

The Community Update

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In this Issue

- Open for Learning at Sinclairtown and Templehall
- Scottish Childminding Association Fife
- Home-Start Kirkcaldy
- The Fife Federation of Gingerbread
- Y's Up for Playschemes
- Scottish Pre School Play Association
- HEALTHPOINT, Templehall Library
- Cottage Family Centre
- Barnardos Kirkcaldy Family Support Project
- New Community Use Flat in Templehall Area
- Meet-A-Mum Association
- Safe and Sound
- Kirkcaldy Under Eights Forum

Open for Learning at Sinclairtown and Templehall

Are you thinking of returning to work, changing your job or do you just want to enjoy your retirement? Would you like to learn how to use a computer, learn a new language or develop new skills? Over 1000 members of the local community have now signed up for learning opportunities at the two Kirkcaldy based Learning Centres which offer free access to a wide range of learning packages from computing to writing a CV to caring and counselling.

Both centres are located in libraries—Sinclairtown and Templehall—offering an informal, relaxing and non-threatening environment in which to choose your learning subject.

The Learning Centres offer informal and flexible training to anyone aged 16 and over, who live, work or study in Fife. An extensive range of open learning materials in a number of formats from videos to workbooks are available, as well as computing and word processing facilities. You can even access the Internet through Fife College's Teleflex facilities.

You can gain qualifications through Glenrothes College in computing, with a tutor available to support you, along with experienced and dedicated learning staff. All without going to College! You choose when you want to

study to fit in with your family commitments, at a pace to suit your own needs.

All of these services are free—all you have to do is come along and speak to one of the staff who will offer guidance and advice on packs, use of computers or offer course and career advice.

For further information about either Centre, call Anne Hayes, Open Learning Officer on 01592 417904

Scottish Childminding Association Fife

Scottish Childminding Association Fife exists to provide information, advice and support on all matters related to childminding and childcare. As the development officer I provide assistance to people looking for childcare and can help if any difficulties should arise once an arrangement has begun. The advice is available to parents, childminders and other interested people.

Information is also available for anyone considering becoming a registered childminder. Part of the work I do is to raise the profile of childminding, finding ways to equip childminders to improve the quality of their provision. This is done in a number of ways but certainly training is a very valuable part of this.

There is a local network of childminders and the group run a vacancy co-ordinating service. The vacancy co-ordinator is Elaine Morris tel: 01592 205057. If you require childcare outwith Kirkcaldy area please contact myself for this information and please feel free to contact me on any of the above issues. There is an answer machine on the number to call, please leave a message and I will return your call as soon as possible. My name is June Lyall and you can contact me on 01592 206987.

Home-Start Kirkcaldy

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age. Volunteers offer regular support, friendship and practical help to young families under stress in their own homes helping to prevent family crisis and breakdown.

5th Birthday Celebration

Home-Start Kirkcaldy was 5 years old in January! Well done to everyone who has helped make the scheme a success over the years.

Tesco Trolley Dash

To coincide with our anniversary we are having a prize draw in February with our first prize being a one-minute trolley dash around Tesco. Tickets are £1 and are available through the office and from Management Committee Members.

Booklet

The scheme has produced a booklet which contains comments from families, volunteers and referral agents who have used the scheme over the last 5 years. Thank you to everyone who contributed.

Home-Start Kirkcaldy

Eleanor Thomson—Senior Co-ordinator

Lorraine Scott—Co-ordinator

Joan Laing—Administrator

Address—Denfield House, Smeaton Road, Kirkcaldy, KY1 2EY

Tel: (01592) 653755

Fax: (07070) 650205

The Fife Federation of Gingerbread

We have moved premises to:

Arden House (Annex)

Commercial Road

Leven KY8 4QX

Telephone: (01333) 592298

The Fife Federation of Gingerbread is an association for one parent families with a network of local, self help groups throughout Fife.

