



LINK UP New Year 2025

Happy New Year to you all! I hope it is a good one! New Year can be a time to start afresh; never mind resolutions, just waking up and starting a new year, looking forward to all the things 2025 might have in store. It can also be a difficult time if you are feeling low or are unsure what the future holds, so if you don't have big plans in place that's fine, taking one day at a time and appreciating the little things is ok too.

It's been a busy time here at LINK with befriendees and befrienders going to lots of different places, visiting the V&A, Christmas markets, dog walking together, and the social events we have held. (More inside).

It has been a difficult time for LINK as it has become increasingly harder to recruit and keep new volunteers. Many organisations across the country are experiencing the same, but we don't know exactly why. So if you know someone that might be interested or that you think might make a good befriendee, do tell them about us. We are always happy to chat more about it and see if they would like to take it forward.

We have also compiled a list of things going on and suggestions for meetings as it is sometimes harder to find things to do in the colder months. So dive in and see the full stories. . .

Senga Smith, Project Manager



Levenmouth Project

Hello and a happy New Year to you all. The Levenmouth Project has recently started trialing an extension into Glenrothes area, although it's very early days there has been a bit of interest in the area with referrals and interested volunteers.

I will be carrying out volunteer training in February, so if you know anybody that would be interested in volunteering in the Levenmouth or Glenrothes areas, please ask them to get in touch.

Becky Manley, Levenmouth Project Coordinator

Christmas Meal



This year the Adult Projects decided on a new venue for our Christmas meal and what a wonderful choice it was. We walked into a festive set up at the Guard Bridge Inn in their lovely old bar, where the coal fire was roaring, followed by a tasty two course meal.



Everyone was delighted when Senga brought her fiddle out and entertained us with some Christmas tunes and there was even a few of us singing along. We had a lovely meal, pulled crackers and socialised. Think we all left feeling very festive.



LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT



***Games night:** We decided to try something a little different this year for our autumn social event; something a little more chilled, so we organised a games night. A good little group came together at St. Andrews Community Hub, Becky brought some wonderful snacks; meats, cheeses, olives, dips and Senga provided the games. One table started of playing Tension, another Scrabble, the old favourites Dominoes and Pictionary went down well as did the Logo game. Becky did a quiz, based on Halloween themes with various rounds from general knowledge to movies and music. Andrew, Bob and Senga's team won, but everyone had fun and it was great to get people together to socialise.*

Wellbeing Walks



I applied to the Rural Poverty Action Group fund for help to keep the group running and we were awarded £1505.00 to help fund our Wellbeing Walks for the next year. We had a lovely blustery walk in September along the West Beach in St. Andrews. It was great watching the sand blowing along the beach and listening to the waves crashing. We finished off with a cuppa at Dook and as always, a good chat. Then in November we walked from St. Andrews castle along the East beach to the leisure centre then came back along the Kinness Burn path and back to town for a warming cuppa in Janetta's. Both walks were well attended.





What to do this winter... It can be difficult to think of things to do in winter, what have you been up to with your befriendee/befriender over the colder months? Here's a few suggestions if you are looking for something different:

St. Andrews

The Byre Theatre, Kinburn Museum, Wardlaw Museum, St. Andrews Heritage Museum, Golf Museum. Castle, Cathedral, East Sands Leisure Centre, Golf/putting, Driving ranges, Botanic Gardens, Sealife Centre, Then there's walks; The Ladebraes, St. Mary's Quad and gardens, East and West Beaches, Kinkell Braes coastal path, Craigton Park. St. Andrews Community Hub have many groups and activities on and you can wander in and just use the café and play a board game if you wish. Check out the Cosmos Centre too for groups and activities.

Cupar

The Corn Exchange is home to Cupar Amateur Dramatics and put on some great productions, Cupar Leisure Centre, Caulders Garden Centre, nearby Deer Centre and Fife Zoo, Hill of Tarvit Mansion and Gardens, watch a game of rugby at the Rugby Club. Walks include the nature trail along the river Eden, nearby Birnie and Gaddon lochs and Ladybank woods. Nearby [Ceres](#) has a great community café, the Folk Museum and walks in Craighall Den.

