

# Mental Health and Wellbeing - Dundee

## The **RAINBOW** Guide to

**Accommodation & Community Support**

**Support Groups , Self-help & Befriending**

**Counselling & Therapies**

**Advocacy**

**Skills Development & Employment**

**Day Activities**

**Creative Arts, Film & Therapies**

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If you would like to update your details or to be added to the guide please email

Evelyn Cairns at [evelyncairns@number10.org](mailto:evelyncairns@number10.org)

## Accommodation & Community Support

### Dundee Cyrenians

While Dundee Cyrenians have been associated with people who are homeless we realise that homelessness is generally a symptom of much wider issues in someone's life. Many of the people we work with have mental health problems.

We offer a wide range of services including a resettlement service, a furniture and white goods project, and a day service with a programme of activities in the Wishart Centre.

**Bryan Smith or Richard Howat**  
10 Brewery Lane  
Dundee DD1 5QW  
01382 228733  
dundee.cyrenians@btinternet.com  
www.cyrenian.co.uk

### Carr-Gomm

Carr-Gomm Scotland supports people to lead their lives and achieve their hopes. This includes supporting people to develop skills, interests and friendships, living in their own homes, with personal care and trying new things whilst keeping safe.

We can support you with looking after your house, managing your money, making and keeping friends and anything else that means you will be well and happy. We provide a person-centred approach, promoting recovery and involving the people we support in all areas of their life.

**Mike Kirkbride**  
Operations Manager  
Dundee Service, Carr Gomm  
Number Ten,  
10 Constitution Road  
DUNDEE,  
DD1 1LL  
01382 305715  
dundee@carr-gommScotland.org.uk  
www.carr-gommScotland.org.uk

### Penumbra Nova Project

Penumbra's Dundee Nova Project supports people with mental health problems to develop self-support techniques, enabling them to become involved in the community, promoting recovery and independent life.

Individuals take the lead in expressing how they would like their needs and wishes met. The service supports people to access main-stream activities, such as volunteering, education, leisure activities and healthy living, so they can lead a more confident and socially inclusive lifestyle.

**Mandy McLernon**  
Level 3  
Argyll House  
Marketgait  
Dundee DD1 1QH  
01382 223 487  
mandy.mclernon@penumbra.org.uk  
www.penumbra.org.uk

### SAMH (Scottish Association For Mental Health) Dundee Outreach Services

Dundee Outreach Services is an integrated outreach service providing domiciliary support to people with severe and enduring mental health problems living in their own homes in Dundee. This service is available 7 days a week with direct support available between 8 am and 10 pm, outwith these hours an emergency service is oncall.

A wide range of support is provided to service users to assist them in maintaining and developing independent living skills. Individual programmes of support will be developed with service users to assist in areas of practical, emotional and social support.

Dundee Outreach Services aim to provide a model of support that will provide:

- Recovery pathways from intensive support packages to lower level Outreach/Floating support and also engage with employment and social networking services.

- Recovery focused within individual and co-located mainstream tenancies offering a range of improved options.
- Focused resettlement work i.e. from hospital, homeless units
- Capacity to offer pre-discharge support prior to taking up service for relationship building and skills development
- Seamless transitions between differing levels of support and skills required during individuals recovery journey

Referrals to the service come mainly from the Community Mental Health Teams and are by agreement with the Senior Social Care Manager

In addition to the housing and care at home support, Dundee Outreach services also provide a Dundee Carer's Support Service. .

The aim of this service is to improve the health and well-being of carers and those they care for, provide carers with a means of 'having a break' from caring duties, allowing them to enhance their own social choices and opportunities whilst feeling confident the person they care for is being supported safely in their own home.

**George Lang,**  
**MF5 Old Mill Centre, Brown Street, Dundee DD1 5EF**  
**01382 904 040**  
**sa@samhservices.org.uk**  
**www.samh.org.co.uk**

### The Richmond Fellowship

This Kingsway service started up in 2000. We provide support to individuals with mental health/learning difficulties in their own homes in a residential setting and outreach service. We design our support to meet the unique requirements of each individual.

We help people we support with daily living around the home and get involved in the life and activities of their choice. We promote inclusion and independence.