We offer:

- Personal advice to lone parents by post, telephone or personal appointment. The office is open 9 am to 3 pm, Monday–Friday.
- A range of information leaflets on all aspects of welfare rights.
- Contact point for referral to local groups.
- The Fife Federation of Gingerbread bi-monthly newsletter containing information relevant to running a Gingerbread group.
- Information and help to lone parents wishing to set up new groups.
- Information leaflets on group management and social policy issues.
- Back up for group welfare contacts.
- Publicity material.
- Training workshops on all aspects of running a self-help group.
- Help with funding applications and project development.

If you would like information of local Gingerbread groups please contact the office on (01333) 592298.

Y's Up for Playschemes

Kirkcaldy YMCA & YWCA are again running Day Camp programmes for primary school aged children during the Easter and Summer holiday periods.

The Easter Day Camp runs from Monday to Friday for two weeks between March 29th and April 9th, 1999.

Places are limited, so for further details of the Day Camps, or any of the Y's wide range of youth and adult programmes, please Kirkcaldy YMCA (phone 412960) or Kirkcaldy YWCA (260963).

Scottish Pre School Play Association

The SPPA is a charity committed to supporting playgroups, toddler groups and under 5 groups to develop quality care and education. The SPPA values parents/carers as the prime educators of their children and encourages them to be involved in whatever way they can. The SPPA has an extensive publication list covering all aspects of child care for the under 5's. Member groups have the service of a local fieldworker, who is able to offer support and advice as well as access training for playworkers. The fieldworker organises regular meetings, giving groups the opportunity to share ideas and discuss local issues. The next scheduled meeting will be held on Tuesday 16 February '99 at 7.30 pm, Newcraigs Church, Forres Drive, Kirkcaldy. All interested parties are very welcome to attend. The fieldworker for the Kirkcaldy area is Bernadette Kelleher who can be contacted on 01337 830093 during normal office hours.

HEALTHPOINT, Templehall Library

Beaully Place, Kirkcaldy

Central Area Libraries' HEALTHPOINT, in Templehall Library, Kirkcaldy, has a collection of books, leaflets and videos promoting a healthier lifestyle.

There information on all aspects of health, from information on specific conditions to keep fit, alternative therapies to home safety.

Use of the HEALTHPOINT is free. Books and videos may be borrowed in the usual way. Leaflets are available, both for reference in the library, and for taking away.

A regular programme of events is held in the HEALTHPOINT highlighting various aspects of healthy living. These events are publicised in libraries throughout the area.

If you wish to know more about HEALTHPOINT or the events held there, please phone 01592 412696.

Cottage Family Centre

29/31 Cawdor Crescent

Kirkcaldy

Phone 01592 269489

Would you like to make new friends?

Would you like to try something new?

Why not come to the Cottage and find out what's on?

- 'Art & Design' for Parents

- Discussion Groups
- Coffee at the Cottage

Creche is available for children aged 18 months–pre-school. Cost—10p per session.

Need information or advice on further education or employment? We are having an 'Open Morning' on 16th March at 10–12 am where representatives from Fife College, Job Centre, New Ways Into Work, Ethnic Minority Employment and Training Project shall be available to answer any queries.

Our Parent/Carer/Toddler group is held on Wednesday mornings 10.10–12 am. This gives young children a chance to experience the pleasure of play—painting, gluing, sand etc. Cost—10p per child.

Grab a bargain in the Thrift Shop! Good quality clothing for the family at low prices. Open 10–12 am when volunteers are available.

Why not give the Cottage a visit, or for further information phone 269489. An information pack is available.

Barnardos Kirkcaldy Family Support Project

The Project is an initiative of Fife Council and Barnardos. In the development of the Project Kirkcaldy Under 8's Forum were helpful in organising a consultation seminar with local groups and parents.

In August 1998 I came into post as Project Leader, two full-time and one part-time Project workers will be joining the Project in February 1999. The Project is temporarily based in the centre of Kirkcaldy, but should be moving to permanent premises in the Spring.

