

# Families

**FIFE** Incorporating Perth & Kinross

**FREE**

THE  
REALLY  
USEFUL  
MAGAZINE  
AND WEBSITE  
FOR FAMILIES IN  
THE FIFE REGION

Issue 13 • May/June 2012  
[www.familiesfife.co.uk](http://www.familiesfife.co.uk)



**Come  
join the  
party!**

**Birthday dos and don'ts,  
low cost goodie bag ideas  
and local party suppliers**

- **ONLINE:** Discount entry to Auchingarrich Wildlife Park
- **WHAT'S ON:** Shows, galas, games, dates for your diary
- **WIN:** A family weekend at a Feather Down Farm plus more

**Pick up your copy in**

Dunfermline ★ Glenrothes ★ Kirkcaldy ★ Perth ★ Kinross ★ Cupar ★ St Andrews or a village in between

# Win!

one of the best-loved family holidays in the land

## One lucky family can win a three night weekend stay with Feather Down Farm Days this September worth £500!

Our 27 farms stretch all the way from Lands End to the Lake District. You will be sure to find one that is perfect for your family.

There's comfort to be found in the familiarity of our warm, spacious tents, one of the reasons why over 90 percent of our guests have told us their stay was 'excellent' or 'very good' for two years in a row.



Feather Down Farm Days®

To enter simply go to: [www.familiesonline.co.uk/featherdown](http://www.familiesonline.co.uk/featherdown)

Closing date for entries: 9am, 2nd July 2012  
Please quote this competition code: FDF2012  
[www.featherdown.co.uk](http://www.featherdown.co.uk)

## Fife Childcare Information Service

### Childcare costs keeping you awake at night?



To get a better night's sleep, call us. We can advise on:

- Childcare costs and how to pay
- Options - nursery or childminder
- Availability

It's our job to get you to yours. And get you a good sleep the night before.

Call us on: 01592 583146  
Email: [fife.chis@fife.gov.uk](mailto:fife.chis@fife.gov.uk) or visit [www.scottishchildcare.gov.uk](http://www.scottishchildcare.gov.uk)



## Contents

# Families FIFE

Incorporating Perth & Kinross

- 3 **Welcome to Families Fife**  
Local news and update
- 4 **Who, What, Where, When**  
Local news and update
- 6 **Education and Childcare**  
Nursery news and cycling for families
- 7 **Birth, Baby and Beyond**  
Help with breastfeeding
- 8 **Birthdays:** What to do, what not to do and who can help!  
Plus party bag fillers
- 12 **Parent to Parent:**  
With 'Supermum' Maxine Brown from Auchingarrich Wildlife Park in Crieff
- 13 **Clubs and classes**  
News, competitions and offers
- 14 **Out and About**  
Families guide to what's on locally
- 16 **Readers' survey**  
to cut out and send



### Contact us

**Editor: Susan Kirkwood,**  
[editor@familiesfife.co.uk](mailto:editor@familiesfife.co.uk)  
**Tel: 01383 735938 or 07734 289 143**  
Design: White Creative [www.whitecreativecompany.co.uk](http://www.whitecreativecompany.co.uk)  
Circulation: 12,000 copies printed. Distributed free of charge throughout Fife, Perth and Kinross by kind permission of Fife Libraries, Fife Leisure Centres, antenatal clinics, health visitors, surgeries, community use schools, Theatres in Fife and Perth, places of historic interest, local attractions, selected shops and playgroups and play centres.  
Print: J Thomson. Due care was taken to source print and other services required to produce this magazine from within the local area.  
Cover image: Duane Barrett, In the Frame Studio [www.intheframestudios.co.uk](http://www.intheframestudios.co.uk)

**NEXT ISSUE: JULY - AUGUST 2012**  
**Booking deadline: 28 May Out: 25 June**

Families Fife® is a part of a larger group of magazines headed by Families SW London®. All franchised magazines are independently owned and operated under license. We take every care preparing this magazine, but the publishers and distributors cannot be held responsible for the claims of advertisers nor for the accuracy of the contents nor for any consequences. Any original materials submitted for publication are sent at owner's own risk and, while every care is taken, neither Families nor its agents accept liability for loss or damage.

[www.familiesfife.co.uk](http://www.familiesfife.co.uk)



Hello again and welcome to the May-June edition of Families Fife. It's our second birthday. At least I think it is. I am slightly confused however, because I would have assumed

that we'd celebrate our second birthday in Issue 12, 24 months after Families was born as it were. I know we didn't though as we launched in May 2010. Counting is something I can do. Logic, certainly in the form of timelines, dates, daylight saving [can we please agree to stop doing that - it's so infuriating...] world time zones etc., alas, is something I cannot. Clearly. Answers on a postcard please.

So, what have we in store? Well, there's the aforementioned birthday's feature. No longer will we overhear the words sighed annually by mum's everywhere 'I don't know what to do for XXXX's party.' Simply put in a pin on pages 10-11 and select. Job done. We've also got lots of inspiration for things to do from shows and other outdoor events to catching the Olympics from the comfort of your sofa... Read about the journey of Olympic flame as it weaves its way throughout the UK in June. It's also Jubilee weekend come June so many thanks to her Majesty for the long weekend when we'll enjoy the 4, 5 and 6 June off school. Do check our website [www.familiesfife.co.uk](http://www.familiesfife.co.uk) around then for Jubilee downtime inspiration.

Also, two years is quite a long time to be in business these days so I'd like to thank you all, advertisers and readers alike for your continued loyalty. To show how important you are to us, we'd like you to help us improve Families magazine to make sure we deliver what you want to read. So, please give us valuable feedback by filling in your Reader survey, printed at the back of the magazine or do it online at <http://www.surveymonkey.com/s/7JSTGQB>. You could win a family games bundles from Mattel. \*

**Susan Kirkwood, Editor**

*Susanummy*

## I love daddy on Father's Day



What could be better this Father's Day than giving Dad a unique, handcrafted piece of jewellery which is imprinted with a fingerprint or ten tiny fingers or toes? Or even a handwritten name, a drawing or a message? Abi from Smallprint makes silver cufflinks, dog tags and key rings, all beautifully

finished and engraved. To see Smallprint's range of jewellery with a difference log on to [www.smallp.co.uk](http://www.smallp.co.uk) or find Abi on Facebook: Abi Green Smallprint Fife-Perth-Kinross. \* **Give Abi a call on 077477 07527 to find out Smallprint's next venue for taking prints or to book an appointment.**

## Catch the Olympic Flame

To make sure that you don't miss the Olympic Torch, it will be traveling through Scone, Scone Palace, Perth, Abernethy, Newburgh, Cupar, Dairsie, Guardbridge and Leuchars on Tuesday 12 June and through St. Andrews, Milnathort, Kinross, Crook of Devon, Cairneyhill, Crossford and Dunfermline on Wednesday 13 June. \* **For more details on the route visit [www.london2012.com](http://www.london2012.com) or [www.pkc.gov.uk/olympictorchrelay](http://www.pkc.gov.uk/olympictorchrelay)**



See the mag on your smart phone

**yoga**  
stretch & relax

pregnancy & birth  
baby & postnatal  
general mixed ability

Dunfermline, Inverkeithing  
S. Queensferry & Edinburgh

Susannah Dean  
IYT, BWY, YogaBirth, IAIM  
01383 413121

[www.theyoga.co.uk](http://www.theyoga.co.uk)

**smallprint**  
A UNIQUE FIRST IMPRESSION

Make Father's Day Special

× Pendants × Charms ×  
Cufflinks × Keyrings ×

Capture fingerprints, hand and footprints or even those treasured drawings and doodles to create a miniature work of art.

For further details please contact Abi on [abig@smallp.co.uk](mailto:abig@smallp.co.uk) or 07747 707527 [www.smallp.co.uk](http://www.smallp.co.uk)



## Birds and the beasties

On the 19th and 20th of May, RSPB Scotland are hosting their first annual Scottish Birdfair at Hopetoun House.

Whether you want to soak up the atmosphere, and take a stroll around the grounds or learn about exciting conservation research - there's lots to keep you and your family entertained for the whole weekend.

Your little adventurers can enjoy storytelling in the tipi, kite making, face painting, puppet shows, pony rides, learning about international species like tigers and sun bears - and making a mask of their favourite creature!

Use your explorer maps to discover the hidden home of the mysterious Higgles in their secret den. Be prepared to handle bugs and beasties, and wear sturdy shoes for this adventure!

