

# FifeGingerbread



An association for one parent families

Scottish Charity No: SCO24254

Issue 33 : Autumn 2010



## SWITCH & BITCH RECAP

All the gossip from our fabulous girls' night out!

## Get Ready for Christmas

Advice from the Credit Union about saving for Christmas and get yourself on the Christmas present list!



**MEET THE NEWEST TEAM MEMBERS**  
Sign up for Christmas Presents  
**LET'S LOSE THE LABELS**  
Waste Not Want Not  
**SEE THE REAL ME**  
Updates

# STAFF CHANGES

New staff changes yet again this issue with a long term member of staff on the move and a new face joining the team. Read on for more information.



## Kirsty Orr

*Finance Administrator*

Kirsty is the newest member of the team, having joined us in July 2010.

Kirsty is responsible for the management of the organisation's financial affairs along with administration tasks such as HR procedures, providing assistance for the Board and supporting volunteers.

Kirsty loves all food but especially pepperoni pizza, Indian, Chinese, Italian, Greek... Her perfect day off would involve a head massage and chilling on her couch with her dog and her husband but her perfect date would be fighting baddies with Wolverine from the X-Men!!

## A BIG CHEERIO!

It's another cheerio this newsletter to Lisa Hemphill.

Lisa was our Central Fife Development Worker and had been with Fife Gingerbread for nearly 4 years. She was well loved and will be well missed by everyone both in the office and in her groups. Lisa is off to university and we wish her all the best the future. Keep in touch, Lisa!





# Welcome...

Well...

It seems that summer just started and all of a sudden it's over. There's a definite change in the air and the weather's getting colder as the nights are drawing in. Even though I like the summer and the warm weather, I have to admit that I'm looking forward to hats, scarves, and staying cosy inside while it's rubbish weather outside.

And of course the cold weather means it's nearly my favourite time of year - Christmas! Remember to give us a ring to put down your name on the list for Christmas presents, details of which can be found on page 9.

I hope you enjoy all the articles in this edition of the newsletter. If you have any suggestions then don't hesitate to get in touch.

*Jo*

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Printer: Levenmouth Printers

On your own? You're not alone!

Fife Gingerbread is a voluntary organisation for lone parents. Our aim is simple: to provide accessible, approachable and non-judgemental support, advice and information to lone parents across Fife.

Membership is free and available to anyone who is bringing up children on their own, regardless of age, gender, ethnic origin, disability or sexual orientation.

# WIPDATES!

There are always changes taking place at Fife Gingerbread so have a quick look at what everyone's up to in our update!

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## Teen Parent Project

A number of the Teen Parents are now involved in a programme called Destiny! They meet once a week and while the babies are looked after in the creche the parents work on activities like photography, arts & craft and cookery. There will also be opportunities to learn more about what services are available within our community, the benefits of working, internet safety and visits to the college.

What is appealing to the parents is that part of the day is spent working with the children learning about child development, the value of play and understanding their child's behaviour.

We have already had really good comments about the programme such as, "I didn't think my child would settle without me so I'm really pleased" to "This is gonna be good for me. I need company."

There are also three new Teen Parent groups operating within Levenmouth and staff are busy organising programmes to ensure that the Teen Parents are aware of existing services and that they have opportunities to meet with their peer group.

For more information contact Heather on 01333 303124.

*You can also contact us on Facebook, Bebo and Twitter. Visit our website [www.fifegingerbread.org.uk](http://www.fifegingerbread.org.uk) for more information.*

## Student Support Update



As always, it's been a busy time for me with the Student Support Project.

If you are thinking of going to college or even if you would just like to find out the opportunities out there I can pick you up and take you to a college near you where you will be shown round and will meet some of the staff who will be able to chat about the courses on offer.

If you struggle a little with reading, writing or numbers I can help you start classes to improve you in all these areas. I can also take you along to your first class because sometimes that can be the most daunting hurdle to overcome.

If you need to update or gain qualifications there are various ways of working towards these aims.

See below for comments on how other members have viewed the help I have given them:

"It's great to have someone show faith in my abilities."

"I was nervous of being too old. I'm not now!"



"It's nice not to be judged and to get information from a reputable source."

"I needed help picking a course, where to apply and with money and relevant paper work which I got!"



I work all over Fife so don't put it off. I'm here and I can help!

