

Autumn



## Time 2 Give Christmas Social

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**Monday 1st December 4-5pm**  
**Roseangle Arts Café,**  
**132 Perth Road, Dundee**



A chance for Timebank members and others in the West End community to come together for a festive social gathering- we would love for you to join us!

Roseangle Arts Café will be selling their delicious home baking and other refreshments.

Time 2 Give's Blackness Creative Writing Group 'What's the Story?' will be reading some of their own work.

**Everyone is most welcome**

### Blackness Knitting Group

**Wednesdays 1:30pm-3pm, upstairs in Blackness Library**

- All skill levels welcome from beginner upwards.
- Bring own yarn, needles and ideas of what you want to make: garments, gifts etc.
- Pattern swapping
- Knit for charity or yourself
- Have fun - knit and natter
- Informal, friendly and free!

If you have any questions please contact Blackness Library on 01382 435936.



**Time 2 Give is growing!**

- 44 individual members!
- 15 organisational members!
- 788 hours exchanged!

### What's The Story?

**Mondays 2-4pm, upstairs in Blackness Library**

Blackness Creative Writing Group is open to all who have ever had a desire to write or better understand the written word.

This is a chance to read aloud your work for constructive feedback, share ideas and meet like minded people. The group will look at stories and the wide variety of ways these are presented.

Not sure what to write? We can provide lots of ideas. Just remember your pen and paper! Any queries please contact Mark McGowan on: [mcgowanmark@hotmail.co.uk](mailto:mcgowanmark@hotmail.co.uk)



## A Flavour of Time 2 Give

**Here are some examples of exchanges that have taken place over the past few months to hopefully give you some ideas:**

Gardening for one hour enabled someone to receive a massage for one hour.

Providing advice on healthy eating for one hour was exchanged for receiving some help with IT skills.

Teaching basic sewing for a few hours meant receiving a manicure and help with improving English.

Providing help with basic housework has meant someone received some home-baking! Yum!

Solar Cities Scotland donated twenty re-usable bags and met with Food Train to offer advice.

### Member Spotlight

### Andrew Baird

"I have been fortunate to find a herb garden at Ninewells Community Garden through volunteering with Time 2 Give. There are also areas to walk around Ninewells and Balgay Park that I found through visiting other Timebank members.

"Joining a Timebank offers a way to share time and company with like minded people"

Helping other people takes your mind off your own problems.

Finding the humour in difficult situations brings a new perspective

to your life. Helping other people with different capabilities gives you new confidence and helps you re-evaluate what you can do.



Joining a Timebank offers a way to share time and company with like minded people. Swapping time with each other on an equal basis offers an easier way to pay and gets little jobs done that you were reluctant to pay for or had thought of as luxuries like a head massage."

### Our Facebook Page



Scan here with your smart phone and 'Like' our page to keep up-to-date with recent events.

Time 2 Give's Facebook page is fast becoming a fantastic source of information for our members!

On this page you will always find the latest updates from Time 2 Give as well as information from our organizational members and all kinds of info from events and organisations from all over the city!

Don't have a Facebook page?

A Time 2 Give member could always help you set up a Facebook page and get you started!

**[www.facebook.com/Time2GiveWestEndDundeeTimebank](https://www.facebook.com/Time2GiveWestEndDundeeTimebank)**

## Why not get involved in volunteering with one of Time 2 Give's member organisations and earn your time credits this way?

### Action on Hearing Loss



**Action on Hearing Loss Scotland** are the charity working for a world where hearing loss doesn't limit or label people, where tinnitus is silenced – and where people value and look after their hearing.

We deliver **Hear to Help services** across Tayside to enable people to get the most from their NHS hearing aids, manage their hearing loss more effectively and live independently.

Our team of volunteers provide community-based support including hearing aid maintenance at local drop-in sessions or for people who live in sheltered housing, nursing or use day care provision. This includes replacing tubing, battery distribution and information and support.

**We are looking for hearing aid support volunteer for our monthly drop-in held at Blackness Library on the last Saturday of every month from 10am-12noon.** Volunteers should have a willingness to learn about issues affecting deaf and hard of hearing people, particularly older people. This opportunity would be medium/long-term as full training will be given for the role including training from NHS Tayside Audiology. **Other volunteer roles include fundraising and products information.**

**Please contact Michelle on 01382 201073 or email: [michelle.donoghue@hearingloss.org.uk](mailto:michelle.donoghue@hearingloss.org.uk)**

### DIAL-OP

**DIAL-OP** is the local information helpline for older people and their carers.

**Our lines are open from 10am to 1pm Monday to Friday** and we are enthusiastic about helping callers find answers to a wide variety of enquiries – social activities or lunch clubs, transport, energy advice, legal issues, home help and small repairs, loneliness or benefits, to name just a few.

We make sure that people have access to the information they need by providing the answers or offering guidance on where to go if they require more in-depth advice.

**DIAL-OP always welcomes new volunteers on board.** There are many ways to get involved, from answering the phone and dealing with the enquiries, helping out at information stalls, or contributing with the promotion of the Helpline.

**If you or anyone you know have some time to spare and would like to join us, get in touch on 01382 305717 or [dialop@number10.org](mailto:dialop@number10.org).** DIAL-OP and your community will be delighted to count you in!





**The Food Train is a grocery shopping service for older people.** The vision of the Food Train's elderly founders was to enable older people to remain independently at home by ensuring they got supplies of fresh groceries delivered weekly, thereby reducing the burden on carers while also bringing welcome social contact and friendship.

Our objective is to support older people to live independently at home addressing the difficulty older people face getting their weekly grocery shopping and the growing isolation that comes with failing health. We also aim to provide a wide range of supported volunteering opportunities for people of all adults and abilities. **We are always looking for volunteers to help support our shopping or out on the van helping with deliveries.**

**Contact Grant Simmons on Dundee 459202 or email [grant@thefoodtrain.co.uk](mailto:grant@thefoodtrain.co.uk)**



### **Could you cook one extra portion of dinner for an older neighbour?**

Meal Makers is a brand new project that was recently launched as a pilot in the Dundee area. It is a free local neighbourhood food-sharing project that connects people who love cooking and want to be active in their community (Cooks), with older neighbours (Diners) who would really appreciate home cooked food delivered to them every now and then.

The project **aims to reduce food poverty and malnutrition**, improve diets and **combat social isolation** by breaking down the barriers that lead to loneliness.

Meal Makers are also hoping that the project will help to strengthen connections within communities and provide a flexible way for people to volunteer their time and skills locally in a way which suits them.

Meal Makers are delighted with the way in which the project has been received so far. Having already signed up plenty of Cooks and Diners, meal shares have started taking place across Dundee and they look forward to seeing the project grow throughout the city and hopefully eventually across the whole country.

**If you would like to sign up as a cook and do something great with an extra plate visit [www.mealmakers.org.uk](http://www.mealmakers.org.uk) or contact 0800 783 7770**  
**Email: [Hello@mealmakers.co.uk](mailto:Hello@mealmakers.co.uk)**



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