With a farmer's market, food and drink sampling stations, and over 70 stalls offering you the opportunity to try before you buy, there's plenty to keep you big kids entertained too! Take part in interactive workshops, forage for exotic food with Ducks Restaurant or simply enjoy a glass of Pimms in the beautiful setting of Hopetoun.

Parking is FREE and there's an hourly shuttle bus from Linlithgow and Dalmeny train stations.★

**KIDS GO FREE! To book your tickets, or for more information, check out the website at [www.scottishbirdfair.org.uk](http://www.scottishbirdfair.org.uk)**

## Central & West Fife Show anniversary celebrations

Anniversaries abound this issue. This time it's the turn of the Central and West Fife Show with their 50th Anniversary to celebrate. Held on Saturday 2nd June at Hilton Farm, Kelty, the program kicks off at 9am, with performing ducks! The Drakes of Hazard are a sheepdog and duck display team guaranteed to entertain visitors. There will also be cookery demonstrations from local cook school Courses for Cooks, storytelling and a magic show for the kids, Zumba and Bowka Fitness and Burntisland Pipes.

Adults will enjoy the craft fair tent, showcasing local crafts and small businesses or the variety of trade stands featuring everything from tractors to toys.



Farm animals such as dairy and beef cattle, sheep and pigs will be the stars of the show for the children, with family photo opportunities too. Equestrians will appreciate the Clydesdale horses, ponies and the British Show Jumping Association qualifying heat for the Royal Highland Show.★

**The show is held at Hilton Farm, near Kelty with kind permission of the Thomson Family. For further information on the show please log on to [www.westfifeshow.com](http://www.westfifeshow.com) To win tickets to this year's show see our Competitions page, page 13.**

## Has anyone seen this dog?

No. If not, look out for him. He's the cover star of children's book Badger the Mystical Mutt which is about to be made into a children's series so you will be seeing a lot more of him. At the end of last year his canine capers hit the coveted no.1 spot in the paperback chart for Waterstones, Kirkcaldy and no. 14 in Waterstones, Dunfermline. Just last month, he hit the no.1 spot in Waterstones, Ayr - 75 copies in one day in one store! Over the past few months, Badger has been on tour with bookshops, libraries and schools all over Scotland and also hosted a coveted session at Glasgow's Book Festival, Aye Write.★



**Want to be one of the first to get your hands on a copy of the sequel, Badger the Mystical Mutt and the Barking Boogie? Then make sure you pick up Families next issue in July when we will have 5 copies up for grabs. Until then you can follow Badger Mutt on Twitter, visit**

**Badger Mutt on Facebook and watch Badger's videos on YouTube Price: £5.99 ISBN: 978-0-9569640-0-07. [www.badgerthemysticalmutt.com](http://www.badgerthemysticalmutt.com)**

## Walk 10k with a purpose

This is what local Marie Curie nurses are hoping that you will do come 4th August to support them in their important work. The event, called Walk Ten, is a 10k twilight country walk followed by live entertainment and fireworks. Organisers ask that everybody brings along a picnic blanket to sit on to enjoy an evening of entertainment on return from their walk - a real feel good, family occasion. The Hill of

Tarvit Mansionhouse, which is now an NTS property, will also be open to all Walk Ten participants on the evening for a nominal £1 donation. The Mansionhouse was the home of the first ever Marie Curie Hospice, so is steeped in history and meaning for Marie Curie. Hill of Tarvit, Cupar on 4th August from 7pm.★

**There is more information about the event and how to register at [www.mariecurie.org.uk/walkten](http://www.mariecurie.org.uk/walkten).**



## Last stop London 2012



**By Rebecca Carr**  
**London 2012 Olympics**  
**27 July - 12 August**

On 18 May 2012, the Olympic Torch Relay will start with a 70-day celebration that will travel thousands of miles to bring the London 2012 Games to hundreds of communities across the UK.

The Olympic Flame will be lit on 10 May in Olympia, Greece and will embark on a 8 day relay around Greece before arriving at the Panathenaic Stadium in Athens for the official Olympic Flame handover ceremony. Lighting the cauldron in the Olympic Stadium signifies the beginning of the games and the flame will stay lit until the closing ceremony on 12 August.

The Olympic Flame is one of the most recognized symbols of any Olympic Games.

A ritual for the lighting of the Flame is followed at every Games. It is lit from the sun's rays at the Temple of Hera in Olympia, in a traditional ceremony among the ruins of the home of the Ancient Games. The flame is then handed over to the new host city and the Flame is then transferred from one torchbearer to another, spreading the message of peace, unity and friendship.

It's not just sporting superstars who'll carry the Olympic Flame this summer. In all 8,000 people from all walks of life and from every part of the UK will take part and over half of the torchbearers will be young people aged 12 - 25. One local Torchbearer is Emma McLoughlin, who teaches part-time in Abernethy Primary school and who will carry the Flame through Abernethy on 12 June. Emma was nominated by her aunt for her commitment to making a difference as a volunteer and fundraiser. Naturally, the

school is delighted that one of their teachers will carry the torch for the school and headteacher Paula Morrison explained:

"All our pupils are going to be finding out about the Olympic values, and we're going to hold our own mini Olympics and Opening ceremony as part of this. It's a fantastic achievement for Emma and a secret that has been hard to keep! It makes our plans to learn from the Olympics all the more exciting and relevant for our pupils at Abernethy. We will all of course be cheering Emma on, it will be a very special day."

Pupils will be learning about the Olympic values of friendship, respect and excellence, and the Paralympics values of courage, determination, equality and inspiration.★

## SUMMER READING CHALLENGE IS BACK

If you want some help to keep your children's brains active over the holidays then get down to your local library.

The challenge, to read six or more books of their own choice over the summer holidays, rewards children along the way with incentives to collect. Every child that completes the challenge will also receive a medal. The Summer Reading Challenge™ is run by The Reading Agency, an independent charity.

This year's theme is Story Lab and features four characters Lex, Rani, Will and Evie. Along with Aesop, the ginger lab cat, they will be helping Professor Cortex collect and share stories to inspire thousands of young imaginations. An interactive Story Lab website ([www.story-lab.org.uk](http://www.story-lab.org.uk)) will launch in June, enabling children to talk about their favourite books and reading experiences with top authors and illustrators. Children can sign up at their local library from the end of June onwards and all materials are absolutely free.★



**Follow the Summer Reading Challenge on Facebook: [www.facebook.com/#!/SummerReadingChallengeUK](http://www.facebook.com/#!/SummerReadingChallengeUK)**

### Robot: Play, Experience, Interact...

**The Fantasy, and the Reality,**  
**Sat 2 June - Sun 30 September 2012**

**M** Meet fantastic robots and cyborgs of fiction, with iconic models and props from film and television - from 'Mars Attacks' to 'Iron Man', and 'Star Wars' to 'Red Dwarf'.

Experience real robots too - play with our robotic pets and be entertained by Robothespian: the only interactive humanoid, life-size robot of its kind in Scotland.

Also featuring cutting edge technology and engineering, Robot is a one-off 'not-to-be-missed' experience.★

**Dundee Science Centre, Sensation,**  
Greenmarket, Dundee DD1 4QB  
Tel: 01382 228800  
[www.dundeesciencecentre.org.uk](http://www.dundeesciencecentre.org.uk)  
Open daily 10am - 5pm

**To celebrate their 1st year at Rascals,** new owners of Rascals Nursery in Cowdenbeath, Brian and June are hosting an Open Day on Saturday 12th May. The pre-school nursery and crèche will open from 10am – 2pm in the Nursery on the day and will celebrate with stalls to suit all ages including refreshments, cake and candy, burgers, face painting and bouncy castle. ... to name but a few.

Rascals Pre-School Nursery first opened its doors in July 1993 meaning that next year will see this long established provider in childcare and education celebrating its 20th birthday.★  
[www.rascalscowdenbeath.co.uk](http://www.rascalscowdenbeath.co.uk)

**Lauriston Nursery** staff would like to say a big thank you to the ladies and gentlemen of Canmore Lodge for helping to choose the winning bonnet in their hotly contested bonnet competition. Well done to everyone who to part.

