



## LINK UP May 2025

Happy to see Spring, I think it is my favourite season; to see the sun and enjoy the longer daylight again. What a difference being out in nature makes to me, whether it is walking, gardening or just sitting out somewhere absorbing the vitamin D and watching the world go by. What is your favourite season?

As always we have had a few Wellbeing Walks and also our Spring Social event; read more about these inside. We have also welcomed three new volunteers to the LINK team in the North East, so a big welcome to Sam, Tommy and Aisha who are all up and running with their matches. We are still looking for volunteers for both projects though, so if you know anyone who would like to join us, tell them about it and Becky and I would be happy to speak to them.

Senga Smith, Project Manager

## Levenmouth Project

Hello everybody,

Following on from Senga's introduction I would say my favourite season is summer, I love the long light days, eating alfresco and getting some much-needed sunshine.

As ever it always remains a struggle to recruit volunteers, however two new volunteers have recently been trained for the Levenmouth Project, I'd like to welcome Sam and Hannah to the project and hopefully you will get the chance to meet them at our social events or our monthly wellbeing walks.

Unfortunately, we have to say goodbye to wonderful volunteer Giorgia this month. Giorgia has been volunteering for the Levenmouth Project as part of her training in gaining a degree as a Paramedic, she has been a fantastic volunteer and has had a very positive impact on her befriendees life, increasing their



confidence and independence. We will be sad to let her go but wish her the best of luck with the rest of her degree and her future as a paramedic.

We also received a donation of £150 from the Baynes Charitable Trust in March, so a big thank you to them.

*Becky Manley, Levenmouth Project Coordinator*



## *Spring Social Event*

*Becky organised a lovely Easter themed art and craft night for the adult projects' spring social event. We had wooden eggs to paint and lovely hanging Easter decorations. There was a great little group of us enjoying a wee bit of mindful activity painting our eggs and ornaments. There was a lot of chatter going on too and some refreshments to fuel us.*

*Here are some photos of the night and some of the creations:*





## Wellbeing Walks

Where have our walks taken us these last few months? We have had a guided tour of the nature trail and been given some wee local history gems from Neil. It's always a lovely walk and this was no exception. There was a good group of eleven and as always we finished with a cuppa and a chat.

In February our walk took us to the East Neuk where we walked from the beautiful village of Crail through the fields and some the old aerodrome then back for a warming cuppa



Our May walk took us to St. Andrews; we walked from the Cosmos Centre to Kiness Burn.



## Give as you Live Donate

LINK has recently moved to a new 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/>

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**