



Teen Talk



Summer 2023

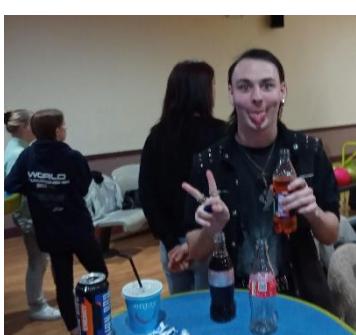
Funding News!

- The Lottery awarded an extra £1536.95 cost of living payment
- £1500 from the R&A "Town Fund"

***Thank You to all the wonderful Funders who support LINK ***

Social Events

We held our Spring Event at ProBowl Glenrothes on 22nd March (which seems to be becoming an annual event!). As always the bowling was hugely popular. If anyone would like to contribute ideas for future social events we would be delighted to hear them.



Next outing - Summer Soiree and 20th Birthday Bash - 9th August, 1pm, Craigtoun Park. There will be food, games and time to explore the park. We would love to see you there.



Volunteer Week June 2023

Volunteer's Week (1-7th June) is an opportunity to celebrate the amazing work of volunteers. We sent out a magic bean growing kit as a **Thank You** to all of our wonderful volunteers. Please do share photos of your magic beans in full bloom.

Volunteer Talk

The Adult Project organised the Spring Volunteer Talk hosted by Linda from Dunfermline Samaritans who delivered the 'Learn to Listen' workshop. We learned about how to listen effectively and some of the tools used to support people in emotional difficulty.

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Fife Voluntary Action Awards Ceremony

Congratulations to Jade who was short-listed for Young Volunteer of the Year Award and to Susan our chairperson who received her 25+ years Long Service award, presented at the FVA Awards Ceremony at the Glen Pavilion.

FVA also awarded certificates for long service to Dysart (15 years) and Allan (11 years). Well done!



Volunteer Recruitment

Maria would like to welcome Scott, Ellie and Steve: and Jane - Conor, Alison and Grace to LINK, who have all completed their Induction Training. The expansion into Kirkcaldy area is going well and Volunteer Recruitment is on-going.

***Do tell us if you know anyone who may be interested in volunteering at LINK*.**

Volunteer Achievement

Well done to our volunteers on achieving milestone hours: **Nicola and Michelle 50, Francesca 50 (Saltire), Lucy 100, Bronwen 100 (Saltire), Alfie 150, Allan 250 and Dysart 1300!**



Training Courses for Volunteers

- Excellent range of children and young people webinars.
<https://www.eventbrite.co.uk/o/children-in-scotland-20206726841>
- Health Promotion Fife's Training is open to volunteers. Their training programme is now available: [Health Promotion Training Programme 2023-2024 \(health-promotion-training.co.uk\)](https://health-promotion-training.co.uk/)
- Free Fife Council e-learning training used as part of LINK's Befriender Training.

Course: [CPC GIRFEC and Child Protection \(learningnexus.co.uk\)](https://learningnexus.co.uk)

Course: [TRAUMA: Becoming Trauma Informed \(Trauma Tier 1 Training\) \(learningnexus.co.uk\)](https://learningnexus.co.uk)

Course: [Self-Harm and Suicide - Supporting Young People \(learningnexus.co.uk\)](https://learningnexus.co.uk)

[Scotland's Mental Health and Wellbeing Strategy](https://www.gov.scot/mental-health-and-wellbeing-strategy/) launched on 29th June. An [easy read version](https://www.gov.scot/mental-health-and-wellbeing-strategy/) is also available.