



## LINK UP August 2025

I hope you have all been enjoying the lovely warm spell we have been having, Thought I'd share some of my garden flowers with you (above). I'm an outdoors girl so love being able to get out and not be bundled up in layers of clothes. It has meant remembering the suntan lotion to avoid being frazzled to a crisp though! I've given this LINK UP a wee make-over too as a couple of you said that some of the script was difficult to read, so have decided to use good old easy to read Comic Sans. Hope you like it.

The big news this edition is the start-up of our Peer to Peer groups in St. Andrews and Buckhaven. Our little groups have come together to chat and support each other, play games, do a little mindful arts and crafts and just have a cuppa and a chat in a safe space. There's a lovely positive atmosphere and everyone is encouraged to join in as much or as little as they feel comfortable with. Details of when you can join us next are inside.

Our Wellbeing walks have recently taken us through Glenrothes Town Park and up the Kinkell Braes and our summer picnic took place at Craigtoun Park again this year (15<sup>th</sup> August).

We have had one new volunteer join us recently, so I'd like to say a big welcome to Sophie Duncan! We are still looking for volunteers, 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.

Remember we always welcome contributions to LINK UP, so if you have a review of a book/outing, a recipe, some photos, poems, jokes or anything you would like to share, please send it to us.

*Senga Smith, Project Manager*



## Levenmouth Project

Hello everybody, hope you all been enjoying what has turned out to be one of the better summers we've had for years. Covering Levenmouth you get to learn a lot about what is happening within the community with many exciting projects and events taking part in the area as part of its regeneration. There are many exciting projects which began with the opening of the railway station with connections to Edinburgh and other parts of Fife. The Levenmouth Connectivity Project which aims to connect the towns within Levenmouth through creating cycle paths and walking routes and create walking routes along the River Leven is well under way with the restoration of the River Leven being completed and further plans to create a river park. The River Leven is visible when travelling on the train to Edinburgh, when I was on the train there were people walking along the banks and even some people fishing. It's exciting to see the changes taking place within Levenmouth and how these will progress in the future and hopefully make a difference to people's lives within Levenmouth area.

*Becky Manley, Levenmouth Project Coordinator*

### *The opening of our St. Andrews Peer To Peer group*





## Wellbeing Walks

Where have our walks taken us these last few months? In June, we were lucky enough to have qualified walk leader and Trustee Dorothy show us the lovely Glenrothes Town Park. I never expected such a big, beautiful park to sit right in the centre of Glenrothes, on entry to the park you are met with a beautiful view of the Lomond Hills, our walk took us around the park passing the skate and cycle park and a huge children's play area then around the pond, there are various pieces of public art to appreciate on your walk. We then ended our walk in the fantastic Caffe Caffe in the Kingdom Centre.



Our latest walk was up the Kinkell Braes in St. Andrews where a small group of us enjoyed a walk along the cliffs. We tried to go along the low path and down to the Maiden Rock, but it was too overgrown for many of us. \*wonders if taking loppers would be acceptable\* We finished off with a lovely cuppa in the busy cafe at NE Fife Community Hub.



## Festival review

**Heartlands** is a lovely wee music festival in its second year in Pitlochry. There was lots of Scottish musical talent there, both well established bands and up and coming artists. It is a two day festival, without camping, but there are plenty of sites/hotels in the area. There were two stages, the big names on the main stage and the new talent on the second stage.

Some of my favourites from the Saturday included The Tumbling Souls (country style) Kyle Falconer from The View (indie/rock) and Skerryvore (Celtic Rock). I also enjoyed a set from Dunfermline band White China. Sunday's highlights for me were Forgetting the Future, (a fab young rock band from Thurso), Torridon and Nathan Evans & The Saint Phnx Band.



Food and drinks were predictably pricey, but you could also go in and out of the park with your wristband, so it was possible to eat elsewhere. All in all, a great, family and dog friendly festival. Of course, it helped that the sun was out all weekend, but I'll be there regardless of the weather in 2026, tickets have already been bought.



LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT



LINK Fife Befriending Projects



Are you aged 18 and over, feeling lonely, isolated and struggling with your mental health?



Join our **NEW** peer support group to chat and get support from others with lived experience of mental health issues. Play games, arts and crafts and have a cuppa in a safe space.

**North-East Fife  
Community Hub, St Andrews  
2-4pm on Wednesday's:**

16<sup>th</sup> July  
13<sup>th</sup> August  
10<sup>th</sup> September  
8<sup>th</sup> October  
5<sup>th</sup> November  
3<sup>rd</sup> December

Contact Senga to find out more and book your place:  
[senga@linkbefriendingef.org.uk](mailto:senga@linkbefriendingef.org.uk)  
07926 923927

**Buckhaven Community  
Centre, Buckhaven  
2-4pm on Wednesday's:**

2<sup>nd</sup> July  
30<sup>th</sup> July  
27<sup>th</sup> August  
24<sup>th</sup> September  
22<sup>nd</sup> October  
19<sup>th</sup> November

Contact Becky to find out more and book your place:  
[becky@linkbefriendingef.org.uk](mailto:becky@linkbefriendingef.org.uk)  
07395 448389

**[www.linkbefriending.org.uk](http://www.linkbefriending.org.uk), SC027493**



## 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 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**