

The Heart of the Community



The Linton Lane Newsletter

www.lintonlanecentre.com



MAY

May's Featured Group

Meet our Volunteers

Friends & Partners

Summer Gala

Upcoming Events

May's Timetable

Summer's Almost Here!

Scottish Charity No: SCO15342

The Heart of the Community



www.lintonlanecentre.com

This Month's Featured Group

This month's featured group is the Adult Craft Group which runs every Thursday at Linton Lane and which, along with offering a chance to socialise, also provides an opportunity for people to get creative and work on group projects or on their own projects. Group Facilitator Lynne Buys tells us more about the group here



So, when did this group start? How long has it been going for?

Lynne: Three years, maybe four years. I can't remember actually. I just turn up every Thursday morning (laughs).

The Heart of the Community



www.lintonlanecentre.com

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

Lynne: So, each week we just make a different craft. We do a lot of paperwork, we make cards for each of the seasons, you know, we've been making Easter cards recently. Basically just anything I can find that is creative and that will suit everyone's ability, which is the hardest part because some people have got more ability than other people have. Sometimes I'll say, oh, we're going to do this today and maybe the ones that have more ability will expand it and take it further which is quite a nice thing to see or they'll do it but they'll do it in their own way, which is lovely. Some of the group who are more able bring along their own craft to do.

So they can do their own project?

Lynne: They do their own project, yes, because a lot of them are quite crafty at home. I always have something there for people to do, but if you want to bring your own project that's fine. It means you get two hours when you don't have children or other factors so you've got two hours where you can sit and do your craft in peace and quiet, well not quite peace and quiet, there's lots and lots of chat goes on.

And all the materials are provided?

Lynne: Yes, they have a craft cupboard, and we have lots, so I try and use up what we have. It needs a bit of sorting out again, but I always provide something for them to do if they want to. I try and find something that we can do and I'll try my best to make up examples before I come along and if it is a little bit tricky I will actually do the project at the same time with the people who are joining in.

The Heart of the Community



www.lintonlanecentre.com

What would you say is the benefit for members?

Lynne: Many people who come along are isolated through illness or through partners who are ill. Some are going through loneliness and some mental health issues. Sometimes I get people coming along with a carer to begin with, until the person feels comfortable with the people around them, comfortable in the space, and then they will start to come along on their own, if they feel comfortable. I've got people coming along who are middle aged and I've got some younger people coming along in their 20s. So there's a whole spectrum. If you want to come along and join in the group, you're more than welcome. So you just turn up, you.

So you don't need to book a place?

Lynne: No, you can just turn and ask for the Craft Group and I'll say "Oh hi, I'm Lynne" and see if you settle in. It's quite an established group now but there are one or two people who pop in and out and. They like new people to come into the group because they like to chat you know, and get to know new people etc. It's good for the group as well, not to just be static all the time.



The Heart of the Community



www.lintonlanecentre.com

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



Gill and Jean

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?

Gill: Well I was born in London and I lived in Hounslow when I was a little girl which is near Heathrow Airport. And then I met my husband who is from Markinch when I was on holiday and I came up here when I was 25 and got married. I lived first of all in Glenrothes for around 20 odd years and then I moved to Kirkcaldy.

The Heart of the Community



www.lintonlanecentre.com

Why did you decide to become a volunteer at Linton Lane?

Gill: Well I didn't really know anyone here and when you don't drink it is difficult to socialise so I decided that the best thing to do was to volunteer somewhere and in my experience there are always different things going on in community centres and if you get involved you can network with people. Linton Lane was right on my doorstep and so I went along and met with Mandy and she said why don't you get involved here and see if there is something you would like to help us with and that is when I started helping out there. So started working with the Foodbank. I bring in the food from Greggs and hand it out to people the next day. I like the people, there are some real characters and you get a good laugh. My mum who also had come up from London would sometimes also come to the Centre and volunteer to help out at some of the groups also.

Have you developed any skills since being at the Centre?