Call me on 01333 303124 or email [gwen@fifegingerbread.org.uk](mailto:gwen@fifegingerbread.org.uk).

**Gwen**



# UPDATES CONTINUED

## Busy Buddies

Well, again it's been another busy three months for the Buddy Project with our volunteers providing valuable support to parents throughout Fife. They have also been involved with the summer events, the Teen Parent Project, the Big One (despite the rain) and the Switch & Bitch.

The Buddy Mentors have now attended all their training and are now ready to take up their roles. Their first challenge is to organise and co-ordinate their first all-buddy meeting. Buddy Mentor Lana Shearer's meeting was the first to go ahead at the end of September closely followed by Hazel Ratcliffe's and then Shirley Anne Hoggan's. I would like to commend the Buddy Mentors for all their hard work and effort in putting these meetings together. It was a challenge getting everyone together but it's all been worth it!

Two of the Buddy Mentors attended a training course with me in Edinburgh in late September which was the basis for the schedule at each of the meetings.

A number of our Buddies have secured places at University and College so huge congratulations to Kay Mayes, Esther Durrant, Kirsty McKellor, Amanda Binnie, Sharon McDougall, Abby Wilson, Shelagh Mcgee and Andrea. Good luck to everyone!

Claire Hammill has now secured a placement with the Buddy Project as a student to fulfil her studies for her HNC in Social Care. Claire will mainly be based in the High Valleyfield area, working closely with our Support Worker Jo Milligan and myself.

The Buddy Project would like to thank Howdens Joinery Co. in Kirkcaldy (especially Claire Linton), Fife Council Community Services, Shaun Kerr and Peter Brand (see page 9) for their support in managing to achieve a huge project for one of our parents. This renovation project could not have been done without them so a huge THANK YOU!

For the future, our next aim is to continue with our support meetings and training. We are also in the process of recruiting in the St Andrews area with the support of St Andrews University.

If you have any other questions then just give me a call on 01333 303124.

Michelle

# GROUP NEWS

## Dunfermline

Will start again in October and run as 5 sessions in partnership with ACE (Achieving Community Empowerment) further details are available from Jo Milligan on 07545 111 311.

## Glenrothes

The group have recently been doing a Bedazzled course. More details will be available when a Support Worker has been recruited for the Glenrothes area.

## Kirkcaldy

Our Kirkcaldy group have been doing a mixed programme over the last few months. More details will be available when a Support Worker has been recruited for the Kirkcaldy area.

## Oakley

The Oakley group are doing a mixed programme of personal safety and positive parenting up until Christmas and are looking forward to Burnout bootcamp a physical activity programme that will test their endurance as well as improve their confidence after the Christmas break.

## Tayport

The group are enjoying their crafty Wee Treasures course thanks to our wonderful Kay Ramsay. We still have some space at this group so give Jenny a call if you'd like to join us.....

## Woodlands

Woodlands group have completed their Safe N Sound course with fabulous input from Fife Constabulary – our special thanks to Sergeant Cheryl Young for all her support!! The women are now taking part in a custom made pilot course aimed at raising awareness of Women's Physical Activity at Leven Leisure Centre thanks to Sue Whistler. We're also recruiting for a brand new group at Woodlands so if you're interested in making some new friends just give us a call!

## Other

Jenny is co-facilitating a Mother's group with the marvellous Maggie Hume. The CEDAR project aims to help mothers help their children cope with the after effects of domestic abuse in all its guises. Children also attend their own group to help them move through the recovery process. If you think this project could help you too, please call Jenny on the number below.

### Information:

- A free creche is provided at each group.
- Please phone for more information on how to join a group.

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Telephone: 01333 303124

Email: [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk)

# LET'S LOSE THE LABELS

Well, another of our AGMs has come and gone and what a success it was!

We picked a theme of Lose the Labels to coincide with Gingerbread England's video campaign that aimed to address the stigma of being a lone parent. Kicking off with this video, we followed that with two excellent speakers who reinforced this message. Shirley Ballingall from NHS Fife talked about all the different labels that we use in everyday life while Wendy Simpson of the Playfield Institute gave us a sneak preview of the new website [handsonscotland.co.uk](http://handsonscotland.co.uk). As well as that we had a personal account of life as a lone parent and a poem written especially for the event by Karen Thompson. (See page 14)

We also tried out some speed networking which was exceptionally noisy but a lot of fun!

