



Real Connections Newsletter

ISSUE 13 December 2014 - January 2015

Would you like to become a Member?

Some of the benefits of becoming a member are connecting with others, taking part in new activities and trying new things.

So if you would like to become a member 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 isolation and who would like to connect with others and make new friendships.



Christmas Crafts at West Bridge Mill

We have recently reformed our arts & craft group which is now known as the Multi-Skills Workshop where members can take part in creative writing, iris folding, cross stitch and much more. Our volunteer Tony and our members were getting in to the Christmas spirit by enjoying making some cards as well as some sketching and listening to some Christmas music.

So if you or anyone you know would like to come along to our Multi-Skills Workshop or any other activity that we have on offer then please contact your community connector.

Christmas Wishes

We would like to take this opportunity to thank all our members, volunteers and colleagues who have been involved in the Real Connections project over the last year.

From all of us at LinkLiving we would like to wish you all a Merry Christmas and prosperous New Year!!

SmartLiving Employability Course

SmartLiving run a 12 week employability course and courses run throughout the year.

The course will include basic IT skills, CV writing, letter writing, mock interviews and looking at work placements and much more.

If you or someone you know is 16 – 25 years old then please contact Nicky Paton for further information on 01592 644048 or nicky.paton@linkliving.org.uk



Adam Smith Theatre: Jack and the Beanstalk Panto

Fee, Fi, Fo, Fun!!! A Family panto for everyone!

Why not go along to see Jack's gigantic adventures in a brand spanking new version of the pantomime classic. Jack's just a "wee laddie fae Fife" on his way to the big city to seek his fortune with just his old coo for company. Little does he know what amazing adventures await.

With all the features you know and love from Adam Smith Theatre's celebrated pantos and more than a few surprises along the way, Jack and the Beanstalk promises fabulous fun, lashings of laughs, magic, spectacle, romance, drama and of course, Kirkcaldy's Queen of Panto, the one and only Billy Mack as Dame Tammy Shanter. Don't miss out... it's going to be huge!

The show is running from Tuesday 9 December 2014 through to Saturday 10 January 2015.

Please contact Adam Smith Theatre for more information on 01592 583302. The information above was from www.onfife.com.

Emergency Numbers for over the Festive Period

Fife Council Emergency Number - 03451 55 00 99 (after 5pm week days and 24hrs at weekend)

Police Non-Emergency – 101 or 999 in emergency.

Breathing Space - 0800 838587

Ongoing Events

Day	What	When	Info
Monday	Basic IT Skills	1.30pm – 3.30pm	West Bridge Mill, Bridge Street, Kirkcaldy.
Tuesday	Coffee & Blether Group	2.00pm – 4.00pm	Subway Café in The Mercat.
Wednesday	Photography Class	1.00pm – 3.00pm	West Bridge Mill, Bridge Street, Kirkcaldy.
Thursday	Cycling Group	2.00pm – 4.00pm	West Bridge Mill, Bridge Street Kirkcaldy.
Friday	Walking Group	12.30pm – 2.00pm	Meet at Stance 1, Kirkcaldy Bus Station*
	Multi-Skills Workshop	2.30pm – 4.30pm	West Bridge Mill, Bridge Street, Kirkcaldy.

Ongoing activities Christmas Timetable

Over the festive period only three of the scheduled activities will not be running which are: Cycling Group 25th Dec and 1st January and Walking Group and Multi-Skills Workshop 26th Dec and 2nd Jan.

All other activities will run as normal. Please get in touch if you have any questions regarding this.

Quote of the Month

“He took the Who’s feast, he took the Who pudding, he took the roast beast. He cleaned out that ice box as quick as a flash. Why, the Grinch even took their last can of Who hash.”

— Dr. Seuss, *How the Grinch stole Christmas! And other stories*



Link to Work

LinkLiving will be running a weekly drop in offering help and guidance using universal job match, job searches, applications, updating CV’s or any other issues relating to pre-employment.

This will run each Wednesday starting on:

Every Wednesday 10am until 4pm.

This free service offers the use of:

15 laptops

Drop in on first come first served or pre book a slot

A Skilled staff member will be available for pre-employment support and guidance.

Tea & Coffee will be available.

For more information please contact the SmartLiving team on 01592 644048.

Riddle me this....

- 1: What did Adam say on the day before Christmas?
- 2: What does a Christmas Tree and a Knitter have in common?
- 3: What do you call a cat on the beach at Christmas?
- 4: What do you call a reindeer wearing ear muffs?
- 5: How much did Santa pay for his sleigh?

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 or why not search for us on **facebook**: RealLiving Befriending Service & Real Connections Project.

Riddle me this Answers:

- 1: It's almost Christmas, Eve!
- 2: They both drop their needles eventually.
3. Sandy-Claws!
4. Anything you want, he can't hear you anyways.
5. Nothing, it was on the house!

Real Connections is funded by Fife Health and Wellbeing Alliance.

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