



Teen Talk

youngstart



Spring 2024

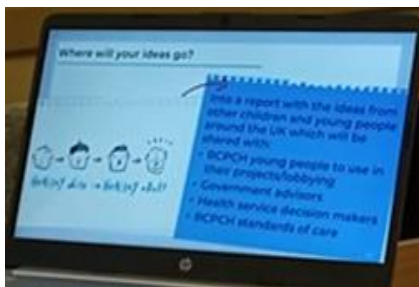
Social Events

- Christmas meal was held on 13 December at The Rule in St Andrews. 37 folk enjoyed an evening of fine food and company. Another impressive turnout of festive attire.
- On April 11 the sun came out to play for our trip to the Deer Centre - fascinating Ranger talk, deer feeding fun, lunch and birds of prey display.



National Research Workshop

Five young people recently met with Anita from Royal College of Paediatrics & Child Health who aim to "Inform and influence child health policy through children and young people's voices." Super proud of the young people's willingness to share their thoughts & experiences around mental health support and services. Young person **"I felt listened to, that i mattered and can help change things for others"**. The research Report will be presented to the Scottish Parliament. [RCPCH | The Royal College of Paediatrics and Child Health](#)



Young Person farewell

I met with Levi who's moved on from LINK after 4 years. He's matured into a fine young man, flourishing at college and has applied for a Council apprenticeship.

Volunteer Recruitment

Welcome to Team LINK - Kieran, Gyasiwa, Niall and Ron who trained in January, and Aaron, Erin, Kai and Sarah who trained in April.

***Do get in touch if you, or someone you know, are interested in volunteering at LINK*.**

Volunteer Achievements

Saltire Awards: 25 Hours, Cerys;
LINK Awards: Steve 25 Hours;
Conor, Jacqui and Robert 50 Hours;
Allan 300 Hours.

Longest serving volunteer (**15 years**) Dysart is taking a well earned wee break after his fourth long term match. He has supported 7 young people so far.



Volunteer Talk

March's topic was Drugs and Overdose Awareness, brilliantly delivered online by Danielle from [With You](#). Attendance was again disappointingly low, so sadly it's been decided to stop holding the Talks. Other organisation's training will continue to be share with volunteers.

Celebration of the University of St Andrews Community Fund

Lovely reception on the 18 January, followed by an exhibition showcasing the great work of organisations supported by the Fund.

Facebook

In January we joined the Adult Project's open page, so the Adolescent service also has a public presence. Which is gathering an impressive number of followers.

<https://www.facebook.com/Linkbefriending>

Service Area Update

Delighted to announce that LINK is expanding into Burntisland and Lochgelly. Meaning the Project now covers all of North-East and Central Fife. Maria will be covering the new areas in addition to Glenrothes and Kirkcaldy.

Free Training Courses

- [Health Promotion Training Programme 2023-2024](#) *awaiting new programme*
- Fife Council e-learning training, now used as part of LINK's Befriender Training.
[Course: CPC GIRFEC and Child Protection](#)
[Course: Psychological Trauma Level 1 \(Informed\) - Trauma Informed practice for anyone working with children and young people:](#)
[Course: Self-Harm and Suicide - Supporting Young People](#)
- Fife Violence Against Women Partnership (FVAWP) [Training Programme April - September 2024](#)