



News and What's On **January - March 2012**

## Happy to Be Here Project

**"I enjoy living in Dundee. There are lots of opportunities for everyone"**



The 'Happy to Be Here' book project provided a powerful voice for a group of ESOL Learners. The aim of the project was to bring learners, who do not have English as their first language, together to tell their stories and create a booklet.

Working in partnership with the One World Centre and McManus Galleries, the project gave learners a huge amount of pride and increased self esteem.

Each learner produced a piece of writing about themselves and their lives in Dundee along with a collage of their own creation. A wide range of themes were covered: leaving behind loved ones, adapting to life in another country and the struggle involved in achieving a good education and a better life. The learners are overwhelmingly positive about life in Dundee.

To the delight of the learners, the project was the winner of the Dundee Partnership Community Awards 2011. A short film about the project can be viewed on the Discover Learning Website.

**For further information on the booklet contact Farzana Chaudhry on 435808 or [farzana.chaudhry@dundeecity.gov.uk](mailto:farzana.chaudhry@dundeecity.gov.uk)**

# NEW YEAR NEW YOU!

## DO YOU WANT TO MAKE THIS YEAR DIFFERENT?

Below are a variety of courses that will help with this. To book a place, see full contact details below in the listings.



Options and Choices

### Options & Choices

Explore your career, learning & volunteering options and make positive changes to your life.

Starting January available in the following:  
Kirkton Community Centre, Mitchell Street Centre & Menzieshill Community Centre.

### Stepping Stones

A course to help you:

- Increase your assertiveness & self esteem
- Increase your confidence
- Be more motivated and self-confident & more

Starting January in Ardler Complex

### Looking After Me

An opportunity to explore & discuss:

- Health
- Family Life
- Learning
- Budgeting & more

Starting January in Douglas Community Centre

## READING, WRITING, SPELLING, NUMBERS



Support for adults and young people who would like to improve their reading, writing or number skills. We can help with filling in forms, coping with dyslexia, handling money, reading books and newspapers, measuring and weighing, writing letters and helping with homework.

To find out what is available in your area call 666665.



Just the Job  
Mitchell Street Centre



Family Cooking  
Kirkton Community Centre



Whitfield Environment Group

## Storytelling at Fintry Primary School

To celebrate National Storytelling Day on 28th October, participants in the 'Eh! Write Creative Writing Group' visited Fintry Primary School. Telling stories that they had mostly written themselves, the group visited all the classes from nursery to primary 7.

The teachers were very welcoming and the atmosphere in the school was very relaxed and friendly. Both the group and the children enjoyed the activity and are keen to do it again.

Many people are great storytellers without realising it. Others can learn the techniques and become great storytellers.

If you think you belong to either of these groups and would like to give it a go (you don't need to write your own stories) contact:

**Alan Fraser at Finmill Centre, telephone 438641 or email [alan.fraser@dundee.gov.uk](mailto:alan.fraser@dundee.gov.uk)**



## The West End • Nethergate & The Perth Road • Logie/Blackness

Activity	Venue	Day/Time	Date	Contact Details
<b>New!</b> Just the Job	<b>Mitchell Street Centre, Thursday 26th January - 1st March 1-3pm</b> Looking for work and English is your second language? Learn to improve CVs, application form filling, telephone and interview skills and practise on this course.			Kim Robertson Tel:435872 Colin Christie Tel:436415
<b>New!</b> Options & Choices	<b>Mitchell Street Centre, Thursday 19th January - 23rd February 9.30am -11.30am</b> This course will help identify your skills, compile/update a CV, explore your career ideas, identify your learning and employment options - Optional 3 week follow on Interview Workshops Course.			Kim Robertson Tel:435872 Nidhi Sharma Tel:435817
Guidance	<b>At a venue, date &amp; time that suits you.</b> For anyone looking for help to return to learning, training or employment.			Kim Robertson Tel:435872




