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July 2025 Community Ward Newsletter

Introduction

Welcome to July's Cupar Ward Community Council Newsletter from your local officers, PC Lee Smith, PC Duncan Shand and Sgt Nicola Gillespie.

Local News, Priorities and Useful Information

Road Safety

Motorcycle crashes can be serious. Motorbike riders should realise what they can and can't do and be careful.

Most road crashes can be avoided. They often involve basic mistakes by the rider.

A lot of collisions and deaths in Scotland involve motorbikes.

Motorbike riders are more vulnerable on the roads than car drivers. Weather conditions changing, speeding and poor judgement in overtaking all add to that danger.

There are several things you can do to reduce the risk of crashing:

- Take time on bends on country roads
- Take extra care at junctions
- Take care when overtaking
- Only overtake when it is safe
- Know your motorcycle and what to do if you feel like you are losing control.

Clothing is important for you being seen and for your safety. During the day you should ensure you are wearing bright colours over your protective clothing. In the evening reflective clothing should be worn. A helmet is required by law.

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Due to the recent concerns regarding the use of E scooters, officers have provided an easy to follow poster for persons who may own an Escooter or persons wanting to highlight concerns.

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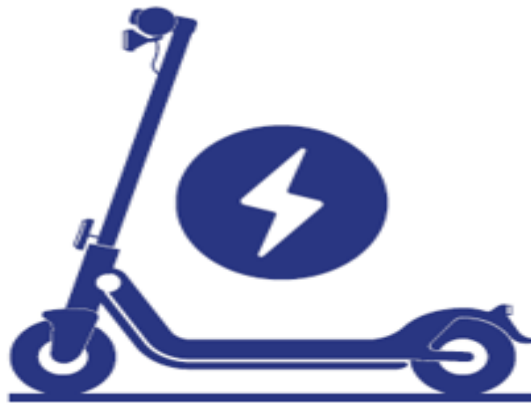


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WARNING

It is illegal to ride e-scooters on public land and you must stop immediately



We understand that e-scooters can be considered a fun and convenient way to get around, but the use of e-scooters on public land in Scotland is illegal as they cannot comply with Road Traffic Legislation.

While e-scooters are legally available to purchase, they are mechanically propelled vehicles and it is currently against the law to ride a privately owned e-scooter in any public place in the UK. This includes roads, pavements, parks, town centres or promenades.

People caught riding them could face prosecution and any points issued will be carried over when applying for a full driving licence.



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Is your motorcycle a target for thieves?

Motorcycles and scooters are an easy target for thieves but theft does not have to be inevitable, a few simple steps could reduce your chances of becoming a victim.

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Security tips when out and about

- Ensure your bike is fitted with a combined alarm and immobiliser
- Fit a tracker
- Attach a combination of chain, disc lock and U-lock. Do not rely on one device, the more security placed on your bike, the less attractive it is to a thief. The longer it takes to overcome the security, the more of a deterrent it is
- Try to park under street lights
- When applying your locks, ensure they are secured to a solid anchor point or a permanent piece of street furniture. Keep the lock off the ground where possible as this makes it difficult to cut off.
- Cover your motorcycle and ensure the cover is attached to the security device
- If possible use Thatcham , Sold Secure or Secured By Design approved devices. These have been industry tested and are generally agreed to be amongst the most robust security devices available.
- Ensure you always activate the steering lock
- Do not leave your helmet or other possessions on the motorcycle or in luggage space or panniers.
- Look out for car parks that are accredited to the Parkmark scheme, as they are safer places to park vehicles. Log onto parkmark.co.uk for a list of car parks on your area
- Be vigilant, ensure that you are not being followed home and check for suspicious items attached to your motorcycle or transporting vehicle/trailer that could be used to track your whereabouts

In this months awreness information we have details regarding keeping yourself safe on nights out and when meeting new people.

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What can I do to keep safe on a night out?

If you're going on a night out then have fun and enjoy yourself.

Unfortunately, people can be victims of crime. Here are some steps to follow to stay safe:

- Plan your night out and how you will get home
- Take your mobile phone with you and make sure it's fully charged
- Stay with friends and don't leave with strangers
- If you feel very drunk or unwell after a small amount of alcohol then ask a trusted friend or a member of the club / pub management for help
- If you think you have been spiked, report it to the police and seek medical assistance. All reports will be investigated
- Don't take drugs or new psychoactive substances (sometimes misleadingly called 'legal highs')
- Don't have sex with anyone who is too drunk or under the influence of drugs as this means they can't give consent and in Scots Law this is rape
- Look after bags and valuables
- Keep enough money to pay for your journey home
- Use a trusted taxi company that you have used before, or arrange for a friend or family member to collect you
- Stay alert at cash machines, be aware of who's behind you and keep money and your PIN out of view

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How do I keep myself safe when meeting new people?

