



Whats on the Horizon



Newsletter
March 09
Issue 13

Magners International Comedy Festival 2009.

Well, they say laughter's the best medicine. This month there's a belly full of laughs on the go at the Magners International Comedy Festival, back for it's seventh year it's bigger than ever.

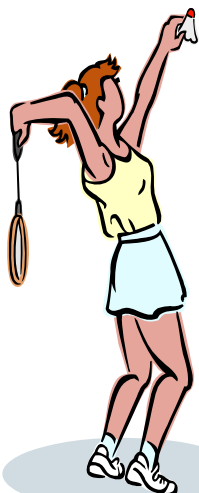
Some of the biggest names in comedy are visiting Glasgow this month, including Paul Merton, Ardal O'Hanlon, Jimmy Carr, Rob Brydon and the legendary Frank Carson to name just a few. There's also many smaller nights on in Glasgow's Comedy Club's, if you're on a budget. For instance why not try the Universal Comedy night (see page



Some of the opportunities we can help you find:

- Social
- Leisure
- Employment
- Volunteering
- Culture
- Educational/training courses

What's Going On...



This newsletter will help to inform you of what is going on in Community Horizons over the coming month. We will highlight a few of the options out there in the hope some of them will be of interest to you.

If there's anything going on we haven't covered in this issue or that could be included in next month's newsletter feel free to contact us.



Communication Changes

Community Horizons has slightly changed the way we communicate with our members. Due to the high volume of referrals we have received of late we are no longer able to get round everyone for a weekly phone call.

From now on we will phone round everyone once a month, the week after the newsletter is sent out.

Some members have indicated that the phone call was helpful as a reminder to what activities were on. If like me you are likely to forget things why not stick the diary sheet (page 9) to your fridge or somewhere you will remember to look.

You can of course contact us, if you're looking for more detailed arrangements for activities or want to know what's on just give us a call.



Weekend Social Opportunities

Are you looking for more social opportunities at the weekend or evenings?

Some of our members have expressed an interest in socialising more at these times. If so call the office on

01294 270028 to express your interest.

We're also looking for ideas or suggestions to what we could do this Easter, it's only a month a way. Main runners so far seem to be a day trip to Arran, cycling round Mill-

port or a visit to Culzean Castle? Any of these take your fancy?

Maybe you'd like to get together with other members over the Easter weekend when the staff team are off. If so, call the office.

Poker Nights & Pool Comp's



Here's one for all you sharks and hustlers out there. The Non-Such in Saltcoats is hosting pool competitions and poker nights, open to all.

Poker Nights, Wed's

from 7pm, **£5.50** including a buffet.

Pool Competitions, Sat afternoons from 2pm. **£3.50** entry fee. Winnings split between finalists. Good luck!



People's Palace & Winter Gardens

We've been to Kelvin-grove & The Burrell Collection, this month we thought we'd try another trip to one of Glasgow's **Free Galleries**.

The People's Palace is Glasgow's Social History Museum. It follows Glasgow & it's people's unique story from 1750 to the present day. Find out about how, where & why Glaswegians stayed through the years.

Look at the Single End, see how poor families in the East End would have lived in the 1930's in the cramped and uncomfortable conditions of a one bed flat. It features a social history of Glasgow's trade

union movement & the workers struggle in the city.

You can also visit the 'Steamie', get a glimpse of life during the war and even see Billy Connolly's banana boots!

If all that gets too much you can go for a wander in the Winter Gardens, take in the exotic plants and palms and even go for lunch in the café.

Outside, you can explore Glasgow Green & the recently restored Doulton Fountain.

Trip to **People's Palace & Winter Gardens, Mon 16th March**. Call the office for bus times and arrangements for meeting up.



Girlie Day 2

The success of last months Girlie Day, where some of our members went for a facial, we thought we'd return to James Watt College this month for a manicure and pedicure.

Get your hands/nails looking fab for the weekend. We've planned it to run after Breakfast@Tiffany's (see page 7) so why not make a day of it.

