



Teen Talk

Autumn 2023



Social Events

Summer Soiree & 20th Birthday Bash was a great success, over 30 attended - including an ex-befriendee we hadn't seen for 15 years! Claire & Owen from Cash for Kids filmed a wee interview with Jane, Susan and Alfie for their social media. The Letter Hunt and an attraction ticket each were both good fun. Wilma's donated celebration cake was stunning and delicious. We also had generous donations from - **Morrisons; The New & Ceres Inns; Penman Butchers; Fisher & Donaldson.**



The Autumn outing to Cambo Gardens was a fantastically chilled and fun event. We collected apples from the walled garden and made them into



bird feeders, let our artistic side out decorating wooden discs and finished off the evening with a sausage sizzle on the campfire followed by delicious smores. Thank you to Judy who was our super guide for the evening and to everyone who helped out with the cooking.

*Diary date: Christmas meal, 13th December, 6pm at The Rule

20th Celebration Animation

Tech whizz Maria put together a great wee compilation video that was played at the Craigtoun event and has been sent out to Project stakeholders. [20th celebration animation](#)

KiltWalk

Super staff fundraiser. Weather was kind and Maria's kids kept us 5k walkers entertained. Senga and her daughter, Tegan smashed the Mighty Stride! Great event vibe. The Adolescent Team raised £330.



Volunteer Talk

Thursday 16th November on LGBTQ+ Awareness with Chris Dobry, who is an Employability Project Worker with lived experience of LGBTQ+ challenges, who promotes positive education on issues the community faces.

Volunteer Recruitment

Welcome to Team LINK - Caroline, Kimberly, Vince and Michelle who all recently completed their befriender induction training.

Numbers are low so do let us know of anyone who may be interested in volunteering at LINK.

Volunteer Achievement



Fittingly Alfie's 150 and Peter's 50 Hours Awards were presented during **Befriending Week**, 1-7 November. **Saltire Awards**: 25 Hours, Cerys; 50 Hours Emma, 100 Hours Bronwen; **LINK Awards**: Jade Hours; Kathryn 400 Hours. **FVA Long Service Award**, Allan for 11 years.

Spotlight on Befriending

We love hearing about what you all get up to when you meet. These brilliant photos are of Kenzie doing something a little bit different. Here he is rifle shooting at Craigluscar Activities Centre and exploring John Knox's Pulpit with Steve and his beautiful and very well-behaved huskies. If anybody would like to share their ideas for activities, please let us know and we could dedicate a page on our website of things to do in Fife.



Training Courses for Volunteers

- 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)
- Free Fife Council e-learning training used as part of LINK's Befriender Training.
Course: CPC GIRFEC and Child Protection (learningnexus.co.uk)
Course: Psychological Trauma Level 1 (Informed) - Trauma Informed practice for anyone working with children and young people: Sowing Seeds (learningnexus.co.uk)
Course: Self-Harm and Suicide - Supporting Young People (learningnexus.co.uk)