To end the day we were delighted to award the Lone Parent Achievement Award 2010 to Yvonne Paton. Yvonne was a very worthwhile winner after everything she has battled through in her life.

It was a really worthwhile day and a huge thank you to everyone who came along, everyone who contributed and all our staff and volunteers for their help.





# **iT'S CHRiSTmas!**



It may seem like months away but here at Fife Gingerbread we're already starting to plan for Christmas.

We're usually fairly lucky at Christmas time and receive generous donations from local companies and individuals.

If you feel you and your family would benefit from free gifts at Christmas time, please contact us as soon as possible to be placed on the Christmas list.

We cannot guarantee anything but will do our best to make sure all families who sign up receive gifts.

If you would like to put your family on the list please contact the office on 01333 303124 or send us an email at [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk).

## **P BRAND PLUMBING & HEATING**

**NO JOB TOO SMALL!**



**DUNCANSON DRIVE  
BURNTISLAND  
FIFE  
KY3 9JS**

**01592 872772**

## jobcentreplus Q&A

jobcentreplus

In each issue of our newsletter, Jobcentre Plus are on hand to answer any burning questions that you may have. Whether it's a question about benefits, about the facilities in each Jobcentre or something else entirely, if you've got a question you need answered then the friendly folk at the Jobcentre are here to answer them for you.

**Q1. What happens if my child is sick or I can't get to my job search review? Will my benefits get stopped?**

A1. If your child is sick or you are unable to attend your interview you need to call the Jobcentre as soon as possible before the interview to explain the problem and we will make alternative arrangements to see you. Failure to contact the Jobcentre could eventually lead to your benefit being affected. So the answer is "always" let us know if there is a problem and we will do our best to make more suitable arrangements to help you.

**Q2. How long will my interview at the job centre take?**

A2. Depending on what type of interview you have the timing varies. Generally they will take between 30 minutes and an hour.

**Q3. I am 16 and pregnant – am I entitled to any benefits?**

A3. If you are 16 and pregnant you may be entitled to some benefits, but this will depend on your individual circumstances. You should contact your local Jobcentre and ask for advice.

*If you have a question that you would like answered in the next newsletter then please let us know by emailing [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk), phoning us on 01333 303124 or by letting your support worker know your question.*



Glenrothes JobCentre

# Waste Not, Want Not

Although there are some things that cannot be reused or recycled, it makes sense for everyone to do their bit. Find your local recycling centre and start collecting cans, plastics, glass and take them along to be recycled.

If your kids grow out of clothes, give them to a friend or take them to the recycling centre.

And if you have anything that's still in good condition but you don't want it - why not join Freecycle? This is an online community where you can get things for free that others no longer need or want.

It may seem like a lot of work to begin with but it'll be all worth it in the end.

Get your kids involved - they're more than likely already doing

recycling at school.

If you make the changes now, if bin collections become less frequent in the future then you'll be ready!

For more information visit [www.wastewarescotland.org](http://www.wastewarescotland.org).

Everywhere you go these days there's always a comment about reducing waste, reusing items and recycling. But why is it so important and does it really matter?

In Scotland we currently throw away 3.5 million tons of waste each year. Most of this goes to landfill despite much of it being recyclable.

There are a number of problems with things going to landfill.

- We're running out of space.
- Landfill gives off methane gas which is the main reason for climate change.
- The environment is also affected when we replace the things that we throw away with new products. This is because energy and natural resources are needed to make new items.
- Eventually we'll not have the resources to make new items.



## **YOUR QUESTIONS ANSWERED...**

(in association with One Parent Families Scotland)

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***Q. I am on Income Support at the moment but my daughter turns 5 this month so will it stop?***

A. The bad news is that from this October lone parents with a child aged 7 or over will no longer be able to claim Income Support (IS) unless they are caring for someone who is getting Disability Living Allowance. Fortunately this does not affect you at the moment however the Government is proposing to drop the age again, to 5, from the beginning of 2012. Lone parents no longer entitled to IS may be able to claim Jobseeker's Allowance or Employment and Support Allowance. Unlike IS both of these benefits require you to look for work.

The first thing to do is check that your childminder is Registered with the Care Commission not only will this allow you to claim help with the cost (if you work 16 or more hours per week) but it will also guarantee that the childminder and her home have been assessed and found fit for the job. You could talk to the childminder herself about your fears. Ask her any questions you have. Ask her for references or talk to other parents yourself. You may be able to visit her with your daughter before you start work. You may find that your daughter benefits from being with other children. If things don't work out it may be helpful to know of other childcare options available. There is no easy solution but hopefully taking these steps will help.

