



Keeping families together through challenging times

January 2020

With such a big build up to Christmas (maybe even bigger at Muirhead with all we had going on) it is completely understandable that January can feel a bit flat. It may also be a time where you are feeling a lot of pressure to save money, get fit, eat healthy or all of the above. If it makes you feel any better, in our staff room we are still eating chocolates, living off cheap cheese toasties and haven't had our 'active wear' on yet. Here is the reality – you can start a fresh any day you chose. Muirhead are here all year round to take referrals from people who are looking to make positive changes for their family.

"In each loss there is a gain, as in every gain there is a loss, and with each ending comes a new beginning." Buddhist Proverb

See you soon:

Moira and Shannon!



Sadly we are losing Shannon as a support worker but gaining her as a Trustee. What that means is we get to hold on to all of her knowledge and experience but will miss her on a daily basis.

Moira is taking some time to focus on the most important things in life so we won't have her as our Charity Development Officer but we are lucky enough to keep her as a volunteer fundraiser. So keep your eyes peeled for a silent disco near you!

The whole team would like to thank them for their effort and contribution over the past year and a half. We wish them all the best.

What we've been up to:

End of one year and start of a new one means that we have been hassling our families to complete evaluations. We'll let you know what the outcome is soon but on the whole it looks like families were happy with our support over the festive season.

We are having to continue with youth clubs at a reduced rate (every two weeks) until we get some new volunteers introduced. We miss the kids! If you know anyone who would make a great volunteer then please feel free to get in touch.

We met some lovely people in the search for our new support worker (we will introduce you to them next newsletter) our advice to anyone who is struggling to find a job would be to ask for feedback so you have something to focus on next time. I would happily give up my time to help someone that wants to work on themselves – that's really what Muirhead is all about!

Full of motivation and a desire to improve the support that people have available to them we are planning something big for later this year. Keep your eyes peeled but if you know of a support service in Fife who might want in on it then ask them to get in touch.



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Fundraising: Dedicated to everyone who made Christmas possible

Animal laser therapy * Cairnmhor * Cruikshank Glaziers * Victoria Hospital Discharge Hub * Ecosse Tourers * Fife Pro Wrestling Asylum * Glen Housing Association * Kingdom Housing Association * Kingdom Building Services Ltd * Kirkhams * Mini Languages * Naturel Looks * Posh Dugz * St Andrews Security and Fire Systems Ltd * Terian Tilston Interior Design * The Beauty Room * Vodabone * Kingdom Kids * Cash for Kids * Healing Hands * Max and Jack Thomson * Moira Shepherd * Kim Nelson * Elise Wright-Davies * Lynn Robinson * Gemma Robinson * Sharon Couper * Collette Martin * Vivienne Correns * Sharon Ostler * Saera Morris * Glynis Jones * Leigh Holmes * Kerry Carroll * Emma Cairns * Sharon Ross * Claire McGovern * Irene Forsyth * Jade Wright * Rae-Dawn Conway * Maureen Wright * Terian Tilston * Pamela Braid Robson * Pauline Clark * Joanne Renwick * Michaela Lawson * Rona May * Morag Liddle * Roza Caira Cunningham * Lewis Young * Marjorie Cairns * Karolyn Main * Patsy Wright-Davies * Gordon Correns * Jan Douglas * Amy-Louise McArthur * Catherine Wilkie * Megan Scott * Kieran Mullen * On Fife * Netopa *

Top Tips

Easy tomato Soup Recipe



INGREDIENTS

- 4 tablespoons unsalted butter
- 1/2 large onion, cut into large wedges
- 1 (28-ounce) can tomatoes,
- 1 1/2 cups water, vegetable stock,
- Salt, pepper, dry basil, garlic
- Double cream

Gently fry the onions and garlic in melted butter for 10 minutes or until soft, add the can of tomatoes, water, stock cube and salt, pepper and basil. Bring to the boil then turn down and simmer for 40 minutes. Add a small drop of cream in and stir. Then serve.

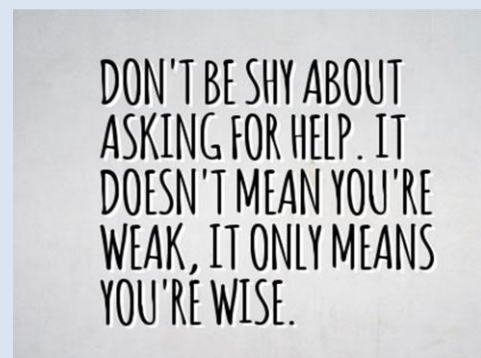
You can also add carrots, celery or spice or lentils

For more info check the Good to know website and search for 'Cheap family meals'.

Drawing your attention to: Foodbanks

We can now provide vouchers for your local food banks. In both Glenrothes and Levenmouth areas.

Please get in touch with us and we will complete the vouchers and drop these off to you.



Dates for your diary

How to manage stress – a workshop for those who are struggling. February but date to be confirmed.