Meeting new people through dating sites and speed dating is now very popular. Take care as not everyone will be who they say they are.

There are risks. This includes your immediate personal safety, stalking or harassment or being exploited financially. Here are some steps to follow to stay safe:

- The first time you get together, meet and stay in a busy public place
- Meet in a public place until you feel safe enough to do something different
- Tell someone where you're going, who you're meeting and when you'll be back
- If possible, make arrangements to go with a friend
- Don't accept a lift from someone you have just met even if they seem genuine
- Be alert to hard luck stories, this could be part of a con

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- Follow the night out safety advice we've provided above.

IN THE COMMUNITY

The community team were invited along to Dairse and Springfield Primary Schools this month to hand out their respective Good Citizen awards. Dairse awarded Judy "Bloom" Dowling the Good Citizen award for her contribution to keeping Dairse bright and beautiful with the flower displays. Judy also helped the primary school children with learning on how to plant and grow flowers.



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Springfield awarded Maria Stewart the Good Citizen award for her outstanding dedication and all round hard work for the pupils, staff and parents of the primary school. Maria is a long time servant of the primary school and provides an important link to all these peoples that often goes un noticed.



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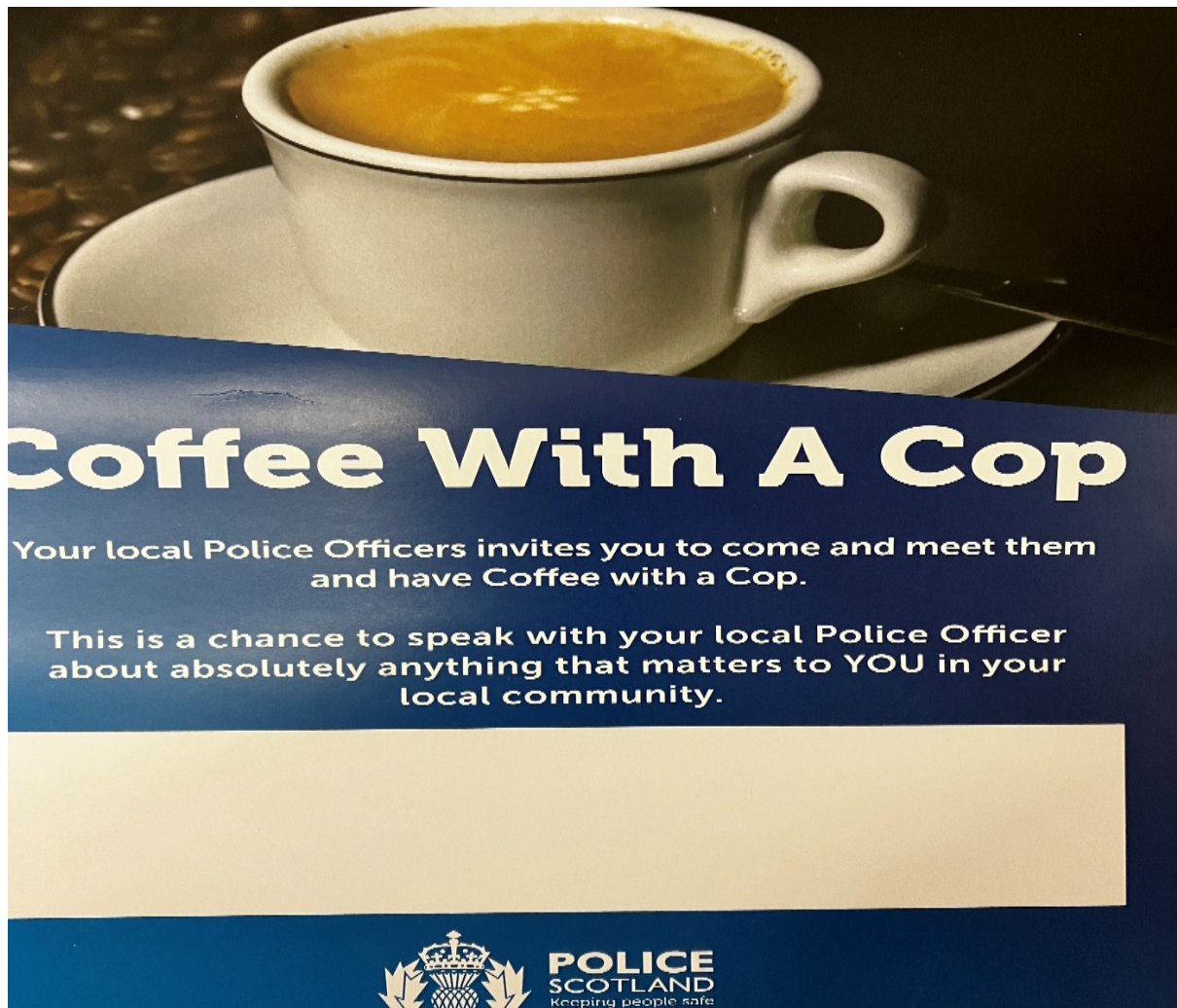
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The Community team would like to remind everyone that they are offering Coffee with a Cop dates in the coming months. The open events are available to anyone and have been previously used by local community groups and local council areas. Coffee with a Cop is a very informal way of chatting to your local community officer and ask them questions regarding any concerns you may have or information you feel they need to know. Please contact the officers on the provided community email to ask about prospective dates to arrange one of these events.