***Q. I have just accepted a part-time job. I start in 2 weeks and am looking forward to it. My only concern is leaving my daughter with a child minder. I have the childcare all arranged but am still worried.***

A. Many parents are worried about leaving their children with someone they probably don't know very well.

***Q. I am expecting my second baby in March. I am not working so know that I will continue to receive my Income Support and not get Maternity Pay or Allowance. Can I get the two grants?***

A. I think the two grants you are talking about are the £190 Health in Pregnancy Grant and the £500

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Sure Start Maternity Grant. To get the Health in Pregnancy Grant you have to be at least 25 weeks pregnant and to have attended your anti-natal appointments. There are no other criteria. Unfortunately the Government is stopping this grant in January 2011 so you will be one of the last to get it. After April 2011 new mums will only get Sure Start Maternity Grant for their first child. Although this is your second baby you should also get this grant as your baby is due in March but s/he better not be late or you could miss out! (For more details on these, and other, Maternity issues contact the Lone Parent Helpline 0808 801 0323 to talk to an Adviser or to request a copy of the Maternity Factsheet)

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If you are a lone parent and need free, confidential information call the Lone Parent Helpline on 0808 801 0323 or visit [www.opfs.org.uk](http://www.opfs.org.uk).



# IT'S COLD OUTSIDE

Perhaps it's not the time for snow yet but it's certainly getting colder and the weather is turning. So what can you do to keep your kids entertained when it's cold outside?

1. Get baking! It's messy but it'll keep the kids entertained for ages. If you're not a confident cook, buy packet mixes.
2. Build an indoor fort. Drape blankets over kitchen chairs and you've got an instant fort!
3. If you can brave it to the car, head to the local museum, indoor play area or library. You'll have fun and still stay warm & dry.
4. Hide something around the house and set up a treasure hunt.
5. Get the scissors, some magazines and glue and put together a scrapbook with the kids.
6. Put on the music and have your kids make up dance routines.
7. So long as it's not raining, bundle up the kids and send them outdoors to play in the garden and enjoy the peace inside with a cup of tea!

See The Real Me by Karen Thompson



Why do I feel like a failure.  
When I know I am not.  
Why do I find myself making up excuses and explanations for you.  
Just so I feel like I am fitting in?

Why do I feel so hurt and isolated by your words?  
Why do I feel sick to my stomach with nerves waiting for you to speak?  
Why do I feel like running and hiding when I see your face?  
Why do I feel I have to explain my very existence to you?



Who are you?  
Who do you think you are?

I have achieved so much in my life and yet.  
You make it seem as though it was for nothing.  
Make me feel like nothing.  
I have had hard choices and decisions to make in my life.  
And I had to do it alone.  
I have done the best with what I had and have.  
If you were placed in the same situations that I have been in.  
Could you have done any better?  
Could you have managed everything that I dealt with?



And then, on top of everything that has come to pass.  
Instead of a welcome pat on the back for all that you have achieved.  
Could you have dealt with the biggest blow of all.  
Having someone like you look down your nose at me?

Maybe you're not conscious that you're doing it.  
In fact no. I take that back.  
You've just looked up and down at me and then my child.  
That is an action that requires consciousness.  
In that moment you have just judged and condemned me.  
It's like a massive slap to the face.  
To have you, you who don't know me or my circumstances.  
Label me.



I am a person, not a label.

See the real me.

# CREDIT UNIONS BEAT THE CREDIT CRUNCH

Fife's Credit Unions are helping the people of Fife to weather the current financial storms by providing savings and loans options which are both excellent value and highly ethical. At a time of global recession, Fifers are proving themselves canny enough to beat the credit crunch.

Credit Unions are ethical, community-based, financial co-operatives which are strictly regulated by the Financial Services Authority ensuring your finances are well looked after. They are also part of the Financial Services Compensation Scheme guaranteeing your money is completely safe.

In 2009 Fifers who borrowed from credit unions instead of doorstep lenders saved themselves a total of approximately £400,000. That's money which has been kept out of the coffers of high-interest lenders and payday loan companies and has stayed instead in the pockets of local people. Kingdom Credit Union even offers introductory loans to anyone on a low income or receiving benefits (see table below).