**Gillian Tracey**  
**111A Kingsway East**  
**Dundee DD4 8DA**  
**01382 502 825**  
**kingsway@trfs.org.uk**  
**gtracey@trfs.org.uk**

### Positive Steps

Positive Steps recognises that many ordinary people struggle to cope without housing support. We have worked in this sector since 1989. We offer:

- Support in own home help to find a firmer footing in life
- Offer opportunities to improve well-being
- Encourage people to have a responsible, enjoyable and purposeful place in the local community

We aim to provide the information, advice and support packages tailored to help individuals who struggle to cope at home after assessing their required needs. We seek to promote health and well-being by working in partnership with a range of other agencies, such as GPs, social workers and community nurses to provide an all-round approach. We are dedicated to promoting independent living for all vulnerable people.

**Ian Brown, Project Manager**  
**Positive Steps, Supported Accommodation, Unit 14, Meadow Mill, West Henderson's Wynd, Dundee. DD1 5BY 01382 202463**  
**ianbrown@positivesteps.org.uk**  
**Carole Smith, Project Manager Living Skills, Positive Steps, Step Up (Living Skills), Unit 6, Douglas Court, West Henderson's Wynd, Dundee DD1 5BY 01382 203920**  
**carolesmith@positivesteps.org.uk**  
**www.positivesteps.org.uk**

### Gowrie Care Ltd Outreach Support Team

Martingale Gardens Outreach Team provide support for adults with Mental Health difficulties, enabling them to live in their own homes by helping them with :

- Setting up and moving into their own home
- Emotional support
- Building positive relationships and resolving neighbourhood disputes
- Advice with benefits
- Accessing other services available
- Advice and assistance with budgetin shopping and meal preparation
- Exploring a person's interests and matching them to social activities within their own communities

**Janet Hughes or Ann Campbell**  
**Flat 3,1 Martingale Gardens**  
**Dundee DD4 6BR**  
**01382 200194**  
**www.hillcrest.org.uk/gowrie/index.php**

## Support Groups, Self-help & Befriending

### Tayside Carers Support Project NSF (Scotland)

Provides the following free and confidential support to Carers throughout Tayside who have a relative or a friend with a mental illness:

- Home visits
- Practical advice on coping
- Emotional Support
- Telephone Support
- Access to local support groups
- Information about services
- Information about your rights

For further information contact:

**Cathy Hamilton, Project Manager**  
**Tayside Carers' Support Project, NSF Scotland**  
**10 Constitution Road**  
**Dundee DD1 1LL**  
**01382 305 713/2**  
**cathy@tcsproject.org.uk**  
**www.tcsproject.org.uk**

### Dundee Mutual Support Group

Dundee Mutual Support Group exists to provide meaningful day-time activity, support and understanding to those who have or have had mental health difficulties.

There is a staff group of five who facilitate and initiate activity, provide emotional support and information and maintain the informal and friendly environment at Kandahar House Centre. A range of complementary therapies is available. This is a referral only service.

**Susan Black**  
**Dundee Mutual Support**  
**Kandahar House, 71 Meadowside**  
**Dundee DD1 1EN**

**01382 227 288**

### Westfield Association

The Association has existed since the mid 70s and generally provides social support for people who have experienced psychiatric treatment in a hospital setting.

Activities are currently under review. In the past these have included musical evenings, buffets parties and discos. Further information can be obtained from Kandahar House Centre.

**Kandahar House Centre**  
**71 Meadowside, Dundee DD1 1EN**

**01382 227 288**

### Two's Company

Two's Company is a befriending service for people experiencing mental health difficulties. We recruit volunteer befrienders to be matched on a one to one basis to undertake social and leisure activities on a weekly basis within the community. Meetings last around 3 hours.

Through Two's Company people can build up positive relationships and trust and begin to take a more active role in their life and community.

**Joan Kennedy**  
**DAMH**  
**Kandahar House Centre**  
**71 Meadowside**  
**Dundee DD1 1EN**  
**01382 227288**  
**2scompany.aware@btconnect.com**  
**www.damh.org.uk**

### 4-Ever-Freends Older Adults Befriending Service

4-Ever-Freends is a befriending service which aims to support individuals who are experiencing mental health difficulties and are aged 60 and over through providing a volunteer befriender with whom they can engage in social and leisure activities on a one to one and/or group basis. Volunteer befrienders will be provided with full training, support and out of pocket expenses. If you have an hour or more a week to spare then get in touch and make a difference to someone within your community!