Staff are now busy organising the annual summer trip to the Safari Park for the pre-schoolers before they disappear to continue their education at the big school.★

**For enquiries please call Lauriston nursery: 01383 741900** [www.lauristonnursery.com](http://www.lauristonnursery.com)

**Clever Clogs Childcare Centre** Looking for home from home childcare with an excellent pre-school education?

A wee reminder to those of you with childcare needs in the Lochgelly/ West Fife and Kinross area. New nursery Clever Clogs Childcare Centre is taking pre-registrations and meeting with prospective parents who'd like to enrol their child for the nursery which is opening soon.★

**To arrange a visit and discuss your needs, please contact Lynne Kinnersley, Nursery Manager on 0771 478 8484**

## Cycling with kids

One of the best ways to enjoy cycling is in a group, so where better to start than with your own ready made group - the family! Children as young as 2 years old are now able to cycle using balance bikes, so there really is no excuse and children also make wonderful cycling companions –they're adaptable, energetic and want to have fun. Just follow our simple guide to ensure that it's an enjoyable experience!

### BEFORE THE RIDE

👉 **Do your homework:** Make certain you are familiar with the bike route. Older children will enjoy the planning too and might even learn some geography if you look at a map together.

👉 **Start early:** Children tend to tire quickly in the afternoon. Take advantage of their energy in the morning and start your ride early.

👉 **Invite playmates:** Cycling is more fun when shared. If your child has a friend who is at the same level of competency on a bike, bring him or her along.

👉 **Slow down:** Realise that a 4-mile ride may take 2 hours. Don't expect to ride as fast as you would on your own.

👉 **Be aware of traffic:** What might seem like light traffic to you could be a more dangerous situation for your child, whether biking separately or in a trailer.

👉 **Be prepared:** Carry a tool kit and know how to use it. Also, carry a first-aid kit that includes a few bandages and antibiotic cream to handle minor cases of road rash.

👉 **Dress right:** Bring a daypack to hold extra jackets in case the weather changes. Also, try to wear bright clothing or reflective sashes, to aid your visibility.

### ON THE RIDE

👉 **Take breaks:** Plan on taking a lot of short breaks. Allow time to stop, get off the bike and explore.

👉 **Drink water:** Always have water readily available. Try to drink before feeling thirsty to stay hydrated.

👉 **Eat snacks:** A well-timed snack can defuse a



squabble or bad mood and keep energy going. 👉 **Make it fun:** Choose an interesting route that goes by gardens, streams, views, farms or a favourite shop. Most children are interested in what they can see along the route rather than what's at the end of the road or trail.

👉 **Express enthusiasm:** If you convey a genuinely upbeat attitude, children most often will be inclined to join in it.

**DATES TO GET OUT ON YOUR BIKE!**  
• **4th-13th May, Cycling Festival Highland Perthshire Cycling** [www.highlandperthshirecycling.co.uk](http://www.highlandperthshirecycling.co.uk)

• **Tuesday May 15th Halfords Tour Series** The Halfords Tour Series will be visiting Kirkcaldy. See the Out and About section.

• **Saturday 16th June, Bikeworks bike sale.** [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk) for more information.

• **Saturday June 23rd Cycling Fun day at Kirkcaldy Town Square** part of Bike Week, a national celebration of cycling so look out for events elsewhere as well.

• **28th & 29th July Beveridge Park Community Festival** with a wide range of outdoor activities including cycling.

• **Look online to see this article in full and also to read a review of your editor's cycle training experience.** [www.familiesfife.co.uk/cyclingwithkids](http://www.familiesfife.co.uk/cyclingwithkids)

**USEFUL LINKS**  
[www.fifedirect.org.uk/fife-cycleways](http://www.fifedirect.org.uk/fife-cycleways)  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
[www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk)  
[www.bikeweek.org.uk](http://www.bikeweek.org.uk)  
[www.fifebikeworks.org.uk](http://www.fifebikeworks.org.uk) ★

## Better beginnings with the Synergy Centre

### Manual Lymphatic Drainage Therapy – or Magic Lying Down!

After having a baby, many women try to embark on a 'detox' by changing their dietary habits, introducing regular exercise and revisiting a beauty regime! Adding Manual Lymphatic Drainage (MLD) to the mix or trying it out as a stand-alone therapy will deliver noticeable results.

Manual Lymphatic Drainage is a specialised massage technique. Described as "One of the best kept secrets on the health and beauty scene", MLD's intensely relaxing effect masks the strength of the treatment itself. It is a very gentle, light touch massage that improves the ability of the body's lymphatic system to cleanse from the inside out.

Specific and gentle movements of the skin stimulate and increase the rate of removal of waste products, toxins and excess fluid from the body's tissues resulting in: clearer skin; reduced puffiness around the eyes; reduced cellulite; reduced fluid retention, especially in the hands, feet and ankles; improved skin tone. MLD also has a tonic effect on intestinal peristalsis, which in turn will aid digestion, and is profoundly relaxing – rewarding for any new Mum (or Dad!).★

**Lynora Kennedy has a home clinic near Leslie, Fife – 0794 128 8019 she can also be contacted at the Synergy Centre – see add below.**

## Having difficulty breastfeeding?

Perthshire Chiropractor Heidi Knorr, based in Luncarty, is looking for subjects to participate in her study. She is observing how infant-mother pairs experiencing any difficulty with breastfeeding behave whilst undergoing chiropractic care.

New mothers are constantly informed by health professionals and the media, that breast milk is best. Unfortunately for some, breastfeeding is not easy, natural, or straight forward, and, as a result many women feel that they have no choice but to cease breastfeeding because of difficulties experienced during this time.

Whilst usual breastfeeding support concentrates on the mother, in this study, the infant is the focus. Infants deemed eligible to participate in the study will be offered chiropractic care free of charge (up to 7 visits if needed).

This original study was conceived following Heidi's own experience with suboptimal breastfeeding. As a result,



she sought to learn new gentle, manual techniques, to assist with this problem so that she could help other women in the same predicament.

Whilst no guarantees can be made as to your baby's outcome in the study, it is likely that some babies will improve while under care. Please call the clinic to discuss your eligibility to participate and to receive a detailed information sheet.

Heidi has 12 years experience in the field and is in her

final year of her third Degree. M.Science Applied Professional Practise (Chiropractic Paediatrics). Please call Tayside Chiropractic and Wellness Clinic to find out if you and your baby qualify to participate in her study. Tel: 01738 828 270. ★

**For more information you can find out about the study on Facebook. – "Breastfeeding Difficulty Research in Perth and Tayside". Study participants are not limited to this region.**


**Baby Sensory**   
Classes in Perth  
Book now for a free session  
Nicola on 07769 788717  
[www.babysensory.com](http://www.babysensory.com)

**Is your next local Jack & Jill Market on this weekend?**  
[www.jackandjillmarket.co.uk](http://www.jackandjillmarket.co.uk)  
Scotland's Quality Nearly-New Baby & Children's Market 

OPENING SPRING 2012  
  
**NURSERY**  
High quality childcare and education in a cosy home from home environment on the outskirts of Keltie.  
Tel: 07714788484 E: [cleverclogschildcare@yahoo.co.uk](mailto:cleverclogschildcare@yahoo.co.uk)  
[www.cleverclogs-childcare.co.uk](http://www.cleverclogs-childcare.co.uk)

**Lauriston Nursery**  
  
For more information call **01383 741900**  
[www.lauristonnursery.com](http://www.lauristonnursery.com)  
• Excellent care commission reports  
• Quality staff who care, in Scotland's most environmentally friendly, purpose built nursery.  
**Our children have the World at their feet**

**RASCALS**  
Let us take good care of your little rascal  
  
Our staff are committed to providing the highest quality child care and education in a safe, cosy, child centred and enabling environment.  
• Open 51 weeks per year  
• Monday - Friday 8am-6pm  
• Saturday 8am-1pm  
• Caring for children from 6 weeks of age  
• Nursery, Crèche and Afterschool  
[www.rascalscowdenbeath.co.uk](http://www.rascalscowdenbeath.co.uk)

Improve the way you look, move and feel with Aspire Pilates.  
  
• Pilates Matwork classes  
• Pilates 1-1 and small group sessions  
• Spirals movement classes  
Full details and booking go to:  
[www.aspirepilates.co.uk](http://www.aspirepilates.co.uk)  
[info@aspirepilates.co.uk](mailto:info@aspirepilates.co.uk)  
St Andrews, Cupar, North East Fife

Specialist Care for Pregnancy  
Complementary Therapies Available Pre & Post Natally  
  
Yoga  
Reiki  
Shiatsu  
Massage  
Birth Partner Workshops  
Manual Lymphatic Drainage  
Reflexology  
Gift Vouchers Available  
Synergy Natural Pregnancy Services  
**01592 631672**  
[www.synergycentre.co.uk](http://www.synergycentre.co.uk)



## The dos and don'ts of birthday parties

By Sarah Butters, Families Leeds

**DO PLAN EARLY** If you think you can book your first choice entertainer and venue a fortnight before your child's party, think again. The best people and places are fully booked months in advance and if they're not, ask yourself why not. It's a question I wish I had posed the year I left it late and introduced a knife juggling circus act to my 4 year old. It's not a mistake I made twice.

