



The Queen's Award
for Voluntary Service



LINKnet Mentoring is delighted to announce a new Project



- *Feeling lonely & isolated?*
- *Want to improve your English?*
- *Interested in attending community & educational events?*
- *Excited about cultural activities & visiting new places?*

If yes, LINKnet's new project "NINT" can help....

"No More Isolation, No More Tears" Project

Starting from 01 April 2021, the "No More Isolation, No More Tears" (NINT) project will run for three years to support minority ethnic people in Edinburgh and the Lothians to meet other people, make new contacts, take part in educational and cultural activities, move onto further developmental destinations, improve English language skills and assimilate into local Scottish society.

The project activities extend from the work of the past three years of the Open Arms LINKnet project. We invite our former partners and those who are familiar with the

Maintain your wellbeing with LINKnet's new project funded by NLCF.

LINKnet part of the Open Arms project to work closely with LINKnet staff to benefit all service groups.



We support people and communities to thrive.

The National Lottery Community Fund

To enrol in the programme or for further information, please contact:

Wafaa Salama

(Email: linknet1@linknetmentoring.com, Mobile 0778 876 2576)

Afaf Azzahari

(Email: linknet2@linknetmentoring.com, Mobile 07447 228686)

Main Activities

The project has four main activities. All activities are free to minority ethnic people in Edinburgh and the Lothians.



One-to-One Befriending

This is targeted at people who are isolated and lonely. After initial befriending, those who have the potential to move along on the developmental path will be offered formal mentoring.



Community & Educational Events

Regular events will be organised under various current themes for people to meet other people and learn something useful for their day-to-day living.



Cultural Activities

These are trips to places of historical and cultural importance in Scotland for people to learn about Scotland, its history and culture and to develop a sense of belonging.



English Classes

Until COVID19 regulations are eased out, this activity also takes the one-to-one mode. Once the restrictions are removed and people have developed confidence to move about, the mode of the activity will change to one expert teaching a group while one-to-one service continues for those who cannot participate in the group sessions.

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LinKnet Mentoring - 31 Guthrie St, Edinburgh, EH1 1JG.