**Gillian Boland**  
**DAMH**  
**Kandahar House Centre**  
**71 Meadowside**  
**Dundee DD1 1EN**  
**01382 227288**  
**2scompany.aware@btconnect.com**  
**www.damh.org.uk**

## Hearing Voices

The overall aim of The Hearing Voices Network Dundee is to create acceptance that hearing voices is a valid experience for which there are many explanations. By doing this, we aim to erase the stigma of voice hearing, and to enable voice hearers to realise their place in a society which knows and understands their plight.

**Carina Tejerina**  
 216-220 Hilltown  
 Dundee DD3 7AU  
 01382 223 023  
 ctejerina@btconnect.com  
 www.hearingvoicesnetwork.com

## Bridging The Gap

Bridging the Gap is a befriending service for anyone living in the Dundee area who is experiencing mental ill health, is in receipt of a service, is socially isolated and who could benefit from the support and encouragement a volunteer befriender could provide. Bridging the Gap is a befriending/mentoring project which started in August 2005 and runs to December 2013. After the first three years the befriending project was developed to include volunteer mentors assisting people to be able and inclusive volunteers.

**Carina Tejerina**  
 216-220 Hilltown  
 Dundee DD3 7AU  
 01382 223 023  
 ctejerina@btconnect.com  
 www.hearingvoicesnetwork.com

## Bipolar Self Help Group

The Bipolar Fellowship Self Help Group meets at Kandahar House on the first and third Thursdays of each month at 7 - 9 pm.

c/o DAMH  
 Kandahar House Centre  
 71 Meadowside  
 Dundee DD1 1EN  
 Contact: Bipolar Fellowship Scotland Office Helpline:  
 0141 5602050  
 info@bipolarscotland.org.uk  
 www.bipolarscotland.org.uk

## Listen To Us Too

Listen To Us Too started April, 2009 and we have an interest in mental wellbeing and health. We meet on Thursday Evening 6:15 pm until 8:15 pm at Dundee Voluntary Action, 10 Constitution Road, Dundee. DD1 1LL. We look at the policies such as Towards a Mentally Flourishing Scotland with a view to understanding them and finding out how we can contribute to the action plans and commitments. Understanding the HEAT Targets and how these are being measured and how local policy links with national policy. Our Management Meeting is on a Thursday Morning 11 am at Hearing Voices Network, 216-220 Hilltown, Dundee. We have evenings in order to share skills such as cooking, computing and others in a way which is relaxed and homely. It is about being happy to me who we are.

**Listen To Us Too 01382 452260**  
 listentoustoo@aol.com

## Counselling & Therapies

### Insight Counselling

Insight Counselling offers one to one counselling to all age groups who are struggling with a variety of issues such as depression, anxiety, stress, bereavement and abuse. We offer support to those experiencing relationship, and family problems. Insight has workshops for those who want to understand better their anxiety or anger issues. Insight has a separate project for those who have been bereaved by suicide. Further to this we carry out counselling and group work in many of the local schools.

Insight Counselling,  
 15 South Tay Street  
 Dundee  
 DD1 1NU  
 01382 228836 (Angus 01241871140)  
 www.insightcanhelp.co.uk

## Break-Thru

BREAK-THRU is a project which provides a personal support service. This project is for people aged 18 years and over who are facing chaotic lifestyles due to mental health problems, previous substance abuse, poverty, social exclusion, long term unemployment and other related issues. These issues can prevent them reaching their goals for a more positive future and realising their potential. BREAK-THRU provides a package of support which is tailored to meet people's specific and often complex needs. People can be referred to BREAK-THRU by any organisation—referral forms are available on our website or alternatively they may refer themselves directly to the project.

**Nikki Bryce**, Break-Thru, Maxwelltown Information Centre,  
St Salvador Street, Dundee DD3 7EW 01328 802627  
nikki@maxinfocentre.co.uk  
www.maxwelltowninformationcentre.co.uk

## Orbit Approach

Orbit Approach offers Complementary Therapies which promote a holistic approach to health and well-being. Therapies are only available through our LETS which focuses on individual's aspirations, needs, interests and skills. Our Information Point and Library is open to all and provides internet access and information packs. We also provide details of local and national support agencies and local community based activities.

### Orbit Approach

**Jenni Wilson** (complementary therapies and LETS),  
**Kristina Brown** (Information Point and Library)  
DAMH  
Kandahar House Centre  
71 Meadowside, Dundee, DD1 1EN 01382 805 071  
jenni.wilson@btconnect.com

## Advocacy

### DIAS (Dundee Independent Advocacy Support)

Independent advocacy is about having a voice: from being supported to speak up for yourself to being respected and included in decisions that affect your life.