Credit Union savers get a great deal: as a member you own your credit union and get a share of the profits in the form of a dividend every year, usually between 2% and 4% (though most have a commitment to pay a little extra to junior savers). Compare this with the 0.2% offered by high street banks for a similar type of instant access savings account.

Borrowers, too, get very favourable rates: a standard loan for an existing member will attract an interest rate of 12.68% APR. Compare this to the high rates charged by doorstep lenders or rates running into the thousands for a payday loan.

	Loan	Weekly Payment	No. of Weeks	Total Payable	% APR	Total Interest
Credit Union Savings-based Loan for regular savers	£250	£10	26	£259.03	12.68%	£9.03
Kingdom Credit Union Introductory Unsecured Loan for anyone receiving benefits	£250	£11	25	£267.30	26.8%	£17.30
Provident Personal Credit	£250	£12.50	31	£387.50	365.1%	£137.50
Greenwood Personal Credit	£250	£12.50	33	£412.50	433.4%	£162.50

For more information on joining your local Credit Union:  
Fife Council's Credit Union Development Team - 0800 085 5803  
Visit the website - [www.fifecreditunions.co.uk](http://www.fifecreditunions.co.uk)

**FIFE'S CREDIT UNIONS**  
**NOT FOR PROFIT - NOT FOR CHARITY - JUST FOR YOU**



# SHORTS



## E-NEWSLETTER SIGN UP

FIFE GINGERBREAD HAS JUST STARTED SENDING OUT A MONTHLY E-NEWSLETTER PACKED FULL OF EVENTS, DATES FOR YOUR DIARY, NEWS AND EXCLUSIVE COMPETITIONS.

IF YOU WOULD LIKE TO RECEIVE A COPY OF THE E-NEWSLETTER, VISIT [WWW.FIFEGINGERBREAD.ORG.UK](http://WWW.FIFEGINGERBREAD.ORG.UK) AND FILL IN YOUR DETAILS ON THE FRONT PAGE.

THE E-NEWSLETTER GETS SENT AT THE BEGINNING OF EACH MONTH AND YOU'LL STILL RECEIVE YOUR NORMAL NEWSLETTER ONCE EVERY QUARTER.

## Website Watch

Website name: Fife Direct  
[www.fifedirect.org.uk](http://www.fifedirect.org.uk)

Description: The community website for people living and working in Fife.

What's there?: Everything. School details, bin collection dates, events, anything to do with the council, health advice, anti-social behaviour complaint details, tax advice and so much more.

## Fit as a Fiddle

Earlier in the year, the sick note changed to become a fit note.

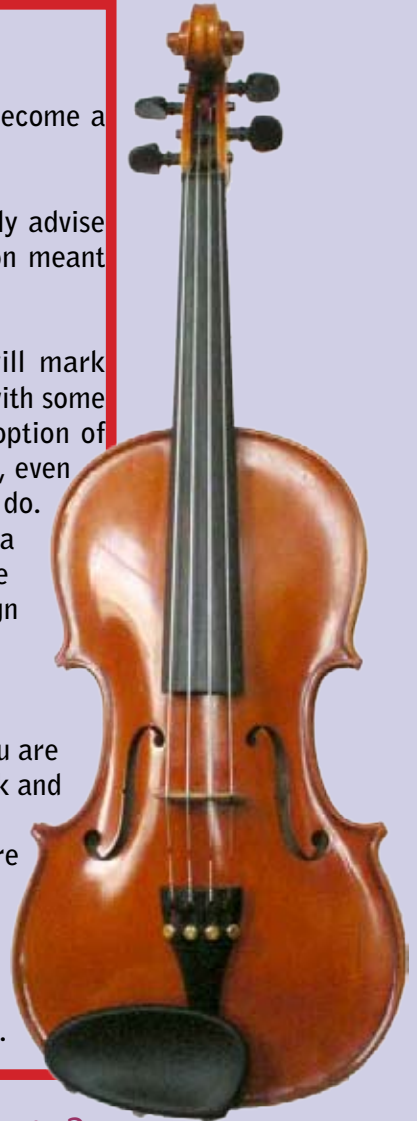
Under the sick note system, doctors could only advise their patient on whether their health condition meant that they should or should not work.

The new system means that your doctor will mark either 'unfit for work' or 'may be fit for work with some support'. Your employer will then have the option of making adjustments to help you back into work, even if it means changing the type of job you usually do.