**DO CONSIDER A JOINT PARTY** Instead of entering into a 'Who can get the invite out first' race with other parents, join forces and funds. If your child has a friend whose birthday falls around the same time, why not organise a party together? If you're going to invite the same group of friends and even opt for the same sort of party, this is a great option that halves the cost and the stress. Make sure you and your party partner are clear about the planning and the expectations.

**DON'T LET YOUR CHILD DECIDE THE GUEST LIST** If you let your little one take charge of who they're inviting, they'll leave out the friend they've fallen out with in the playground. Up to the age of 7, it's best to stick to either a full class party, or one where you simply invite all the girls, or all the boys. Tempting as it is to leave out the class troublemaker or the girl who leaves your daughter out, this is an approach that will

only cause future heartache. A party invite not sent, is a party invite not received. Teach your child to be inclusive.

For nursery aged children and over 7s, it's fine to be selective. Parties tend to become more expensive as children get older and taking 30 children to Build a Bear or a Laser Quest Party would break the bank.

**DON'T BE AFRAID TO CHASE LATE REPLIES** There are few things more irritating than chasing the parents who haven't bothered to respond to a party invite. Experience has taught me that parents who don't respond within the first few days of an invite either haven't received it, or have forgotten. Give yourself a helping hand by putting an RSVP date on the invite. After that, don't be afraid to 'remind' via text or over a pick up time chat in the playground. Avoid involving bewildered Dads at drop off. Unless they are in charge of childcare, you'll be disappointed. For those replies that never arrive, and there will be some, head to your party venue armed with some extra food and a few unmarked party bags. Don't let the unexpected guests catch you out!

**DO CHECK FOR ALLERGIES** In a group of 20 children, chances are there will be some allergies, and some children who can't eat certain food for religious reasons. Don't presume parents will inform you. Ask about allergies when you know who is coming along.



**DON'T OVER CATER** You are feeding a group of children not an army of starving soldiers. Appetites shrink as excitement builds so there is no need to provide a smorgasbord of sandwiches. Stick to the tried and tested trio of party favourites – ham, jam and cheese. Throw in a selection of crisps and a couple of bowls of grapes, cucumber sticks and tomatoes. Our top tip for sweet treats is to order themed Cake Pops ([www.popaliciouscakepops.co.uk](http://www.popaliciouscakepops.co.uk)) The birthday child gets a candle in their personalised pop so they're the perfect accompaniment to a chorus of Happy Birthday, and the perfect size for small appetites. Forget leftovers. Peckish parents will clear the plates, often while their children are still eating.

**DON'T INVITE TOO MANY CHILDREN** This is a mistake you'll only make once. 30 children and 30 parents will fill even the most generous village hall. Add a bouncy castle and some uninvited siblings and you are nearly on riot watch.

**DON'T OBSESS OVER 5 A DAY** There are certain things you can depend on. If you've made 15 party bags, 17 children will turn up and ALL of your carefully cut cucumber, tomatoes and grapes will remain untouched on the table by the end of the party tea. Be honest. You only put them out to make sure the Annabel Karmel Fan Club in the corner didn't fall out with you. Remember that it's one meal, on one day and if all the birthday boy eats is a handful of Hula Hoops, a jam sandwich and a pack of Smarties then so what? You can force feed him broccoli for breakfast tomorrow.

**DON'T MAKE IT TOO LONG** The length of your party is very much dependent on

the age of your children. But there is one consistent rule. Make sure you put a finish time on your invites. Our party experts say one hour of entertainment is about as much as the average 2-4 year old can take, followed by half an hour for food and farewells. You can increase that to a two hour party once children turn 5 years old.

For larger groups and older children, 90 minutes of party entertainment is ideal followed by a half hour party tea.

**DO PROFFER PARTY BAGS** Usually found in the back of your car a week after the party, just as the buttercream icing from the napkin wrapped cake is going rancid. But woe betide the mum who thinks she's above a party bag. It's a sure fire way to get your guests sobbing as they leave. Don't fight it, simply be creative and accept that simplicity is the key. \*

See our tips for low cost party bags opposite.

'If all the birthday boy eats is a handful of Hula Hoops, a jam sandwich and a pack of Smarties, then so what?'

### 8 ideas for low cost going home gifts

There is no law that says that parties need to end with hideous party bags full of small pieces of plastic, balloons that burst on sight, lollipops and squished neon cake.

Here are 8 simple ways to end the party in style without stretching the budget.

- Brown paper bags with the child's name in big writing and decorated with stickers are very effective.
- Bake cookies or other treats and package them in cellophane tied with ribbon.
- Let the birthday person create their own toys using clay, paint, beads and buttons.
- Get cardboard picture frames and slip in a note about where the party pictures have been uploaded online.
- Do something arty during the party and let the guests take their handiwork home - cheap plates or bowls can be decorated with ceramic paint, a strip of wood decorated with their initial, etc.
- Give out seeds to plant in the garden or a cookie cutter that's related to the party theme.
- Buy enough bouncy balls for each guest, scatter them about your lawn before the party. The balls are a great decoration and each guest gets to take one home.
- Print off free colouring sheets of favourite characters from the internet, and burn a CD of the birthday person's favourite songs. \*



**Celebrate your party with Brewster Bear**

**Includes:**

- ★ Children's buffet ★ Dessert & drink ★ Party games
- ★ Soft play ★ Dance with Brewster ★ Party bag
- ★ Invites and thank you cards

Parties 8 or over  
Call 01383 840070 to book

**The Crooked Glen**  
Brewers Fayre  
Fife Leisure Park  
KY11 8EX

**KIDS PARTY**

£7.99  
£12.99  
ONLY £40

**A GREAT DAY OUT!**

**Pick Your Own Fruit**

- Strawberries • Raspberries • Tayberries
- Gooseberries • Black/Redcurrants
- Pumpkins • NEW Cherries & Brambles

**Farm Shop & County Tearoom**

Ready-picked fruit & seasonal produce  
Home-made take-away baking • Cairnie jams & other fine foods • Indoor/Outdoor plants • Large selection of gifts & cards

**6 Acre Mega Maze to explore**

**Funyard includes:**

- Giant bouncing pillow • Go-Kart track
- Sunken trampolines • Twisters • 30m Flying fox • Crazy swings • Straw Bale Climbing fortress • Huge sandbox
- Young Farmers Yard (with ride on tractors) • Football pitch and other surprises • NEW! for 2012 Cairnie Cresta Run • Plenty of free parking

Large picnic area

The Country Tearoom boasts the best homebaking in Fife!

Cupar, Fife, KY15 4QD, Tel: 01334 655610

Apr, May, Jun, Sept, Oct 10 - 5pm 7 days  
July & August 9.30 - 5.30pm 7 days

Maze opens on 16th July

[www.cairniefruitfarm.co.uk](http://www.cairniefruitfarm.co.uk)

**The Ceramic Experience Dunfermline**

- Ceramic Painting Studio
- Free Soft Play
- Cafe with snacks
- Homebaking
- Easy Parking & Access

The Ceramic Experience  
17b Elgin St. Ind. Estate  
Dunfermline, KY12 7SN

10am - 5pm  
Open 7 days a week

[theceramicexperience.com](http://theceramicexperience.com)  
01383 840640

**Birthdays with Live Active Leisure**

**active fun**

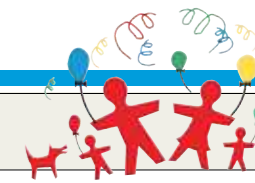
**TIME TO PARTY!**

**Step 1**  
Choose from a Swim, Sports or Play Party

**Step 2**  
Choose where & the food

**Step 3**  
Complete a booking form

[www.liveactive.co.uk](http://www.liveactive.co.uk)



## Perth parties, Kinross capers and Fife fun

We've had our thinking caps on and our fun feelers out to find the perfect party venues, entertainment options and all round solutions to planning a child's party locally. Here's our round up.

