



PAST, PRESENT & FUTURE



Largo House

Some of the history of Largo House can be read on pages 6 and 7, together with more recent news.

*Photo: Largo Camera Club
taken from a drone*

F e b r u a r y 2 0 2 1

Issue 2

An LCT Publication

Price: Free Distribution

Donations welcome: see page 3

Editorial

We all hope that 2021 will be a better year than the last one.

Again, we are caught by this dreadful pandemic. As we put issue 1 together, we had emerged from the first lockdown, but were still limited in what we could do. This meant that most reports of local activities show that they had been curtailed.

Now we are in what appears to be an equally severe set of restrictions. At least we have the anticipation that vaccines will see us out of this situation before too long.

It is the hope of your Editorial Team that this magazine contributes to the life of the community. For the moment, we are continuing with the free distribution model adopted for Issue 1 (see **feedback** below). Our thanks to those whose contributions - both in time and in finance - helped to produce that issue. If you value the continued publication of this magazine every three months or so, please consider making a donation towards our running-costs.

Questionnaire / Feedback

We received about 30 replies to our questionnaire, and a lot of feedback which did not come from the questionnaire. The summary below gives a flavour of how the first issue was received.

The magazine itself: There was agreement in general on the title, *Largo Links*, and that the magazine was relevant to local needs. Some people commented on the print being too small, and we have made arrangements for larger copies to be made available on demand.

Content: There were several suggestions for extra articles. Some of those which have been taken on board for this issue are: local residents with interesting stories; similarly, the history of some of our houses; recipes. We reported on various societies, clubs etc, and some others were mentioned. There is a general invitation for all such groups to write us a report and we hope to carry as many as possible.

Distribution: There was a majority in favour of free distribution, and clearly

there is a pool of volunteers willing to post the magazine to each household. A minority thought that it should not be free, and a minority also indicated that if it were on sale in shops, they would not buy it.

Finance: our collecting-cans raised just over £100. With other donations and projected income from the sale of advertising, we did not quite cover the cost of printing Issue 1.

Largo Communities Together guaranteed the costs of issue 1, but if we were to continue with this model of publication, we need a bit more income.

Some Suggestions

- Once the pandemic is over, we hope that more businesses will advertise with us.
- Individuals who value this magazine could put a little in the collecting cans (see **Contact Us** on the next page).
- Clubs and Societies who donate to local causes might consider that *Largo Links* is worthy of support.

Contact Us

Send a message to the Editorial Team:

email: *editorlargolinks@gmail.com*

the Editor's address:

James Kay

50 Main Street

Upper Largo KY8 6EW

If you wish to place an advertisement:

contact the editor, and a member of the team will get in touch with you.

If your Club or Society wants to send us a report, or if you would simply like to include contact details in the next issue:

send it to the editor (guide - 80/120 words).

If you would like to make a donation:

we have collecting boxes at Zaphar's Store, Andy's Store, The Library. Or send it directly to the editor.

Seascape Largo Bed and Breakfast

21 Temple, Lower Largo

Fife KY8 6JH

Contact: Matt Allan

Tel: 01333 320 008; 07930 917 493

Email: seascape.largo@gmail.com

www.seascapelargo.co.uk

Reading *Largo Links*

Most of you will receive this magazine through a delivery to your door by a team of volunteers. If you did not receive your copy this way, please let us know. Some spare copies are placed in the Library.

Most of you are happy with the A5 booklet which forms the main edition. Some of you, however, would prefer a larger print version. This can be obtained in several ways:

Library: we will place several A4 copies in the Library. They can be taken as required.

Online: LCT website prints a link to the online version of this magazine (See the box at the bottom of this page). This version is the large one – it can be read onscreen or printed on A4 pages.

email: we can email an electronic version to you. Again, it will be in large type, which can be read or printed. The Editor's email address is given in the **Contact Us** column.

If you, or anyone you know, needs a large-print version please take this opportunity to increase our readership.

We hope to produce Issue 3 in May. If your Club, Society or Organization would like to submit a report, please send it to the Editor by **April 11, 2021**.

Once this magazine has been published, it can be read online at:

www.largocommunitiestogether.org.uk

Scroll down to the Community Pages, then click on our logo:





Largo Parish Church

During the time of Tier 4 restrictions, and the limited amount of people allowed in the church, it was decided by the Kirk Session for the safety of our community that we temporarily close the Church for Worship Services. This was disappointing particularly during the Christmas Season. However, during this time of church closure we joined up with our neighbouring churches known as the East Neuk Gateway Cluster (Largo Parish, Largoward, East Neuk Trinity & St. Monans). By teaming up with these congregations we have successfully continued Services on an online basis.

The new directive (4th January) from the Scottish Government means we will continue to offer these Cluster live online Zoom services each Sunday, at 10.30am. Later “catch-up” recordings may be found on our FB page as well as YouTube (*see below*)

It is too early at this stage to be able to inform people of our Lent and Easter arrangements. Any updates can of course be obtained from our website and FB page, as we continue to be guided by both the Scottish Parliament and the Church of Scotland.

The kindness and generosity of folks in our community gave Christmas Joy to many, both local and abroad. Our annual support for “The Blythswood Shoebox appeal” saw sixty boxes filled, to wing their way to Eastern Europe. Closer to home, our many “Gifts of Toys” were passed on to Levenmouth Homestart for their distribution in time for Christmas, for which they were most grateful – thank you.

The Pastoral Care team remembered, with small gifts, those housebound and elderly. Please remember – our Pastoral Care Team Support is not just for Church members but for anyone in the community who might benefit from being on their list. The church is here for everyone!

Pat Stevenson - Information Convener

Website: www.largochurches.org.uk

FaceBook: **Largo Parish Church**

Email: infoLargoChurches@gmail.com

LIVE ZOOM SERVICES

10.30am each Sunday

Web address [Zoom.us](https://zoom.us)

Meeting ID 890 6311 3937

Pass Code EastNeuk

FOR LATER CATCH UP

You Tube East Neuk Trinity Church

Let your conversations be always full of grace..... (Colossians 4:6)

L u n d i e S a l o n

H a i r b y J a n e

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**Thank
You**

NHS
SCOTLAND

Largo Bay Art Society

Well, no relaxation - only tightening - of the rules on meeting others. However, recent days of sunshine and wonderful sunrises and sunsets have inspired some of us to finally get down to drawing and painting. For others who are still needing support to get going, here is an idea.

Coffee-Time Sketching

Get a sketch book, paper or anything to draw on and spend 5 minutes, or more, drawing, painting or making any sort of mark with whatever tools you like. Do it every day, it doesn't have to be at coffee time, or a "proper" picture.

Here's one I did in my garden.



The original was in colour. Sorry, our finances do not (yet!) allow us to do the same with *Largo Links*.