DIAS provides independent advocacy for people with learning disabilities, mental health difficulties, frail older people and people with dementia. Priority is given to people in transition as well as to those subject to compulsory powers under the Mental Health Act. Independent advocacy is free and anyone can refer, including self-referrals.

**Damien Sherwood**  
6a Meadow Mill  
West Henderson's Wynd  
Dundee DD1 5BY  
01382 205 515  
diasdundee@onetel.com  
www.geosites.com/dias2uk

## Dundee Voluntary Action

### Mental Health Networking

- develop and strengthen Dundee's voluntary mental health and wellbeing sector
- build up and maintain a directory of community based mental health and wellbeing activities
- promote and support the voluntary sector contribution to a mentally flourishing Dundee

**Ruth Brown**,  
Mental Health Networking Co-ordinator  
Telephone : 305722  
email: ruthbrown@number10.org

### Mental Health Service User Involvement

- encourage and co-ordinate service user involvement.
- The Service user forum will seek to influence and change the design and delivery of mental health services to reflect the views and wishes of those with experience of mental health difficulties in Dundee

**Dorothy Potter**,  
Mental Health Service User Involvement Co-ordinator  
Telephone: 305743  
Email: dorothy.potter@number10.org

**Number Ten**  
10 Constitution Road  
DUNDEE, DD1 1LL  
Tel: 01382 305731  
Email dva@number10.org  
Website www.d-v-a.org.uk

## Skills Development & Employment

### SAMH Workstep (Supported Employment)

Workstep (supported Employment) SAMH provides support for people with mental health problems and other disabilities to enable them to access and sustain employment.

The nature of the support provided is tailored to the needs of each individual and is not time limited. We can help you if you are looking for a job, or if you are in employment but are experiencing difficulties. Our Employment Support Worker can help you in a number of ways.

Joan Cunningham, c/o Chrysalis project,  
Dundee College, Melrose Terrace Campus, Dundee DD3 7QX  
077917 11364  
joan.cunningham@samh.org, www.samh.org.co.uk

### SAMH Chrysalis Project

Chrysalis Project provides horticultural training for adults with mental health problems in the Dundee area. Gardeners can study towards SVQ Level 1 in Amenity Horticulture and the John Muir Award. Gardeners have the opportunity to learn a wide range of gardening skills and have access to their own plot of land for vegetable growing. Gardeners are time limited to two years at Chrysalis prior to moving on to more mainstream activity.

Kevin Bruce, Depute Service Manager,  
The Gate House, Dundee College Kingsway Campus, in Old Glamis Road. Dundee DD3 7QX  
01382 454 147  
chrysalis@samhservices.org.uk, www.samh.org.uk

### AWARE

Aware provides mental health and wellbeing awareness raising sessions within the community for groups including the general public, staff and volunteers. As we do not have funding for the project at present, we ask that groups make a donation to pay for the session materials.

Joan Kennedy  
DAMH  
Kandahar House Centre  
71 Meadowside. Dundee DD1 1EN  
01382 227288

### Volunteer Centre Dundee

Volunteer Centre Dundee exists to involve more people more effectively in volunteering to help make Dundee a better place

Number Ten  
10 Constitution Road  
DUNDEE  
DD1 1LL  
Tel: 01382 305705  
Website: [www.volunteerdundee.org.uk](http://www.volunteerdundee.org.uk)

## Day Activities

### DAMH

(Dundee Association For Mental Health)

DAMH provides a range of mental health community support. Based at Kandahar House, these include Dundee Mutual Support Group; Two's Company, a befriending service offering 1:1 support from volunteers; and 4Ever Friends, befriending targeted at those 60 years and over. Orbit Approach seeks to expand the circles in which people move through a combination of complementary therapies, a LETS scheme and contact with wider community networks and an information point. AWARE promotes awareness and understanding of mental health issues.

Kandahar House Centre  
71 Meadowside  
Dundee DD1 1EN  
01382 227 288  
[www.damh.org.uk](http://www.damh.org.uk)  
[tomgarnett@btconnect.com](mailto:tomgarnett@btconnect.com)

## Day Activities

### Dundee Healthy Living Initiative

#### THE INITIATIVE

Dundee Healthy Living Initiative is a partnership initiative supported by partner organisations from NHS Tayside and Dundee City Council.

