used to have someone who would come in and performed songs for the group and we all had a singalong so we are always looking for someone who could maybe come along and start this activity up again. We also have ASDA's Community Champion Jean who comes in once a month and helps out with things like the quizzes and she is really jolly and gets on well with the group. We also go on days out.

How often do they go on trips?

Anne: We go out on trips once a year. We've been to Loch Lomond and Charlsetown and last year we went to New Lanark where we were given a tour of the cotton mill and were shown the looms and the places where people worked and lived which have been kept just as they were .

What do you enjoy most about being part of the group?

Anne: I've always been part of a team when I used to work with a playgroup so I have always enjoyed teamwork. I really like hearing the stories of the members of the group and seeing them enjoying the social interaction which some of them do not have much of outside of the weekly group.

*The Grey Panthers group runs every
Wednesday from 12:15 to 2:15.
All welcome - just come along.*

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Linton Lane would be nothing without our team of hard working volunteers who have helped us in providing for the community for decades.

Chat With Our Volunteers



George Lindsay

This month we are chatting with George, our regular volunteer and past holder of our “Volunteer of the Year” award about what he gets out of volunteering at the Centre and what he has found most useful and enjoyable about the experience.

Can you tell us a bit about yourself?

George: I am semi-retired, a full-time carer for my wife and have been a volunteer here at the Linton Lane Centre for 5 years. I help out at the Grey Panthers Club and I am also a member of the Board here. In the past I worked as a gardener for 25 years at Victoria Hospital and carried out volunteer work at Fife Carer’s Centre helping young carers and I was also a mini bus driver for Valley Primary School helping kids with additional needs and taking them out on trips to the countryside to go on nature walks which I loved doing.

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Why did you decide to become a volunteer?

George: I came here originally as my volunteer position with the Valley Primary school had been filled by a permanent member of staff and I felt like I had nothing to occupy my time and caring for my wife was becoming quite stressful. I was originally offered the volunteer position of driving the mini bus on Christmas Day – bringing people to Linton Lane for the Christmas Meal, people who didn't have their own transport. That is how I began here. I had known about the Linton Lane Centre as my son had attended the nursery here and when he was older, about 15, he had been a volunteer here helping with clearing out The Rabbit Braes and planting flowers so I knew it had a good reputation.

I also became as a member of the Grey Panthers group then going on to become a member of the committee and also doing some driving for the members. After this point Mandy the manager asked if I would like to apply to be on the board and I have been on the board now for nearly 3 years and that has given me a different angle on how the Centre works, finding out about grants and funding and maintenance of the Centre.

Have you developed any skills since being at the Centre?

George: When I was with the Carer's Centre I was offered the opportunity to go on some courses which I did including carpet fitting, respite for pensioners and a course to get my mini bus driver's licence which I achieved. All these things have come in useful here at the Centre and I am always adding to what I have learned by being here and helping out in various ways like minor maintenance and gardening for the Centre.

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What do you enjoy most about volunteering at Linton Lane?

George: I really like to see people coming in who may be on their own and then seeing them having a chat with the other members of the Grey Panthers and seeing the change on their face when they begin to relax and have a good time. During the Covid lockdown the Centre was delivering food to people who had been isolated for up to 13 weeks and the feeling of being useful and helping make people's lives a little better was something I really enjoyed. Making a positive difference in people's lives - that is what I enjoy most of all. Coming to Linton Lane was the best thing I have ever done. I love the people here...they made me feel so welcome.

Linton Lane are always looking out for volunteers. Do you have the time to help out your community while improving your own skill set?

Email the Centre through our website's contact page to get started making a positive change in your life today.

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DON'T FORGET OUR FREE COMMUNITY LUNCH. ON THE LAST SUNDAY OF EVERY MONTH LINTON LANE INVITES YOU TO ONE OF THE BEST HOME COOKED MEALS IN TOWN.

This month's meal is 28th April. Please call 01592 643816 to book your place



HOSTING Hope
invites you to a
COMMUNITY LUNCH

EVERY LAST SUNDAY OF THE MONTH @ 12:30PM - 2:00PM AT THE
Linton Lane Community Centre

27 AUGUST 2023	25 FEBRUARY 2024
24 SEPTEMBER 2023	31 MARCH 2024
29 OCTOBER 2023	28 APRIL 2024
26 NOVEMBER 2023	26 MAY 2024
25 DECEMBER 2023	30 JUNE 2024
28 JANUARY 2024	28 JULY 2024

THIS EVENT IS FREE OF CHARGE
everyone is welcome!