## Douglas • Mid Craigie • Linlathen

Activity	Venue	Day/Time	Date	Contact Details
History of Timex	<b>Douglas Community Centre, Wednesdays 10am-12noon starting 18th January</b> Creating a history of the Timex Corporation in Dundee. Come along and relive old times.			Alistair Cameron Tel:435872
 Cooking Skills Workshops	<b>Douglas Community Centre, Thursday 19th - 8th March, 9.30-11.30am</b> Learn basic cooking and hygiene skills in time for the festive season. The workshops are informal and fun.			Jane Clark Tel:436942
Speakeasy Workshop	<b>Douglas Community Centre, Monday 22nd &amp; 30th January, 9.30-11.30am</b> For Parents/Carers to get support & information to help to discuss relationships, growing up and sexual health with your children.			Jane Clark Tel:436942
 Family Play & Learn	<b>Douglas Community Centre, Tuesdays 1.30-2.30pm. Dates to be confirmed.</b> Play & learn together with your under 5s by getting involved in a range of fun activities.			Jane Clark Tel:436942
 Basic First Aid	<b>Douglas Community Centre, dates &amp; times to be confirmed.</b> Workshop covers the basics involved in helping someone in an emergency.			Jane Clark Tel:436942
 Manual Handling Course	<b>Hub, dates &amp; times to be confirmed.</b> One day handling course delivered by Dundee College. Is aimed at people who are unemployed and wish to gain qualifications to help them find work in the care sector.			Claire Shepherd Tel:438643
 Values & principles for Care	<b>Hub, Wednesday 11th January - 28th March 9.30am-12.30pm</b> Ongoing SQA certificated course aimed at people who wish to gain qualifications to find work in the care sector.			Claire Shepherd Tel:438643
CVs/Applications	<b>Hub, Wednesdays 2-4pm</b> Drop in for help to create your CV and/or fill out application forms.			Claire Shepherd Tel:438643
Guidance	<b>At a venue, date &amp; time to suit you.</b> For anyone looking for help to return to learning, training or employment.			Claire Shepherd Tel:438643
Jobshop	<b>Hub, Fridays 9.30am-1pm</b>			Claire Shepherd Tel:438643
 Looking After Me	<b>Douglas Community Centre, Tuesdays 9.30-11.30am, start date to be confirmed.</b> Time to explore how we can take care of ourselves and get more out of life. Topics include health, family life and more.			Jane Clark Tel:436942

## ESOL

Support for adults whose first language is not English to improve their speaking, listening, reading and writing. To find out what is available in your area call **666665**.

## Lochee • Charleston • Menzieshill

Activity	Venue	Day/Time	Date	Contact Details	
 Healthy Simple Cooking	<b>Charleston Community Centre Thursday 16th February - 22nd March 9.30-11.30am</b> Basic cooking course looking at preparing quick and healthy food.			Joyce Guthrie Tel:435814	
Make, Do, Mend	<b>Charleston Community Centre, Tuesday 7th February -20th March 9.30-11.30am</b> This 8 week beginner course will look at design & sewing techniques, fabric decorations and recycling bits and bobs to create something new.			Joyce Guthrie Tel:435814	
Heartstart Discovery	<b>Menzieshill Community Centre, Tuesday 13th March 1-3pm</b> This session is being run as part of Dundee Women's Festival. Men can come too. A two hour session learning lifesaving skills and CPR. Participants will receive a certificate			Annette Miller Tel:432973	
Jobshops	<b>Lochee Community Office, Fridays 9.30-12noon and 1.30-3pm</b> <b>Menzieshill Community Centre, Thursdays from 1.30pm and Charleston Community Centre 9.30am-12.30pm</b>			Julia Fraser Tel:431836 Annette Miller Tel:432973 Joyce Guthrie Tel:435814	
Women's Jobshop	<b>Menzieshill Community Centre, Fridays 9.30-12noon</b> A women's only jobshop where help is given for job seeking, help with CVs, applications, current vacancies, postage, copying and telephone calls.			Annette Miller Tel:432973	
Guidance	<b>At a venue, date &amp; time to suit you. For anyone</b> looking for help to return to learning, training or employment.			Annette Miller Tel:432973	
Guidance	<b>At a venue, date &amp; time to suit you. For parents</b> looking for help to return to learning, training or employment.			Julia Fraser Tel:07852278509 Or 432967	
Options & Choices	<b>Menzieshill Community Centre, dates and times to be confirmed.</b> This short course will help you identify your skills, explore your career ideas and identify your learning, volunteering and employment options.			Annette Miller Tel:432973	
 Dundee Women's Festival	<b>Menzieshill Community Centre, throughout March.</b> Activities include Introduction to British Sign Language, Relaxation & Meditation workshops, and a Quilt exhibition representing famous Scottish Women. Phone for further information.			Annette Miller Tel:432973	

