

Chairs report-Islay Link Club May 2023-2025

Islay Link Club AGM, Bruichladdich Village Hall, 2pm

My report is covering a two year period rather than the usual 12 months. This is due to my own mental health taking a serious nose dive at the beginning of last year-resulting in me having to take a long period of withdrawal from work-related duties and, the time it has taken for me to recover sufficiently to be Chairing this AGM in 2025.

2023- I, Dougie and Gill attended the monthly Islay Resilience Group (Islay Connections) meetings. The Needs Assessment Researchers post officially ended in September, Jean McLellan continued the lengthy process of compiling all her evidence into a concise, poignant and accessible to all report.

So, no AGM in 2024. Link Club members continued to meet up and I joined them when I could. Committee members were active in my absence-thank you.

Islay Link Club members and guests have continued to meet on a weekly basis at Kilarrow Hub building and gardens. Folk can self refer or via the island's CPN or other health professionals.

We have engaged in regular arts and crafts activities facilitated by different members of the group, which has been very successful. The group has grown and developed into something that is both creative and supportive for those who attend.

I have enjoyed observing a diverse mix of folk working together to help and support each other with lots of positive conversations with each other. We have enjoyed welcoming new members during this time. We also get together in the community, attending and supporting other events. Promoting the Link Club across Islay.

Equally important to the informal mental health and well being support that we provide, has been the launch earlier this year of our **Needs Assessment Report** compiled by Researcher, Jean MacLellan. I hope that everyone has had an opportunity to read the report, which is available in paper or digital form. The Committee, when promoting the report have received very positive feedback both locally and further afield, including MSP Jenni Minto. Personally, I