For example, if you break your foot and you're a shelf packer in a supermarket you won't be able to do your job but your employer might re-assign you to the checkouts where you can sit and therefore still work.

You shouldn't worry about these changes. If you are unfit for work you won't be forced back to work and you'll still only need to provide a doctor's note after the 7th calendar day of sickness. There are also no changes to the Statutory Sick pay requirements or the employers' obligations under the DDA.

For more information on this visit [direct.gov.uk](http://direct.gov.uk).



### Want to contribute?

Have you seen the poem on page 14? Or the account of being a lone parent on pages 18 and 19? These were written by our very own members and we're thrilled to be able to use them in the newsletter.

If you have something you'd like to contribute like a poem, story, drawing or just have a suggestion on how to improve the newsletter, please get in touch. Just hand your stuff to any of our workers when you see them out and about or email

[joanna@fifegingerbread.org.uk](mailto:joanna@fifegingerbread.org.uk).

# ALL BY MYSELF

The story of a being a lone parent



*words by Hannah*

## ***The concluding part of our story of a lone parent.***

Thankfully, I ended up in the doctor's surgery before I took any drastic action to hurt or kill myself. I pleaded that my child be assessed while I was being treated for severe depression. It took time but eventually a diagnosis of ADHD was made. Obviously, the assessment did not change his behaviour, but it helped me to understand why he behaved the way that he did and to develop a more positive approach to parenting him. I continued my own treatment and finally made it back to work after a lengthy period of absence. However, it seemed as though so much had changed while I had been away. I felt even more at the periphery of things – more marginalised, more excluded. Looking back I can see that these feelings came from my own low self-esteem and depression. So, I felt I had not only failed as a mother, but also at work. I felt as though I had let down everyone who had ever believed in me.

Meanwhile the effects of my son's ADHD were beginning to become more apparent. I had foolishly believed that when he was diagnosed, all kinds of additional support would be directed towards him both at school and at home. I also thought that

given my circumstances, I would also be given some additional support. However, apart from the help of a sympathetic CPN, no other agency seemed to come forward. I didn't know who to approach to get direct, practical help. And so we staggered on the two of us.

Things began to look up a bit in P3, when Adam was lucky enough to have a teacher who could see past his behaviour to his real potential. She gave Adam the attention and understanding that he needed. However, despite the assistance he was getting from his teacher and school, he was still struggling to cope with the pressure of having to try and stay focussed for the better part of the day. From the moment I picked him up from school, he would direct his anger and frustration towards me, becoming both verbally and physically abusive. Sometimes, we both got so angry and frustrated with each other, I would have to separate us by keeping him in a room until I had calmed down enough to help him calm down. The holes in the walls are evidence of the unjustness he rightly felt at my actions.

All of this came at a terrible price to my health. I felt terribly isolated both at work and in the home. I felt as though I was imprisoned within my son's difficult and turbulent world. Meanwhile at work,

I was stressed out. My health went back into decline and finally I was forced to acknowledge to myself that I could no longer cope with my work, that I was struggling to provide the help and support that my son needed at school AND as if that wasn't enough, I was facing financial disaster.

It seemed as though things couldn't get any worse, but, they could! My performance at work was being monitored. I was aware that I was becoming a liability – I couldn't be relied upon to be there never mind deal effectively with many of the problems I faced on a daily basis. I felt constantly frustrated in my efforts to identify and tap into the additional support that I was convinced my son needed. And despite addressing my financial problems by bringing in the help of a debt management company, I was constantly harassed by creditors and one even took out a court order against me. My life had become a living nightmare. I couldn't bear to answer the phone, opening letters made me feel physically sick and I felt incredibly ashamed that I had allowed things to get as bad as they had.

My luck began to change when a new Head of HR was appointed at work and I was able to discuss my situation at home and work without blame and recriminations. We met several times and finally my employer agreed to terminate my contract without prejudice. I can't begin to tell you what a relief it was to know that I no longer had to go to work. Of course, this decision would also have severe repercussions on my debt. However, slowly, I was able to start to put things into perspective. No work commitments meant that I could cope better with my son's (and my own) 'black days'. Gradually, I built up my inner strength and determination to fight for what I believed to be best for my son. And finally, and perhaps, most crucially, I

realised that I was not the weak, worthless creature that I had begun to believe I had become. Instead, I was a hard-working, loving and devoted mother who had striven to provide for my child as best I could under the circumstances. Yes, I had made a lot of mistakes along the way. . . and I was paying for them now. . . literally.

