



Keeping families together through challenging times

April 2021

"Challenges are what make life interesting. Overcoming them is what makes life meaningful." Joshua. J. Marine

And it's certainly been challenging over the last 12 months but Muirhead, supporters and family have risen magnificently to the challenge.

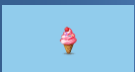
As we head into the summer, we're looking forward to restrictions lifting and brighter, longer days.

What's in the pipeline...



The Muirhead Mile is back!

This year it will take place in Riverside Park on May 15th. A chance to get together, in a safe way, to celebrate Muirhead and get some fresh air and exercise! There may also be an ice-cream van!



If you feel you'd like to fundraise for us, drop us a message for information. The first 50 responses will get a fundraising pack with wristband, bag and snack!

Here's the link to our event on Facebook:

<https://fb.me/e/irQBQ66Wj>

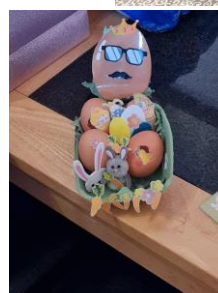
and our fundraising page:

<https://tinyurl.com/MuirheadMile>

What we've been up to:

At Muirhead our main focus has always been our relationships with our families. Although we can't physically see our families, we have been coming up with other ways to stay in touch and reduce the stress of lockdown.

Our Mothers day and Easter packs were a great success. We're very thankful to the Barrack Trust and The Rotary Club of Glenrothes for supporting us with these.





Keeping families together through challenging times

Fundraising: Supporters so far in 2021: Miss Eliza C Pederson's Charitable Trust, The Ward Family Charitable Trust,



Top Tips 5 steps to mental wellbeing

- Connect with other people. Good relationships are important for your mental wellbeing.
- Be physically active. Being active is not only great for your physical health and fitness.
- Learn new skills.
- Be in nature.
- Pay attention to the present moment (mindfulness).

Drawing your attention to:

- We are holding our virtual AGM on Wednesday 28th April.



Email admin@muirhead-outreach.org.uk for the zoom link.