Dundee Healthy Living Initiative has 4 main aims, which are to:

- Develop local activities to improve health
- Help bring health services into the community
- Provide local health advice and information
- Involve local people in decisions about health

#### THE APPROACH

The project adopts the community development approach to health, which means it works within the following principles:

Local people identifying their own health needs and solutions

A social model of health

Reducing health inequalities

Building capacity to make healthy choices

Partnership working

Sustainability

#### THE TEAM

The multi-disciplinary team consists of:

5 Community Health Workers/1 Health

Development Worker (volunteer co-ordinator)

6 Community Health Nurses (2 Keep Well nurses)

3 Smoking Cessation Advisors

1 Monitoring Officer

Manager and Team Leader

2 Admin Staff

40 Volunteers

### Health Issues In The Community Courses

- Volunteer Training
- Keep Well Health Coach Sessions
- Health Checks/Health Talks/Courses
- Health Fairs/ Community Events
- Smoking Cessation Classes

### Health Eating

- Winning Weigh Courses]
- Counterweight(individual)
- Cookery Courses
- Weight management+ physical activity group
- Weight management+ cookery courses

### Health Information Points

- Supermarkets and Libraries
- Roving 'Drop Ins' (pubs and community events)
- Central 'Drop in' (Wellgate)

### Mental Well Being

- Stress Management Courses
- Food and mood sessions
- Complementary therapies
- Art groups/drama groups

### Physical Activity

- Tai Chi groups
- Walking groups
- Keep Fit classes
- Swimming groups
- Jogging groups
- Body Sculpt groups
- Gardening groups
- Pram Pushing groups
- Dance Classes

### Out and About groups

- Smoking Cessation
- Smoking Cessation groups

#### **Beverley Black**

**Manager Dundee Healthy Living Initiative**

**R21 Mitchell Street Centre,**

**ph 01382 435848,**

**website: [www.dundeehealth.co.uk](http://www.dundeehealth.co.uk)**

## Dundee International Women's Centre

Dundee International Women's Centre is here to support any woman who needs, a listening ear, advice and information, a place to make friends and socialise and/or learn a new skill or gain work experience. We work to support women through a number of ways including provision of adult learning and training opportunities, interpretation and translation services, social and well being activities and events and volunteering.

**Dundee International Women's Centre**  
**Unit 9, Manhattan Business Park**  
**Dundonald Street**  
**Dundee, DD3 7PY**  
**Tel: 01382 462058**  
**Email: [www.diwc.co.uk](http://www.diwc.co.uk)**

## Creative Arts, Film & Therapies

### Art Angel

Art Angel is an arts advocacy project run by and for people with experience of mental health difficulties, offering a wide spectrum of arts based activities as a means of positive self-expression, creative exploration, and self-development through creativity, communication and support. Participants learn new skills, build on dormant abilities and enjoy the therapeutic value of arts participation in a non clinical environment.

**Rosie Summerton**  
**Waverley House, West Marketgait**  
**Dundee DD1 1QP**  
**01382 228 383**  
**[artangel@tiscali.co.uk](mailto:artangel@tiscali.co.uk)**

### Luna

Luna is an advocacy project run for and by people with mental health problems. In recent years the main method used to maintain recovery and take a grip of life has been through the expressive arts. For those who engage it offers opportunities to see themselves no longer as losers, as having lost but rather as creative individuals with a positive contribution to make to their community.

**Derek Ramsay**  
**c/o Art Angel, Waverley House**  
**West Marketgait, Dundee DD1 1QP**  
**01382 228 383**

**[deksax@yahoo.com](mailto:deksax@yahoo.com)**

### Rep Dramatherapy Service

In partnership with the Social work Department of Dundee City Council we run a Dramatherapy Service for adults with mental health complex needs. This service is for people aged 16 -65. We provide closed and open groups for people experiencing mental health problems. Drama activities are used as a means of expressing emotions, learning new skills, reflecting on behavioral patterns, interacting with others, relating to others in a new/different way, gaining confidence, having fun and feeling better.

**Donna Jennings**  
**Dundee Rep Theatre Creative Learning**  
**Tay Square**  
**Dundee**  
**DD1 1PB**  
**01382 224 343**  
**[djennings@dundeereptheatre.co.uk](mailto:djennings@dundeereptheatre.co.uk)**  
**[www.dundeereptheatre.co.uk](http://www.dundeereptheatre.co.uk)**



**RAINBOW**  
Guide

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