FOR MORE INFORMATION PLEASE TEXT
07340 318365

HOSTINGHOPE



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Each month we'll be chatting with another organisation working within the community. This month we are speaking with Stephen McCrimmon from Dunnikier Country Park Development Group.



Founders Stephen McCrimmon (left) and Gary Meldrum

Can you tell me a bit about yourself?

Stephen: Well I grew up in Templehall and have lived here all my days. I have a full time job but also have been involved in community development programmes. I was part of Raith Rovers Community Foundation through their Football Fans and Training programme, Festive Friends and I am still involved in their Walking Football for over 50s.

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I'm also involved in a project through Velux, the company I work for, called the VKR Foundation which was set up to support the employees and also community projects which helps the community by, for instance, providing the kits for children's football teams. Last year I travelled to Romania for a week through the foundation along with 300 other volunteers and helped build 3 new homes for Romanian families.

How did the Dunnikier Country Park development Group come about?

Stephen: The Development Group came about through myself and a long term friend of mine Gary Meldrum chatting over several years about how there had been no recent investment in Dunnikier Park, how such a beautiful space had gone to waste and that something could be done. So we talked about it for years and then around September 2022 we decided to try and get a kids play-park built and start from there. So that is how our group started to be put together and we have just this week secured the final funding to allow us go ahead with building the play-park which should be in place for May/June 2024.

What is overall aim of the group?

Stephen: Well the main ambition to begin with was to provide a new play-park but not a play-park that caters for just certain children, we wanted to encourage inclusive play so for example we wanted to make provisions for children who were less able bodied or for children with autism so at the heart of the project is the new play-park. But we soon realised that there is a lot more that can happen in the park which the community would benefit from.

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So if we take the play-park as phase 1 we have also identified 7 other phases which we would like to realise including seeing things like events being held in the park which are either free or with minimal cost, things like seasonal themed scavenger hunts, galas, outdoor cinema, silent fireworks displays along with development of biodiversity and allotments. So now that we have the funding to go ahead with phase 1 we will need to begin fundraising for the next phase.

So what would the park look like if you could manage to source all the funding you would require?

Stephen: Well we have set ourselves a long term plan of between 10 to 15 years. As the next step in the project we would like to see perhaps a creation of allotments. We have identified spaces for 70 allotments and are hoping to put together a partnership with Fife Council and Greener Kirkcaldy to create a kind of community hub which will hold workshops for people to learn how to grow their own produce and also for a children's community garden for the schools to access and learn about growing plants and vegetables.

Also included in our biodiversity plans we are hoping to develop the wetlands area of the park and last Saturday (23rd March) we planted 430 new trees with the help of around 40 volunteers and our partner organisations The Woodland Trust, The Tree Council and the Fife Coast and Countryside Trust and that is all part of extending the woodland which will help to create a buffer from the noise of the main road along with the creation of a fruit tree orchard. We are also hoping to improve the waterways in these areas so that wild flowers can come through. We also have plans to create a sensory garden which could help people with dementia for example, improving the trails which already exist in the woods by better signposting and information and a possible outdoor cooking area which will maybe tie in with the allotments. We'd also really like to see some chainsaw art as there already exists in the Rabbit Braes and Ravenscraig Park.

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How can people get involved or donate to your group?

Stephen: If anyone is interested in getting involved with us whether it is to volunteer to help out with taking part in the actual development of the park or with helping out with fundraising or taking part in events at the park the first thing they should do is find us on Facebook under the name Dunnikier Country Park Development Group and direct message us through there.

We are also looking for a volunteer social media co-ordinator, a volunteer events planner and will probably be looking for more committee members as the project develops.

The donations side of things is something that we are hoping to set up in partnership with Nourish and the Linton Lane Centre which will allow us to fundraise in conjunction with them for certain aspects of the park.

Overall I would just really like to see Dunnikier Park return to something like the way it was when I was young, when it used to be a huge draw for families and had all sorts of attractions like crazy golf, a paddling pool, trampolines and people used to go there for picnics and play games like rounders. I think that kind of environment is something that has been missing from the community for a long time.



**Contact through Facebook
@Dunnikier Country Park
Development Group**

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STAGES DANCE SCHOOL ANNUAL PERFORMANCE 2024



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*Stages Dance instructor
Leigh Bonthronne*

When people think about the Linton Lane Centre there are certain groups that always come to mind. One of them is Stages Dance School which has been running here for almost 20 years and who every year showcase the talents and achievements of their dancers with their annual performance. Dance instructor Leigh Bonthronne tells us about the group, the benefits it gives its members and the upcoming show in April.

Can we begin by you telling me a bit about your background, how you became interested in dancing and how you moved on to become an instructor?