Gill: You improve your communication skills as you are talking to people all the time which also helps boost your confidence. Also I think you improve your listening skills. You are listening to people more and hearing about their issues which is always an important thing for people –to be listened to. Now when I am out walking the dog I see people who I help at Linton Lane and they always stop to talk to me.

The Heart of the Community



www.lintonlanecentre.com

Do you have any advice for people who may be considering volunteering?

Gill: I would say look around for a place where you are going to enjoy being part of. Somewhere which has something that interests you. You need to find something that you are going to enjoy doing and you are more likely to stick with it then. Some people think that volunteering is stupid – they say you don't get rewarded but that's not true. The rewards are making friends, boosting your self-esteem and developing new skills. The possibility of finding other opportunities is also a great part of volunteering in a community centre. I would recommend it to anyone.

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.

www.lintonlanecentre.com

The Heart of the Community



www.lintonlanecentre.com

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 26th May. 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



The Heart of the Community



www.lintonlanecentre.com



Each month we'll be chatting with another organisation working within the community. This month we are speaking with Gavin Campbell from The Templehall Cafe on the 10th anniversary of the cafe's launch.



Gavin and mum Elizabeth

Can you tell me a bit about yourself?

Gavin: Well I've been local to Templehall pretty much most of my life apart from the odd shift when I have been away working as a chef – I've worked pretty much everywhere from Land's End to John O'Groats. I opened this place as I needed to have weekends off to take care of my son and the only way to get weekends off when you are a chef is to open your own place so I opened the place in 2014 and run it alongside my mum Elizabeth.

The Heart of the Community



www.lintonlanecentre.com

Why did you decide to open the café here in Templehall?

Gavin: Because I've always been part of the community here and I thought it would be nice to do something for the community and I don't think there had been a café in Templehall for about fifteen years. I thought this place to become like a community hub and that is what has happened even more that I had expected. We get people coming in here for job interviews, meeting their work coaches or their social work appointments and we also have the councillors coming in to speak to the community.

So can you tell me about the £1 meals that you began providing for children during the school holidays?

Gavin: So during the school holidays what I tried to do was give the kids the meal for free if the adults bought a meal but obviously the cost of living kept going up, Covid kicked in and everything just started getting so expensive so we started "Feed a Kid for a Quid". So that was giving businesses and the public an opportunity to make a donation but if there were no donations then the parent would only have to pay £1 for the kid's meal. When we first ran it we were given around £1,500 in donations and we also had toys donated. This year I have been getting asked what I am doing for the school holidays but I wasn't sure because gas and electricity has gone up so we had to put it up to £2 but the community stepped in again and we have had people coming in with £200 and £300 pound donations or even just coming in and giving £2 that means that's a kid's meal paid.

The Heart of the Community



www.lintonlanecentre.com

So is helping the community something that you have always been interested in?

Gavin: Yeah we always have since we opened the doors. This year alone I bought 500 Easter eggs so every kid that got a meal was also getting a free egg and a free sweetie bag. Towards the end we were just handing the eggs out free to the kids in the street. It was nice to see them smile.

What would you like to see in Templehall that would benefit the area.

Gavin: I would like to see the police here a bit more because it is becoming really bad with the misuse of drugs and the vandalism. The council just recently put up some planters with some nice tulips and they have all had the heads ripped off them. I'd like the place to be a more family orientated place. There's hundreds of kids around here and they should be able to feel safe.

Do you work with any other organisations?

Lee: We use to help out with the Grey Panthers at Linton Lane when Mary Walls who was one of my regulars used to run the group, we used to cook their meal for Burn's night. I also cook the Christmas meal for the residential home here in Tempelhall and we also have collection boxes for the Cottage Centre and drop off donations of Christmas presents and Easter eggs.

The Heart of the Community



www.lintonlanecentre.com

What do you have upcoming to help out the community?

Gavin: Well we still have around £400 left over from the Easter holiday funds so that will go towards the summer holidays which means 200 kids have their meals covered in the summer holidays and so we'll be hoping to keep that going for the whole seven weeks in the summer. It is really supposed to be one kid to one adult but if you come in and you have three kids with you then as long as the funding is there the three kids will have a free meal.