### TISO TOTS PERTH

Tiso Tots caters for children up to 8 years old and can accommodate a maximum of 24 children. Parties consist of 1 hour in the soft play with party games if requested and then up to Fit Food Bistro for party food. Children have their own specially decorated table for up to 1 hour. Each child receives their own party munch box filled with tasty treats which includes sandwiches or wraps with a choice of fillings, sparkly cupcakes, vegetable and fruit nibbles, cheesy biscuit bites and sugar free juice. There are three munch box themes to choose from: Jungle, Pirates and Princess which also includes a themed party gift and hat. Parties cost £8.90 per child which covers the time in the soft play and party food. A birthday cake can also be supplied for an extra charge of £12.50 however parents are more than welcome to supply their own cake.

**Fit Food Bistro manage all party bookings and can be contacted**

**on 01738 449041 For general soft play enquires Tiso Tots can be contacted on 01738 634464**

### RE:MAKE CRIEFF

Remake charges £10 per child for a 90 minute craft or construction project for boys and girls aged between 6 and 12 years of age. They have a free catchment area within 10 miles of Crieff thereafter 10 miles 50p per mile.

Remake specialises in finding new uses for reclaimed, scrounged, found and everyday objects. Remake encourages children and adults to make good stuff from old stuff while learning to use tools with confidence.

Party projects include planting your own indoor garden terrarium, sewing a felt egg cosy, constructing mini parachutes & kites, sewing a fabric flower brooch, making a Japanese paper blossom tree, block printing cards and many more.

Party projects include planting your own indoor garden terrarium, sewing a felt egg cosy, constructing mini parachutes & kites, sewing a fabric flower brooch, making a Japanese paper blossom tree, block printing cards and many more.

### LIVE ACTIVE LEISURE PERTH

At Live Active Leisure, we realise how important your child's next

birthday party is. That's why we offer an excellent range of party packages, suitable for kids of all ages at very competitive rates.

Kids can choose from a Swim, Sports or Play Party. Some venues offer party food, however customers are advised to check with their local venue for full details. Food at the Community Campuses is provided by Tayside Contracts.

**For more information visit [www.liveactive.co.uk](http://www.liveactive.co.uk) or pop into your local venue for more details.**

### CHOC'Z AWAY - CHOCOLATE PARTIES FIFE

Parties: Age 4 - 99, Decorate and make a chocolate shape (cats, cars, dinosaurs, bears), then a Chocolate Lollipop and a mallow shape - and here's the best bit - what they make becomes their party bag! They can do lollipops and mallow shapes for larger groups.

Choc'z Away can cater at your home or at a local venue of your choice. They can accommodate up to 15 children (£9 per head.)

### LET'S PRETEND FIFE

If you are looking for a tailored party where all the work is done for you then look up Let's Pretend. Between Amanda and Lisa, they have 7 children with

another on the way - that's a lot of birthday party experience! For seven years now, they've been providing a premier party service that leaves you with only the food to think about. They will come to you or a venue of your choice and offer a wide range of themed parties. They will provide unique themed invites, decorate the room to suit, stage a fun party with activities such as dressing up, make up, hair braiding, nail painting or tattoos depending on the theme. They also have fantastic costumes, can do magical interactive storytelling, arts and crafts, shimmer and shine and pamper and polish parties. High quality party bags and themed thank you cards also provided.

Let's Pretend can also provide crèche type facilities for weddings or other family or group events.

**Let's Pretend. Telephone: 01383 731447, Mobile: 07977 203 440 Email: [info@lets-pretend.co.uk](mailto:info@lets-pretend.co.uk)**

### CERAMIC EXPERIENCE DUNFERMLINE, FIFE

Standard party package costs £11 per child, which includes either a £6 small animal or a £6 tile to paint, and party food (sandwiches, crisps, sausages



and assorted cakes, with fruit squash to drink). Of course children can choose a more expensive item to paint, in which case the extra cost is added on.

Painted pieces can be left to be fired in the kiln and collected a day or so later. However, Shona, from the Ceramic recommends painting items in in quick drying acrylic paints however, so that these can be taken away on the same day and be used instead of party bags.

Parties last one and a half hours and at the weekends and are held at 11am or 2pm. Space for 4 to 20 children or call if you have a larger group. **Tel: 01383 840640 or visit [www.theceramicexperience.com](http://www.theceramicexperience.com)**

### CAIRNIE FRUIT FARM CUPAR

Children's Birthday Parties are a BIG part of the fun at Cairnie. We aim to take the hassle away and provide a fun and active venue for you and your guests! Our 2012 Birthday Party package is £10.00 per head (min. 8, max. 25) and includes: Entry into the \*Mega Maze & Funyard for unlimited time + \*\*4 free accompanying adults, balloon decorated party marquee and

### FUN FACTORY WITH BREWSTER BEAR

Straightforward and fun, soft play parties are just what the doctor ordered for children up to around age 8. Try the Fun Factory at the Crooked Glen at Halbeath, Dunfermline for a great value party. They provide a bespoke venue, the food, party games, a large soft play area with slides, party bags, invites and even thank you cards. At £7.99 a head for parties of 8 or more this is a really good solution if you don't want too much stress. It's also well worth remembering if your child's party falls at a busy time of year or when you're busy with another family member's celebration perhaps and you don't want any extra hassle. The birthday boy or girl gets a visit from Brewster bear and there is plenty opportunity to take photos. You can also opt for ad ons such as a balloon modelling display, helium balloons and face painting and cake can be provided on request.

### DOODLE & SPLAT PARTIES

Are designed for children aged 2-8 yrs, where there will be something to suit all ages. Through a range of imaginative play areas, along with 1 to 2 art & craft activities, your child and their friends will have a party to remember. We have a large range of art activities to choose from be it painting ceramic figures and piggy banks, decorating wooden boxes, or just having lots of messy fun, your party can be customised to meet you and your child's needs.

Our parties last for over an hour with plenty of options to keep everyone happy and busy. Children are able to explore their creative side and leave the party with all their individual masterpieces that they made...a wonderful lasting memory of the party! Parties can be catered for up to 40 children and start at £80 for up to 10 children. Thereafter there is a small charge for each additional child.

**For full details on our parties and classes or to check out availability please check out our website [www.doodleandsplat.co.uk](http://www.doodleandsplat.co.uk) or contact us at [doodle@doodleandsplat.co.uk](mailto:doodle@doodleandsplat.co.uk) or 0794 282 5114. \***

### CLASSIFIEDS

#### Choc'z Away

Fun chocolate workshops... Chocolate parties in your own home or venue of your choice for children aged 4 and over... 07900 30 50 25 [www.choczaway.co.uk](http://www.choczaway.co.uk)

[www.toadstoolteaparties.co.uk](http://www.toadstoolteaparties.co.uk)  
01250 870102/07749 075459  
ENTERTAINMENT, THEMED PARTIES & BOUNCY CASTLE

#### Kids Parties With A Difference

**Catwalk Party (age 5-13 yrs)**  
Try our most popular party - A Fashion show themed party with a real catwalk, light make-up, accessories, disco lights and music with a performance at the end for parents.  
Party cost £8 per child

**Call us on 01592 263700 for more info**

### SERVICES

#### KEITH CLYNE PLUMBING, HEATING AND GAS ENGINEERS

General plumbing, heating and boiler installation and repair, bathrooms, kitchens and fires

**Tel: 0131 444 2938 or 01383 734724**  
[www.keithclyne.co.uk](http://www.keithclyne.co.uk)  
A GAS SAFE REGISTERED COMPANY

#### Gillian's Carpet Cleaning

Rugs from £14.50 Carpets £27.50  
Fabric and Leather sofas cleaned.  
Mattresses deep cleaned from £10.  
Call 01383 269038 or 07757 760828

### HEALTH

#### Person Centred Homecare

**HELPING PEOPLE IN THEIR HOMES**  
Offering person centred nursing and maternity care to people in their own homes.  
Call 07913 690773 to discuss how we can help you.

