

Calendar

Regular Volunteer Sessions every week : CLEAR sessions run every Wednesday & Thursday 9.30-4.00. A range of activities to suit all at the Community Workshop (Sandwell St), Community Gardens (Buckhaven & Methil), Hub (College St) or out and about. Why not come and join in. Sign up at 36 College St Meals provided

December 2019

4 Dec Loch Leven and the River Leven: A landscape transformed 6pm Talk by David Munro, author of Loch Leven & the River Leven Fife College Levenmouth Campus

4th Dec Aladdin Christmas Panto by Buckhynne Players 7-10pm Buckhaven Community Centre

8th Dec Buckhaven Christmas Event : Santa & Mrs Claus travel by sleight around Buckhaven & Denbeath from 5.30 reaching College St Gardens for lights at 6.30. Comm Council

13th-15th Dec Fayre on the Square Shorehead Leven, Stalls, Ferris wheel, Santa's Grotto

15th Dec Xmas Brass Band Concert Buckhaven & Methil Brass Band with CLEAR 2-4 Buckhaven Theatre Kinnear St (tickets 36 College St)

25th Dec Christmas Lunch Wellesley Church parish Hall 12.30-2.30 All welcome

KEEP IN TOUCH Subscribe to free monthly ebulletins (CLEAR and Rail Campaign-LMRC). Send your email address to:

clearfife@gmail.com AND LMRC@mail.com

Yoga takes a breather

Several years ago CLEAR started a yoga class to improve the health of the people of the Buckhaven area, partly funded. I have thoroughly enjoyed taking this class as instructor every Monday morning. Although numbers have not grown significantly we have made many friends.



Breath, flexibility and core strength have been worked on along with lots of giggles, tears and cheers. The classes have helped CLEAR raise around £1,100 to contribute to our environmental work around the area. The class will cease from December as I am taking a Sabbatical. Many thanks ladies and gents. Namaste Pauline



Bat's Wood



Bat's Wood has completed the design phase in its mission to create a mountain bike trail between Buckhaven and Methil (with CLIMB funding). The design document can be viewed on the website www.batswood.org.uk. The next task is to plant trees and try to get a lease for the land to take this to the next stage. To find out more please get in touch through the website or Facebook page.

River Leven Project



Major new project starts on connectivity + active travel development—links to planned stations

This lovely but badly neglected greenspace in the heart of Levenmouth is about to undergo major uplift. Led by SEPA and involving nine different agencies, the River Leven Project is underway seeking to regenerate the area and create a unique asset. The first phase involves developing path networks to link the wider community (and also the new reopened stations). Community consultation phase is starting with discussion on how improvements can be made in River Leven's catchment area to encourage active travel, connectivity, biodiversity, appropriate development and other potential benefits. CLEAR, LMRC and other local groups will take an active role.

What improvements would YOU like to see around Buckhaven & Methil? - LET US KNOW

CLEAR & COMMUNITY NEWS

Bringing news from around the community in Buckhaven and Methil

December 2019

Brightening the town

CLEAR volunteers and staff have been out and about improving the local area in the winter months. Crocus and daffodil planting has been extended up Kirkland Drive helped by Savoy youth groups, local kids and student doctors. We've also planted large swathes of spring bulbs down at the newly developing Buckhaven Fore-shore so should see much more colour in the spring. We plan to plant a new community orchard-woodland on the Methil Memorial Park Braes. Keep an eye on our facebook page for upcoming projects – help welcome.



Community Fridge

CLEAR is committed to combatting worsening food insecurity in the area. In 2018 we opened a Community Fridge open two days per week. People in need can register and once-weekly access up to five chilled items from the fridge plus whatever bakery items, fresh fruit & veg and other items are available. This is supplied by a weekly food order from Fareshare, and surplus food from supermarkets and our gardens. Hot meals are provided to up to 20 volunteers daily



There's no charge for using the fridge but cash or food donations are welcome! CLEAR receives no funding for this, and has covered the cost through donations and staff payments for meals.