## Stobswell • City Centre • Hilltown • Fairmuir • Law

Activity	Venue	Day/Time	Date	Contact Details	
Hulltoon Creative Writers Group	<b>The Grey Lodge Settlement, Wednesdays 1.30-3.30pm</b> Develop your creative thinking and communication skills by taking part in weekly writing activities.			Kim Robertson Tel:435872	
Arts & Crafts	<b>A.O.G Full Gospel Church 58 Constitution Street, Wednesdays 10am-12noon</b> Learners can work on a variety of different projects from easy knitting to more complex projects depending on skills and abilities.			Joyce Guthrie Tel:435814	
Mosaic Group	<b>A.O.G Full Gospel Church 58 Constitution Street, Thursdays 9.30-11.30am</b> Learners working on individual projects depending on skills.			Joyce Guthrie Tel:435814	
Employability Guidance & Advice for Ethnic Minorities	<b>Central Library, Wednesdays 10am-12noon</b> For help to return to learning, training or employment			Nidhi Sharma Tel: 435817 Mob:07985878493	
Guidance	<b>At a venue, date &amp; time to suit you</b> For anyone looking for help to return to learning, training or employment.			Colin Christie Tel:436415	
Multi-Cultural Parent-Baby Group (for children aged 0-2)	<b>Central Library Creche Room, starts Tuesday 17th January 1.30-3pm</b> This group for minority ethnic parents focuses on supporting them in their childrens learning and development. Lots of learning through play activities.			Komal Pawar Tel:435813	
Multi-Cultural Parent-Toddler Group (for children aged 3-5)	<b>Central Library Creche Room, starts Wednesday 18th January 1.30-3pm</b> This group for minority ethnic parents focuses on supporting them in their childrens learning and development. Lots of learning through play activities.			Komal Pawar Tel:435813	
Multi-Cultural Family Walking (for minority ethnic parents and their children 0-5 years)	<b>Various areas in and around Dundee, dates and time to be confirmed</b> These sessions are to promote physical activity for the whole family through exploring green spaces such as parks, woods etc. Very informal and fun with the focus on family wellbeing.			Komal Pawar Tel:435813	
Park Place Nursery Parents Group - For Minority Ethnic Parents	<b>Park Place Nursery School starts Thursday 12th January 9-10.15am</b> The group focuses on helping parents understand the benefits of various activities that their children are involved in so that they can support their children at home.			Komal Pawar Tel:435813	
Job Shop	<b>Maxwelltown Information Centre, Fridays 9.30am - 12.30pm</b>			Colin Christie Tel:436415	
CSCS Card	<b>Mitchell Street Centre, Tuesday 10th - 31st January 10am-12noon</b> Free access to CSCS Card theory and practise prior to sitting test. Information and assistance booking test also available.			Colin Christie Tel:436415	

New!

New!