Girlie Day, James Watt College, Fri 6th March. 1pm



C.L.A.S.P.

Community Led Action and Support Project (C.L.A.S.P) offer support help and advice for a number of things. They are a voluntary organisation so they won't judge cases. They

offer free and confidential support. Here's some of the things they can help you with Welfare Rights Advice, Clerical Support, Health, Adult Literacy, Job's, Loans, Grants &

Payment support. For more info contact **C.L.A.S.P.** on **01294 602711.**



Salsa Classes

Watching these celebrities taking part in Strictly Come Dancing shows that with the right tuition anyone can become a good dancer. That is unless you are John Seargent!

If you would like to give it a try, why not go along to Strictly Dancing for tuition in Cuban Salsa

& Rueda (The Wheel). It doesn't matter if you've never danced before as they have classes both for beginners and experts. A great way to get fit, meet new people and have fun. Beginners Classes are on **Thurs nights**, 7.30 - 8.45pm at the **The Rafa Club** in **Prestwick.**



Write Away

Many of our members expressed an interest in Creative Writing on their 'tick sheet' when joining Community Horizons. If you were one of them we have just the class for you. A Creative Writing class will begin from **Mon 4th May @**

Vineburgh Centre with tuition from a well respected local writer. Maybe its something you've always wanted to try? Or maybe you're just looking for some pointers? Either way if you're keen contact us a.s.a.p. to ensure a place.



A.C.H.I.E.V.E

ACHIEVE (Achieving Confidence and Health in Engaging Volunteering Experiences) is a new project which focuses on Supported Volunteering. The aim is to provide everyone with the opportunity to volunteer and to access the benefits that volunteering can provide. They will provide Paired

Volunteering where individuals who require support can be matched with their own **Buddy Volunteer**.

If you're interested contact the Volunteer Centre on 01294 475618 to register your place on **ACHIEVE Information Session, Wed 25th March 11am—12.30pm.**



Anti Stigma Café

The **Ayrshire Anti-Stigma Group** is hosting a world café event to let you know about the work that they do & to help tackle the stigma associated with mental health problems. If you've experienced mental health problems you may be aware that

there can sometimes be a stigma attached to them. Sometimes people can be reluctant to confide in their employers and even at times there family or friends due to fear of a negative reaction? Have you been affected by any of these issues? Would you like to have

your say on how these attitudes can be changed? Would you like to find out what is currently been done in your area to change these attitudes? Why not head along? **Thurs 26th March John Pollock Centre, Ayr, 12.30-4.30pm.**

Disco Inferno

Disco Inferno the highly acclaimed musical is back at The Palace Theatre this month. With a hilarious script, fantastic characters & a score of hits. It's sure to take you right back to the era of flares, platform

shoes and glitter. This high energy musical is guaranteed to get your foot tapping. **Disco Inferno @ The Palace Theatre, Kilmarnock. Thurs 26th March, 7.30pm.** Tickets from **£9.**



The Comedy Clinic

Some of you may remember Sian from Universal Comedy who came down to one of our planning meetings to do a comedy workshop. Sian and her colleagues have arranged a Comedy Clinic this month to coincide with the end of the Magners

International Comedy Festival.

If you would like an evening of comedy & entertainment then why not head along. The Comedy Clinic on **Fri 27th March** at The Gilmorehill Theatre, Glasgow.

Tickets cost just **£5.00** and it starts @ 7.30pm.



Strathclyde Police Lost & Found Property Auction

Four times a year Wilson's Auctions hold public auctions on behalf of Strathclyde Police to sell off unclaimed items that are handed into the Force's Lost Property office. In these Credit Crunch times it's a great

way to pick up a bargain, there are no reserve prices so everything goes to the highest bidder.

Items up for grabs include watches, bikes, jewellery, T.V's, DVD's, computer equipment,

toys and much more. **Sat 28th March @ 11am.** Admission by catalogue only, £5 admits two. For more information call **01294 833 444**. Viewings are available the day before.

