



Real Connections Newsletter

ISSUE 11 August - September 2014

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.



The Commonwealth Big Fit Walk

Real Connections recently led a Big Fit Walk round the Beveridge Park as part of the Commonwealth Games. Despite the rain, our spirits were not dampened and we are very pleased to report there were a total of 22 people who attended - staff and newcomers - on the walk with us. We were even joined by our very own Craig Sanderson who took the above picture. Well done to everyone who took part!

Summer Outing

Members have decided that their summer outing will be at St. Andrews and if the weather stays fair they plan to have a picnic on the beach. We hope everybody can come along and make this an outing to remember! More information will be provided nearer the time when the final arrangements have been made.

SmartLiving
Employability
Course

The next SmartLiving 12 week employability course will begin on Thursday 21st & Friday 22nd August 2014 for 12 weeks.

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 who is 16 – 25 years old then please contact Rebecca Mellon for further information on 01592 644048 or email rebecca.mellon@linkliving.org.uk



Adam Smith Theatre & Kirkcaldy Galleries

Ongoing and upcoming events

Bel Canto (Singing class)

Thursdays 7 to 10.45pm
Adam Smith Theatre

Bridge Club

Tuesdays 5 to 6.30pm
Adam Smith Theatre

Kirkcaldy Photographic Society

Exhibition
11th Oct to 23rd Nov 2014
Kirkcaldy Galleries

The Real Bothy

11th Oct 2014 to 18th Jan 2015
Kirkcaldy Galleries

For more information please contact Adam Smith Theatre on 01592 583302 or the Kirkcaldy Galleries on 01592 583206.



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.
Friday	Walking Group	12.30pm – 2.00pm	Meet at Stance 1, Kirkcaldy Bus Station*
	Art & Craft Group	2.30pm – 4.30pm	West Bridge Mill, Bridge Street, Kirkcaldy.

*Due to the construction of the new sea wall the meeting place for the walking group will now be at Kirkcaldy Bus Station as detailed above.

Due to lack of numbers, we regret to inform you that the pool group and games afternoons have been cancelled.

Darts anyone??

Some of our members have recently asked about setting up a darts group. If you or anyone you know would be interested in this please get in touch with the Real Connections Worker Paul on 01592 644048.

Quote of the Month

“Strive not to be a success, but rather to be of value.”

– *Albert Einstein.*

If you have a quote for “Quote of the Month” that you would like to be included in the next edition of the newsletter then please let us know.



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 at 10am until 2pm.

This free service offers the use of:

10 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: You use me from your head to toes. The more I work, the thinner I grow. What am I?

2: I am weightless, but you can see me. Put me in a bucket and I'll make it lighter. What am I?

3: When you bend me I'm kind, but I'm very hard to find. I'm easily sold, and rhyme with this when told. What am I?

4: What is so delicate that even mentioning it breaks it?

5: What kind of room has no doors or windows?

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

Riddle me this Answers:

1: A bar of soap

2: A hole

3: Gold

4: Silence

5: A mushroom



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