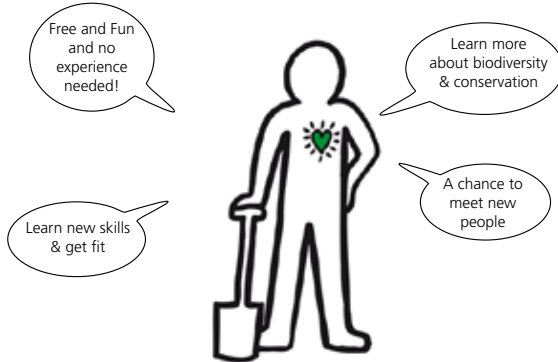
But I had done what I had thought was best at the time. And, yes, I'm now working my way through it all. And although my circumstances haven't changed significantly over the past eighteen months to two years, my FEELINGS about it all have. I see a happier future for myself and my son. I no longer waste time and effort blaming myself for getting into such a mess with money and debt. I have taken responsibility for it and am working towards paying it off as best as I can. Finally, I know that I'm not, nor have I ever been a bad mother. I've been the best I can be under strained and difficult circumstances and I've even been bloody brilliant on the odd occasion! We still have a long way to go but no matter what, I'm confident that we'll get through it all.

And so, you might ask 'Where do Jenny and Gingerbread come into this story?' Well, in my case, near the end. But the reasons for me sharing my miserable experiences over the past few years with you are twofold. Firstly, to let those of you who are going through your own private hell know, that you do get through it, scarred and bloody, maybe, but you will get through it. And secondly, to encourage you to make use of the fellowship, friendship and advice that people like Jenny and organisations like Fife Gingerbread can provide. You don't need to face things alone – there are people here who will help and support you. All you need to do is ask.



## GREEN GYM COMES TO WEST WEMYSS

A great way to get in shape & help the environment



Green Gym offers you the opportunity to improve your fitness levels by doing practical environmental activities such as woodland management and vegetation clearance. This short programme Green Gym, running from 4 October to 6 December will hopefully be the start of a long term programme of community management and your support is vital.

### Every Monday from 10am - 1pm

Pick up points: Kirkcaldy Bus Station 9.30am & Kirkcaldy Ice Rink 9.45am  
or meet at the West Wemyss Harbour Car Park

#### To book a place or to find out more contact:

Anna on 0131 442 4930 or [a.dennis@btcv.org.uk](mailto:a.dennis@btcv.org.uk)  
[www.btcv.org/scotland](http://www.btcv.org/scotland)

## The Big Buddy Project Thank You!

We would like to thank the following businesses for all their support and kind donations to complete a project on behalf of Fife Gingerbread's Buddy Project.

- \* Fife Council Community Services
- \* Peter Brand Plumbing & Heating
- \* Howdens Joinery Co. (Kirkcaldy)
- \* Shaun Kerr at Link Joinery Partnership

# Switch & Bitch

"The Ultimate Girls Night Out"

Our Switch & Bitch charity night took place at the Dean Park Hotel on Wednesday 8th September. It was a roaring success and thanks to everyone that came along and who helped out on the night. Look out next year for another S&B event.



# the big one!

The day of 'the big one' dawned fairly bright. Little did we know that the heavens would soon open and drown our event. We still had a lot of fun and if it's the same next year we'll organise mud slide races!



# Bookbug Sessions

Free Story, Song and Rhyme Sessions for babies, toddlers, pre-school children and their families

To find details of your nearest Bookbug Session, please visit  
[www.scottishbooktrust.com/bookbug](http://www.scottishbooktrust.com/bookbug)

Formerly known as Bookstart Rhymetimes

## Bookbug Toddlers 2-4yr

### Glenwood Library

### Wednesdays at

22<sup>nd</sup> Sept

27<sup>th</sup> Oct

24<sup>th</sup> Nov

Tel: 01592 583205

or email

Glenwood.Library@

fife.gov.uk



# Fun & Games

Have a go at this easy sudoku puzzle.

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

Place numbers into the boxes ensuring that each row, column and 3x3 square only has one instance of the numbers 1 to 9.

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

Solution:

Fife Gingerbread is funded by:

