

## LinkLiving's values

In all our work, we seek to:

- Challenge exclusion
- Encourage people who have experienced exclusion to speak up for what they want
- Promote choice for people who have limited opportunities
- Deliver responsive, individual services
- Provide a range of housing and support options
- Work with each person to identify their goals and aspirations
- Continue to develop a learning culture that encourages creativity, innovation and promotes personal development for everyone involved
- Ensure we provide effective, quality services, maximising resources and opportunities
- Encourage and empower people to be part of their local community and lead ordinary lives



...SOMETIMES JUST HAVING SOMEONE THERE TO LISTEN IS ENOUGH.

## LinkLiving's mission statement

LinkLiving is a listening, responsive organisation. We work in partnership with people providing a range of housing support and care services. We value peoples' strengths and capabilities, helping them to live the lives they want to live.



LinkLiving Limited is a Charity registered in Scotland, number SC032418 and is part of the Link group. LinkLiving is a company limited by guarantee and registered in Scotland, number SC220855.



## Befriending / Mentoring Project



## RealLiving Befriending Project

### What is RealLiving?

RealLiving is the Befriending service of LinkLiving. We recruit, support and train people as volunteers to befriend and mentor people in Central Fife who have mental health issues. This can help people achieve a greater independence and a better quality of life.

### How does it work?

By meeting with a Befriender regularly, people who use our service benefit from reduced social isolation. They initially spend time getting to know their Befriender, by chatting over a coffee and building a relationship. How they then decide to spend their time together depends on what the person needs from their relationship with their Befriender. They may explore opportunities to get involved in an activity or class but sometimes just having someone there to listen is enough.

Please note that to encourage service users to get out and about, Befrienders meet people in the local community, not in their homes.



### Referral

People can refer themselves or be referred by a Social Service, Community Psychiatric Nurse or anyone who is involved in the person's continuing support and care, as long as the person gives their consent.

### About our Befrienders

Our Befrienders are selected because of their suitability. This means they are open-minded about mental health issues and can treat others with courtesy and respect. All volunteers must provide two references, be enhanced disclosed and complete a comprehensive induction before meeting the person they are going to befriend.

### For more information about RealLiving

If you think you or someone you know could benefit from this service or you would like to volunteer please contact

**Scott Robertson**  
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