



Whats on the Horizon



Newsletter
February 09
Issue 12

Breathing Space Day 2009

It is **Breathing Space Day** on **Sun 1st Feb**. It is a opportunity for everyone in Scotland to take some time out to support themselves and others in achieving positive mental health for the year ahead.



We have details inside of the Breathing Space event in Glasgow along with our very own event on **Mon 2nd of Feb** at the Volunteer Rooms. Head along for coffee, cake & a chat, there might even be a few freebies thrown in for good measure.

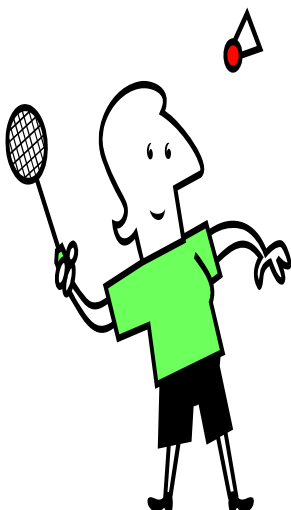
We also have all our usual features plus a few extra's including Go-karting, Lazertag & a comedy night.



Some of the opportunities we can help you find:

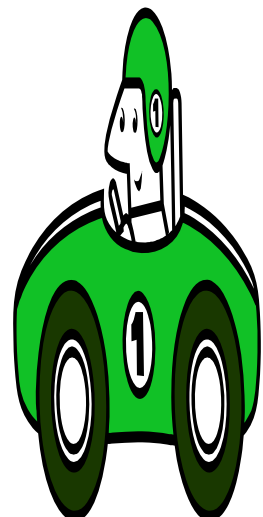
- *Social*
- *Leisure*
- *Employment*
- *Volunteering*
- *Culture*
- *Educational/training courses*

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 months newsletter feel free to contact us.



Breathing Space Day 2009

It is **Breathing Space Day** on **Sun 1st Feb**. It is a opportunity for everyone in Scotland to take some time out to support themselves and others in achieving positive mental health for the year ahead. As part of BS09 they are holding a **'Breathing Space Hour'** in the main foyer of **Kelvingrove Art Gallery** from **1-2pm**. You are invited along with your

family, friends or colleagues to join their speakers and performers as the consider **'What's the point..'**

If you can't make the Glasgow event we will also be holding a event on **Mon 2nd Feb** at the **Volunteer Rooms** from **2.30-4.30pm**. **Tea, Coffee, Cakes & Chat.**

Breathing Space is a helpline you can call if

you are feeling depressed & need someone to talk to. They have experienced advisors who will listen and provide information and advice.

Breathing Space
0800 83 85 87
Phone-line open
6pm - 2am.

Helpers Required

As always we're looking for members to help us with a variety of tasks. Here are just a few of the ways YOU could help us out.

Office/Admin tasks -

There's always loads of tasks needing done around the office. It might be helping out with photocopying, making up induction packs, cleaning or typing. Whatever you can do your help would be appreciated.

Newsletter -

We're always needing a helping hand putting out



this newsletter. Maybe you could help with typing, suggestions, photocopying or even stuffing the envelopes.

Members Magazine -

We are still looking to get a Community Horizons magazine off the ground, this would be a magazine written by members for members. Do you have any stories, poems,

recipes, reviews of events, artwork or photographs that you would like included? Are you any good on a computer? You could help us type it up.

If you've got a couple of hours you can spare and you fancy getting involved, just contact us in the office and we'll get your name down on the members rota.

Even If you don't have much time to spare, just phoning or sending in your suggestions for future events will help us out.

Get Online

These days it seems you need a computer and internet access for just about everything. If you are one of the many people out there who are terrified of computers and don't know where to start, here are a few options.

If you already have a computer maybe try visiting **www.homeandlearn.co.uk** (if you're not sure how, ask someone to show you!). They have a whole range of computer tutorials for beginners all completely free! Learn how to use Windows, Excel, Power Point, Visual Basic & Web De-

sign.

If you prefer to try a computer class contact **Community Learning & Development** on **01294 324 970** (Irvine) or **01294 833173** (Dalry), to find out where your local computer class is.

If you would like to get online but feel you can't afford a computer you could maybe try **LAMH's Recycle Scheme**. LAMH take old computers and related equipment and refurbish them to full working order, they start from only £35 including 1 years warranty & technical support .

Not only will you be pick-

ing up a cheap computer but all the profits go to a good cause. Providing people who've been homeless & or experienced mental health problems with training and helping them back into employment. Contact **01698 264 100** or email **sales@lamhrecycle.co.uk** for more details.



Street League Ayrshire

Street League is coming to Ayrshire. Street League works with individuals from different backgrounds (including those who've experienced mental health problems) who face barriers in their lives. They have been working with groups in London and Glasgow since 2001.

The aim is to help to transform people's lives and improve their confidence through sport. The emphasis is on getting fit & doing training. You will then play in monthly tournaments against other Street League teams. They meet up at **Kilwinning Sports Club** on **Tuesdays** and **Thurs-**

days from 12.30-3pm. Would you like to get involved? If so contact the office.



