



Real Connections Newsletter

ISSUE 5 – September/ October 2013

Would you like to become a Member?

If so why not come along to one of our activities and have a chat with other members to find out more.

It's open to anyone in the Kirkcaldy area who is experiencing mental health difficulties, including anyone is feeling lonely and isolated and who wants to connect with others.



Games Afternoon is proving popular.

Every Monday afternoon at West Bridge Mill we hold a Board Games afternoon which one of our members organised for people to come along to. This is proving to be popular with new people attending. So why not drop by and introduce yourself or if you prefer you can meet up with one of our members who will introduce you to everyone else.

Scottish Mental Health Arts & Film Festival: “escape from reality”

The Scottish Mental Health Arts & Film Festival is fast approaching. We currently have five “escape from reality” pieces from our members for the display at the Rothes Halls and we are looking to have around ten.

If you would like to get involved by writing around 110 words and a picture showing your “escape from reality” then please contact the Real Connections Worker Paul for further information on **01592 644048**

Our next meeting is on Friday 27th September at 2pm at the Volunteer Centre, Kirkcaldy – Why don't you come along?

**Stop Stressing
and Start
Living**

**Free Stress
Control Course
in Glenrothes
on Tuesday
22nd October
from 7-8.30pm.**

Each course is delivered over 5 consecutive and aims to:

Help you to work out why you feel the way you do.

Assist you to see what you need to do to make change

Provide you with self help materials (such as action plans, booklets, CD's and websites) that can help you to make improvements in your life.

To book a place on a course please telephone LinkLiving on **01592 644048** or send an email to enquiries@linkliving.org.uk



Mindfulness taster sessions

Mindfulness practice, inherited from the Buddhist tradition, is increasingly being employed in Western psychology to alleviate a variety of mental and physical conditions, including obsessive-compulsive disorder, anxiety, and in the prevention of relapse in depression and drug addiction.

With mindfulness practice, we give the attention a target that keeps us anchored in the present moment. The target can be a physical object, sound, taste or more commonly, the breath. We give the mind something consistent to focus on and this becomes the object of the meditation.

The Course

The course is 12 hours either a 4 or 6 week course, mornings or afternoons, lasting either 2 or 3 hours and will include the following.

- A first taste of Mindfulness
- Sitting meditation
- Body Scan
- Mindful Movement – Qi jong
- Discussions of practice
- Mindful walking (depending on the weather)

We will be holding a taster session at West Bridge Mill on Thursday 14th November at 2pm - 4pm.

If you would like further information please contact us by calling **01592 644048** asking for Paul, Real Connections Worker.

Ongoing events

Day	What	When	Info
Monday	Board Games	1.30 – 4.30pm	Ask at Reception, West Bridge Mill
Tuesday	Coffee & Blether Group	2.00 – 4.00pm	Subway café in The Mercat
Wednesday	Pool Group	1.00pm	Meet at Stance 1 Kirkcaldy Bus Station – heading to Kirkcaldy institute
Thursday	Gardening	10am	Ravensraig Allotments*
Friday	Walking Group	11am	Meet at harbour end of Kirkcaldy prom

* This event is run by Jacquie Mellon from the Give Something Back Project. If you would like to join Jacquie then call her on 07961 026735

Arts & Crafts

We have been asked by one of our members to place an article in this issue of the newsletter to find out if anyone would be interested in an arts and crafts group. At this stage we would like to find out if there will be people who are interested in this and we can get ideas and suggestions of how you can take this forward.

Please get in touch by calling our office or why not come along to our next community meeting on the 27th September at the Volunteer Centre in Kirkcaldy at 2pm.

Quote of the Month

At our last community meeting of our members thought it would be nice to have a “Quote of the Month so the first quote is....

“Who said life was fair”

If you would like your favourite quote included in the next edition of our newsletter then please let us know by calling the office asking for Paul.

Cochrane’s Kitchen Jam Shop & Vintage Tea Room with ImageRay Photography.

For delicious homemade cakes and scones, tray bakes and teas and coffees why not pop along and join Jackie and Ray for tea at the Mill.

Also selling new and different local crafts, artwork and imagery.

Opening Times:

Tues: 10am -12pm
(Knit and Knatter Group*)
Tues: 12am - 3pm
Wed: 10am - 3pm
Thurs:10am - 3pm
Fri: 10am -3pm
Sat: 10am – 4pm

*Knit and Knatter Group is not open to the public however please call Jackie or turn up at 10am and you will be made feel welcome and any level of expertise are welcome also. Please bring your own knitting needles and wool but if you need help then please just call.

The cost is £3.50 which includes a Tea or Coffee with a scone.

Please call Jackie or Ray on **01592 501693** for more information.

Riddle me this....

These riddles have been provided by one of our members. If you have any you would like to share send them to Real Connections, West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE. Remember to add your name so that we can acknowledge you!

1. What has a foot but no legs?
2. Poor people have it. Rich people need it. If you eat it you die. What is it?
3. What comes down but never goes up?
4. Q: A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son."
How is that possible?

Get in touch

If you would like to find out more about Real Connections or have any queries or suggestions then please give our Real Connections Worker, Paul a call on 01592 644048. Or email: enquiries@linkliving.org.uk

Riddle Answers:

- 1: A Snail
- 2: Nothing
- 3: Rain
- 4: The doctor is his mom!

Real Connections is funded by the Fife Health & Wellbeing Alliance.



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