



LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT



LINK UP

Spring '24

Since when did Scotland have a monsoon season? I was not ready for this! Hopefully April showers will soon pass and May will give us some sunshine. It hasn't stopped the walking groups though; walks at Craigtoun and Kingsbarns have taken place in the last few months, we're a hardy bunch!

We also held a Drug Awareness talk for volunteers facilitated by Daniella Wong which was very informative; always good to keep up with what is current. As a result, some staff are going on to do the Naloxone overdose training. This will sadly be the last of our volunteer talks for a while as the numbers have become so low it is no longer feasible to run them.

Two of our volunteers have said goodbye recently with Niharika returning home to India and Daniella to Uganda after giving their time for over a year while studying here. We have welcomed two more though in Helen and Taanvi. The project is still looking for volunteers though so if you know of anyone that might be interested, please do encourage them to contact us.

Hopefully by now you will all have filled in our Diversity, Equality and Inclusion survey that has been circulated. We are having an intern student draw up a report on this. We hope we are an inclusive organisation, but this should help us check we really are.

Senga Smith, Project Manager



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Levenmouth Project

Hello all,

After what feels like a very long winter and a very cold Spring it looks like the warmer weather is finally here.

I would like to welcome new volunteer Giorgia to the Levenmouth Project, Giorgia is currently studying to become a paramedic and is proving to be a brilliant volunteer.

It still remains a struggle recruiting volunteers for the Levenmouth Project, so if you know of anybody who would like to volunteer please send them our way.

Becky Manley, Levenmouth Project Coordinator

Wellbeing Walks

We've had some lovely walks so far this Spring. We joined Fiona Oxley who is a mental health and exercise coach for a walk around Craigtoun Park outside of St Andrews. Fiona facilitates weekly wellbeing walks within Craigtoun Park every Wednesday from 10.30am, meeting at the entrance to the park, the walks are open to all and free, they are great way to meet new people, socialise and get some exercise. The Sunshine Kitchen were running the café for the day. The Sunshine Café provides volunteer work opportunities for young adults with lifelong neurological conditions. The young people are involved in all aspects of seasonal food production, from growing produce in their own garden to cooking and baking with it in the kitchen, they provided us with some very tasty scones.



Our next walk took place at Kingsbarns, where we walked along the edge of the golf course and up through Cambo Gardens finishing of course with a cuppa and a scone at the lovely Cambo Café.

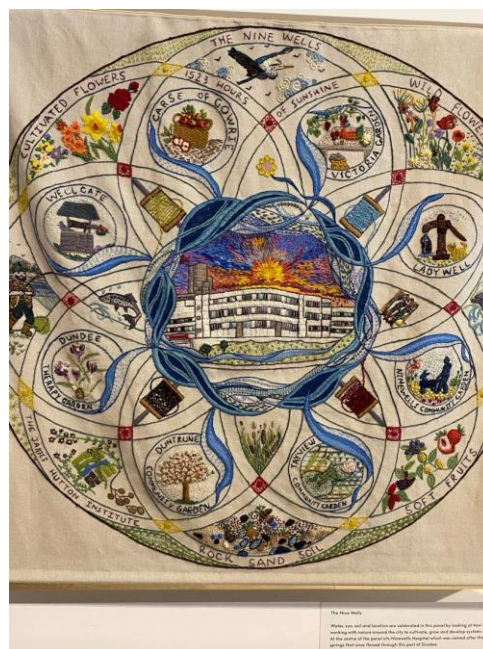




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V&A Visit

This year's Spring outing was a visit to the V & A museum in Dundee. A group of eleven of us looked round at the Dundee Tapestries which were amazing works of art! All done in the last year by various community groups and individuals, they told some great stories about Dundee from the past to present day. Represented in some of the panels were sport, the whaling and jute industries, journalism, green spaces, notable Dundonians, gangs of the seventies and eighties and dance halls. We finished off with a lovely lunch in the cafe. Here are some photos below to show you just some of the talent on display.





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FUNDRAISING

If anyone is interested in doing a fundraising event for LINK please get in touch; if you are sporty it could be a walk, run, swim or cycle or you might be able to organise a get together with friends and ask them to donate a small amount for coffee and cake, or you might have your own great idea. If so, let us know. Every little helps!

Remember to keep earning a little bit for LINK when you shop online, it's totally free, gratis and for nothing! Why not shop via the Giving Machine? Go on, give it a go, it's easy and costs you nothing but raises much needed pennies for LINK.



It is very simple to use, and you only need to give a few details to join. Whenever you shop online you would firstly go to The Giving Machine website and log in. Next, search for the retailer

(at this point you will be directed to your chosen retailer's website) and then make your purchase as normal. It is that simple. The commission from your purchase will go directly to LINK's fundraising page.

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. We are now also on Instagram, so please give us a follow, just search for LINK Fife Befriending Projects.

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

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