



Real Connections Newsletter

ISSUE 6 – November 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 who is feeling lonely and isolated and who wants to connect with others.



“Escape From Reality”

This years Scottish Mental Health Arts & Film Festival is officially over. We had 10 pieces of artwork on display at the Rothes Halls which were created by our members and volunteers on the theme of “escape from reality”. The photograph above shows some of the pieces which were on display including three people who contributed to the event.

Well done to everyone involved in the festival this year!

Mindfulness Taster Session

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

If you would like to attend or need further information please contact us by calling **01592 644048** asking for your Real Connections Worker.

Our next meeting is on Friday 8th November 2013 at 2pm at the Volunteer Centre, Kirkcaldy – Why don't you come along?

SmartLiving

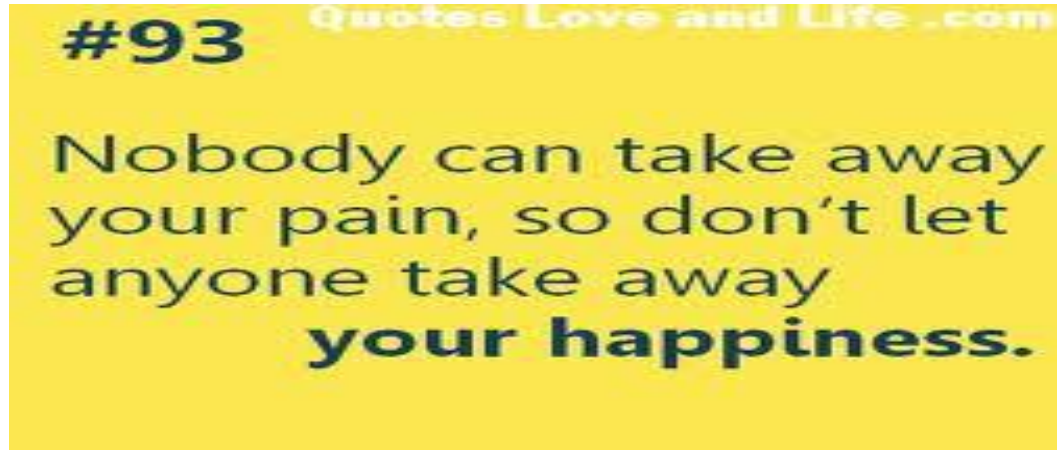
Employability through Volunteering.

SmartLiving work with young people between the ages of 16 and 25 who are supported to participate in a 12 week programme that gives practical employability skills.

This includes confidence building, identifying personal strengths and provides encouragement to set and achieve goals.

Following the course young people are then ready to get involved in providing peer education sessions or other volunteering opportunities provided through SmartLiving – such as working with older people or gaining retail or office experience.

Please contact **Rebecca Mellon** for more information on **01592 644048**.



Walking Group: Winter Walk Information

As the weather takes a turn in to a more unsettled theme we will still be having our Walking Group each Friday starting at the Harbour end of Kirkcaldy Promenade 11am. We aim to start the walk at 11.10am sharp.

We would advise that members and new people wishing to attend dress according to the weather and wear comfortable walking shoes suitable for the route where possible.

If it appears to be icy or snowing on the morning of each walk then the walk will be cancelled.

For confirmation if the walk will be on please contact your Walk Leader, Paul on **07841 986449** or alternatively **01592 644048** asking for the Real Connections Worker.

How to stay warm this Winter

- Keep your home warm. Your main living room should be between around 18-21C (65-70F) and the rest of the house at a minimum of 16C (61F). You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.
- Eat well. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
- Wrap up warm, inside and out. Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside. If possible, stay inside during a cold period if you have heart or respiratory problems. For more information why not check out <http://www.nhs.uk/Livewell/winterhealth>

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 8th November at the Volunteer Centre in Kirkcaldy at 2pm.

Quote of the Month

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

“A man who is moved by nothing is no man at all”

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.

Edinburgh Christmas 2013

22nd November until 5th January.

European Christmas Market – Mound Precinct & East Princess Street Gardens.

Opening Hours:

10am – 10pm.

For the past years in the heart of Edinburgh, the popular Christmas Market has been held in it’s picturesque setting below the mound.

Now in 2013, the Christmas Market stretches from the National Gallery across the mound precinct, along East Princes Gardens Terrace, around the Scott Monument and continues onto St Andrews Square.

So why not pop along and join in with the festivities.

Just a little fun!

The game below has been provided by one of our members Mark Nugent. 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!

Think outside the box: ■ ■ ■
■ ■ ■
■ ■ ■

Help!: Without taking the pen off the page, draw four straight lines that go through all nine dots.

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: paul.mcfadden@linkliving.org.uk

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



LinkLiving, Real Connections, West Bridge Mill, Kirkcaldy, KY1 1TE

t: 01592 644048

e: enquiries@linkliving.org.uk

www.linkliving.org.uk

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