East Neuk

Anstruther is home to the Fisheries museum and some fantastic fish and chips, Pittenweem has St Fillan's Cave, Crail has a Museum and Heritage Centre and a lovely harbour, St. Monans has lovely coastal walks towards Pittenweem past the windmill and the salt pans and towards Elie past Ruby Bay and Lady's Tower. Kelly Castle is in the East Neuk too if history/stately homes and gardens are your thing. Cellardyke, Pittenweem and St. Monans all have fantastic outdoor tidal pools if wild swimming is your thing, or just take a walk along the beaches to fill your lungs with fresh air and perhaps collect sea glass or pause to see what's in the rock pools.

Lower Largo has lots of outdoor art; the Malagan Sculpture, Robinson Crusoe and a beautiful beach. Wrap up warm and get out there anyway!

Leven

Leisure Centre, Methil Heritage Centre, Levenmouth Hub on the High Street has Escape Rooms, crazy golf and a lovely wee café. Silverburn Park near Leven has lovely woodland walks, free bike hire, the walled garden and a café. Letham Glen and Leven beach are always good walks. Nearby Teasses Estate has lots of outdoor events including fun days including archery, duck herding, clay shooting, foraging walks, wood planting, walling, and birdwatching.



Bridgehead

Tayport has lots on at the Larick Centre, and nearby Morton Lochs is great for a walk and a bit of wildlife spotting. At the other end of Tentsmuir there is the crepe hut; your reward after your walk. In Newport there is the Waterstone Crook Leisure Centre, the Forgan Arts centre where many different classes and groups take place. Nearby there's Balmerino Abbey to explore.

Dundee

There's so much going on just over the bridge, where do I start? The V & A, currently running the Kimono Exhibition and the Dundee tapestries are now a permanent feature – lots of fantastic wee stories about Dundee on modern tapestries (I personally think this is a great wee gem! McManus Galleries, Cinemas, Camperdown Park and Zoo, Verdant Works Museum, Botanic Gardens, Broughty Ferry Castle, Claypotts Castle, Mains Castle, Bowling, Escape Rooms, Laser tag, Karaoke rooms (all within the bowling centres) Olympia leisure centre, Avertical world where you can climb/boulder, beaches at Broughty Ferry and the nature reserve and Rock Gardens at Barnhill, The Rep, The Whitehall, The Little Steps and the Gardyne Theatre as well as the Caird Hall are all worth checking out for events. There are two football teams if football is your thing and ice skating and ice hockey at Dundee Ice Arena. Try your hand at Pottery Painting at Ferry Potty.

Why not visit Kirkcaldy galleries and library, Carnegie galleries and library, Dunfermline Abbey, Culross Abbey, Aberdour Castle and Gardens, Falkland Palace, Ravenscraig Castle, Inchcolm Abbey, Beveridge Park where there's gardens, a boating pond, walking trails and tennis and bowls in the summer? There's Lochore Meadows where you can walk, bird-watch, hire scooters, or do watersports. Cluny Clays Activity Centre has Archery, Footgolf, Frisbee and shooting. There are lots of farmers markets on in St. Andrews and Cupar to name a couple (usually monthly). Bowhouse near St. Monans is also a great place for farmers markets. Check out the Adam Smith theatre, the Alhambra and The Rothes Halls for entertainment or go bowling in Glenrothes or at Fife Park where you can also play crazy golf.

Wrap up and explore; have you visited the den at Dunino where Druids used to worship? Have you walked under the waterfall at Maspie Den, Falkland Estate, or seen the Bunnet Stane near Gateside? Try something new; take up a new craft or try bowling. . . Check your local notice boards and community centres for groups and events and 'On Your Doorstep' is always a good resource to find things going on locally.



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

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