

THE SKY'S THE LIMIT



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The Central and Roxburgh Branch members, volunteers, peer mentors, and staff set off on an overnight excursion on the 7th May 2022. The IFLY Centre Manchester was the destination. A Skydiving experience was what they were looking forward to.

The group climbed on board Teviot Wheels 14 seater minibus with Bill our volunteer driver at the wheel. Everyone was buzzing with excitement and happy to be with their friends. First stop was Longtown Garden Centre for a delicious Afternoon Tea. After enjoying sandwiches, cakes and scones, the bus accelerated off to Cheadle Premier Inn for an early supper. After much hilarity, games and chatting over good food, the group retired to bed for an early night, excited about their flying experience.

On arrival to The IFLY Centre Manchester the group were escorted to the flying chamber where they donned special suits, helmets and goggles led by Erin our Trainer. Erin took us all through the last safety instructions, and then it was time for the group to enter the flying capsule. Excited and with adrenalin rushing, each group member stepped forward, leant towards the wind and flew into the air. Erin was with us all the way and made sure that we had the best experience ever.

“ It was truly amazing “ says Olivia a Roxburgh member.

“ It was amazing to be with everyone we had fun at IFLY “ says Ryan

Tasha a member from the Central Branch enjoyed her experience so much that she had another two goes in the flying chamber. Tasha says, “ I still cant believe it did it, 3 times “

Beth and Faye gave the thumbs up as they entered into the flying chamber. Susan Fay`s mum says, “ What a great opportunity and glad Faye enjoyed herself “

Aileen was smiling throughout waving to the group as they sat outside watching in anticipation.

Donna our Branch Coordinator donned with a “Superwoman” outfit leant forward, arms stretched outwards and flew like a true hero.

Kenny, Declan and Colby our amazing brave volunteers decided to fly to the top of the chamber. They enjoyed the experience so much they went back for another try. Hi 5`s to all as they left the chamber looking very relieved and very proud of themselves.

Time out for our parents is very important to the organization.

We appreciate the support we receive from all our parents and carers. Now it is their time to sit back, relax, and have time to themselves. Residential outings that include overnight stays give parents and carers the opportunity to do activities they enjoy whilst their children are away with us, safe, happy and having fun with friends.

“ Thank you for organizing a wonderful time for our children we had a great time relaxing” says Alan and Theresa, Beth and Colby`s foster parents.

Joanne and Gary Ryan`s parents reiterated “ Ryan had a fantastic night away with the gang. It was really good for him to get away without mum and dad. He is looking forward to the next one. Also we had a great night and went out for breakfast on Sunday morning. Many thanks for taking Ryan”

Stef Central Branch Co-ordinator says

“We are very proud of all our members and extremely proud of Tasha as she took up the challenge to have 3 go`s at flying. She is our very own Super Hero”



We are extremely lucky and very grateful to all our wonderful volunteers and peer mentors who give up their time to support our members, ensuring that they all have a great time.

Interest Link Borders volunteers are all fabulous and we couldn't do what we do without them. Colby, Kenny and Declan rose to the challenge and were brilliant role models for our young people. They went beyond the call of duty and supported our young members by encouraging them to try the Sky Diving Challenge.

Colby, Roxburgh's young Peer Mentor says

"I enjoyed the whole experience with everyone, we all had an amazing time with everyone."



Declan volunteer for Central says "Still buzzing a week later from the hi-fly"

Becca, Roxburgh's Branch Co-ordinator says

"It was so lovely to spend more time with our members and Peer Mentors in a more relaxed setting. I feel like I got to know members better. It was fantastic to see how keen they all were to have a go at skydiving. I am so proud of them for doing it"



Socializing and participating in team activities, and spending time with each other are all important components when organizing overnight excursions at Interest Link for our members. Being together and enjoying each others company is paramount and provides opportunities to increase confidence and enhance people's social skills. Team activities makes us all feel happier and valued by our friends. Spending quality time with each other enhances our listening skills, enables us to share ideas and have a deeper respect for each other. Mixing two branches together allows all our members to make new friends, build stronger bonds with staff and volunteers. Challenging activities provide opportunities to take members out of their comfort zones and fulfil potential.

Olivia one of our Roxburgh members says, "I was anxious but Erin supported me to get over my fears, I enjoyed my time at IFLY Manchester with my friends"

Ryan our youngest member said, "I have had loads of fun and this was my first time staying away from my mum and dad"

Beth from Roxburgh and Aileen from Central giggled with each other, and enjoyed a newfound friendship. We were able to capture how much they were having fun on our Skydive Vlog.

Val Branch Coordinator says,

"It has been a fabulous and hugely successful overnight excursion, where all members, volunteers and staff had the most amazing time being with each other. All group members supported and cheered each other on as they entered the flying chamber. They are all our Interest Link Heroes "

The trip to IFLY Manchester would not have been possible without funding from "The Wee Wellbeing Fund" and all our other wonderful Funders. Thank you from all of us.



Friendship Connections



All members, staff and volunteers had the most amazing time being part of an activity that was great fun and very challenging. The group enjoyed being together and the weekend was a great opportunity to make new friends and spend time with people from another branches. The staff had time to enjoy getting to know people better in a more relaxed atmosphere.

What a fabulous venture with great people, glad we all had fun and challenged ourselves.

Donna, Assistant Coordinator for Central says,

" I had an absolute blast, it was lovely to hear laughter and see so many smiles"

Bill, Teviot Wheels Driver says,

" I was so impressed with the young people, as indeed were your staff. I so enjoyed my time with you all, thank you".

Kenny Senior Volunteer says,

" Another amazing residential, so good seeing everyone supporting each other and seeing individuals pushing themselves to try something new, and buzzing form the new experience"

