



## LINK UP

*As summer comes to an end, I am compiling this newsletter and realising what a busy time we have had here at LINK in the last few months! We have said goodbye to some fantastic volunteers: Samantha was with us for 3 years during her time at St. Andrews Uni, she graduated with a Psychology MA Hons, and has now started as a Community Connector at MIND. Fiona also graduated from St. Andrews with a Psychology BSc (Hons) and took up a Teaching Assistant post in a Special Educational Needs school. Erin has been with us since her Dundee Uni days and is going back there to do her Primary Education PGDE. She's not quite ready to leave LINK altogether, so you might see her helping out at social events or training. Ellie has also left us to concentrate on her Counselling degree and her Fitness Coaching business. All will be much missed! We wish them luck and I hope you all keep in touch from time to time.*

*Hello and welcome to Sarah and Fergus who have completed their initial volunteer training and are ready to be matched.*

*The walking group has been on walks at Birnie and Gaddon Lochs and the West Beach in St. Andrews, both were well attended, and we got a couple of beautiful days for them.*

*Our summer outing this year was to Cairnie Fruit farm, but more about that inside, dive in and see the fun we had and enjoy the article written by our budding artists, Caroline and Mary. . .*

*Senga Smith, Project Manager*



## LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT

### *Levenmouth*

*Hello everyone, hope you have all had a good summer despite the disappointing weather, we will keep thinking positive and hope that next summer will be better.*

*Recently two new volunteers have gone through volunteer training, welcome to Kirsty and Dani. We are always on the lookout for new volunteers, so if you know anybody who would be interested, please send them our way.*

*Becky Manley, Levenmouth Coordinator*

### *Summer Outing*

*This year our summer outing took place at Cairnie Fruit Farm. When we arrived, surprise surprise it was pouring down with rain, so we ventured into the café area for a cuppa and a blether. We were then presented with the most delicious afternoon tea, which included various sandwiches, tray bakes and of course strawberry tarts.*



*Thankfully the sky eventually cleared and we were able to go out and enjoy the various activities within the farm. We had fun bouncing on the giant pillow, navigating the corn maze and zooming around on the go-karts. It is always lovely to see everybody having a nice time at the social events and connecting with each other.*





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Mary had always thought she would like to try watercolours as a painting medium, our joint imagination of sitting in a flower filled meadow eating a milk flake and painting beautiful masterpieces was what inspired us to take part in a 'Watercolour for Beginners' Day workshop at Crail festival this July. Senga was wholeheartedly supportive and LINK paid our expenses as we had managed to stick to our monthly budget. We were a bit anxious that the day would make us feel artistically not up to scratch, but not one bit of it!

Our well-prepared teacher provided us with all the materials and nothing about the class felt competitive in any way. We learned the basic methods and stages of watercolour application which was really interesting and finished off by painting an image. We really enjoyed our day, laughed a lot and both learned something new. You might see us outside practicing our new skills, maybe without the milk flake. We both decided we would look around the local festivals next year and try something else like pottery or photography. We really recommend it....

Caroline and Mary

What a fantastic outing! Look forward to hearing about your next creative venture ladies!







## LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT

### 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!

The online fundraising platform that LINK uses to raise funds has recently changed and we are now using Give as You Live. It works in the same way and is totally free to use.



**Give as you Live**

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 Give as you Live website or App 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*



*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)*



*To connect with us on Instagram just search for @linkbefriending*

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**