

IN BRIEF

Christmas social: DURING Burntisland Erskine Women's Association Christmas event, a 90th birthday presentation was made to Betty Jardine who still attends the Erskine Women's Association every week. She has worked for the Association for countless years. A special supper was enjoyed by the members and their friends and musical entertainment was provided by the group, 'Pennyfarthing'.

Room at the Inn

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Little Raith ... Fife's first ever wind farm

Nine turbines at new commercial venture

Kate Shannon, Reporter

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FIFE'S first commercial wind farm is set to be built near Lochgelly.

The Little Raith site will comprise of nine turbines, with an installed capacity of up to 27 megawatts or the equivalent power to supply approximately 15,000 households each year.

The site has been acquired by Kennedy Power and they will be investing about £25m in the farm.

The project came about as a partnership between Kennedy Power and West Coast Energy - and it could be completed within the next 12 months.

Little Raith received planning approval in March 2009, following West Coast Energy's successful community and stakeholder engagement activities that resulted in Little Raith becoming Fife's first, and as yet only, consented commercial wind farm.

Kennedy Power's board director, Andrew Dickman said it was a case of being in the right place at the right time.

Perfect location

He said: "Although we are still in the early stages of delivering the project, it is clear the wind farm is in an ideal location and will be an exciting addition to the area.

"We are fortunate enough to have a great deal of support from the community to build Fife's first commercial wind farm and expect to have the turbines up and running by the end of 2011."

Stephen Salt, West Coast Energy's planning and development director said the project had been progressed over a number of years in close consultation with the local community.

He added that West Coast Energy is looking forward to working with their partner to deliver the benefits of the project to the local community.

And the Kennedy Power committed to contributing £2000 per megawatt

to a community fund as part of a community benefit package for use on local projects, which could equate to £54,000 per year or £1.35m over the lifetime of the wind farm.

The four communities which will benefit from the wind farm are Lochgelly, Auchtertool, Cowdenbeath and Lumphinnans.

Local talks

Mr Dickman added: "It is pivotal that a free flow of communication is maintained throughout these vital stages of the project.

"We are keen to engage with the locals and representatives of the four community councils that will benefit from the wind farm.

"We will help to establish a community development trust made up of representatives from the local area to discuss the options for the use of the community benefit fund."

A community liaison forum is set to be established which will represent the community as the project progresses.

Factfile

Number of turbines: 9
MW Capacity: Up to 27MW
Height: up to 85m
Blade tip height: Up to 126m
CO2 Savings* - approximately 762,000t annually
Homes Equivalent Powered - approximately 15,400 annually
(based on 27MW installed capacity)

To join the forum or for any enquiries about the project, contact **Caroline Trainer** on caroline.trainer@invictapa.co.uk.

The Healthy Living Column

Keren Brynes MacLean is a Member of the National Institute of Medical Herbalists and owner of Health Food and More based in St Clair Street, Kirkcaldy



STRESS, it seems, is almost at epidemic proportions and is thought to be at the root of many health problems we see in our modern society. Our Consultant Medical Herbalists at Health Food and More are well placed to prescribe treatments that may help to reduce stress, tension and anxiety. Many people are aware of the benefits of using B vitamins to help support the nervous system. Only a few weeks ago there were lots of positive stories in the media about how B vitamins help to prevent age related deterioration in the brain.

Certainly a B vitamin is one supplement to consider if not all the time, then certainly at times when the nervous system is under pressure.

Another lesser known supplement, which I have to say is a personal favourite of mine, is L-Theanine, which is an amino acid that comes from the tea plant.

In my herbal clinic I often recommend Solgar L-Theanine to clients who feel anxious, panicky and flustered. I recommend it long term to help with chronic anxiety problems but I find it is equally as effective in a situation where you need a "quick fix of calm", say a driving test or flying.

Of course taking a supplement without getting to the root cause of stress is a bit of a sticking plaster approach and anyone with chronic stress or anxiety issues would probably benefit from a consultation with an experienced practitioner to look at a restorative regime of nutrition and herbs.

The advice in the Healthy Living Column is not intended to replace the advice of your health care professional and you should speak to your GP, pharmacist or qualified herbalist should you need further help with any complaint.

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Round the town:

SURGERIES CLOSED: GP surgeries will be closed from December 25 to 28 and January 1 to 4, and during this time Fifers are advised to call NHS 24 on 08454 24 24 24 if they need medical advice, and to make sure they have enough of their medicine and prescriptions.

TRAINING PROGRAMMES: Almost 1540 people in Fife joined Skills Development Scotland's national training programmes in the first half of 2010/11. The national training programmes include Modern Apprenticeships, Get Ready for Work, Training for Work and Skillseekers.

GOOD SAMARITANS: Kirkcaldy MSP Marilyn Livingstone (pictured)



has praised the actions of good Samaritans who helped elderly and vulnerable people during the recent cold snap. She said they were "good neighbours" and added: "Helping elderly and vulnerable people to their clear paths, pavements and driveways, doing food shopping for them and checking that they have proper heating in place are just some of the ways we all pulled together."

LEFTOVER ADVICE: Fifers can learn how to love their Christmas leftovers, courtesy of Greener Kirkcaldy. The energy saving and environmental organisation will be at Kirkcaldy Farmer's Market in the Town Square on Saturday, December 19 with some great ideas and recipes.

Got a story? Call The Fife Free Press (01592) 598808 ffpnews@fifetoday.co.uk

'Nowhere' to dry our clothes

A GROUP of Kirkcaldy residents have been left with nowhere to dry their clothes after their communal launderette went out of service over two months ago.

Tenants on Bank Street, who pay for the upkeep of the communal laundry facility through their Council rent payments, have had to hang wet clothes around their homes because the tumble dryer has been broken for weeks.

Catherine Spinks (60), told the Press: "We have had a lot of trouble with the dryer for a long time. Then around 10 weeks ago it just stopped working. We have

been calling the Council constantly - some people have been calling daily - because we pay for this through our rent.

"Many of the residents here are elderly and they shouldn't have to be hanging clothes over radiators when it's this kind of weather. How are we supposed to get through winter with nowhere to dry our clothes?"

Fife Council said an Electrolux engineer went out to assess the dryer around two weeks ago, but because of the weather they could not replace the dryer until late this week, when a new one will be delivered.