



LINK UP November 2025

Shorter days and autumn leaves,

Cosy jumpers, winds and breezes,

Time for self-care, compassion and treats,

Love yourself, you're hard to beat!

Autumn can be a difficult season for many, less sun, quicker dark, the thought of Christmas, family time, giving, spending, it's not everyone's favourite time of the year. So go easy on yourself, we have some tips inside for you if you are finding things difficult.

Our Peer to Peer groups in St. Andrews has been going well with a small but regular attendance, people enjoying chatting about their week, good or bad, sharing coping strategies, hints and wellbeing tips then enjoying a bit of mindful colouring, music or craft. We are still open to new members if anyone fancies joining us and we are hoping to have a small Christmas get together to round off the year in December.

The Wellbeing walks have recently taken us through Tayport and Elie and our autumn social was a trip to the theatre (see inside).

We are still looking for volunteers and befriending numbers are low as a result so if you know anyone who might like to give a minimum couple of hours every fortnight to spend time with someone, support them on outings and have some fun then encourage them to contact one of us for a chat.

Senga Smith, Project Manager



Levenmouth Project

Hello everybody,

Winter is well and truly on its way, as Senga pointed out above the shorter days and cold weather can really affect our moods. For me things that lift my mood at this time of year are nice warming foods like soups and stews and getting out as much as I can. I don't always feel like going out for a walk when it's dark and cold, but it can really help to lift my mood even if it's only a short ten minute walk. What tips do you have for surviving winter? We would love to hear some of your tips so please let us know.

The Levenmouth Project has seen a wee bit of interest from some new volunteers recently and I will be carrying out volunteer training in December we still need a few more volunteers so if you know of anybody who would be interested in volunteering, please tell them to get in touch. The Peer Support Group in Buckhaven has had a mixed beginning with people coming for some months and not others. The next Peer Group is on Wednesday the 17th of December at 2pm in the Buckhaven Community Centre, if you know anybody who would benefit from peer support, please tell them to come along.

Becky Manley, Levenmouth Project Coordinator

'Angst' 😊

On a very stormy night in early October, ten of us braved the elements and went to the Byre theatre in St. Andrews to see Angela Barnes' show 'Angst'. We managed to get front row seats (very brave of us!) and enjoyed the show tremendously. Those of us who are of a certain age certainly enjoyed some of the references to old adverts and chocolate bars, and being an awkward kinda gal myself, found many of her stories really resonated with me. Nothing like a good giggle! On coming out of the theatre, we found that the wind was no less and the Tay Road Bridge had been closed, virtually since we had left Dundee earlier, so Ogechi and I made the long journey back through Fife, via Perth back home to Dundee avoiding trees and debris and listening to the rain pelting down and the wipers on overdrive! Still, it was well worth venturing out for!



Wellbeing Walks

October was still warm and we enjoyed a walk through Tayport, home to two of our walkers. Starting at the harbour we walked along the seafront (or along the road to suit people's mobility) and met at the Common. What a lovely wee stretch of park. It has apparently recently been planted with reeds and grasses in the pond area and there were lots of birdlife there. The ducks even took to following us along a stretch of the path, comically running along in a little line. From there we strolled through the caravan site and admired lots of lovely vans and ended up at the Larick Centre for a cuppa and scone. It was a great, easy walk, flat and not too far, so suitable for those with mobility challenges.



In November Becky organised the walk from Ruby Bay along the beach at Elie and we finished up with a cuppa at The Pavillion. It was a dreich day, but we all got wrapped up and really enjoyed the walk, it got the circulation and happy hormones going and everyone felt better for it afterwards. It just goes to show we don't need good weather to get out and about.



LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT



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We would be grateful for your support.



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Remember to 'like' our Facebook page where we will post interesting articles to read and information about events in the local area. We try to update regularly with links, games and chat.

You can stay in touch and keep updated with our news, photos, invitations and links on our Facebook page. Just look for LINK East Fife Adult Mental Health Befriending Project and 'Like' to get notifications. You can also see documents, photos and upcoming events on our website www.linkbefriendingef.org.uk

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LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT

Remember if you are feeling overwhelmed by thoughts and feelings, there are organisations you can talk to. Keep these numbers handy and remember that they are there to listen.

Samaritans: 116 123: Open 24hrs per day, 365 days per year

Breathing Space: 0800 838 587: Open Mon-Thurs 6pm-2am, Fri 6pm -Mon 6am