CLEAR recently installed a second fridge to ensure an equal choice is available on both days. The Fridge is open every Wed afternoon 2-4pm and Thurs 10.30-12.30. Only Thursday during the Xmas-New Year break.

More Community Art

In response to the Buckhaven Community Action Plan, CLEAR has been arranging more artwork about the area. The large dinosaur mural along Shore St risks becoming a major attraction, thanks to artist Paco Graf and funds from Fife Council. A second phase is planned for the rest of the site in the spring.



Wall murals on disused shopfronts in Randolph St were also completed by artist Andrew Parry, funded by CLIMB. This captures Buckhaven's long lost maritime connections, and extends other art and improvements in this neighbourhood. Suggestions for others welcome.



Recent Awards

Previously unthinkable, Buckhaven is now judged 'The Best Small Town in Fife' - see certificate (left) as evidence!





Rail-link - Breakthrough

After exactly 50 years since the last passenger train in October 1969, the Rail Campaign is celebrating the decision to reopen the line with stations at Cameron Bridge and Leven. The Scottish Govt will invest £70 million to reopen rail services by 2023-24 plus and additional £5 million matched by £5 million from Fife Council for the Levenmouth Blueprint—to improve path and bus links to the new stations at Cameron Bridge and Leven and encourage associated improvements and investment. More information tel; 01592-713078, email LMRC@mail.com or check LMRC facebook or web.



LEVENMOUTH HEROES: Front row (left to right): Fife Councillor Ken Caldwell, Allen Armstrong (LMRC), MSP Jenny Gilruth, Ross Bennett (LMRC), MSP David Torrance, Eugene Clarke (LMRC), Transport Secretary Michael Matheson, MSP Alex Rowley, Mary Reilly (LMRC), Fife Council co-leader David Ross, and Fife Councillors Altany Craik and Colin Davidson. Other faces in the crowd include Transport Scotland's Bill Reeve, Fife Council's Ken Gourlay, Glenrothes MP Peter Grant, Keith Winter of Fife Council, Don Barclay (LMRC), Fife Councillor Bill Porteous, Elizabeth McGuire (LMRC), Andrew Hutchinson (LMRC), Fife Council co-leader David Alexander and Fife Councillors Graeme Ritchie and Ryan Smart

Fife celebrates rail victory



CLEAR's Key Role: Did you know that the Rail Campaign was initially a CLEAR initiative launched nearly 6 years ago to which other local activists rallied around? The R in CLEAR stands for Regeneration. Whatever improvements we achieve at the grassroots, the return of the trains will have a greater positive impact. CLEAR office bearers remain active in the Campaign, the Hub is the Campaign's registered office, and venue for its first few meetings. It has been a long, challenging struggle but justice and reason have prevailed. There is more to do. CLEAR will continue representing the community rolling out the railway, Blueprint and River Leven Project .

Buckhaven Heritage Project

After much hard work by volunteers, five more interpretation panels have been designed on 19th and 20th century life in Auld Buckhyne. These will be installed soon down at the old Harbour, courtesy of Sea Anglers and supported by Heritage Lottery Fund

Five other small panels will also be produced as part of Randolph St improvements for the old Co-op. The Heritage Group will reconvene in the New Year and welcomes anyone interesting in discussing and exploring the history of the town and its people. *Get in touch to join in or if you have old photos or local memorabilia.*



Wee Libraries

Wee Libraries is a small project in local parks giving local folk, especially kids, a chance to sit and read a book or borrow one to take home. They're made in our Community Workshop, with CLIMB funding, and stocked with donated books. They've been a success until the library in College St Gardens was burned out. Many locals were very angry with this senseless actions. Stuart's of Buckhaven is sponsoring a replacement. We'll not let this latest setback discourage our plans to improve the area. A new library is ready to be decorated and re-installed. We hope it survives.



Community Councils



Buckhaven & Denbeath : After the huge success of the second revived Buckhaven Fireworks Display, Buckhaven & Denbeath Community Council will also be running their Christmas event again this year.