Available in Fife and surrounding areas

### TRAVEL

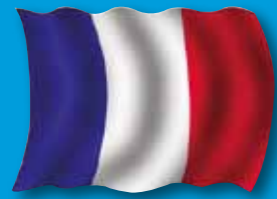
**H2= 2cm advert for just £30**

**Children's Themed Parties by Lets Pretend**  
Imagine the Memories  
Party Options  
Fairies & Wizards or Pirates & Mermaids or Wild West 4 to 6 YRS  
Shimmy & Shine 6 to 8 YRS  
Crafty Capers 6+ YRS  
Pamper & Polish 9+ YRS  
Also available a crèche service for weddings or special occasions  
Let us take the stress while you enjoy the rest  
Web: [WWW.LETS-PRETEND.CO.UK](http://WWW.LETS-PRETEND.CO.UK)  
Tel: 01383 731477  
07977 203 440  
Email: [INFO@LETS-PRETEND.CO.UK](mailto:INFO@LETS-PRETEND.CO.UK)

Call Susan on 07734 289 143 to advertise here

**Candi's Cupcake**  
Custom Cakes & Cupcakes made to order for any occasion  
T: 07950 488 198  
E: [candi.martin@btinternet.com](mailto:candi.martin@btinternet.com)

**BOUNCE 'N' PLAY BOUNCY CASTLE HIRE KINROSS**  
All Size of Bouncy Castles Available From Children to Adults  
Prices include Delivery, Set-Up, & Collection  
Hire of Chocolate Fountain Also Available  
Quality Castles, Friendly & Reliable Service  
Delivery Throughout Fife & Kinross  
Public Liability  
Contact Alastair 01577 864725 or Wendy on M. 07775771938  
email: [info@bounceandplaycastles.co.uk](mailto:info@bounceandplaycastles.co.uk)  
website: [www.bounceandplaycastles.co.uk](http://www.bounceandplaycastles.co.uk)



## One family, two languages

Monsieur R, being French, is in charge of all things edible chez nous, so Puce is being brought up with the French approach to food, rather than the Scottish one that I grew up with. This gives me an insider view to French family cooking and how they pass on their passion for la cuisine, as a place and an art form. Like most French people, Monsieur R can talk at length and with contagious enthusiasm about food from childhood and it's this enthusiasm that gets passed on at the dinner



table. I've never felt any great passion for green beans, but by the time Monsieur R has told Puce how his grandmother prepared them, how he has cooked them and how delicious they're going to taste, it's impossible to not like them. And you know what? Cooked with a little butter and sliced shallots, they do taste pretty darn good. ★  
**Jenny Clark, Strictly Speaking:**  
 One Family, Two Languages [www.culturefrog.blogspot.com](http://www.culturefrog.blogspot.com)

First Steps in French is a great way for under 5's to start exploring the sounds of a new language!

Songs, stories, games and craft activities with a native speaker make learning child's play!

Classes in Perth, Kinross & Edinburgh.

For details, contact:  
[jenny@culturefrog.com](mailto:jenny@culturefrog.com) 0131 208 1789  
[www.culturefrog.com](http://www.culturefrog.com)

Three years ago, when Auchingarrich Wildlife Park came up for sale, Maxine Scott, who'd been a keen visitor to the park since her own youth, decided that she and husband Andrew needed a challenge. This was on top of looking after their seven children and the four foster children currently in their care of course! Families was intrigued to hear how such a large family spends its time.



**WHY YOU LIKE LIVING WHERE YOU DO?** We love the park itself of course. I love the wide open spaces and the fact I can have my own horse.

The children can have animals, ponies, pet lambs, piglets and so on. I am hand rearing two marmosets at the moment, which means getting up for hourly feeds. We had to bring 4 lambs indoors the other day when it snowed heavily – all part of the job!

**FAVOURITE SHOP:** The teens would say Primark.

**FAVOURITE PARK:** Auchingarrich of course! I loved it even before we took over and had a season ticket when I was a child. We had a lot of work to do here; replacing and rebuilding the café, upgrading the playbarn and putting in play equipment and crazy golf but we feel its been worth it.

**FAVOURITE DAY OUT:** I love walking the dogs along the beach at St Andrews. We all enjoy a trip to the East Neuk of Fife too.

**FAVOURITE CHILD FRIENDLY RESTAURANT?** The little ones love Franky and Bennys and the older children love Nandos. We adults do like the Old Course Hotel, St Andrews.



**NO PARENT SHOULD BE WITHOUT:** Baby wipes – I use them for everything.

**PARENTING PET HATES:** I dislike children eating with their fingers.

**FAVOURITE FAMILY HOLIDAY SPOT:** We love Morton of Pitmilly Kingsbarns Fife. And we did really enjoy the PortAventura Park, Salou Spain.

**BEST CHILDREN'S BOOK:** Eat your peas by Kes Gray and Nick Sharratt

**BEST CHILDREN DVD OR VIDEO:** Bambi

**MOST PLAYED WITH TOYS:** Outdoor toys – bikes.

**BIGGEST WASTE OF MONEY:** In my case... clothes. I only wear what's at the front of the wardrobe.

**PROUDEST ECO-FRIENDLY MOMENT:** Errrm. Turning the lights off?

**MOST SUCCESSFUL RECIPE/FOOD:** Meatballs in tomato sauce with penne pasta with lots of cheese on top... in a very large casserole dish half of which has to be however to accommodate our 3 veggies. ★

**In conjunction with Families, Auchingarrich would like to offer Families readers a 20% discount off the price of a Family Ticket. See [www.familiesfife.co.uk/offers](http://www.familiesfife.co.uk/offers) to download and print your voucher.**

## Clubs and Classes news

**STARLITE BALLET CLASS** Robertson Dance Academy – Brand new Starlite Ballet class (2 1/2 years and over) and Starlite Highland class (3 years and over) coming SOON! Contact us now for more details and to reserve your space for your little one! Email: [robertsondanceacademy@live.co.uk](mailto:robertsondanceacademy@live.co.uk) Call: 07590925490 Web: [www.robertsondanceacademy.co.uk](http://www.robertsondanceacademy.co.uk)

**DANCE CAMP 2012!** Calling all young dancers!! Dance Camp 2012 will take place in Fife this summer giving Primary

school aged children a chance to try out a new dance style or improve their moves! Classes will be held in Jazz, Street, Ballet, Highland & Modern Dance from Monday – Friday with a display for parents on the Friday afternoon. Children will also receive their 'Dance Camp 2012' display t-shirt! Contact us now for available dates, cost and to reserve a place! Email: [robertsondanceacademy@live.co.uk](mailto:robertsondanceacademy@live.co.uk) Call: 07590915490



## Hopetoun Horse Trials

Set for Saturday 28th and Sunday 29th of July 2012, the Gillespie Macandrew Hopetoun Horse Trials promise to be a wonderful spectacle for all the family. The two-day event, on the grounds of Hopetoun House, Scotland's finest stately home, will also offer the best in food, shopping and entertainment. As well as the usual disciplines, including show jumping, dressage, and cross-country, the day promises plenty to engage a younger audience, with pony rides and screens broadcasting highlights from the opening ceremony of London 2012.

Hurry tickets are on sale NOW, with kids under 14 going free! For advanced tickets Tel 0131 331 1546 or visit [www.hopetoun.co.uk/Horse-Trials.html](http://www.hopetoun.co.uk/Horse-Trials.html) for early bird offers!



**WIN: A pair of tickets, and a VIP parking permit answer the following question: Q** To be in with a chance of winning, simply tell us which month the Hopetoun Horse Trials take place.  
**To enter go to [www.familiesfife.co.uk/offers](http://www.familiesfife.co.uk/offers)**

## West Fife Show



This year's show at Hilton Farm, Kelty takes place on Saturday 2nd June from 9am. Read more on page 4. See [www.westfifeshow.co.uk](http://www.westfifeshow.co.uk)

**WIN: A family ticket for four to this fantastic day out, simply answer the following question: Q** What anniversary is the show celebrating this year?

**To enter competition and access our offers go to [www.familiesfife.co.uk/offers](http://www.familiesfife.co.uk/offers). Registering just takes a minute then you will be able to enter more competitions and access offers in the future.**

## Feather Down Farm weekend

One lucky family can win a three night weekend stay with Feather Down Farm Days this September worth £500! Our 27 farms stretch all the way from Lands End to the Lake District.



You will be sure to find one that is perfect for your family. WIN one of the best-loved family holidays in the land!

**To enter competition go to [www.familiesonline.co.uk/featherdown](http://www.familiesonline.co.uk/featherdown) Closing date for entries: 9am, 2nd July 2012. Please quote competition code: FDF2012**

## Win a fantastic games bundle

You could win one of five fantastic family games bundles from Mattel. Worth over £100, each prize is bursting with brilliant board games that are super-fast to set up and play so they can fit into the busiest family's lives.