Donations for helping out with kid's meals can be made at the Cafe at 185 Dunearn Drive

The Heart of the
Community



www.lintonlanecentre.com

RABBIT BRAES DEVELOPMENT GROUP AND LINTON LANE SUMMER GALA 2024



The Heart of the Community



www.lintonlanecentre.com

The Rabbit Braes Development Group and The Linton Lane Centre have worked together over the last ten years to provide the local community with a summer gala which has been enjoyed over the years by thousands of children and adults alike.

Rabbit Braes Development Group Chairperson Lorraine Wilkinson tells us a bit about the Rabbit Braes Group and what to expect this year at the gala.



Lorraine Wilkinson
Rabbit Braes Development Group
Chairperson

Can you tell me a bit about yourself?

Lorraine: I work at Fife College teaching community courses where I'm also on the Board of Governors but I also do a lot of work in the community and one of the groups I'm involved with is The Rabbit Braes Development Group which look after the green space between The Linton Lane Centre and Broom Road and Kilmun Road. We work closely with the community there and we also work closely with Linton Lane when they have events on so we can do partnership working.

The Heart of the Community



www.lintonlanecentre.com

What is the background to the Rabbit Braes Development Group and what does it provide?

Lorraine The Rabbit Braes Development group started around 1995 with the idea of thinking about this lovely green space, making it available for people to use and for people to encourage people to benefit from the healthy aspect of being out in the area. When I first came to Kirkcaldy it was quite bad with teenagers going and drinking there, a lot of vandalism and our aim was to get the community involved and take ownership of the area so that if the children are proud of what we have here and the adults are proud of what we have here then it just makes it a lovely space for everybody.

Can you tell me a bit about the history of the Gala and what it will have this year?

Lorraine: The gala has been going for just over 10 years started because we got received funding and the idea of the Gala was to showcase what we do. The chainsaw wood carver who made our sculptures in the Rabbit Braes was one of the displays we featured here for several years and we used the sculpture he made on the day as raffle prizes. Last year and this year we have Bruce's Entertainment and they are hoping to bring a lot more inflatables along with them this year, we have sumo wrestling (wrestling inside an inflatable costume) which was very popular last year, we have food stalls and usually have displays from Stages Dance School, The Polish School who perform traditional Polish dancing and Tai Chi performances and have also had Zumba displays. We have animals which children can come along and touch animals they wouldn't normally get to touch like snakes, rabbits and tortoises. We also have face painting, tombolas, music and plenty of food vans will be available.

The Heart of the Community



www.lintonlanecentre.com

Lorraine: We also have opportunities for charities and to have free stalls where they can give out information as to what they do and what they provide. We also hire out stalls to crafters who can sell their handmade crafts. We are always looking for something different in our displays – we would really like to see someone come along and put on a fly ball display. And in some ways we want to go back to the ethos of the Rabbit Braes and get children to put on displays related to nature

**THE SUMMER GALA WILL
BE HELD ON THE 22ND
OF JUNE FROM 12 – 4PM
ON THE FIELD BEHIND
THE LINTNON LANE
CENTRE**



*Stalls are still available and can be secured by
contacting Lorraine Wilkinson at
rabbitbraesdg@gmail.com or calling
07742720561*

The Heart of the Community



www.lintonlanecentre.com

Upcoming Events...

FAMILY FUN DAY

Linton Lane Centre and Rabbit Braes Development Group will be providing a Family Fun Day on Saturday 24th of June from 12pm to 4pm. There will be tombola, raffles, rides, food, displays, beat the goalie, facepainting 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



REVISED DATE!

LINTON LANE CENTRE ANNUAL GENERAL MEETING

The Linton Lane Centre's Annual Genral Meeting will be held on Wednesday 14th august at 7pm. Light refreshments will be available. All Welcome.



The Heart of the Community



www.lintonlanecentre.com

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 |

The Heart of the Community



www.lintonlanecentre.com

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

The Heart of the Community



www.lintonlanecentre.com

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

The Heart of the Community



www.lintonlanecentre.com

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)

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)

The Heart of the
Community



www.lintonlanecentre.com

**Contact us for any further
information**

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