Homecoming Festival

Irvine will this year host the **Homecoming Festival**. The organisers hope that in time this festival will be a challenger to T In The Park's crown of being Scotland's top festival attraction. The line up so far includes The Enemy, Pigeon Detectives (DJ Set), Armin Van Buuren, Krafty Kutz, Tim Westwood, Soul2Soul & Utah Saints.

At the moment the rumours are rife that The Fratellis and The View have been approached to headline the festival, watch this space.

The event will run on **Sat 2nd & Sun 3rd May**. 'Early bird' weekend tickets are available for £85 till 10th March. After that tickets are available for £55 per day.



Regular Events

Here's a list of our regular events and activities that are on again this month.

3TFM

Once again we'll have members on-air. Tune in to 103.1fm, or call us if you'd like to take part or to put in a request. **Mon 2nd March @ 11am.**



Planning Meetings

Volunteer Rooms, Irvine. **Wed 4th, 11th & 25th of March.** Civic Centre, Ardrossan **18th March, 2-4pm.**



Coffee Morning

This month we thought we'd go for Breakfast at Tiffany's in Irvine. **Fri 6th March @ 11am.**

Pool

Non Such, Saltcoats. **Mon 9th Feb, 2pm.**



Badminton (& Table Tennis)

Come along for a game. Magnum Centre, Irvine. Hope your not superstitious cause it's on **Fri 13th March @ 2pm.**

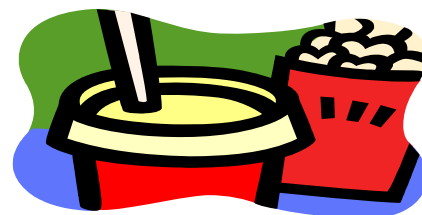


Lunch

We thought we'd visit Frankie and Benny's in Irvine . At lunch time they do a special offer. 1 course for only £4.95, 2 courses £5.95 and for the hungry 3 courses for £7.95. **Fri 20th March @1.30pm.**

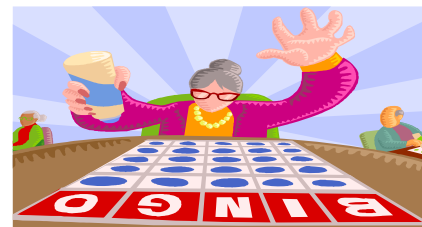
10 Pin Bowling

Baseowl, Saltcoats. **Thurs 19th March, 12noon.**



Cinema Trip

Another '2-4-1 Orange Wednesday', Odeon Kilmarnock. **Wed 25th March, leaving Irvine @ 3pm** (After Planning Meeting!).



Bingo

Free Bingo and your chance to win £100. Gala Bingo, Irvine. **Thurs 26th March, 12noon.**

Dinner

This month we thought we'd try **The Flask** in **Saltcoats**. Good pub grub at decent prices. Why hot try their famous Hoagie with Curly Fries. **Mon 23rd March 5pm.**

Forthcoming Events

April

Dr Who is coming to Glasgow. Well at least the **Dr Who Exhibition** is going to run at **Kelvingrove Art Museum** from **28th March to 4th of Jan '10**. A unique chance to see genuine props & costumes from the TV series. Tickets from £4.50.

A chance to cheer on Scotland (at football) as they continue their World Cup campaign. **Scotland v Iceland**, Hampden **April 1st, 8pm**.

Spring Thru a Lens, a photography event.. **Wed 15th April**, Dean Castle in Kilmarnock. Also at Dean Castle, on **Sun 26th April** there's a

Craft Fair. Some of Ayrshire's finest crafters will be selling their wares.

The **Coral Scottish Grand National Festival** is back at Ayr Racecourse on **Fri 17th April**. Doors open at 12.20pm, tickets from £16. Get them early because it's always a sell-out!

Remember Big Daddy & Giant Haystacks, if so you might fancy **Wrestling@Barrfields** in Largs. Sat 25th April Tickets £10.

The **Glasgow Art Fair** is back at **George Square** from **23rd to 26th April**. Featuring the work of over 1,000 artists.

