



## LINK UP February 2026

Happy New Year! A little late, but I wish you a healthy, happy 2026 nonetheless. Hope everyone's festive season was good, whatever that meant to you and no-one fell foul of the ice/snow. We had a few fun festive get togethers, see more inside. . .

Our Peer to Peer group in St. Andrews has been going well with a small but regular attendance. The last group of the year was in the first week of December and we had our usual chat, then opened the non-alcoholic mulled wine and got the mince pies out. We started back again on 7<sup>th</sup> January with a good group and did a wee evaluation and planning session for the coming year.

The Wellbeing walk for January was along the nature reserve in Cupar where we hoped to see the otters that are in residence. Did we see any? Walk report inside. . .

I returned to work in January to some good news; we have received £10,000 from the FVA Scottish Government: Communities Mental Health & Wellbeing Fund for Adults. Lets hope that is just the start of our funding successes!

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. We are also looking for a Treasurer to join our Board of Trustees from April as our long-standing current Treasurer is stepping down. If you are good with figures and think you might like to give a little time to help a small but mighty charity, then contact one of us for a chat.

*Senga Smith, Project Manager*



## Levenmouth Project

*Hello, and a very happy new year to you all, lets hope that 2026 is a wonderful year for us all. The Levenmouth Project would like to welcome Megan and Maggie as our newest volunteers to the project.*

*The Buckhaven Peer Support Group had small Christmas celebration on Wednesday the 17<sup>th</sup> of December where had some yummy snacks, alcohol free prosecco and made some cute little beaded Christmas reefs to hang on our Christmas tree. We've had some new faces more recently at the Peer Support group which is encouraging, if you know anybody who could benefit from peer support then please tell them to get in touch.*

*I will be carrying out new volunteer training at the end of February, so again if you know anybody that would like to become a volunteer befriender withing Levenmouth please ask them to get in touch.*

*Becky Manley, Levenmouth Project Coordinator*

## Tribute



I would just like to post a little tribute here to a very special volunteer Liz Nicol, who sadly passed away in November. Liz had volunteered with LINK for over ten years; she was a fabulous befriender who enjoyed many different experiences with her befriender, came along to help at training and fundraising events and was just such a genuinely fun, positive and generous soul who was a joy to be with. Liz battled cancer for some time, but even then she fundraised with walks etc while she was able. You will be missed Liz.



## Wellbeing Walks

In January the hardies walkers met in Cupar for a walk along the nature trail, it was a cold winter day but we were well wrapped up. We were all hoping to see something of the otters that have been spotted in the river, however they heard we were coming and stayed in! We did see a Cormorant in the river and a Tree Creeper (which I am informed is fairly rare) climbing a tree along the river bank. All thanks to Neil's beady eyes.



Some photos from our walk along Cupar nature trail

## Peer to Peer news

The Peer groups have been up and running for 7 months now so we thought we would ask what peers thought:

Everyone said they looked forward to meeting with their peers at the group (4 out of 5 said Very Much) Four out of five of you said it makes a difference to the quality of your lives, one person was not sure. Everyone said it was important to have support to have support from others with lived experience. What did people enjoy most? Making new friendships, sharing experiences and new activities amongst other things. The favourite sessions were the Christmas crafts, quizzes and games and mindful colouring. Look out for what we get up to next!





# LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT

For our Christmas meal this year we ventured back to the Bank in Anstruther where we were seated in there extension with lovely big windows and views across the Dreel Burn and the Firth of Forth. We tucked into two courses from the Christmas menu, pulled crackers and socialised. We all had a lovely afternoon



## Give as you Live Donate

LINK is on the fundraising platform - Give as You Live. You can generate free donations whilst you shop online by registering and signing up.

Check out our fundraising page: [Link Befriending Projects](#) or scan the QR code. Thanks to those already using and generating free donations for LINK.

We would be grateful for your support.



*Keep in touch*



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





## LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT

upcoming events on our website [www.linkbefriendingef.org.uk](http://www.linkbefriendingef.org.uk)

Follow us on Instagram at <https://www.instagram.com/linkfifebefriending/>

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**