## Whitfield • Fintry • Mill o'Mains

Activity	Venue	Day/Time	Date	Contact Details
Guidance	<b>At a venue, date &amp; time to suit you.</b> For anyone looking for help to return to learning, training or employment.			Carol Arnott Tel:438671 Caroline Bairner Tel:436359/438671
Jobshop	<b>Whitfield Community Centre, Tuesdays 9.30am-12.00pm</b> <b>Mill O Mains Community Pavilion, Tuesdays 12noon-2pm</b>			Caroline Bairner Tel:436359 Carol Arnott Tel:438671
Storytelling	<b>Finmill Centre , Tuesdays 1-3pm starting 10th January</b> This group will develop the art of storytelling both for adults and children.			Alan Fraser Tel:438641
Adult Learning Information Sessions	<b>Mill O'Mains Pavilion , Tuesdays 10am-12noon</b> Please come along or call Mill O'Mains Community Pavilion 506391 to let us know what adult learning activities you would like in your local area.			Caroline Bairner Tel: 436359 or 07951270765
Creative Writing	<b>Finmill Centre, Mondays starting 9th January 10am-12noon.</b> Involves development of creative writing skills.			Alan Fraser Tel:438641
Health Issues in the Community	<b>Whitfield Community Centre Thursdays 1-3pm starting 12th January</b> Looks at factors which affect your health and that of your local community.			Alan Fraser Tel:438641
Environmental Action Group	<b>Whitfield Community Centre, Mondays 1-3pm starting 9th January</b> Connect with, enjoy and care for an open space in North East Dundee.			Alan Fraser Tel:438641
Gardening Group	<b>Whitfield Community Centre, Wednesdays 10am-12noon starting 11th January</b> This group will involve a range of gardening activities and look at how to do them without spending a lot of money			Alan Fraser Tel:438641
Family Cycling Proficiency	<b>Whitfield Community Centre &amp; Mill O'Mains Pavilion during Easter Break, dates and times to be confirmed.</b> Come along with or without the family and take part in on-road cycle training. Bikes will be provided.			Carol Arnott or Caroline Bairner Tel:438671 or 438680
Working Together in Open Spaces (SQA Accreditation Opportunity)	<b>Whitfield Community Centre &amp; Mill O'Mains Pavilion starts January 2012</b> Are you interested in the green spaces around Whitfield & Mill O'Mains and would like the opportunity to be part of planning changes for their future? Work in partnership and with the local community to make this happen.			Carol Arnott or Caroline Bairner Tel:438671 or 438680



St Mary's  
Local History Group



## Ardler • St Mary's • Kirkton

Activity	Venue	Day/Time	Date	Contact Details
Stepping Stones	<b>Ardler Complex, Thursdays 1.30-3.30pm,</b> dates to be confirmed Confidence Building Course			Caroline Bairner Tel:436359/438671
<b>New!</b> Local & Family History Group	<b>Kirkton Community Centre, Mondays starting 16th January 1.30-3pm</b> Includes researching your family tree, learning about Dundee and undertaking a project. Is also the opportunity to gain a qualification in local Investigations and core skills such as IT.			Catriona McNicoll Tel: 436415
<b>New!</b> History Group	<b>St Mary's Community Facility, Fridays 10-11.30am starting 13th January</b> Come along and investigate the history of St Mary's. Is the opportunity to gain a qualification in Local Investigations and core skills such as IT.			Catriona McNicoll Tel: 436415
<b>New!</b> Introduction to Psychology	<b>Kirkton Community Centre, Thursday 19th January - 10th May 9.30-11.30am</b> An introductory level course to help you find out 'What is Psychology?' The course will cover a range of topics and is aimed at anyone with an interest in human behaviour.			Teresa Fulton Tel:436314
<b>New!</b> New Year - New Start (Options & Choices)	<b>Kirkton Community Centre, starting Thursday 19th January 1-3pm</b> A confidence building course for anyone who is thinking about making a change in their life.			Teresa Fulton Tel:436314
Guidance	<b>At a venue, date and time that suits you.</b> For anyone looking for help to return to learning, training or employment.			Teresa Fulton Tel:436314 Caroline Bairner Tel:436359
Jobshops	<b>St Marys Facility: Wednesdays 1.30-3.30pm</b> <b>Ardler Complex: Fridays 9am-12.30pm</b> <b>Kirkton Community Centre:9.30-11.30am</b>			Caroline Bairner Tel:436359 Teresa Fulton Tel:436314

Some of our activities are run in partnership with other departments and organisations. Details will be available at enrolment.

For all general enquiries contact  
**Catriona McNicoll** on 436415  
or email  
catriona.mcnicoll@dundeecity.gov.uk

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