The Project will be developing a service

for families living in the Kirkcaldy Social Work District ie Kirkcaldy town, Cardenden, Burntisland, Kinghorn and Auchtertool. The main services the Project will provide are:

1 Assessment of children and families

The Project will undertake assessments where significant decisions have to be made about a child's circumstances. This will involve assessment of parenting abilities, child development, attachments, the level of risks and the potential for change. It will also involve identifying the resources a family will need to support any decision and working with the family and appropriate agencies in developing these.

2 Intensive support to families in the local community

The service will work with families both within their family homes and when appropriate within the Project (when permanent premises are identified), offering emotional and practical crisis support, including programmes for managing behaviour and building relationships between parents and children through play. This work will be in conjunction with other community resources, to help establish parental confidence and build supports within a family's own community.

3 Parent education and groupwork

The Project will be involved in developing parent education in the local area, using both group and individual approaches with families. Within this part of the service the Project will aim to work closely with existing services to facilitate local groups and help to establish traditional supports such as parent and toddler groups. Also to deliver structured parent education groups.

Referrals can be made to the Project by parents, social workers, health visitors, nurseries and other local groups. It is planned that the Project will begin taking referrals in March 1999.

On behalf of the Project I look forward to continuing our involvement with Kirkcaldy Under 8's Forum and having the opportunity to meet with parents and other local groups that it provides.

Alison Lewis, Project Leader



New Community Use Flat in Templehall Area

Number 67 Lismore Avenue has been designated a community use flat for groups active in the Templehall area!

The aim of the community flat is to provide a safe, well equipped environment where existing non-profit making, support groups can further develop the good work already being carried out with vulnerable individuals, families and groups. It will also provide an opportunity for Council workers and interested parties to look at innovative ways of developing new resources and support for this area.

The need for a community flat in the area was identified by local workers consulting with local people and support groups active in the area. The Council appreciate that this type of development may cause some concern to people living in the immediate vicinity of the flat but we would like to take this opportunity to reassure them that the groups and individuals using the flat will respect the needs of the local residents. The facility will also be closely monitored.

Although this project is in the early stages of development it is hoped that suitable groups will be able access the facility early in 1999.

For further information contact:

David Hancock

Social Worker,
Enquiry & Information Team

tel 01592 412424

Fiona Forbes

Locality Manager,

Kirkcaldy West

tel 01592 412675

Meet-A-Mum Association

For most of us, the prospect of having a baby is exciting, absorbing and maybe just a bit frightening.

Afterwards, when the excitement's over, Mums react, quite naturally, in lots of different ways.

The lucky ones are bubbling over with happiness. Others feel lonely, exhausted and sometimes deeply depressed.

Only other Mums with toddlers or new babies will really understand how you feel—which is why we've started the Meet-A-Mum Association.

Join our local MAMA group and you can meet new friends, share your feelings openly, and both give and get a lot of real help.

If you're interested, contact:

Carol Gray 01592 201358

Emma Peat 01592 203731

We can meet you individually, or you can come to our group at the Cottage Family Centre on Thursdays at 7.30 pm.

Safe and Sound

A low cost home safety lending scheme for young families

Safe and Sound's new address is:

67 Lismore Avenue, Kirkcaldy

Opening times:

Tuesday and Thursday 10.15–11.15

A variety of equipment is available, eg fire guards, stair gates, high chairs.

For further information contact May Chalmers, Cottage Family Centre, 01592 269489.

If you want to volunteer your time on a Tuesday or Thursday for an hour, then contact May Chalmers at the same number.

Kirkcaldy Under Eights Forum

Kirkcaldy Under Eights Forum (parents and workers) are committed to this year:

- providing a handbook for young families in Kirkcaldy
- holding a workers' seminar in the Spring
- holding a parents' seminar in the Summer
- providing a rolling programme of information events for parents throughout the year
- continuing publication of the Community Update.

All parents and workers are welcome to come along.

For further information contact June Lyall, Chairperson, tel 206984.

If you wish to contribute to further editions of the Community Update, please send to Community Update Newsletter, Under Eights Forum, c/o East Kirkcaldy Resource Centre, St Clair Street, Kirkcaldy