On Sunday 8th December, Mr & Mrs Claus will depart on their sleigh from the Bird Scheme at 5.30, go through various streets and hope to arrive at College St Gardens at 6.30.



Recently formed Methil Community Council is appealing for local residents and also representatives from other local groups and organisations to join the collective effort to improve the town. Community Councils are a vital instrument to have the community's voice heard in planning and carrying out actions which benefit all. This doesn't require a major time commitment but the more people taking part, the stronger this voice. So don't just grumble, take this simple action. For more information email: Methilcc@gmail.com or tel: 07401116801

Make A Difference

How about getting fitter, healthier & inspired while making your community a better place - and have serious fun along the way?

CLEAR offers a various indoor and outdoor activities that can help develop new skills, build confidence, create new relationships and provide real satisfaction. Lunch, refreshments provided:

- Tree planting and maintenance; Gardening ;
 - Crafts, art & woodwork; Catering & food; Bike repair;
 - Litter Picking, Environmental improvements
 - Office, admin and media activities
- 36 College Street - Buckhaven - Fife KY8 1JY
systems@clearfife.org www.clearfife.org
 01592-715021 Open Wed, Thurs 9.30am-4.00pm

Publicise YOUR GROUP'S events and other things going on in the community. Next edition for April-July 2020. Published by CLEAR, 36 College Street, Buckhaven, Fife KY8 1JY secretary@clearfife.org - www.clearfife.org

Volunteer Stories

Hello. I am Nicole, 22 years old and live in Methil. I first came across CLEAR through The Princes Trust in February when we painted a mural for Methil Community Garden. I have always been interested in gardening and wanted to learn more so I went back there for my placement.



I did a variety of growing on plants, weeding, maintaining an allotment and creating a dinosaur feature. Joining a new group was my biggest challenge however everyone accepted me and made me relax. I treated this work placement as a stepping stone to becoming a permanent volunteer. It was a too big step for me to make before. I have been a CLEAR Volunteer for 6 months coming in twice a week. I have made good friends and particularly like the work structure. I have learnt to use petrol strimmer and lawnmower and intend to stay with CLEAR for many years to come.



I recommended it to my Brother who has also become a Volunteer. Together we started a Monday Art Group . All are welcome to join us, it's free.

CLEAR & COMMUNITY NEWS



Want to find out more? Interested in getting involved?

- Maybe you're interested in being part of an exchange visit to Bruges...
- Perhaps you are thinking about a gap year....
- Fancy a Work Placement in Bruges to learn new skills....
- You are a business who could offer a work placement here.....
- You have an extra room and would like to be a host family....
- You make a mean cup of tea and can help with fundraising events...

There are lots of ways you could get involved...

To find out more contact Linda

Telephone: 01592 715010

Email: Lmouthtwinningassociation@gmail.com



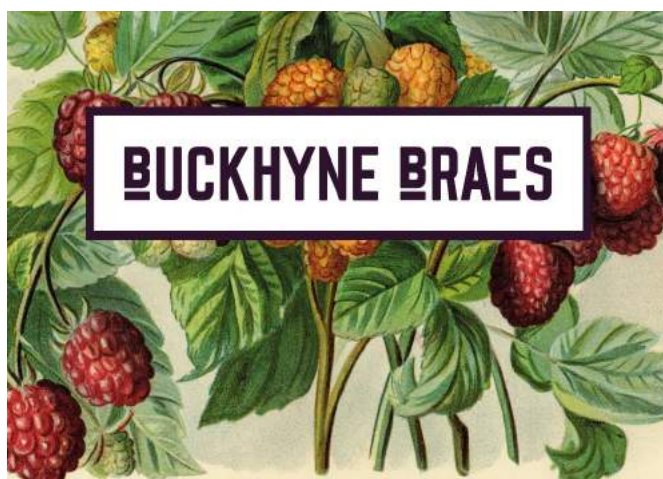
New Buckhyne Braes food range The bountiful autumn harvest has meant an influx of fruit and vegetables to CLEAR

CLEAR's expanding range of local handmade artisan produce has encouraged us to launch the Buckhyne Braes product range. Going forward, we hope this will bring quality, locally made produce to the wider

and the kitchen has been in overdrive producing delicious juices, jams, jellies, pickles and chutneys, all on sale at the Hub, College St, Buckhaven. New products include Pressed Grape Juice from grapes grown in the Buckhaven Growing Space polytunnel. Also grown there were gherkins which have been pickled and apparently taste just like Macdonalds!