With Pictionary, Scrabble and Scrabble Junior, UNO, Chameleon Crunch and Angry Birds, there is sure to be something for everyone.

**To enter this competition, simply complete our survey on the back page, or online at <http://www.surveymonkey.com/s/7JSTGQB> to be entered into the prize draw. GOOD LUCK!**



**Art, Craft & Messy Play**

**Doodle & Splat** Looking for a party for a child aged 2-8?

Why not try something different, a Doodle & Splat party where everyone gets to create their own unique masterpieces!

Classes for Under 5's - Dunfermline, Kirkcaldy & Dalgety Bay

For further details on classes/parties:  
 Call Lynda/Pamela on 0794 282 5214  
 Email: [doodle@doodleandsplat.co.uk](mailto:doodle@doodleandsplat.co.uk)  
 Web: [www.doodleandsplat.co.uk](http://www.doodleandsplat.co.uk)

**TAYLOR JOINERY SERVICES**  
 Est 1977 Philip Taylor, Dalgety Bay

- Extensions • Fitted Kitchens • uPVC Windows & Doors • uPVC Roofline & Fascia • Laminate Flooring • Staircases
- Timber Decking • Renovations
- Facings & Skirtings • Bathrooms

• ALL TYPES OF HOME IMPROVEMENTS and INSURANCE WORK

• ALL TRADES SUPPLIED

• FREE ESTIMATES

Tel: 01383 822445 Mob: 07721 566392  
[www.taylorjoineryservices.co.uk](http://www.taylorjoineryservices.co.uk)



For full listings, scan this QR code with your smart phone or visit [familiesfife.co.uk/whatson](http://familiesfife.co.uk/whatson)

**ROBERTSON DANCE ACADEMY**

Classes available in Ballet, Tap, Modern, Highland and Musical Theatre

Contact us now to reserve your place!  
 Web: [www.robertsondanceacademy.co.uk](http://www.robertsondanceacademy.co.uk)  
 Email: [robertsondanceacademy@live.co.uk](mailto:robertsondanceacademy@live.co.uk)  
 Call: 07590 925490



## MAY 2012

### Saturday 28 April - Saturday 23 June

#### Horsecross Little Stars

Norie-Miller Studio, Perth Concert Hall - Join Amy, one of our Horsecross drama artists, for fun workshops specially tailored for age 3 - 5yrs. Sessions will include storytelling, drama games, confidence building and team work. Parents don't need to accompany during sessions. Spaces are limited so book early to avoid disappointment. 1pm + 2pm. Sessions last 45 minutes. £4; no concessions. Buy all 8 sessions for £30. [www.horsecross.co.uk](http://www.horsecross.co.uk)

### Friday 4th May

**Recycled Bike Sale** Braco Hall from 6pm to 7.30pm. Tel: 01738 475246

### Saturday 5th May

**Jack and Jill Market Perth**  
Dewars conference centre 10.30 - 1.30  
[www.jackandjillmarket.co.uk](http://www.jackandjillmarket.co.uk)

### Saturday 12th May

**Paperbelle Carnegie Hall Dunfermline**  
Paperbelle's world is blank and plain, and she likes it that way. She's heard of colour, but would prefer things to stay exactly as they are - blank and plain. Age 2-5.  
[www.onfife.com](http://www.onfife.com) Box Office 01383 602302

**Loch Leven Half Marathon**  
Incorporating the Feel Good Fair and Loch Leven Pipe Band Contest. 1pm till finish. Action starts outside Community Campus Kinross. Stalls, street football, tug of war, long jumping and other sports. Some of the bands will send the runners off at 1pm at Bridgend Ind Est and will then march through the High Street of Kinross. Children can take part in the Fun Run, which Swansacre Playgroup organises every year at 1.30pm.

### Sunday 13th May

**Beveridge Park Railway**  
Kirkcaldy Model Engineering Society will run the railway in Beveridge Park again this year on at 2pm weather permitting.



### Sunday 13th & Monday 14th May

**The Gruffalo**  
Adam Smith Theatre Kirkcaldy - Join Mouse on an adventurous journey through the deep, dark wood in Tall Stories' magical, musical adaptation of the award-winning picture book by Children's Laureate Julia Donaldson and Axel Scheffler. Songs, laughs and scary fun for children aged 3+ and their grown-ups. [www.onfife.com](http://www.onfife.com) Box Office 01592 583302

### Tuesday 15th May

**Halfords Tour Series**  
Professional cycle race and the first in a national series as well as the only race of its kind in Scotland this year. Held in Kirkcaldy Town Centre starting at 7pm. Community events and activities in the afternoon including a chance for everyone on bikes, scooters, skates etc. to try out the circuit for themselves. Pick up information about cycling in Kirkcaldy and around Fife.

### Saturday 19th and Sunday 20th May

**RSPB Scottish Birdfair**  
9.30am - 5.30pm. £12, under-16s FREE. Get back to nature at the Hoptoun House for a weekend of

crafts, games, conservation and more! Activities for kids and markets and stalls for adults, guided walks and boat trips. Fun for the whole family. *Booking: [www.scottishbirdfair.org.uk](http://www.scottishbirdfair.org.uk)*

### Saturday 19th May

**NCT NEARLY NEW SALE 11.30 - 1.30**  
Dewars Centre, Glover Street, Perth  
Large sale of quality nearly new toys, books, dvds, games, puzzles, prams, pushchairs, nursery equipment, bikes, scooters and out door toys. Come along and grab yourself a bargain!  
*Interested in being a seller? Then e-mail [perthnns@hotmail.co.uk](mailto:perthnns@hotmail.co.uk). Registration open until 16th May.*

### Sunday 20th May

**Annual Bus Running Day**  
Scottish Vintage Bus Museum Lathalmond, nr Dunfermline. [www.busweb.co.uk/svbm](http://www.busweb.co.uk/svbm)

### Saturday 26th May & Saturday 23rd June

**Horsecross Stories Redrooms**  
Perth Theatre. 10.15 - 10.55am. Let our storytellers take your imaginations on an amazing journey through time as they tell their tall tales, whilst parents can relax with a coffee in our theatre café. Suitable for any age from 3yrs and hosted in the raised area of our restaurant, Redrooms. Free [www.horsecross.co.uk](http://www.horsecross.co.uk)

### Saturday 26th May

**The Jack & Jill Market Dunfermline**  
Where Smart Mums Sell & Save will be at The Vine Venue, Garvock Hill, Dunfermline 10.30am - 1.30pm. Your local monthly market has 40 stalls all bursting with the seams with quality nearly new baby & kids items (0-9yrs). Come along on market day for great bargains. You won't want to miss out! To book a stall for a future event or to sign up for email event alerts then log onto [www.jackandjillmarket.co.uk](http://www.jackandjillmarket.co.uk)

### Sunday 27th May

**Pallywags Chasing Rainbow**

Roths Hall Glenrothes - Join The Pallywags in their enchanting new production. Come sing and dance along with Lou, Chew and Groo Groo. Ages 4-10.  
[www.onfife.com](http://www.onfife.com) Box Office 01592 611101

## JUNE 2012

### Saturday 2nd June

**West Fife Show** held at Hilton Farm, near Kelty KY4 0HZ. This year's program includes Mark Wylie with his sheepdog and duck display team The Drakes of Hazard to entertain visitors to the show. There will also be cookery demonstrations from local cook school Courses for Cooks, storytelling and a magic show for the kids, Zumba and Bowka Fitness and Burntisland Pipe. [www.westfife.show.com](http://www.westfife.show.com)

**Robot - The Fantasy and the Reality Sensation**, Dundee Science Centre  
Meet robots and cyborgs of fiction from Star Wars to Red Dwarf.  
Tel: 01382 228800, [www.dundeesciencecentre.org.uk](http://www.dundeesciencecentre.org.uk)

### Sunday 3rd June

**Markinch Highland Games**  
John Dixon Park, Markinch, KY7 6BQ 12.30pm - 5.30pm.

### Monday 4th June

**Scottish Fisheries Museum Open Day**  
Lots to do for all the family. Free.  
[www.scotfishmuseum.org](http://www.scotfishmuseum.org)

### Thursday 7th June

**A Midsummer Night's Dream**  
St Andrews Castle. Doors open at 6.30pm, performance starts at 7.30pm till Friday 8th June Adult £13.50, Concession & Child £9.00, Family Ticket (2 Adults, 2 Children) £40.00 [www.seetickets.com](http://www.seetickets.com) Make an evening of it by bringing a picnic. No seating is supplied so please bring something lawn-friendly to sit on. Hot and cold drinks available.