Ayrshire Arts & Craft Fair

This month sees the return of **Ayrshire Arts & Craft Fair**. Held monthly at Troon Concert Hall. There is a wide range of goods available at affordable prices. With Valentines Day & Moth-

ers Day coming up it's a great opportunity to buy some specially crafted Goods and beat the credit crunch at the same time.

Ayrshire Arts & Craft Fair. Troon Concert Hall,

Sat 7th Feb from 11am-4.30pm.



Go, Go Karting....Again!

Due to popular demand we thought we'd go back to The Garage in Kilmarnock this month for some more Go-Karting.

We had such good fun last time that we just had to get back for more. If anyone fancies joining in the fun they

are more than welcome to come along.

You get 20 laps for £8 and at the end you can get a print out of all of your times.

Mon 16th Feb. Meeting outside Iceland (Irvine) at 1.20pm or if your making your own way outside The Garage at 2pm.



Aims Advocacy

Do you feel no one listens to you? That you can't get your voice heard? Or that you need someone to help look out for your interests? Aims Advocacy are a group of workers and volunteers who can support you to have your

voice heard in decisions that affect you. If you have experienced mental health problems, have learning difficulties or have a history of misusing drugs they may be able to help. They can also sometimes help in other situations.

There's no need to be referred contact Aims on **01294 608 663** or email **aims.advoc@ukonline.co.uk**.



Lazer Tag

You're never too old for war games!

Lazer Tag is basically paint-balling without any of the pain or expense of pellets. With holographic red dot scopes, multi-round automatic rifles and all the ammo you can use. There's no need for bulky face masks or body armour, making Lazer Tag ideal for all ages and

abilities.

Firepower Scotland is based in open woodland at Caprington just outside Kilmarnock.

It costs only **£12.50** for a two hour session with a variety of games. We have to book ahead and need at least six participants so if you interested let us know and we'll fix a date to head along.



Comedy Club Valentines Special

Stuck for something to do this valentines night? Avoid all the lovebirds in the pubs & restaurants by heading along to the HAC for their comedy night instead.

With resident Billy Kirk-

wood as well as Gary Little, Barry MacDonald & Viv Gee. At only £6 it's sure to be the cheapest date you'll get this Valentines Day.

Sat 14th Feb, 9pm. HAC, Irvine. Tickets £6.



Also on at the HAC

There's lots on at the HAC this month.

The Rapture Company bring '**Last of the Red Hot Lovers**' to the HAC. A comedy/play about sex, love and seafood from the writer of 'The Odd Couple'. **Sun 7th Feb tickets from £7.**

Acoustic Afternoons

are back on **Sun 8th Feb**, 2-4.30pm £5. .

For all you rock fans out there, how's about **Classic Clapton**. Eric Clapton's no.1 tribute act playing all the classics.

Sat 28th Feb, 7.30pm tickets start from **£10.**



Glasgow Film Festival

Now in its fifth year, the annual Glasgow Film Festival brings together cinema from around the world, past and present, old and new talent. GFF09 looks set to be the best fest so far with many special

guests and premieres. Features includes a Audrey Hepburn retrospective, 'Fright Fest', Shorts Film Festival & a 'Viva Mexico' special. From the **12th to the 22nd of Feb** at various venues all over Glasgow.

For more information contact the office or visit the website www.glasgowfilmfestival.org.uk.



Psychic and Healing Fair

Are your chakras wonky? Maybe you need to head to the Psychic and Healing Festival.

The fair offers many alternative ways to put such problems right-including complimentary therapies, books, crystals, organic products

and a whole lot more. Oh, and there's also a chance to peep into the future with the help of psychics and their crystal balls, but perhaps you knew that already..?

Sat 21st Feb Psychic & Healing Fair, Glasgow Royal Concert Hall,

11am-5.30pm.
Adult £3.50 Concessions £2.50.



Burrell Collection

Well we're still in the winter yet probably not a bad time to visit another one of Glasgow free museums.

The Burrell Collection at Pollock House has been showcasing Williams Burrell's fine private collection of art since 1983.

There are a variety of paintings, tapestries, stained glass and furniture

from ancient times onwards.

This month there is the added bonus of there being a exhibition on **Ancient Greeks**. Concentrating on their athlete's, warriors and heroes. It is the largest selection of Greek artifacts ever loaned by the British Museum. A must for anyone

with a interest in Greek History or art in general.

Trip to Burrell Collection **Mon 23rd of Feb**, leaving Irvine at 9.50.