Editor

You can view other sketches and post your own on our Facebook page Largo Bay Art Society.

Another reason to get going with our art work is to be ready for the LBAS annual exhibition from Sunday 18th to Sunday 25th July. More details nearer the time. Anyone thinking of joining the club, or wanting support to start some drawing or painting please contact me:

Sue Milne: semilne160@gmail.com

Wee Walks - Big Benefits

You might want to read *Walk Your Way to Better Strength and Balance* This leaflet is in plastic wallets under the bench outside the Durham Hall. Please use hand sanitiser before touching the box.

You may use the car park.

If you are someone who thinks this article is not for you because you use a walking aid or don't walk further than your car to the supermarket ... please read on ...

Weather permitting, make your way to the park next to the Durham Hall. The path has a good surface: it is flat and wide enough to accommodate those using mobility aids.

Set yourself a walking plan depending on your ability. The leaflet gives some guidance on how to step up!

Start walking at a steady pace and a manageable distance. Do this at least 3 times a week. Make notes of your distance and time. Next week increase the distance, or do the same distance a bit quicker. Only step up if it feels comfortable to do so.

You should be able to walk and talk. In other words if you can't talk, you have done too much and if you can sing, maybe you could have gone further or faster. You are aiming to build up to a 30 minute daily walk if you can.

If you can't get out walking during winter weather, keep moving indoors, for example stand up and move during TV advert breaks as well as trying the strength and balance exercises as per leaflet.

There is further advice on the website:
pathsforall.org.uk

Moira Bell, Volunteer Walk Lead

From Poland To Largo House - Via France & Siberia

Abandoned by the Durhams in 1939 due to high taxes, Largo House was requisitioned by the MOD in 1940. The 4th Polish Cadre Rifle Brigade, Polish soldiers who had fought Hitler in West Poland and then in France, escaped to the UK and were first to be stationed there.

In 1942 a new unit, The 1st Independent Polish Parachute Brigade, were stationed there with recruits mainly coming from Polish soldiers formerly deported to Siberian Gulags. They were then “freed” to help Stalin fight Germans invading Russia. General Anders, in a clever move appearing to assist Stalin, moved them from Russia to Iran (escaping Stalin’s clutches) from where they made their epic journey to Largo House.



Largo House with
Polish soldiers on the steps

Training would take place around Largo House, now nicknamed “Malpy Gaj” or “Monkey Playground” due to aerial training on ropes and beams undertaken there. Further training would be at the 100-foot tall parachute tower located beside Lundin Tower. Mortar and tactical exercises took place in nearby Shell Bay at Elie. In the barn was a mock aircraft exit hole where paratroopers would practise aircraft exit procedure.

Training to re-take Poland back from The Russians and Germans, Polish soldiers trained hard at Largo House with many settling in Fife post-war.

If you would like to read more about the wartime use of Largo House, go to:

<https://swoopingeagle.com/>

L a r g o E s t a t e - U p d a t e

After 70 years of the grounds of Largo House being used for grazing and little else, at last, thanks to your voice and action and the owners’ willingness to act we have some positive news regarding what the owners are calling Largo Estate. LCT are delighted that following the sharing of the conclusions of the community consultation and several months of discussions with the owners of Largo House and grounds, there is progress. LCT will continue to explore the opportunities that the community seek in the beautiful grounds of Largo House and we look forward to more developments.

A short statement from the owners of Largo Estate: “David and Alexandra Crichton have appointed Kathy Beckett as Horticultural Manager for Largo Estate. Kathy has extensive experience in horticulture and permaculture design. The team are very excited to breathe new life into the Largo Estate and look forward to sharing more details soon through their main contact, Stan Green, who also assisted with the recruitment process.”

L a r g o H o u s e

Built around 1750 for the young, about-to-be-married, James Durham (1732-1808), Largo House was a classical Georgian mansion. The interior decoration, fittings and furniture would have been integrated with the elegant external architecture. Featuring a large central hallway, with evenly-sized reception rooms to either side and a grand staircase leading to bedrooms that enjoyed fine and extensive views. [For an impression of how the interior of Largo House may have looked, go to canmore.org.uk and search for images of the comparable Arniston House].

James Durham's eldest son James (1754-1840) commissioned the stable block in 1815 and the rear wings and conservatory in 1831 (plus new drive and Eagle Lodge). The grounds and gardens were as impressive as the mansion itself and boasted many magnificent tree specimens. In 1867, when the Largo Estate was advertised for sale, the schedule described an orchard and large, productive gardens boasting a range of "vinery, forcing and other houses". Also mentioned was the terraced walk and shrubberies connecting the "pleasure grounds" with the "romantic scenery of Keil's Den".

With the sale of the estate, fortunes began to change for the house. Subsequent owners had other properties, leaving Largo House sometimes unoccupied and sometimes leased to tenants. In 1939, Largo House was requisitioned for a wartime role. Spring of 1941 saw the grounds and some outbuildings converted into a training ground for the men who would become the 1st Polish Independent Parachute Brigade. The House was returned to its owner after the war, but the unfortunate decision was made to clear the house and remove the roof in order to avoid tax. The ruin has deteriorated ever since. Nevertheless, admirers of Largo House still dream of a day when it is freed from its shroud of trees and is able to reveal its elegant façade once again.

Those interested can read more about local history at:

<https://lundinlinks.weebly.com/>

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Lundin Bowling Club

In a “normal” year Lundin Bowling Club season runs from April to September. We welcome members of all ages with coaching available for those who need it. We run internal competitions and take part in local and national competitions. We also enjoy just meeting up with other bowlers and having a social game which could be morning, afternoon, or evening. There is a Junior coaching session for P2 to P7 on a Monday afternoon after school. Again, in a “normal” year the clubhouse would be open for tea or coffee after the game and on some evenings the bar is open too for social evenings. Let's hope that we will soon be back to “normal”.

secretarylundinbowling@gmail.com

Lundin Ladies Golf Club

LLGC is one of the oldest ladies' golf clubs in Scotland. Membership is open to ladies and girls under 18. Men and boys are welcome to take out Annual Tickets.

As many couples enjoy playing golf together, we are offering a “nearest and dearest” package of one lady's membership and one spouse/partner's annual ticket at £445.

An application form for membership may be found on the website:

www.lundinladiesgolfclub.co.uk

Should you require any information, help or assistance that cannot be found while browsing the web pages please contact the office:

llgolfclub@gmail.com

Lundie Theatre Group

The Lundie Theatre Group normally meets regularly on a Thursday in Montrave Hall to rehearse their next production. New members are always welcome whether it is to act on stage (or off!), make costumes, help with stage creation or production.

We are about to restart rehearsals via Zoom so that, as soon as we can, we will be on stage again. We have also chosen the Panto for Nov/Dec 2021 - we are looking for a Director. Interested?