### Saturday 9th June

**Dalgety Bay & Hillend Gala**  
1.15-4.30, with the parade commencing at 12.45pm from Dalgety Bay Parish Church Romeo and Juliet, St Andrews Castle  
See Midsummer Night's Dream entry for details  
**The Declaration of Independence Arbroath Abbey**. 12 noon - 4.00pm. Meet some of the earls and barons who put their name to one of the most iconic documents in history. Also on Sun 10th. [www.historic-scotland.gov.uk/events](http://www.historic-scotland.gov.uk/events)

### Sunday 10th June

**Beveridge Park Railway**  
Kirkcaldy Model Engineering Society will run the railway in Beveridge Park again this year on at 2pm weather permitting

### Saturday 16th June

**Bikeworks Bike sale** in Kirkcaldy Selling a range of refurbished bikes for children and adults at affordable prices. Venue tbc.



### Time for tea. Or time to make a pig of yourself?

And where better to do so than Allanhill Farm? Set on Grange Road, just outside St Andrews with beautiful views of the sea and delicious home baking, this place is a haven for anyone who loves locally sourced food and quality local products. Relax over a coffee with friends and enjoy some of Lucy's luscious jam on a freshly baked scone whilst your children sample the free play area and befriend the animals. Watch out for escaping piglets. ✨  
**Open from Friday 11th May. 10am - 6pm.**

Check [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk) for more information.

**Newburgh Highland Games**  
Robbie's Park, Newburgh 1 pm  
**Cowdenbeath Gala Day**  
Beath High School, FREE 12.30pm  
**St Monans Sea Queen Day**  
St Monans Harbour 10 am  
Free [www.stmonans.org.uk](http://www.stmonans.org.uk)

### Saturday 16th & Sunday 17th June

**Sunflowers & Sheds**  
Carnegie Hall Dunfermline  
Written and directed by Gilly Baskeryfield and Dot Wood. Original music by Tayo Akinbode. Perfect for ages 5+, this tale of fun, family, and friendship on an allotment will brighten your day. [www.onfife.com](http://www.onfife.com) Box Office 01383 602302



### Friday 22nd June 2012

#### DANCE FOR JUSTICE

The Vine Venue, Dunfermline, will host 'Dance for Justice', a fundraising event for Hope for Justice charity. Night hosted by 3 DJs playing a blend of funky electro house. Doors open at 18:00 - event starts at 19:00 and tickets are only £5:00, of which all proceeds are going to Hope for Justice Charity ([www.hopeforjustice.org.uk](http://www.hopeforjustice.org.uk)). Tickets must be bought in advance from <http://www.musicglue.net/danceforjustice/> Please note this is a drug and alcohol free event and anyone found with alcohol or drugs will be refused entry. This event is for all ages - under 14s must be accompanied by an adult. For more info: 07825-214-614, [tim@sonarzone.co.uk](mailto:tim@sonarzone.co.uk)

### Saturday 23rd June


**Kincardine Children's Gala**  
Burnside Park FK10 4QR 12 - 5pm  
Cycling fun day at Kirkcaldy Town Square  
Lots of activities for all ages. Part of Bike Week, a national celebration of cycling.

### Saturday 30th June

**Ceres Highland Games**  
The oldest free games in Scotland. Bow Butts St Andrews Road Ceres KY15 5QH 12 noon.  
[www.ceresgames.co.uk](http://www.ceresgames.co.uk)

#### Mikey and Addie

Perth Theatre, Studio. Part of the Horsecross Youth Arts Festival. A fast-paced, funny and emotional tale which looks at the difficulties of growing up. Ideal for anyone aged 9+. [www.horsecross.co.uk](http://www.horsecross.co.uk)

 Whilst every care has been taken to compile the Out and About section with accuracy, please remember to check with the venue before making plans to avoid any disappointment as Families magazine is put together weeks in advance of actual publication.




**Allanhill Farm Shop**

Open 7 Days  
May - September  
10am - 6pm

country tearoom  
children's play area

Grange Road  
St Andrews  
T: 01334 477999  
[lana@allanhill.co.uk](mailto:lana@allanhill.co.uk)

[www.allanhill.co.uk](http://www.allanhill.co.uk)



Call  
Susan on  
07734  
289 143  
to  
advertise  
here

nearly new sale

**Saturday 19th May 2012**  
11.30am - 1.30pm  
(11.15am for members with membership card)

**DEWAR'S CENTRE (Strathearn Hall)**  
Glover Street, Perth PH2 0TH

Admission: £1 per adult (children free)

Wide range of high quality items for sale - toys, games, puzzles, books, dvd's, baby equipment, prams, outdoor items, baby and children's wear - all at bargain prices!

For more information whether a buyer or seller, please email [perthnns@hotmail.co.uk](mailto:perthnns@hotmail.co.uk) or call 0844 243 6239. Registration open until 16th May.

[www.nct.org.uk/branches/perth](http://www.nct.org.uk/branches/perth)



# How much do you really love us?



## Readers' Survey

Many readers have told us Families is the only local publication they read - thank you! However, we don't want to rest on our laurels. We want to know what you think - what you like, and what you'd like more - or less of. Please fill in and return our questionnaire and win fabulous prizes! **It should take no more than 2 minutes to fill in!**

## We have 5 family games bundles to be won from Mattel - each worth over £100



Games to include Scrabble Original, Scrabble Junior, Pictionary, UNO, Angry Birds board game and the new Chameleon Crunch active learning game for kids.



### 1. How much of each issue do you read?

- All of it from cover to cover
- More than half
- Just the articles which catch my eye

### 2. Which element is the MOST USEFUL OF ALL (tick max two)

- Articles
- List of holiday activities
- Lists of clubs and classes
- What's On in your area
- Children's party venues and entertainers
- Adverts
- Local news

### 3. How often do you contact advertisers you've seen in Families?

- Often
- Occasionally
- Never

### 4. Which advertiser type have you contacted after seeing them in Families?

- Nursery
- School
- Children's activity club
- Nanny/Au Pair/babysitting agency
- Health practitioner/therapist
- Party supplier
- Parenting course
- Photographer
- Private tutor
- Holiday/family hotel
- Cleaner/hairdresser/gardener

### 5. Online how do you find most of your family-related information? (about local nurseries, schools, clubs and classes, local news and events etc) Tick all relevant to you.

- I mostly use FamiliesOnline
- I never use FamiliesOnline
- I mostly Google randomly
- I mostly visit other sites such as

### 6. In your opinion which category of information do you find the hardest to find online?

- A really good searchable list of what's on events in my area
- Specific parenting articles
- Children's activity classes
- Local nurseries and schools

- Local plumbers, carpenters etc
- More news about my area
- To chat to local mums
- Book/product/restaurant reviews by other mums
- To sell my unwanted stuff
- Other.

### 7. Tick any that applies to you

- I have and use a Facebook account
- I have and use a Twitter account
- I own a smart phone, I-pad and plan to buy one soon
- I use a What's on app
- If so, which one do you like and use?

### 8. Which age group are you in?

- 20 something
- 30 something
- 40 something
- 50 something

### 9. How would you describe Families?

#### Any other comments?

Thank you for your time. Please return your replies by 24th June 2012 to P.O. Box 2378 Watford WD18 1RF. Data will be treated in confidence and details will NOT be passed on to a third party. If you would like to be entered in the prize draw, don't forget to include your email address. Winners will be notified directly. One prize each family. Editor's decision is final, no cash alternative. My email: \_\_\_\_\_

My postcode: \_\_\_\_\_

➔ If you prefer to enter online follow this link <http://www.surveymonkey.com/s/7JSTGQB>



# LILLIPUT NURSERY



Open all year round  
**Monday-Friday 7.30am-6.30pm**  
 Easy parking and drop-off  
 Cosy, homely, fun learning environment  
 Friendly, qualified & experienced staff team  
 Freshly cooked, delicious lunches & snacks provided

Part of the  
**award-winning Bertram Nursery Group**  
 Scotland's leading provider  
 in childcare and education



**Lilliput Nursery**  
 30-32 Canmore Street, Dunfermline, KY12 7NT  
 T. 01383 626 261 E. [lilliput@bertramuk.com](mailto:lilliput@bertramuk.com)  
[www.lilliput-nursery.co.uk](http://www.lilliput-nursery.co.uk)