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 Feb @ 11am.**



Planning Meetings

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



Coffee Morning

This month we thought we'd go back to Jessalina's in Kilbirnie, **Fri 27th Feb @ 11am.**

Pool

Non Such, Saltcoats. **Tues 10th Feb, 2pm.**



Badminton (& Table Tennis)

Come along for a game. Magnum Centre, Irvine. Hope your not superstitious cause it's on **Thurs 12th Feb @ 2pm.**



Lunch

We thought we'd visit Peppermill above in Irvine for lunch. We've heard it's cheap and cheerful. **Thurs 5th Feb, 1.30pm.**

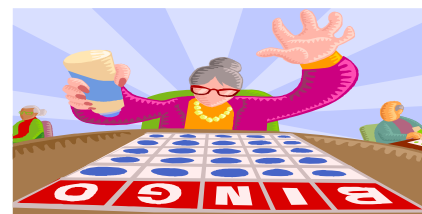
10 Pin Bowling

Baseowl, Saltcoats. **Fri 20th Feb, 12noon.**



Cinema Trip

Another '2-4-1 Orange Wednesday', Odeon Kilmarnock. **Wed 25th of Feb, 3PM** (After Planning Meeting!).



Bingo

Free Bingo is back! Gala Bingo, Irvine. **Thurs 26th Feb, 12noon.**

Dinner

We're back again at Cecchini's in Ardrossan. They have special offers on pasta & pizza. Mamma Mia! (Normal menu also available!) **Wed 18th Feb, 5pm.**

Forthcoming Events

Coming up next month **Magners International Comedy Festival**. The largest comedy festival in Europe with 350 shows in 18 days. There's lots of big names like Rob Brydon, Jimmy Carr & Paul Meriton to name a few. There's also a lot of lesser known comedian's who you can get to see for as little as £3. **March 12-29th.**

The Bank of Scotland **Aye Write Festival** returns to the Mitchell Library next month. Everything from Poetry Slam Championships, Broon Quizzes & Writing

Groups . There will also be many top guest writers including Christopher Brookmyre, Ian Rankin, Melvyn Bragg & Alan Bennet. **March 6th-14th.**

Coming to the **Palace Theatre, Kilmarnock** next month. The classic musical **The King And I** **9-14th March, £10-£14.50.**

If 70's disco music is more your thing how's about **Disco Inferno** on at **The Palace Theatre**. The highly acclaimed musical combines a hilarious script, fantastic characters & a score of hits from the era of

platform shoes, glitter & flares. **March 24th-26th, £9-£12.**

Glasgow Music Fair—Kelvin Hall. A great opportunity for music collectors to trade and pick up some prized cd's, vinyl and music memorabilia.

April
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.

Uncharted Territory: The Mental Well-being of Scotland's Veterans

SAMH in partnership with Poppy Scotland and the Scottish Government, will be hosting a national conference on 27th May 2009. The conference will offer public, private & voluntary providers information that can help veterans and their families cope better with any

mental health problems they may encounter.

The main aims include:

- >Raise the profile of veterans needs and issues.
- >Bring together knowledge and best practice from over the world.
- >Explore future of services for veterans.

>Bring together different agencies.

>Launch a best practice guide for working with veterans with mental health needs.

For further info contact the office.



Your at a glance diary for this month.

Events February

- Sun 1st - Breathing Space Day, 'What's the Point...' discussion @ Kelvingrove Art Museum Glasgow 1-2pm.
- Mon 2nd - Community Horizons/Breathing Space Info day, Coffee Cakes & Chat, Volunteer Rooms 2.30-4pm
- Tues 3rd - Senior Screen 'Ghost Town', Odeon Kilmarnock 11am.
- Wed 4th - Planning Meeting, Volunteer Rooms 1-3pm.
- Thurs 5th - Lunch@Peppermill, 1.30pm. Silverscreen Club HAC 'Double Indemnity' 1pm.
- Fri 6th -
- Sat 7th - Ayrshire Arts & Craft Fair, Troon Concert Hall 11-4.30pm. 'Last of the Red Hot Lovers' HAC 7pm.
- Sun 8th - Acoustic Afternoons@HAC 2-4pm.
- Mon 9th -
- Tues 10th - Pool@Non-Such, 2pm.
- Wed 11th - Planning Meeting, Volunteer Rooms 1-3pm.
- Thurs 12th - Badminton@Magnum 2pm.
- Fri 13th - HAC Film Club - 'The Hustler' & 'The Colour of Money' from 7pm.
- Sat 14th -
- Sun 15th -
- Mon 16th - Go Karting, The Garage Kilmarnock 2pm.
- Tues 17th - Senior Screen 'Easy Virtue', Odeon Kilmarnock 11am.
- Wed 18th - Planning Meeting @ Civic Centre 2-4pm. Dinner @ Cecchinis, Ardrossan 5pm.
- Thurs 19th - Silversreen Club HAC 'Sabrina' 1pm.
- Fri 20th - Bowling@Baseowl 12noon.
- Sat 21st - Psychic & Healing Festival, Royal Concert Hall 11.00am-5.30pm.
- Sun 22nd -
- Mon 23rd - Visit to Burrell Collection, Glasgow.
- Tues 24th - Senior Screen 'Quantum of Solace', Odeon Kilmarnock 11am.
- Wed 25th - Planning Meeting@Volunteer Rooms. Cinema Trip after Planning Meeting.
- Thurs 26th - Bingo@Gala Bingo 12noon.
- Fri 27th - Coffee Morning@Jesalina's 11am.
- Sat 28th -

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



Scottish Association for Mental Health.
SAMH is a company limited by guarantee registered in Scotland No 82340.
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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!).