If you would like to join us, email: **bs.lundie@gmail.com**

Befriending Service Up and Running

Largo Friends and Neighbours is a new befriending service in the Largo area which is supported by LACRT. It is a telephone service for older adults who may benefit from a regular, friendly telephone call and chat from a local volunteer who has undergone training to deliver this service. This may be especially welcome during the winter months and present lock down period when people feel isolated from families, friends and the community at large.

If you or anyone you know is interested in using the service or becoming a volunteer, please call the LACRT Helpline on **0800 999 3465** who will pass on your details to the Befriending Coordinator who will then get in touch.

We hope our residents will make use of this new service and find it valuable.

Silverburn Flax Mill

Silverburn Park's former flax mill lay derelict for more than 30 years until this year when mental health charity, Fife Employment Access Trust (FEAT), appointed a team to make the building wind and watertight and ready for development into a multi-million-pound Visitor Centre and Community Hub.

Since March the park has been buzzing with families, walkers and cyclists escaping the stresses of the pandemic. Visitor numbers have jumped five-fold and the campsite has seen the new glamping pods constantly busy - even in the winter.

"This year we have seen more than 200,000 people come to the park. The numbers and the affection people have shown is astounding," said Flax Mill Project Director, Brian Robertson.



An architect's drawing of how the new Flax Mill Visitor Centre will look in 2025.

It has been a mammoth effort to save the building and keep the 27 acres of woodland and coastal access paths maintained; with contractors regularly furloughed and staff working on alternate days to socially distance. Volunteers have kept the walled garden and woodland trails maintained. The community allotment and food-growing project have thrived, providing eggs and other produce for the Cottage Window Café, cleverly adapted from a tea-room into a takeaway.

All that is left now is to raise the £2.5 million needed to build the restaurant, café, backpackers hostel, shop and arts and crafts rooms, changing places and public toilets, meeting spaces and offices for FEAT staff. More than £20,800 has been raised already and £7.5 million promised in grants. To chip in log onto bit.ly/flax or donate £5 via text to 70085.

LUNDIN CONSULTANCY SERVICES LIMITED

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Property Consultants

Director: Peter M Aitken
01333-320574

Lundin Consultancy Services Limited
Lundin Mill Farmhouse
15 Largo Road
Lundin Links, KY8 6DG

peter.aitken@lundinconsultancyservices.co.uk

Energy cost review – are you paying too much?

Energy (gas and electricity) is an essential “utility” for all homes in Great Britain. Energy bills are one of the largest single items of regular expenditure - households and businesses together spend around £55 billion on energy each year.

Despite the introduction of a competitive market and many subsequent UK government initiatives, many people still distrust energy suppliers. They’re still uncertain about the costs and benefits of the relationship between the supply and the generation arms of the six largest suppliers. They also see rising profits with little clear evidence of suppliers reducing their own costs or becoming better at meeting customer expectations.

There are around 350 energy supply companies operating in the UK. Each offer a range of deals or tariffs for gas and/or electricity and usually discount these if you take both from them (dual fuel). These deals are generally time-limited and last typically for 12 months after which the consumer has three options:

1. Allow their existing supplier to move them to a new tariff hoping that their loyalty will be rewarded by a good deal. This is not always the case and consumers can be moved to an expensive alternative or to their Standard Variable Tariff.
2. Negotiate a new deal from the same supplier.
3. Switch to a different (and cheaper) supplier.

Here are some statistics to consider:

- Only 20% of consumers switched supplier between July 2018 and June 2019
- 49% of consumers reported they have never switched, or have switched only once
- 53% of domestic consumers are on a “default tariff”, not including prepayment meter tariffs
- Consumers on a “Standard Variable Tariff” could have saved approximately £260 by switching to the cheapest tariff basket in the market between June 2018 and June 2019

Two local community volunteers are offering to provide wholly independent energy cost review advice free of charge to local residents. The intention is to help residents understand their energy consumption in terms of annual usage, tariffs and costs. This will normally involve reviewing their electricity and gas bills over the last 12 month period and then looking to see if there is a better gas and electricity deal available, either by switching tariffs with their existing supplier(s) or by switching supplier(s).

It is not proposed to recommend a switch to any particular supplier or to get directly involved in the switching process. This will be left up to the residents themselves. Also, as this is a voluntary service provided free of charge, no liability will be accepted in the event that the supplier of the lowest tariff is not correctly identified and this service is only offered and accepted on this basis.

It is proposed that the help will be provided at the Lundin Links Library on Tuesday afternoons on an appointment basis.

Drew Morrison and Roger Ferguson



**Want to find a better
gas & electricity deal?**



We can help you see if you can pay less for your domestic gas and electricity. A local community volunteer can provide independent advice free of charge.

Call 07931 134792 to find out more

No liability will be accepted in the event that the supplier of the lowest tariff is not correctly identified and this service is only offered and accepted on this basis.

P u z z l e P a g e

Brain teaser

A sundial has the least number of moving parts of any timepiece. Which type has the most?

K	L	P	R	T	N	C	W	E	D	R	T
U	D	N	A	L	T	O	C	S	U	D	R
K	T	F	S	N	Z	N	S	O	R	E	V
G	I	L	S	T	O	N	B	U	W	L	T
Y	E	U	J	L	N	N	M	O	R	A	A
L	F	P	V	U	M	E	L	B	S	R	Z
H	I	P	L	N	L	W	S	D	K	G	V
S	F	E	D	D	K	B	V	K	W	O	B
I	S	R	R	I	O	U	W	P	N	E	T
R	N	I	R	N	I	R	T	D	Y	I	H
A	E	E	K	E	M	N	H	P	H	T	L
P	T	G	W	I	M	Y	A	R	S	A	Q

Find these words hidden in the above puzzle:

UPPER

NEW

LOWER

GILSTON

LARGO

NEWBURN

LUNDIN

PARISH

LINKS

FIFE

DRUMELDRIE

SCOTLAND

Easy Sudoku

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Hard Sudoku

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

Solutions on page 16

Traffic Calming - Leven Road Lundin Links

Following representations from a number of residents in Leven Road to Fife Council, the Lead Traffic Management Consultant of Fife Council has proposed a traffic calming scheme, including:

- 40 mph restriction between Leven and Lundin Links
- 30 mph restriction between the entrance to Lundin Links and a point west of Montrave Hall
- 20mph restriction from a point west of Montrave Hall to the existing 20 mph restriction in the centre of Lundin Links
- One or more “give/take” priority “build-outs”

The detailed design showing the locations spacing and number of the “give/take” priority “build-outs” is awaited for consultation with the community

If you have any observations on the proposed scheme please email them to the Chairman of Largo Area Community Council:-

peter.aitken@lundinconsultancyservices.co.uk

Alternatively please telephone the Chairman of the LACC: 01333-320574

Largo Twinning With Robinson Crusoe Island

In 2004, Largo was formally twinned with Robinson Crusoe Island (*Islas Juan Fernández, Chile*) to celebrate the 300th anniversary of the marooning there of Alexander Selkirk. The twinning was arranged by LACC on behalf of our community. Several events were held in Largo over two days to mark the occasion.

