

Welcome

Welcome to the latest edition of Involved.

As we welcome in spring, we look ahead to some good things coming up and look back at some good things that have happened over the recent months!



Get Involved

Here are just a few opportunities coming your way soon.

Comely Green

- Gardening group
- A newsletter, produced entirely by people who are supported by our Comely Green service
- Outings and trips for later in the year
- Work with the Carnegie UK Trust and Edinburgh University on how our help and support fits into the lives of the people we work with

Dougall Court

- Decoration and refresh of the home with the full involvement of the people who live there
- Garden party in July to celebrate the makeover of the garden area

Fife

- Cooking classes, using the new training kitchen at West Bridge Mill
- Decoration of the corridors in the accommodation area of the Mill with the full involvement of the people who live there
- Finding out who wants to get involved in the following activities:
 - Arts and crafts group
 - Games group
 - Men's group
 - Women's group
- Summer BBQ

Midlothian

- Finding out about the activities and events that would make a difference to the lives of the people we work with
- Monthly bowling matches
- Summer BBQ
- Weekly pool games

Get Involved continued...

RealLiving

- Community garden project in Torryburn supported by a Volunteering Matters Action Earth grant
- Easter hamper raffle with funds raised used to help with the costs of summer outings

- Joint event with the Rotary Club at the Rosyth Friendship Café on 31 May 2017

To find out more about these events and how you can get involved, please speak to the person you know best at LinkLiving.

Scotland's Charter for a tobacco free generation

LinkLiving is a supporter of Scotland's charter for a tobacco-free generation. The aims of the charter are to:

- Inspire organisations to take action to reduce the harm caused by tobacco
- Raise awareness of the goal of creating a tobacco-free generation of Scots by 2034

- Support organisations whose work impacts on children, young people and families

If you would like to get involved in our work on the charter, or if you would like help to stop smoking, please speak to the person you know best at LinkLiving.



Sing with Link Toon Choir!

The Link Toon Choir meets every Thursday between 5pm and 7pm at West Bridge Mill, Kirkcaldy is looking for new members.

The Choir is free to attend, although a donation of £1 is encouraged if people can afford it.

Any money raised will be used for food and refreshments for the choir and go towards social events.

If you want to get involved, please contact the person you know best at LinkLiving.



Link Toon Social performing

LinkLiving fundraising concert raise £1500

Link Living's fundraiser concert was a great success, raising over £1500.

Over 120 people attended the concert which featured performances from The Link Toon Social, Stephen McCabe from our Employability Team and headliners Spliff Richards and the Snapping Turtles.

The money raised at the concert will go towards the services LinkLiving provides in Fife and beyond. Every pound raised will help LinkLiving make a difference to more people's lives.



Sarah Smith, LinkLiving Director, said: "Our fundraising concert was a night to remember for lovers of music and supporters of our charity.

Everyone who attended said they had a great time and it really was a fantastic opportunity to show people how LinkLiving can improve the lives of more people.

I would like to thank everyone involved in putting the concert together for all their hard work - it certainly paid off on the night! We have already been asked when the next concert will be..."

Jamie Steele performing with Spliff Richards and the Snapping Turtles

Get on Board!

Like all charities, LinkLiving has a Management Board which ensures that our organisation is well run, financially stable and does the things it is supposed to do.

The Board would like to include more of the people we support. By bringing first-hand experience of our services, people we support can help us make improvements which help others and make LinkLiving even more effective.

In return, the people who join our Board can develop existing skills, learn new ones and get to know more people.

If you are interested in joining our Board, please tell the person you work with most closely. We will then arrange to meet you to talk about the role and what it involves.



Great results from recent inspections!

Fife Support Service

Our Fife Accommodation and Visiting Support Team were inspected by the Care Inspectorate in September 2016.

The service was awarded a 5 (very good) for care and support and a 5 for quality of management and leadership.

The inspector visited people in their homes and two inspectors met with a group of people who live at West Bridge Mill. The inspector also attended one of the *Link Toon Social* rehearsals (a choir made up of LinkLiving staff and service users).

Dougall Court

The Care Inspectorate visited our care home at Dougall Court in January and graded our quality of care and support and quality of environment as good (4).

The inspector found that everyone in the home was supported in a person-centred, respectful way but identified a few areas of improvement, including:

- Involving people more in planning and commenting on their support

Staff from the Care Inspectorate looked comments from the questionnaires complete by some of the people we support.

Here is what one person said:

“It has made such a difference to my life and my relative’s life knowing that we have supporting coming in. It has really helped and they are so caring and supportive”.

A huge thank you to everyone involved in this successful outcome!

- Improving the decor and environment
- Encouraging staff to record what they are doing to ensure their own development

We are developing an action plan to address these, and other, areas for improvement. Look out for a report on progress in a future edition of *Involved*.

RealLiving Christmas day out!

RealLiving members from our social cafes in Torryburn and Rosyth had a fabulous Christmas day out at the pantomime. It was literally the mother of all pantos – Mother Goose!

It was great to see the older people from the project reminiscing while they watched the energetic performance. The members had great fun with the children from the schools who were attended too.

One member said:

“A huge thanks for this wonderful day out. The pantomime was great and the atmosphere with hundreds of children was fantastic”



Some of the members enjoying the pantomime.

RealLiving fundraising fair

We were thrilled with the turnout at the RealLiving Fundraising Fair held last November.

The RealLiving team and their merry band of volunteers raised over £800 - a fantastic amount!

The money raised will go towards the service which provides befriending to older and isolated people in the villages of West Fife.

