

The Kintyre Link club

a mental health club run by
members for member's

Founded in June 1999

Are You Okay Bench?

Its good to talk, you might just make someone's day.....



Who we are.....

- Essentially, we offer mutual support to each other and try to provide a supportive environment where we can socialise, relax and learn without the fear of stigmatisation.
- We have about 35 members, and this is growing every year with referrals . Some people need the club more than others, but everyone knows it's there if they need it.





Saddell House Sunday roast

We won a free
holiday to Saddell
House thanks to the
Landmark Trust's 50
For Free scheme!

Aims.....

Our aims are to reduce isolation and increase opportunities for local people suffering from poor mental health.

- Social inclusion- Anyone in Kintyre who is struggling with their mental health is welcome to become a member, once a member they can access the club and activities at any time during their illness and recovery. We support over 30 people in the area.
- Rural isolation – with the continued demise of mental health support within NHS Highlands the Link Club provides vital support to people who suffer from poor mental health, it's a recognised service by NHS Highlands who regularly refer people to us. The members recognised that being a member helps keep them out of hospital and feeling well for longer. We can help members access support and help by inviting other agencies to the club for information sessions.
- Quality of life – the link club which is based in the community centre is a warm and welcoming place for everyone, they have access to not only help and support but a listening ear, peer support, a comfy environment, hot drinks and food 5 days a week.
- Increase in health and wellbeing – by promoting positive mental health and physical health members can access social, mental and physical activities.
- Opportunities to develop new skills – every member has some skill or talent they can bring and share with the club; we also work very closely with community education who are able to provide us with short courses to further develop these interests and activities.

Lifeboat Gala day

Fundraising for
our Christmas
dinner!



Where to find us.....

- We are very lucky in the fact that we have our own room within the community centre here in Campbeltown.
- Open 5 days a week from 9am till 5.00pm

Laughter Yoga!

Laughter is the best medicine – one of our favourite sayings!



Funding.....

- Approximately £45,000 per year is needed to be found to run the club, this is to cover salaries, rent, admin and activities
- Support from the Robertson Trust, TSI Health and Wellbeing fund and awards for all has covered the majority of these cost for the last 3 years
- Money has also come from Argyll and Bute council, and smaller grant funding organisations.

Cold water therapy at the caravan.....

Brave souls!





Finally.....

- The Link Club is a safe place to come and meet other people, learn and share new skills, become more active, volunteer, gain work experience, be involved in interesting and stimulating activities.
- WE HELP INDIVIDUALS TO build up confidence, self-esteem and independence.
- THIS IS ALL PART OF THE JOURNEY OF RECOVERY OF MENTAL ILL HEALTH.
- BUT we can only do this with the support of our community and funders who believe that we provide a quality service which is incredibly good value for money!

Thank you for taking
the time to listen,
we hope you
enjoyed our
presentation!

Any questions.....?