A civic lunch was held in the Crusoe Hotel in Lower Largo, attended by numerous dignitaries including the Chilean Ambassador to the UK, the Provost of Fife, Sir Menzies Campbell QC MP and many others. The welcoming speech to the Ambassador was given in both Spanish and English – a goodwill gesture that was much appreciated. Following the civic lunch, the pupils of Lundin Mill Primary School put on a play of *Robinson Crusoe* in their school for the dignitaries, and in the evening there was a function in the Montrave Hall.

The next day, Lundie Theatre Group performed a re-enactment of the departure and return of Alexander Selkirk on Largo Pier, which was held in such stormy conditions that the boat could not be launched! That evening, a musical event and reception in the Lundin Links Hotel concluded the celebrations.

In 2010, six years after the twinning, a tsunami struck Robinson Crusoe Island and caused huge devastation and loss of life. An appeal was launched in Largo to help the islanders, and successfully raised £12,000 towards the rebuilding of the island. During this time the UK Ambassador to Chile acted as the “go-between” for our two communities.

More about Isla Robinson Crusoe

In 1704, Más a Tierra was uninhabited.

The name means *Closer to Land*.

Alexander Selkirk was not the first sailor to be marooned there. A Mesquito pirate named Will was stranded in 1681.

Ironically, he was rescued in 1684 by Captain Dampier, the same privateer who rescued Selkirk 25 years later. It is thought by many that Will is the forerunner of Man Friday in the Crusoe story.

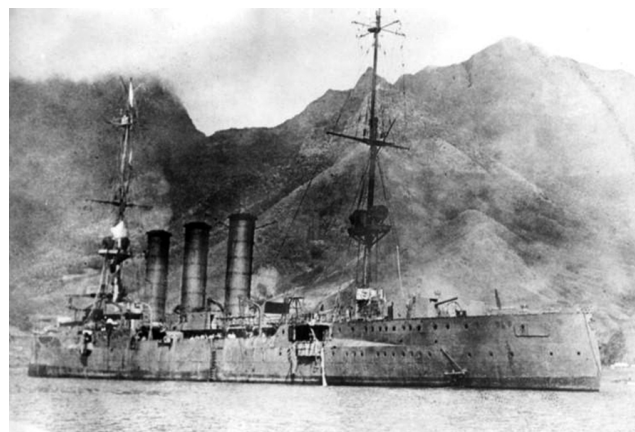
Today, the island has a population of a little over 800, most of whom live in the village of San Juan Bautista.

In 1966, the Chilean Government renamed the island *Isla Robinson Crusoe*, in an effort to attract tourists. A nearby island, which he never set foot on, is called *Isla Alejandro Selkirk*.

In 1914, a German squadron under Admiral von Spee coaled at the island. Shortly afterwards, they encountered a squadron of Royal Navy ships and sank two, *HMS Monmouth* and *HMS Good Hope*. This was known as the battle of Coronel. *HMS Glasgow* was the only warship to escape this massacre.

The Admiralty sent reinforcements to seek out and destroy von Spee's ships. This was done in 1915 at the Battle of the Falkland

Islands, with only the cruiser *Dresden* escaping. This ship made its way back to Más a Tierra, where it was cornered by a squadron of Royal Navy ships, including *HMS Glasgow*. Despite Chile's neutrality, *Glasgow* opened fire on the *Dresden*, whose Captain decided to abandon the ship and scuttle it.



Dresden in Cumberland Bay shortly before being scuttled.

The island's school overlooks Cumberland Bay, where the German cruiser still lies. The school is named after the ship.

The 2010 tsunami destroyed the School and much of the village. A total of 16 people were killed. The death toll might have been higher but for the alertness of a pupil from the school. Martina Maturana, the daughter of the community's policeman, noticed the waters receding and recognised the warning signs.

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Largo Communities

By Amy Dalgleish

When I moved to Lower Largo two years ago, I was so taken with the great beauty of this region, both natural and man-made, and the rich history radiating out of every nook and cranny, that I immediately felt strongly attached, but at the same time I could see the potential for so much more, as well as the ghostly outlines of much that has been lost.

After interviewing Louise Robb and Stan Green (chair and vice-chair, respectively, of LCT), it is clear that many people locally have felt the same. Aiming to bring together all those passionate about and committed to this amazing corner of Scotland, LCT was set up in 2017 with a mission to act as a broad umbrella of protectiveness and advocacy for the disparate interests and needs of the area.

As a registered charity, LCT has an official mandate to raise funds and seek grants. It has formal links with the various arms of government, so has the power and ability to actually effect change. LCT's specific areas of interest are Largo House and Largo Pier, and exciting and ambitious plans are underway.

All the LCT trustees and members are dedicated to facilitating many local projects – developing the community's assets, restoring and promoting our heritage, improving accessibility, supporting local businesses and enterprises, and enhancing community life through social interactions and events.

The Structure of Largo Communities Together



Together (LCT)

In these strange and difficult times, it's become obvious just how easily we can become isolated and forget how to human, but also how many people are wanting to help others and keep us connected. LCT is the perfect central hub to ensure we are able to find each other and communicate effectively, and also, in time, fulfil our hopes and aspirations for the area.

I know we've been exposed to a plethora of three word slogans in the last few years, and they seem mostly to be devoid of meaning, whether by accident or design. By contrast, as both a concept and an organisation, I think Largo Communities Together is something we can all see great value in.

More information can be found on the website:

largocommunitiestogether.org.uk,

where you can also sign up for the newsletter, read minutes, and become a member, with full voting rights, for the princely annual fee of £1.



Swans of a Beach

We are a group of wild water swimmers who enjoy the many benefits that the sea offers both the mind and body. We are supporters of all ages and abilities and often swim along the coast from Leven to Elie.

The group started with just 2 members, at which point I decided to start a page to encourage others to come along. We now have over 350 swans, many of whom enjoy swimming on a daily basis.

We take all safety measures very carefully and everyone swims at their own risk, but the huge difference it has made to our wellbeing is difficult to put into words. If you are interested in joining this free group – when government guidelines allow outdoor group exercise - you can find us on Facebook “Swans of a Beach”.

