



## LINK EAST FIFE ADULT MENTAL HEALTH BEFRIENDING PROJECT



### LINK UP

#### Winter 2024

*Have you all noticed the few minutes longer light we are getting now each day? That's what really keeps me going during these colder months. I really hope you all survived all the storms and floods, I know not everyone did and parts of Cupar were badly affected.*

*The walking group has held a good few walks and numbers are up again, so long may it continue, see inside. We also had an outing to the bowling, our Christmas lunch so it has been a busy time.*

*A huge well done to our volunteers, Daniella and Niharika have graduated with a MSc in Psychology, and Georgy with a MSc in Public Health. Befriending Networks encouraged us to award two of our befrienders with an Outstanding Befriender award during Befriending Week; it's a tough job with so many wonderful volunteers to choose from all invaluable in their own way! I eventually settled on Caroline Ward and Kathleen Mackenzie, who, among their many great qualities, have both been dedicated befrienders despite everything going on in their personal lives. They have met with their befriendees regularly throughout and for that we are very grateful. I'd also like to say a warm welcome to Stella, Maria and Ellie who joined our team in autumn.*

*Senga Smith, Project Manager*



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### *Levenmouth Project*

*Hello all and a very happy New Year to you all. Where has 2023 gone? The Levenmouth Project has been lucky to recruit and train three new volunteers over the winter and looks forward to welcoming more new volunteers in 2024.*

*We've had some lovely social events this year including our summer picnic at Craigtoun Park and our Christmas meal at the Bank in Anstruther.*

*For our summer outing this year we enjoyed a day out at Craigtoun Park, meeting in the picnic hut for music, games and lunch before exploring the park. Some of us went on the train, the boats, the tractor and played a round of crazy golf. We were very lucky with the weather which was lovely and sunny, and everybody thoroughly enjoyed their day.*





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*For our Christmas get together this year we opted to go to the Bank restaurant for the second year in a row. We were seated in the lovely dining area with views over the Dreel Burn and the Firth of Forth, we tucked into a very tasty two course meal, pulled crackers and had fun socialising with each other.*



*Becky Manley, Levenmouth Project Coordinator*



In August, staff and supporters did the Dundee Kiltwalk and raised a total of just over £800 plus £300 by the adolescent project.

Senga and Tegan did the 20 miles, Maria, Olivia, Nathan, Jane and Becky did the 5 miles; a fantastic effort and lovely day for all!





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We had a fun night out at the bowling in Glenrothes and finished with a bite to eat.



We also managed a few lovely Wellbeing walks including to Craighall Den at Ceres and along the Lade Braes in St. Andrews.



## EQUALITY AND DIVERSITY

For our volunteer talk this autumn we invited Chris Dobry to talk to us about LGBTQ+ issues and in particular Transgender awareness as it was Transgender awareness week. He gave us so much to think about and hopefully we will all be able to be more inclusive in our work and in our personal lives and be better allies to the LGBTQ+ community.

Equality (and Equity) and Diversity is a very important issue and we have been looking at this in our organization quite a lot recently with Senga and Maria taking part in awareness, diversity and equality webinars and Senga attending a Neurodiversity in the Workplace conference. We are hoping to carry out evaluations in the new year to look at how diverse our organization is, from staff to service users, Trustees to volunteers.



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### Training

Health Promotion Fife's Training is open to volunteers. Their training programme is now available: Health Promotion Training Programme 2023-2024 ([health-promotion-training.co.uk](http://health-promotion-training.co.uk)) Health Promotion Training Programme

### 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.*

*You can stay in touch and keep updated with our news, photos, invitations and links on our Facebook page. Just look for LINK Fife Mental Health Befriending Projects 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)*

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**