We want to thank everyone for their support in helping us raise funds, with a special thanks to Link's Chief Executive, Craig Sanderson for coming along and supporting the volunteers!



The RealLiving staff and volunteers at the Fundraising Fair!

SmartLiving volunteers receive Saltire Award

Edinburgh SmartLiving volunteers Julie-Anne Forsyth, John Mackay, Steph Montgomery and Ollie Whiting have amassed a total of 290 volunteer hours since they registered with the service at the end of July 2016.

They were presented with their five, 10 and 25 hour Saltire Award certificates before a pizza lunch and afternoon bowling as a thank you for all their hard work.

The team created an information and signposting leaflet for lone parents living in the Leith area of the city.

The purpose of the leaflet was to highlight and direct parents to the groups and services available to support their social inclusion and their child's development.

In addition to this they have completed peer education training to all year groups at Broughton High School.

Since October they have delivered sessions to S2 and S3 on sexting, while the S3 and S4's took part in workshops on exploitation, with a focus on relationships with their peers.

The feedback they have received from the pupils and teachers has been incredibly positive.



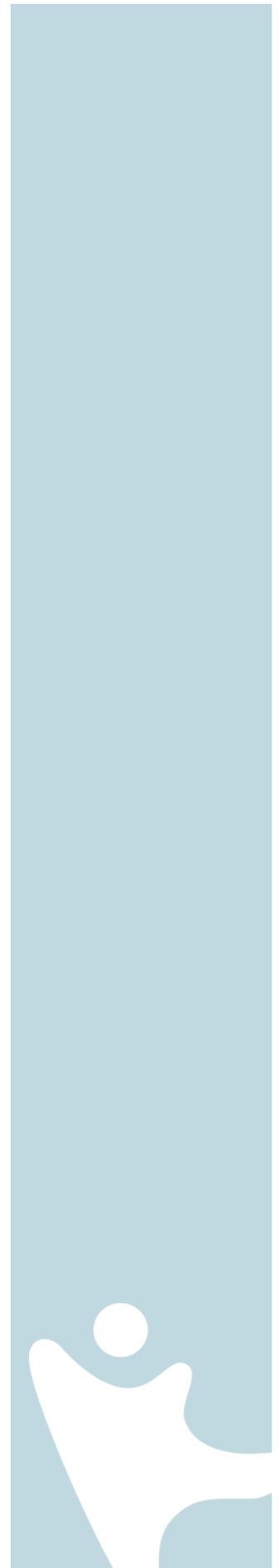
Nicky Paton (Employability & Development Coordinator) presenting the volunteers with their certificates.

Satisfaction Survey

During March, we asked people who receive support from us to complete an online satisfaction survey.

We will use what we learn from the survey to build on the areas which are going well and improve the areas which we could do things differently or better.

Look out for the survey results in the next edition of involved.



SmartLiving Wins at Scottish Mentoring Awards

LinkLiving's SmartLiving project won the 'Employability Project of the Year Award' at the Scottish Mentoring Awards. The team was recognised for its work with local communities, and its commitment to helping young people into employment. In Edinburgh, Falkirk, Fife and Midlothian. SmartLiving volunteer Rebecca Normand won the

'Commended Mentor Award' for the impact she has had on the service, contributing over 500 hours of valued volunteer support. Rebecca runs a project which helps young women living in homeless accommodation.

Left: Michael Fong, Employability Project Worker with volunteers Rebecca Norman and Andrew Lister, being presented their award by Gillian McCarthy.



Robbie in the final – again!

Robbie Gallagher, a long-serving volunteer with LinkLiving, reached his second final in a matter of months, this time at the Scottish Health Awards.

Robbie was a finalist in the Volunteers Award category, which is for an individual, group or team who give their time freely to improve the health and wellbeing of patients, carers or service users of the National Health Service in Scotland. Although Robbie didn't win the award, reaching the final was a major achievement which recognised the extent of his contribution to RealLiving.

This latest success comes hot on the heels of Robbie reaching the final of Fife Voluntary Action's awards in summer 2016.

The Scottish Health Awards, which were held in at the Corn Exchange in Edinburgh, is the top awards ceremony for healthcare professionals in Scotland. Run by the Daily Record, in partnership with NHSScotland and the Scottish Government, the event is aimed mainly at staff who work for the NHS. This makes Robbie's achievement all the more special.



Picture above: Robbie with his finalist certificate!

Festive fun and fundraising!

Fife Christmas party!

The annual Christmas Party, organised by service users and staff from our Fife services, was another great success.

There was an impressive turnout with fantastic food donated by West Bridge Mill

Christmas dinner at Midlothian!

People Involved in our Midlothian Service had a Christmas meal at the Coronation Inn, Gorebridge on Thursday 15 December 2016.

The meal was attended by 17 of the people we support and was a great success!

Some of the people who attended the dinner had never been to an event organised

LinkLiving Christmas cards!

Last year LinkLiving some of the people we work with designed a pack of Christmas cards which were sold to raise fund for our charity.

Tenants, Lazy Kitchen and Santa delivering present to all!

Thank you to everyone who worked so hard to raise the money to fund the party. It just shows how much we can achieve when we work together.

by LinkLiving before and really enjoy the day!

Rab Gibson, one of our service users even treated the diners to a tune on his harmonica!



Rab Gibson entertaining the guests!

A huge thank you to Catriona Ainsworth (Fife), Lorraine Brown (Midlothian), Elise Stark (Midlothian) and Ben Williams (Falkirk) who designed four of the cards!

Link will produce this information on request in Braille, Audio Tape, Large Print and Community Languages.



HAPPY TO TRANSLATE

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INVESTORS IN PEOPLE | Gold