Hard Sudoku

4	6	2	5	8	9	3	1	7
8	5	7	1	4	3	2	9	6
9	3	1	6	2	7	4	5	8
3	4	5	7	6	2	8	9	1
1	2	6	9	5	8	7	4	3
7	8	9	3	4	1	6	2	5
5	7	4	2	1	3	9	8	6
2	1	3	8	9	6	5	7	4
6	9	8	4	7	5	1	2	3

Easy Sudoku

4	8	9	1	5	6	3	2	7
3	9	2	9	4	7	5	1	8
1	5	7	3	8	2	4	6	9
5	1	6	8	9	3	2	7	4
2	9	3	4	6	7	1	8	5
8	7	4	2	5	1	9	3	6
6	2	5	7	3	9	8	4	1
9	4	1	6	2	8	7	5	3
7	3	8	5	4	1	6	9	2

Brain teaser: An hourglass, with thousands of grains of sand.



ewan fraser
JOINERS & BUILDERS

Telephone

01333 329926

Mobile

07595 491588

Email

callumhomes@yahoo.co.uk

Support in Times of Need Fund

Largo Area Coronavirus Response Team has a fund in place offering support for individuals or families who have been affected financially as a result of the pandemic. We can assist with:

- purchase of baby food, nappies
- food for the family
- white goods
- transport costs, should a family member become ill and have to go to hospital.

Application forms with full details are available in the Largo Library (Crescent Road, Lundin Links). They can also be downloaded from the LACRT page of the Largo Communities Together website:

www.largocommunitiestogether.org.uk

Alternatively give us a call on the LACRT helpline **0800 999 3465**.

All applications will be dealt with in confidence. Please get in touch if you need us.

levenmouth

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The Scottish Parliament
Pàrlamaid na h-Alba

Jenny Gilruth MSP



**Member of the Scottish Parliament for
Mid Fife and Glenrothes Constituency**
covering Lundin Links and the Largos

I am currently holding telephone surgeries.

For an appointment, please contact me on:

E: Jenny.Gilruth.msp@parliament.scot **T:** 01592 764815

The cost of this publication has been met from parliamentary resources.

Leven Las Vegas

Leven Las Vegas started off in 2012, when I was in a running club and saw many people reluctant to join, wanting more low key, gentle, social exercise. A dozen or so turned up on the first night. The idea was to take them through a ten-week program so they could gain confidence and basic fitness, and then move on to a “proper” running club. In the second ten-weeks I found that the first group hadn’t followed instruction and had come back for more, with friends and family. Now we typically get over fifty turn up.

New starts are told two golden rules: “Don’t try too hard” and “Talk as much as possible”. Our gentle and sociable approach has seen newbies move on to running distances from 5k to ultra marathons. We also run “Couch to 5k” courses for absolute beginners, where the idea is not to produce runners, but to help folk build enough fitness so they can confidently move on to other activities.

We still work in ten week blocks, and have a social night in week ten where commemorative chocolate medals and milestone mugs are handed out, and any surplus money raised is donated to charities nominated by the group.

Our founding group chose *Leven Las Vegas* for the group’s name, which can be confusing for those who haven’t seen the film. People come and go but few ever truly leave LLV.

For more info email jogleven@gmail.com or post on the **Lundin Links/Largo Facebook** page and I’ll message you.

Ian Shield

Lawview Christian Fellowship

The past year has been an interesting and innovative one for the friends at Lawview Christian fellowship, as it has been for many.

The group is still led by Rev Daniel Pollin, Minister of Coastline Community Church along with Rev Frank Murray and Rev Bill Macdonald. We continue to meet each week assisted by Zoom.

Monday mornings we meet for coffee, Tuesday evenings we meet for study and prayer, and the last Sunday of each month we meet to celebrate the Lord’s Supper with friends outwith the Fellowship, too.

We continue to keep in touch with each other and with friends throughout the UK and further afield through our weekly newsletter and our website:

www.lawview.online

Every Sunday at 11am, we jointly present the K107fm radio programme “Here I am to Worship”.

It was a privilege at Christmas to present our musical “Christmas Unwrapped”, written for radio. This went out live, online, on Facebook and by email around the UK, Canada, USA and South Africa.

We are grateful for the technology which allows us to continue to meet but are looking forward to a more “normal” time when we will be able to return to familiar premises under the new name of “The Aurrie” when we hope to welcome some old and new friends.

Seasonal cooking - Potato Cakes

The main aim of this column will be to encourage you, dear reader, to consider cooking with fresh local ingredients. Here in Fife we are blessed with not just superb raw produce, but we also have a great representation of seasonality and some brilliant outlets to shop at. Covid has, I think, made us more aware of what is on our doorstep and I would like to help you to know about what is available in a given season and how to prepare it. Whilst looking at what we produce here in Fife, I will also talk about what is available in the wild, that you can source on a walk.

March/April-time is when the ground warms up and spring greens start to appear. Easter, after all, is a celebration of rebirth; of the land and the cycle that is the seasons. Let's start with something green. This recipe uses both kale, which is still available, and also uses spring greens, or purple sprouting broccoli (PSB), which is available now.

This is a classic left-over mix. I have mixed kale with potatoes and formed them into little cakes which, when served with PSB and a poached egg, becomes a splendid supper dish. This recipe uses raw kale, but you can also just mix cooked kale with the potato.

Ingredients

A little vegetable oil
1 onion peeled and chopped
8 leaves of Curly kale or equivalent of other
kales, stalks removed and shredded
separately
1 tsp cumin
½ tsp curry powder
Roughly 400g mashed potato
1 tsp sea salt
Freshly ground black pepper



Potato Cakes

Method

- 1 Soften the onion in a pan with the oil and stir in the chopped kale stalks.
- 2 Stir in the spices and cook gently for a few minutes.
- 3 Stir in the shredded kale leaves, season and cover. Allow to cook gently for a few minutes; the steam from the kale will cook the mixture. Remove the lid and allow the moisture to evaporate. Cool.
- 4 Mix the potato with the kale and season with the salt and black pepper; form into small cakes or patties.
- 5 Fry in some butter and oil until lightly browned and hot through. Serve with some wilted PSB and a poached egg.

Christopher invites food-related questions.
He can be contacted at:

ct@christophertrotter.co.uk

His books may be bought from:

<https://christophertrotter.co.uk/shop/>

Winter Wildlife

In the depths of Winter the great outdoors can seem less appealing. For those of us who love nature this seems a quiet, dull time of year and many a wildlife lover will long for the bustle and new life of Spring. Yet, there is so much to see on a Winter's walk! Bare winter branches have a beauty all of their own and birds are more easily spotted without so much foliage to hide them! Finches and tits gather in flocks; twittering and calling to one another as they forage together for seeds and grains.

Our coasts are now alive with wintering wading birds, including Sanderling, Turnstone and Redshank. These birds roost when high tides prevent them from foraging along the waterline. The birds will huddle together for warmth and protection and until the tide retreats once more. Look out for these tight little flocks on off shore rocks and, if these are covered by stormy waves, the end of Largo Pier! Further offshore, look out for ducks such as Goosander, Red-breasted Merganser and Goldeneye as well as the distinctive Eider. Even further out and you might spot a raft of Scoter, a dark coloured duck which overwinters in large flocks out at sea.