May

The Johnny Cash Story comes to the **Magnum Theatre on Thurs 14th May**. The musical will feature all your favourite Johnny Cash songs including Ring of Fire, A Boy Called Sue & I Walk The Line.

If you're more of an Elvis Fan then there's **One Night with Elvis** on at **Magnum, Wed 27th May**.

Why not pop along to the **Palace Theatre in Kilmarnock on Sat, 2 May @ 7.30pm** to see **Ducky**. A play about love, loss and getting older.

Mental Health Arts & Film Festival '09.

Community Horizons is going to be involved in the organising some events in Ayrshire for the Mental Health Arts & Film Festival this year. Some of you have already provided some

great suggestions but we're always looking for more.

We will be looking for contributions from any of you that are talented musicians, artists, poets or film makers.

Nearer the time we'll also be looking for people to help organize and arrange the events.

The Festival is all about mental health so we need your input, can you help us out?

Your at a glance diary for this month.

Events March

Sun 1st -

Mon 2nd - 3tfm 11am 103.1fm.

Tues 3rd - Recovery Conference, Ramada Jarvis Hotel, Ayr 11am.

Wed 4th - Planning Meeting 1-3pm.

Thurs 5th - Pov's Silverscreen, Some Like it Hot, HAC 1pm.

Fri 6th - Coffee Morning @ Breakfast at Tiffanys 11am. Then onto Girlie Day@James Watt College.

Sat 7th -

Sun 8th -

Mon 9th - Pool@Non-Such 2pm.

Tues 10th -

Wed 11th - Planning Meeting, Volunteer Rooms 1-3pm.

Thurs 12th - Pov's Silverscreen, To Kill a Mockingbird, 1pm.

Fri 13th - Badminton @ Magnum 2pm. Pov 99 Film Club The Spanish Prisoner & The Sting HAC

Sat 14th -

Sun 15th -

Mon 16th - Day trip to People's Palace/Winter Gardens

Tues 17th -

Wed 18th - Planning Meeting, Civic Centre 2-4pm, Fire Service doing a talk. .

Thurs 19th - Bowling @ Basebowl 12noon.

Fri 20th - Lunch @ Frankie & Benny's, Irvine 1.30pm.

Sat 21st - Rangers v Hearts, Ibrox 3pm. Ayrshire Arts & Craft Fair, Walker Hall Troon.

Sun 22nd -

Mon 23rd - Dinner @ The Flask 5pm.

Tues 24th -

Wed 25th - Planning Meeting, Volunteer Rooms 1-3pm & afterwards Cinema Trip to Odeon Kilmarnock.

Thurs 26th - Bingo@Gala, 12noon. 'Just Like You' - Anti Stigma Event, J. Pollock Centre, Ayr 12.30-4.30pm.

Fri 27th - Universal Comedy 'Comedy Clinic', Gilmorehill Theatre, Glasgow 7.30pm.

Sat 28th - Strathclyde Police Lost & Found Property Auction, Wilson's Auction, Dalry 11am.

Sun 29th -

Mon 30th - Social Inclusion Training

Tues 31st - Social Inclusion Training

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Community Horizons is a SAMH service: Dedicated to mental health and wellbeing for all.



Scottish Association for Mental Health.
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Community Horizons

You can of course go along to some of these activities on your own. If it is an activity where you would like to meet up with Community Horizons staff or members then let us know. We can make arrangements as to where and when to meet you on 01294 270 028. If we don't know you're going we might not be there as sometimes things can be re-scheduled or cancelled.

If there's nothing on here that appeals, get in touch with us as this is only a snippet of what's going on in the community this month. Staff will help you to look for other things that are on that might appeal.

As always we are looking for YOUR input. So if you can please help us out. You can phone us, email us or even fill in this box below and send it back to us by post.

Comments or Suggestions.....

We're looking for your feedback. How has your experience of Community Horizons been so far? Are you getting what you need out of the service? Is there anything we could do differently or better? Any idea's for future events? Please send your comments in (anonymously if you prefer!).
