

# Mental Health and Wellbeing - Dundee

## The **RAINBOW** Guide to

**Accommodation & Community Support**

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

**Counselling & Therapies**

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## 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.

**Joan McMillan**  
Operations Manager  
Carr Gomm, Unit 6a City Quay  
Dundee DD1 1QP  
01382 225 680  
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) Community Support Team

Dundee Community Support Team provides support in their own homes to people who suffer from severe and enduring mental health difficulties.

The main purpose of the service is to assist people to maintain their independence and the staff team will work closely with the individual in a recovery focused way to walk alongside people on their journeys. The service covers Dundee City and referrals come mainly from the Community Mental Health Teams.

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

## SAMH Support At Home Service

SAMH Support at Home Service provide a service that embraces the promotion of independence and the development of confidence and self esteem of our service users. We work closely alongside Service Users with a view to supporting their comfort and dignity whilst they develop life skills.

Planned support is provided to Service Users on an individual basis covering a wide range of practical activities, including housekeeping, shopping, cooking, budgeting, finances, social support and observation of self-medication

**Irene Kidd**  
**16b Fleming Gardens South**  
**Dundee DD3 7LR**  
**01382 826 938**  
**irenekidd@samhservices.org.uk**  
**www.samh.org.co.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 homes  
Emotional support
- Building positive relationships and resolving neighbourhood disputes
- Advice with benefits
- Accessing other services available
- Advice and assistance with budgeting, 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 200 194**  
**www.hillcrest.org.uk/gowrie/index.php**

## 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 individual s 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 for Supported Accommodation, Positive Steps, Supported Accomodation, 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**

## Support Groups, Self-help & Befriending

### Depression Alliance Scotland

Depression Alliance Scotland runs a support group for people in Tayside. Meetings are open to anyone experiencing low mood, anxiety and depression.

The aim of the group is to share personal experiences and helpful coping strategies. Meetings are confidential, facilitated by volunteers and offer open discussion and guest speakers. New members are warmly welcomed.

For a full list of dates, please get in touch.

**Meetings are held from 7-9pm at Number Ten,  
10 Constitution Road  
Dundee, DD1 1LL  
0845 123 23 20  
info@dascot.org  
www.dascot.org  
www.lookokfeelcrap.org**

### 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**

### Branching Out

Branching Out was formed to address the needs of people with mental health issues. We meet on Mondays for trips out. We go by bus to places such as Perth, Blairgowrie, St Andrew's, Arbroath etc, have some lunch and often we have a walk by the river or harbour. On Fridays we meet in St. John the Baptist small hall, which is off Langland Street Car Park in Stobswell for a craft session. We have a go at many different crafts such as card making, cross stitch, sewing, knitting etc

Angela Kilby  
Branching Out, St. John Baptist Church  
116 Albert Street  
Dundee, DD4 6QN  
01382 455656  
angelahpkilby@btinternet.com

### 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 227233  
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 227233  
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.

**Pat Webster**  
216-220 Hilltown  
Dundee DD3 7AU  
01382 223 023  
patwebster@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.

**Pat Webster**  
216-220 Hilltown  
Dundee  
DD3 7AU  
01382 223 023  
patwebster@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 have an interest in self-help for mental wellbeing. We felt it was important to out well being to be in touch and mutually supportive with others, we chose Joy Bells School and Orphanage in India

Main meeting is Thursday Evening 6:15 pm . We have an evening meal each fortnight, learning and sharing cooking, expense and eating - relaxing and enjoyable, £3 for non-members and £2 for members. Donations of cooking equipment will be appreciated. Starting soon computing for the confused by the confused to find out when and where phone number below.

**Listen To Us Too 01382 452260 [listenoustoo@aol.com](mailto:listenoustoo@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, 10 Constitution Road, Dundee DD1 1LL  
01382 305720 (Angus 01241871140) [insight@number10.org](mailto:insight@number10.org)  
[www.insightcanhelp.co.uk](http://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](mailto:nikki@maxinfocentre.co.uk)  
[www.maxwelltowninformationcentre.co.uk](http://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](mailto:jenni.wilson@btconnect.com)**

## Advocacy

### DIAS (Dundee Independent Advocacy Support)

Dundee Independent Advocacy Support (DIAS): 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**

## Skills Training & 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,**  
**Dundee College, Melrose Terrace Campus**  
**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 227233**

## Day Services

### 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**

## 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**

### 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**

### 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.

**Maggie Moore**  
**Dundee Rep Theatre Creative Learning**  
**Tay Square**  
**Dundee**  
**DD1 1PB**  
**01382 224 343**  
**mmoore@dundeereptheatre.co.uk**  
**www.dundeereptheatre.co.uk**

## New Additions To The Guide

### 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

## Dundee Voluntary Action

Actively promoting the interests and serving the needs of Dundee's community and voluntary sector  
 DVA is a Council for Voluntary Service and part of the CVS Network in Scotland.

**Number Ten , 10 Constitution Road  
 DUNDEE  
 DD1 1LL**

**Tel: 01382 305731  
 Fax: 01382 305729  
 Email: [dva@number10.org](mailto:dva@number10.org)  
 Website: [www.d-v-a.org.uk](http://www.d-v-a.org.uk)**

## 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)**

## 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)**

## For Networking and Service User Involvement contact:

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

Ruth's role is to :

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

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

Dorothy's role is to :

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.

Both are based at the following address

Dundee Voluntary Action  
Number Ten  
10 Constitution Road  
Dundee  
DD1 1LL  
Tel: 01382-305731

The  
**RAINBOW**  
Guide