Seals can be seen throughout the year, and if you are lucky you may even spot a pod of dolphins! So, it's always worth wrapping up and heading out for a spot of wildlife watching or, if the weather is just too cold and wet, you can always try keeping a log of garden wildlife from the comfort and warmth of your own home! If you are still impatient for Spring, then take heart for the very first signs of the new season are here! Great tits, one of the earliest birds to sing,

can now regularly be heard alongside the Robin who sings all the way through the winter months. Snowdrops and Winter Aconites are beginning to emerge and who isn't cheered by the promise they bring? No matter how cold and dark the days may appear, Spring is just around the corner!

Deirdre Munro, Park Ranger

Largo Library/Community Hub

We will reopen as soon as we return to Level 3 restrictions! Please pop in to browse, borrow and return books. We



have books and DVDs for sale, printing and photocopying services, free Wi-Fi and local information. And don't forget to collect your free food waste disposal bags. We are happy to accept your good quality book donations and there is a Book World book bank outside the library so you can recycle any unwanted older books.

We can't wait to get started with our popular programme of film nights, evening literary events, Bookbug and Science Saturdays as soon as we are able in 2021.

We have introduced measures to keep you safe, including hand sanitiser, limiting visitor numbers, face masks, perspex screens and enhanced cleaning practices.

We look forward to seeing you at 7 Lundin Square, Lundin Links KY8 6BH, Tuesday 2-5pm, Wednesday 10-1pm, Thursday 10-1 and 2-5pm and Saturday 10-1pm. Or email us at:

largolibraryfife@gmail.com

Largo WRI

Sadly we are still unable to hold our monthly meetings. Nevertheless, we would like to offer anyone interested in our organisation the opportunity to attend three "taster" meetings, free of charge, when it is safe to meet together again. Just bring along a copy of *Largo Links* to the first meeting. Normally a notice advertising each meeting is placed in the windows of the Lundin Links Pharmacy, Lundin Links Library and Andy's Store, Lower Largo, about a week prior to the meeting. Otherwise, for further information please contact Margaret Bell:

Tel: 01333 320100 / 07485 042 801
e-mail: margaret@tweb.co.uk

POST OFFICE

The Post Office

The PO Van will call on:

Mondays:	Lundin Links	9.00 - 11.00
	Upper Largo	11.15 - 12.15
Tuesdays:	Lundin Links	10.20 - 11.20
	Lower Largo	11.25 - 12.25
Wednesdays:	NO SERVICE	

These times were correct at the time of publication. They may be subject to change.

POST OFFICE

Realistic Pilates

Do you want to get your body moving more? Realistic Pilates is a gentle but effective form of body conditioning, suitable for all abilities and fitness levels. We work on the mat; so as long as you can get up and off the floor, this class is suitable for you. Our classes aim to improve posture and alignment, whilst strengthening the deeper core muscles that support the spine.

Classes usually run at The Stables in Upper Largo, Mondays 6-7pm, but while the hall is closed we have moved our classes online with a mixture of weekly live classes using ZOOM (very easy to use) and pre-recorded videos.

New members are welcome to join our lovely online community, where I will introduce you to the moves with a separate induction class first. £7/week for as many classes as you like in the comfort of your own home. If you're interested in joining us when we return to the hall, let me know and I will add you to our waiting list – please be assured that all safety measures will be put in place when we return. Get in touch for an info pack with more details.

Angela: 0758 412 0583
www.realisticpilatesangela.co.uk
realisticpilates@aol.com

Lundin Links

... is a small village in the parish of Largo on the south coast of Fife in eastern central Scotland.

The village was largely built in the 19th century to accommodate tourists visiting the village of Lower Largo. The name reflects the Lundin family, former landowners in the area.

From: **Wikipedia**



Beach Art
Naturally Contemporary Arts

Nicola McFarlane Young
nicola@beachart.co.uk
07921 652542
beachart.co.uk

Largo Bay Sailing Club

Sailing activity ceased at LBSC in October after an interesting season of lockdown social sailing. We had a remarkably good turnout - so much so that we intend to look at including more activity based around fun and social sailing this coming season. We hope that when restrictions allow, this may be a more attractive option to introduce new members to the fun of sailing. We hope to run our Open Day in May as normal, but this might be unlikely due to restrictions.

Our winter maintenance period saw our flat roof replaced and we are now waiting for the installation of new windows. We are also spearheading a campaign to have some much-needed remedial work carried out on the concrete slipway at the bottom of the Orry. We have a funding support offer from Fife Council – thanks to Councillor Davidson for his help in this matter – and the community council and other groups in the village are supporting this bid to repair the public access way. We are looking at all options to have this work done as soon as is practicably possible.

We hope to open as soon as we can in April, and if anyone has questions about our activities please contact us and we will be happy to help.

Donald Aitken, Commodore

Tel: 07967 291216

Email: socialmedia@largobaysc.org.uk

Website: largobaysc.org.uk

Facebook: [largobaysailingclub](https://www.facebook.com/largobaysailingclub)



Community Gardening

After a storm damaged one of the boats in Lower Largo harbour in 2018, I asked the owner if we could use it as a planter. Three years later, this project has grown into 2 bikes, 2 boats and 23 additional planters around the three villages. The villages look loved and cared for and locals have noticed an increase in the numbers of bees and butterflies.

We'd like to say a huge thanks for the donations for the wonderful 25ft Christmas tree and the lights to dress it up this year. Next year we hope to use a projector to light up the viaduct, and we have other plans for the harbour bridge...

We are currently looking for someone to adopt planters on St Andrews Road in Upper Largo; at the top of Durham Wynd; and one at the top of Victoria Road in Lundin Links. Please get in touch if you could tend to one tub a few times throughout the year: you'd collect (or I can drop off) a few plants and a bag of soil to keep your planter topped up.

Thank you to our amazing volunteers, helpers and donors over the past 3 years – it's a fantastic community effort. If you'd like to help out in any way, please contact:

nicola@beachart.co.uk

Sponsorship

If you are an individual/family or business and you'd like to sponsor a planter in your area, please get in touch. They are £40 in total (including soil, plants, pot) and bought locally from Pathhead.

You can have your name/name of business on the pot if you so wish.

L a r g o M e n ' s S h e d

On setting up the first Scottish Men's Shed, Jason Schroeder, Executive Officer of the Scottish Men's Sheds Association, said he'd noticed a gap that needed filling: "Outside of the pub, what was there available for all men over the age of eighteen to be drawn to, to socialise in a healthy way together? It started a journey down a long rabbit hole, questioning the grassroots impact of the western world work model, retirement lifestyles and male suicide."