Coffee With A Cop

Your local Police Officers invites you to come and meet them and have Coffee with a Cop.

This is a chance to speak with your local Police Officer about absolutely anything that matters to YOU in your local community.

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Useful numbers and sources of information

NHS 24: Call free on 111

Fife Women's Aid: 0808 802 5555

Universal Credit helpline: 0800 328 5644

Fife Council Out of hours helpline: 03451 55 00 99

Fife Housing Register Emergency Accommodation: 03451 55 00 33 (Mon-Fri 8am-6pm) or out of hours 0800 028 6231

Scottish Water: 0800 077 8778

SEPA Floodline: 0345 988 1188

SEPA Pollution: 0800 807060

Citizens Advice and Rights Fife: call 0345 1400 095 or visit www.cabfife.org.uk

Contact your local councillor: call 03451 555555 ext 442320 (24 hour surgery helpline) or visit www.fife.gov.uk

Cosy Kingdom: Telephone advice service for any energy billing or supplier issues. Also provide emergency top-ups for people who have run out of gas or electric and are struggling financially. Call 01592 807930 or email info@cosykingdom.org.uk.

Fife Gingerbread – Lone Parent Helpline: Support workers are available to give over the phone advice Monday to Thursday 9.00am—5.00pm and Friday 9.00am—3.30pm. Call 01592 725 210.

Age Scotland helpline: A free, confidential phone service for older people, their carers and families in Scotland. The team provide information, friendship and advice. Available Monday - Friday 9-5pm, call free on 0800 12 44 222.

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Free school meals: If your child is entitled to a free school meal then you should be registered to receive a payment of £11.50 per week. Apply through Fife Council here: www.fife.gov.uk/kb/docs/articles/education2/schools-in-fife/free-school-meals-and-school-clothing-grants

Young Scot: Young people can access lots of information and advice at: www.young.scot/campaigns/national/coronavirus

Support for mental health:

The NHS 24 Mental Health Hub is available 24 hours a day, 7 days a week, on 111.

You can call the Samaritans 24 hours a day, 7 days a week, on 116 123.

Breathing Space is available for advice and support on 0800 83 85 87 Monday to Thursday 6pm-2am and Friday 6pm to Monday 6am. You can also [visit the Breathing Space website](#).

The Relationship Helpline (0808 802 2088) is a free support line providing a safe and confidential space for anyone struggling with their relationship. The Helpline is open from 9.00am to 9.00pm, Monday to Thursday, and 9.00am to 4.00pm on Friday.

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Calls received.

During July 2025, Police Scotland received:

North East Fife Area – **1334** calls

Cupar Ward area **162**– incidents, with **81** crime reports recorded.

Ceres & Craigrothie

12 calls received by police, covering concerns for persons, dishonesty, and road traffic matters

3 crime reports recorded.

Kemback, Pitscottie & Blebo Craigs

10 calls to the police, covering road traffic matters, drugs and concern for persons

7 crime reports recorded.

Dairsie

8 calls to the police, covering concern-for-person and road traffic matters

1 crime recorded:

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Cupar

96 calls to the police, covering concern for person/missing person calls; road traffic matters/collisions; requests for assistance to members of the public; fraud, theft and vandalism reports and disturbances, weather related and animal concerns.

55 crimes recorded.

Cults & Pitlessie

3 calls to the police, regarding road traffic and crimes against a person

3 crimes recorded.

Springfield

33 calls to the police, covering road traffic matters; concern for person, requests for assistance/advice disorder and dishonesty, crimes against persons

12 crimes recorded.

CONTACT INFORMATION

Below is the local contact email address for your local community team.

This is not for reporting a crime but if you feel you require to contact your local community officer then our email address is the best way to do so.

If you do not have access to the internet, then you can call 101 and the call handler can send an email on your behalf.

Email us at: CuparCPT@Scotland.police.uk

Please Note, this email address is NOT for reporting a crime or ongoing incidents and due to our shift pattern, is not monitored 24/7.

Thank you!

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