An abundance of Pressed Apple Juice has also led to Mulled Apple Juice, a non-alcoholic version of Mulled Wine, delicious served hot or cold and perfect for the Festive Season. The range of chutneys and jams now include Peach, Plum, Pear & Fig and Kiwi, and jellies include Apple, Red & White Currant, Rowan and Basil, delicious with soft cheese or in a pasta sauce.

We've branched out into toiletries - bees wax lip balm, using wax from our local hive; Lavender Bags; Luxury Bath Salts, all with flowers and herbs from Buckhaven Growing Space.
On sale at 36 College St.



HANDMADE IN FIFE

We are a local charity creating a brighter, sustainable future working with local residents and groups in community-led regeneration.



Methil Crafting - two opportunities

Mums Coffee Mornings

Fridays 9:30 -11:15 Sailors Rest 230 High St Lower Methil. Come in for a blether and crafts. Open to any Methil mums - no need to bring a child!

Methil Maker Days

— one-off sessions when you can learn how to make these lovely wall plaques—much easier than it looks. Open to all.

Contact Iyaah on 07860 855023 or email iyaah@corra.scot



Perfect Presents from CLEAR this Christmas



We have a wide range of hand-made, artisan goodies anyone would be delighted to find in their stocking on Christmas morning, as well as Xmas wreaths. From a diverse range of jams, jellies, pickles and chutneys (*make your own hamper*) to Pressed apple juice and Mulled apple juice, a delicious non-alcoholic festive tittle, yummy served hot with mince pies, to Luxury Bath Salts, Lavender Bags and Rose Bags filled with fragrant petals Plus our new Beeswax Lip Balm made with wax from our hive in Buckhaven Growing Space.

**Warm season's greetings from all at CLEAR.
Happy Christmas and a Bountiful New
Year to all volunteers and residents**

Hearing Loss Group

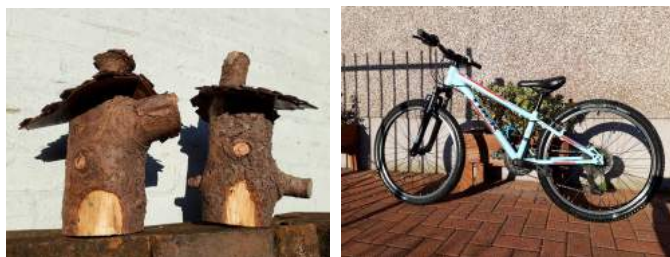
A new group has started for anyone experiencing hearing loss, meeting every third Wednesday of each month 3-5pm at Sailors Rest, Methil. Hearing loss can be a very isolating and frustrating experience but there's lots of help out. The members would like to share their experiences and the information they have gathered. Contact Iyaah on 07860 855023 or email iyaah@corra.scot

Celebrate Scotland's Year of Coasts and Waters



Gift Suggestions

Santa (aka Colin) and his Elves, have been busy working at our Sandwell Street Workshop on Christmas presents for sale with adult and kids bikes upgraded and ready to go. Fairy houses are also for sale - a great addition to a garden or bedroom.



CLEAR Challenges - 2020 on

Like other small charities, CLEAR faces real challenges from 2020 on. As funding from National Lottery and Scottish Govt ends, we'll find it difficult to operate at the same level but hope to maintain at least a basic operation after March 2020. YOUR support and active involvement would help — *get in touch (tel 01592-715021, email—clearfife@gmail.com).*