Today there are 160 Sheds either in development or already open across Scotland with around 5,000 men involved, and thousands more people in the wider community benefitting from the improved physical and mental health of the men and the recycling and repair work they do.

The Shed@Bayview opened in February 2020 and is going great guns with 40+ members. Club Chair, Ken Whyte, said

he's noticed several benefits of the Shed: "Firstly, the friendships that have been made and the positive impact on members who were socially isolated. Secondly, the sense of purpose within the group and being able to share skills - as a group we have joined together in pairs or bigger groups to complete large projects. We all have a voice and are listened to. Our members look out for each other and can pick up on when someone is not themselves and offer support and a friendly ear."

The Kennoway Community Shed opened in 2017 and now regularly has 30+ men working on all kinds of projects, including the transformation of an old bowling green into an impressive tranquil space for their shed, a sensory garden, 15 allotments and eight raised beds for the local school.



And now ... we could have a Men's Shed right here in Largo!

We have the funding, and we know there is a local need.

We just need you – the men! – to get things started.

If you're interested, please get in touch to find out more:

Email: **contact@largocommunitiestogether.org.uk**

text Emily on: **07974 159105.**

<https://www.facebook.com/TheShedBayview/>

www.facebook.com/groups/581961778666688

Zaphar Iqbal - High Street Hero



Zaphar & Rehana outside their shop.
This photo was taken by Caroline Trotter, as part of her *Lockdown Project 2020*.

4.30am starts, 140-mile round trips to Glasgow each day and over 1,000 toilet rolls in his garage; Premier Store owner Zaphar Iqbal put in a fierce effort to keep the Largo community stocked up throughout lockdown last summer. “It was a bit crazy at the beginning but honestly - it gave me a bit of a buzz.”

“I actually had a big shop before this one, so going back to all the running around just felt like what I used to do. It was tough at times trying to find the stock, but it was a good wee challenge to keep the shop filled up for people.”

In November, Zaphar was recognised in the ‘High Street Heroes Awards’ by Scotland Loves Local – a campaign to celebrate the people and businesses who went the extra mile to support their communities during lockdown.

“I was quite surprised to be nominated, actually. I just hope I was able to help the locals – to give them confidence, keep them safe and let them know they could get things locally. It’s quite a close village and people do come together to help each other – you don’t get that in many villages.”

“I know this year will be tough as well but hopefully we can keep doing what we’ve been doing this last year and help make things easier for people.”

Beach Designation Project

The Bathing Beach Designation Project was initiated by LACC in 2018. We have managed to meet most of the criteria that allow for designation to occur. The main criterion that has still to be met is water quality.

The Water Board has undertaken a study to determine if their sewage treatment facilities are having an impact on water quality and have concluded that they probably do. Their report has been sent to SEPA and to the Environment Secretary, asking for approval to undertake further work to determine the full impact of their facilities at Lower Largo. This will take up to 18 months and cost in the region of several hundred thousand pounds.

When this stage is completed, it is anticipated that a project appraisal will be undertaken to determine the phasing of the delivery of improvements.

We have submitted a response to the Water Board Report for consideration by SEPA and the Environment Secretary. We are waiting to find out if approval of the Water Board study is forthcoming. Hopefully we will be able to report her decision in future issues.

Matt Allan Vice Chair LACC.

Levenmouth Rail Link

The campaign to re-establish the rail link to Leven has been approved by Transport Scotland and is scheduled to become operational by 2023.

The following links provide information about this project, it should provide a much needed boost to the local economy and make Levenmouth a more attractive place to stay.

<https://levenmouth.co.uk/wp-content/uploads/2020/12/LMRC-News-66-December>

<https://levenmouth.co.uk/the-levenmouth-blueprint/>

Kirk House Newburn

Dedicated by Bishop de Bernhardt in the 13th century, old Newburn Parish Church was, by the end of the 18th century, in a state of disrepair, and too small for the local population which had grown to 428 people by 1811. Consequently a new building was erected some 400 yards west, and Dr. Thomas Laurie continued his long ministry there until his death in 1843.

The congregation of the new church was composed mainly of farm workers, so that when attendance started to dwindle due to changes in local agriculture over the years, in 1958 it was decided to unite with Largo Parish Church to become Largo and Newburn Parish Church. Newburn continued with services for a few more years after that until finally it closed forever.



It is believed a local farmer occupied the building as a store for a short time, but thankfully three Largo Kirk elders were determined that the church should not meet the same fate as its predecessor. James Gillies, George Donaldson, and Larry Rolland purchased the Kirk from the Church of Scotland in 1965, and the following year purchased a plot of adjoining ground from Baron Bonde of Charleton, as there had never been a churchyard in the grounds, a new cemetery having already been provided in Upper Largo.

At that time it was relatively unknown for churches to be converted to housing, but the enterprising triumvirate obtained the necessary permission to convert the building, and Mr Rolland drew up plans to provide a two-storey house. A contractor was employed to carry out the necessary work, which included installing an intermediate floor.

The 'almost' restored building was sold to a couple from Edinburgh in September 1969, who in turn sold to the present incumbents in 1996. The fact that, as a private house, the church has had only two owners in 50 years, highlights just how rewarding reimagining and preserving our historical architecture can be.

Do **you** have a house with an interesting history? Did someone famous - or notorious - once live there? Perhaps it has an unusual feature?

If you would like us to tell the story of your house, please contact the Editor.

Local Directory - Telephone Numbers

LACRT Helpline 0800 999 3465

Local Shops and Businesses:

Zaphar's Premier Store 01333 320 851
 Stuart's of Buckhaven 01333 320 213
 Blacketyside Farm Shop+ Meals 01333 423 034
 Archer's Fish 01333 329 850
 Lundin Links Pharmacy 01333 320 274

All above are currently delivering

Andy's Store (Text) 07754 329 042
 (Shop) 01333 329 237
 Allan Moncrieff Alarms 01333 320 075
 Coates IT Consulting 01333 329 118
 Donaldson and Son Joiners & Undertakers
 01333 360 228
 Headrush, Upper Largo 01333 360 437
 Jane's at Nineteen 01333 320 266
 Hillhouse Boarding Cattery 01333 360 582
 Martha Watt Podiatry 07909 964 898
 Mercury Motorsport 01333 320 158
 Monturpie Guest House & Caravan Park
 01333 360 254
 Penny & Black 01333 320 415
 The Finishing Touch 01333 320 956
 Upper Largo Hotel 01333 360 347
 Upper Largo Chandlery 01333 360 217
 Old Manor Hotel 01333 329 368
 Vintage Barber, Lundin Links 07562 390 361
 Woodland Gardens Caravan and Camping Site
 01333 360 319

Medical and Mental Health Helpline Numbers:

