



# THE KINTYRE LINK CLUB

A MENTAL HEALTH CLUB RUN BY  
MEMBERS FOR MEMBER'S

FOUNDED IN JUNE 1999

# 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 25 MEMBERS AND THIS IS GROWING EVERY YEAR WITH REFERRALS. SOME PEOPLE FIND THEY NEED THE CLUB MORE THAN OTHERS AND EVERYONE IS WELCOME.



# 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 5.30PM



## AIMS.....

OUR MAIN AIM IS TO PROMOTE THE WELFARE OF THOSE WHO SUFFER OR HAVE SUFFERED FROM MENTAL ILL HEALTH. SOME OF OUR MEMBERS ALSO HAVE OTHER HEALTH ISSUES WHICH INCLUDE EPILEPSY, LEARNING DIFFICULTIES, STROKE, HEART AND LUNG PROBLEMS, CANCER, BLINDNESS, MEMORY PROBLEMS, DEMENTIA AND DRINK AND DRUG DEPENDENCY.



# IMPORTANT BIT!.....

- LINK CLUBS PLAY A VITAL ROLE WITHIN COMMUNITY MENTAL HEALTH SERVICES AND ALTHOUGH THEY ARE INDEPENDENT THEY REQUIRE SUPPORT FROM LOCAL AUTHORITIES AS WELL AS THE NHS.



# FUNDING.....

- APPROXIMATELY £20,000 PER YEAR IS NEEDED TO BE FOUND TO RUN THE CLUB, THIS IS TO COVER SALARY, RENT, ADMIN AND ACTIVITIES
- SUPPORT FROM THE ROBERTSON TRUST AND AWARDS FOR ALL HAS COVERED THE MAJORITY OF THESE COSTS FOR THE LAST 3 YEARS.
- MONEY HAS ALSO COME FROM ARGYLL AND BUTE COUNCIL, SOCIAL WORK, NHS HIGHLAND AND ISLAND AND SMALLER GRANT FUNDING ORGANISATIONS SUCH AS THE MOFFATT TRUST, THE ALLEN LANE FOUNDATION, THE KINTYRE CLUB AND THE ZURICH FOUNDATION.

# THE COORDINATOR.....

- THREE YEARS AGO THE CLUB FOUND ITSELF WITH NO DIRECTION AND NEARLY BROKE.
- ACTION WAS TAKEN TO SECURE FUNDING FOR A COORDINATOR TO TAKE ON THE DAY TO DAY RUNNING OF THE CLUB AND TO FIND THE FUNDING TO KEEP THE CLUB GOING.
- THE ROBERTSON TRUST AND AWARDS FOR ALL FUNDED THE POST ALONG WITH SMALLER SUMS FROM OTHER FUNDERS.
- FUNDING IS NOW BEING SOURCED TO KEEP THE COORDINATORS POST WHICH IS VITAL FOR THE SURVIVAL OF THE CLUB.

# FINALLY.....

- THE LINK CLUB IS A SAFE PLACE TO COME AND MEET OTHER PEOPLE, LEARN AND SHARE NEW SKILLS, BECOME MORE ACTIVE, GAIN WORK EXPERIENCE, BE INVOLVED IN INTERESTING AND STIMULATING ACTIVITIES. IT HELPS INDIVIDUALS TO BUILD UP CONFIDENCE, SELF-ESTEEM AND INDEPENDENCE.
- THIS IS ALL PART OF THE JOURNEY OF RECOVERY OF MENTAL ILL HEALTH.
- AND WE ARE ASKING FOR SUPPORT FROM OUR LOCAL COUNCILLORS TO BE AWARE!