Leigh: So I grew up with Dance – with Stages. My mum Amber and Zoe both ran the business and it was through this that I began to take classes and showed a big interest. It was something I did every day after school and as I grew up I knew it was something I wanted to pursue a career in. So when I turned 17 I went on to complete an HND at a performing arts college in Edinburgh and when I came home the opportunity became available for me to take on some classes with Stages and from there I've never really looked back, I am running half of the classes with Zoe and Caitlyn and with my mum still part of the group as well and last year I gained my British Association of Teachers of Dancing certificate. So Stages is just a really nice family run business that I am very happy to be a part of.

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How long have Stages been running here at the Linton Lane Centre and what has changed in that time?

Leigh: Stages actually started out as The Party Place on Links Street with Amber and Zoe doing Kid's parties about 21 years ago. From there along with providing parties and along with Zoe's Dance background they decided to start providing dance classes. From there they moved to the Adam Smith Theatre and then to the Linton Lane Centre. The business has continued to grow and we have become known as a reliable company and the kids really blossom with us. We have girls now in their 20s who have been with us since they were 5 years old. We also have girls who go on to college and to pursue a career in dance. Also some of our seniors are becoming part of the school assisting the dance instructors which is helping some of them who are going into childcare as a career so we are helping them not only with dancing and social skills but we are helping with their educational paths also.

What age groups do you have and what kind of classes do Stages Provide?

Leigh: Our youngest girls are in our Pre-school Pumpkins class and they are 2 and a half years old and our oldest senior is 21 years old. So we provide a really wide range of classes with a range of different styles. The Pumpkin class starts out with the basic dancing movement which then goes on to ballet and hip hop and then our older girls also do point work with their ballet along with commercial jazz and heel so we have a variety to suit different ages, so no-one is ever really too young or too old to start with us.

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Can you tell me about the production you're running this year? What is the purpose of these annual shows and why the name "Born Ready" this year?

Leigh: Our show this year is just like our shows every year, it's just a way of showcasing the kids' performance abilities and what they have learnt over the past year. It has actually been a little more than a year – our last show was November 2022 but we took a little bit of a longer time for some of our girls to do ballet exam work and some of them also were performing in the Fife Ballet Company's production of The Nut Cracker which was a really big success for them and that helped them gain more ballet skills which they brought back to us as well. So again this year's performance is just to show the parents, guardians, and friends what we do, how we do it and to give the kids the opportunity of being on the stage and to see if that is something that develops into a bigger interest for them.

The name Born Ready is the title of the opening dance and it is quite a show opener, the girls have been working really hard to get it perfect. It's really nice to see them working so hard and to see them working together as a team. I think a lot of these kids have a lot of natural talent like they were born ready to dance so I think the title just kind of suited our kids and how they are great at doing what they do and it shows when they are on the stage just how much they love it.

So are the dances at the show all choreographed by the Stages team and how long does the whole process take?

Leigh: Yes, myself, Caitlyn and Zoe all choreograph the dances ourselves which sometimes involves editing the music to fit the dance. We have half the year focusing on what skills they actually need to develop to be able to do the steps and the rest of the year is spent putting all the choreography together and that gives new students the time to enrol if they wish to and they still have time to pick up the choreography before doing the show.

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Are you always open to enrolling new students?

Leigh: Absolutely, our doors are open all year round to new students. We do tend to run our classes in line with the school timetable but new students can enrol with us at any point and join the class as soon as they are back on and if there is a waiting list they will be added to it and informed as soon as a place opens up for them.



The Stages Team - Caitlyn, Leigh, Amber and Zoe

Tickets are on sale at Linton Lane by the Stages Team on Tuesdays 5.15pm-6pm and Wednesdays 4.30pm-5.15pm.



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Upcoming Events...

FAMILY FUN DAY

Linton Lane Centre and Rabbit Braes Development Group will be providing a Family Fun Day on Saturday 22nd of June from 12pm to 4pm. There will be tombola, raffles, rides, food, displays, beat the goalie, face painting and more. There will also be stalls available for charities. For more information on having a stall at the event please contact Lorraine Wilkinson at rabbitbraesdg@gmail.com



LINTON LANE CENTRE ANNUAL GENERAL MEETING

The Linton Lane Centre's Annual Genral Meeting will be held on Wednesday 15th of May at 7pm. Light refreshments will be available. All Welcome.



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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)
9:30am-12:30pm	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

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This Month's Schedule

Fridays

4:15pm-7:00pm

Paul Priestly Taekwondo School

7:15pm-9:00pm

Crystal Light Spiritual Church

Saturdays

10:00am-2:30pm

Polska Szkola w Fife (Polish School for children)

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**

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