Breathing Space (*low mood/anxiety*) 0800 83 85 87
 NHS 24 (includes Mental Health Hub) 111
 Scoonie Medical Practice **and**
 Lundin Links Branch 01333 432 588
 Leven Health Centre (Drs Page,
 McDonald/ Stevenson) 01333 432 555
 Age Scotland Helpline: *Confidential service for older
 people, carers and families. Call free* 0800 12 44 222
 Carers UK 0808 808 7777
 Childline UK 0800 1111
 Covid 19 Community Helpline 0800 952 0330
 Citizens Advice and Rights Fife 0345 1400 095
 Community Police and Police Scotland 101
 Deaths/Still Births Registrations 0345 155 0099
 Levenmouth Police Station 0845 600 5702
 East Neuk Emergency Planning Team
 (ENCEPT) 0800 999 6543

Fire and Rescue 01224 728 600
 Fife Covid 19 Helpline 0800 952 0330
 National Domestic Abuse Helpline 0808 2000 247
 National Emergency Fire, Police, Ambulance 999
 Over 50's Help 0800 1244 222
 Fife Woman's Aid 0808 802 5555
 Universal Credit Helpline 03451 550 099
 Psychological Services/Emotional
 Wellbeing of children 01592 583349
 Samaritans 116123
 Scottish Gov. Business Helpline 0300 244 4000
 Scottish Welfare Fund 0300 5550 265
 SAMH mental health (**not crisis**) 0344 800 0550
 Woman's Aid 0800 027 1234
 Citizens Advice and Rights Fife 0345 1400 095
 Levenmouth Foodbank 07966 502 854
 Cosy Kingdom: Telephone advice service for any
 energy billing or supplier issues 01592 807930
 Gingerbread – Lone parent Helpline 01592 725 210

Council & Utilities Helpline Numbers:

Fife Council 0345 155 0000
 Fife Social Work 0345 155 1503
 Fife Housing Register Emergency
 Accommodation 03451 550 033
 Fife Council (Roadworks and Emergencies
 and out of hours) 0345 1550 099
 Fife Rent issues 0345 1550 044

Local Events

Once again, coronavirus has conspired against us. We cannot report on events which are expected to take place within the next three months, because nobody knows what rules will operate in the near future.

If any Club or Society plans an event which they think will go ahead, then please contact the editor with the details. Next deadline: early April



Podiatrist

Bob Harper

Will call at your house
throughout the Largo Area

Telephone: 01333 311833

Local Directory (continued)

Utilities Helpline Numbers:

National Power Cut Helpline	105
Scottish Power	0800 027 0072
National Gas Helpline	0800 111 9999
Scottish Water Emergencies	08000 788 788
Scottish Welfare Fund – Fife	0300 5550 265
Electricity Emergency	0800 40 40 90
SEPA Floodline	0345 988 1188

Local Churches:

Largo Parish Church	01333 320 850
St Agatha's & St Giles RC	01333 423 809
St Margaret's Episcopal Church	0131 225 6357
Coastline Baptist Church (Pittenweem)	01333 312 041

Politicians, Councillors, Churches

MP's / MSP's

Wendy Chamberlain, MP	01334 656 361
Jenny Gilruth, MSP	01592 764 815

Local Councillors:

David Alexander (Co-Leader Fife Council)	01592 764 815 / 03451 555555 Ext 490127
Colin Davidson	07864 619 335
Graham Ritchie	01334 828 969
Alistair Suttie	07515 289 170
Alt. number for Councillors	03451 555 555 Ext 44232

Websites/ email addresses

Largo Area Coronavirus Response Team Largo Communities Together

LACRT@largocommunitiestogether.co.uk
www.largocommunitiestogether.co.uk

Social, Health & Information:

Over 50's Help	www.ageuk.org.uk
Citizens Advice	www.cabfife.org.uk / www.citizensadvice.org.uk
Fife Council Coronavirus advice	covid.communityhelpline@fife.gov.uk
Helpline Money & Benefits advice	www.fife.gov.uk/moneyadvice
Fife Health and Social Care	www.fifehealthandsocialcare.org
Fife Voluntary Action/Helping Hands	www.fva.org
<i>information on volunteering, prescription delivery, pandemic support & shielding</i>	
Health Guidelines and Status	www.nhsinform.scot/coronavirus
NHS	www.nhs.uk/conditions/stress-anxiety-depression/mental health

HEALTH Websites Relating to self

Scottish Government	www.gov.scot/coronavirus-covid-19/
Fife Health/Social Care Partnership	www.fifehealthandsocialcare.org/
Impact of coronavirus on Fife's hospital and clinical services	coronavirus.nhsfife.org/
NHS Inform – Coronavirus advice	www.nhs.uk/conditions/stress-anxiety-depression/mental health
SAMH -about mental health	www.samh.org.uk/
Young Scot	www.young.scot/campaign/national/coronavirus
Cosy Kingdom	info@cosykingdom.org.uk
Advice for businesses	findbusinesssupport.gov.scot

Utilities/Council Websites and Helpline Numbers

Fife Council	https://www.fife.gov.uk/
<i>Fife website has links to forms, helplines and information on bins/waste and recycling and business rates</i>	
Bin Collections for your area	Fife.gov.uk/bin calendar

Tradesmen: Community Police recommend using:

www.trustedtrader.scot

MPs / MSPs

Wendy Chamberlain MP	Wendy.Chamberlain.mp@parliament.uk
Jenny.Gilruth.MSP	Jenny.Gilruth.msp@parliament.scot

Defibrillators can be found at the following locations:

Largoward	Village Hall - 25 St Andrews Road (A915) KY9 1HZ
Lower Largo	Andy's Store KY8 6BW
Lower Largo	Durham Hall KY8 6DL
Lundin Links	Lundin Golf Clubhouse KY8 6BA
Lundin Links	Lundin Golf Club Greenkeepers Shed, Links Road
Lundin Links	Homelands Trust KY8 6AT
Lundin Links	Stuarts the Bakers KY8 6AQ
Lundin Links	Lundin Bowling Club, Largo Road KY8 6AH
Upper Largo	Simpson Institute KY8 6EN




LARGE PRINT

If you, or anyone you know, would like a copy of *Largo Links* in a larger print, please read the section on page 3.

You could advertise here



Contact us:
editorlargolinks@gmail.com

The Editor of  is James Kay.
He has been ably assisted by:
Amy Dalglish, Catherine Taylor, Eileen Reynolds, Fiona McCaul, Jan Kerr, Matt Allan and Roger Ferguson.

Largo Area Coronavirus Response Team

We Can Help:

- **Deliver 2U** - Home Shopping
- **Support to Connect** - Local Information
- **Support in times of Need** - Financial Support
- **Largo Friends & Neighbours** - Connecting with the Community
- **Community IT Support**

Give us a Call - 0800 999 3465 (Freefone)