REFLEXIVE MAPPING EXERCISE OF ORGANISATIONS AND SERVICES WORKING WITH PEOPLE EXPERIENCING OR AT RISK TO BECOME HOMELESS IN DUNDEE

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A Reflexive Mapping Exercise (RME) of services and organisations working with people experiencing homelessness or at risk of becoming homeless in Dundee

Introduction

To address rights and needs of people experiencing homelessness or at risk of becoming homeless is necessary a holistic approach in which both health and social care are considered in conjunction. Although the Public Bodies (Joint Working) (Scotland) Act 2014 aims integrate health and social care in Scotland, it is known that there is still a challenge to promote a more coordinated access to information and services to users. It is understood that lack of better communication and integration between government agencies and third sector (and within each of them) does not contribute to reach a holistic approach to those people threatened by homelessness. As a result, service users as well as service providers are challenged when searching for access information and services which results in restricted referrals as well as limited access of the services available.

In this project we want to address the need for better communication and integration for services and rights available to people experiencing homelessness or at risk of becoming homeless. We want to involve service providers and users in a Reflexive Mapping Exercise (RME) that will provide insights and mobilize a collaborative agenda in search for better communication and integration of services.

The proposed exercise considers the mapping process as a means to achieve two outcomes. For one hand, there will be a list of existing projects, services and opportunities available for both practitioners and service users in the homelessness context. However there is no intention to produce a mapping covering all services in Dundee because this task would be unrealistic considering the timeline, structure of this project and also the dynamic involving the opening and closing of some services that require a continuous work of updating. Thus, the emphasis will placed on the RME as a process to encourage dialogues and partnerships between the services.

Proposed approach

The proposed RME will take place initially in Dundee City, where the exercise is a pilot project led by Dental Health Services Research Unit - DHSRU - at University of Dundee in partnership with Shelter and other local services addressing homeless related issues.

A comprehensive search to produce an extensive overview of existing services in Dundee City has been conducted by Dr Andrea Rodriguez, Senior Research Fellow at DHSRU. This involved online search, phone calls and/or informal visits to key NGOs and Government agencies to update the information available.
In this mapping the services were initially divided in:

- **Housing Support**
  - Accommodation (short-term, long-term, temporary)
  - Housing support
  - Resettlement
  - Housing association
  - Sheltered accommodation

- **Information and Advice/Advocacy**
  - Signposting
  - Debt advice
  - Benefits/welfare advice
  - General support

- **Health and psycho-social well-being support**
  - General health
  - Mental health
  - Substance misuse/addiction/recovery
  - Dental health
  - Harm reduction
  - Sexual health
  - Wellbeing

- **Furniture**
  - Provision of furniture, clothing and household goods

- **Employment**
  - Employment opportunities/support

- **Education/Training on life skills**
  - Life skills
  - Education/qualifications
  - training

- **Food Assistance**
  - Drop-in/soup kitchen/cafe
  - Food provision

- **Community Development and Networking**

The following information about these services has been included: name of the organisation/service, contact information, aim/mission, services provided, target group, and area of intervention.
Housing Support

1. Lily Walker Centre
Aim/Mission
Accommodation and assessment centre, where all homeless people are advised of their rights.

Contact Information
105 Ann Street, Dundee
Website: https://www.dundeecity.gov.uk/housingoptions/lilywalkercentre

Services Provided
- Temporary direct access supervised accommodation for homeless clients without children, 26 rooms
- Clients are assisted to move on to permanent accommodation or a resettlement hostel
- The length of stay in this hostel should be kept to a minimum
- 6 full time staff, 24 hour waking cover. Staff provide a low level of support focusing on advice on housing options and making referrals to appropriate support agencies
- Health and Homeless Outreach Team hold surgeries at the centre once a week
- Staff help with referrals to outside agencies, including furniture projects. Move-on accommodation provided by the local authority

Area of Intervention
Dundee

Target Group
- People accepted as statutory homeless with local connection to Dundee, including single homeless people, single parents and couples.
- Minimum age 16

2. Dundee Survival Group
Aim/Mission
- To promote, provide and operate accommodation and other facilities for the single homeless in Dundee.
- To further the health and welfare of the single homeless in Dundee
- To relieve the hardship and distress of the single homeless in Dundee without distinction as to race, age, sex, political, religious or other opinions.

Contact Information
100 Foundry Lane, Dundee, DD4 6AY
Website: http://dundeesurvivalgroup.org/

Services Provided
- Provision of supported accommodation, fully furnished flats and single bedroom accommodation, meals, a residents’ lounge, residents smoking area, TV in rooms if desired, all tea and coffee and a laundry service to those housed in the bedrooms
Service users housed in flats are viewed as more independent and as such are expected to budget, shop and cook for themselves and maintain the flat in a tenable condition.

Service users are allocated a key worker when they arrive, they will receive practical and emotional aid and assistance from them throughout their stay – They work alongside many other services, both statutory and voluntary including social work, MAPPA (Multi Agency Public Protection Arrangements), local drug and alcohol projects, homeless health and outreach programmes, training projects, voluntary projects and local council projects. Service users have the opportunity to and are encouraged to attend various training and voluntary schemes.

Private medical room which is used by visiting doctors and other health professionals. Regularly run AA and NA meetings and invite a variety of agencies along to offer help and support to our service users.

Area of Intervention
Dundee and surrounding area

Target Group
Single people aged 18 and over, experiencing homelessness in Dundee

3. Transform Community Development (3 locations)

Aim/Mission
Transform Community Development was known as Dundee Cyrenians prior to 2009. The organisation was established to provide shelter and support to homeless people in Dundee, and believes in the value of the individual.

Website: http://www.transformcommunity.org.uk/index.cfm

Location 1

Contact Information
Jessie Devlin Close, 1 Soapwork Lane, Dundee, DD1 1HX

Services Provided

- A direct access hostel with accommodation for 32 individuals in mainly single rooms. Individuals can refer themselves at any time for emergency accommodation, advice and support or be referred through the council's Homeless Services Unit
- Meals are provided.
- Clients are given support by hostel workers and assisted to move on to permanent accommodation or a resettlement hostel. The average length of stay in this hostel is up to 3 months
- Where it is identified that service users are not registered with a GP, they are supported to do this. The service has very good links with the Health and Homeless Outreach Team which provides specialist GP and nursing services to service users, including regular clinics within Jessie Devlin Close

Area of Intervention
Dundee
Target Group
Young single homeless people, many of whom have problems with the misuse of drugs and/or alcohol; and older, long-term residents, some of whom have used the service for many years

Location 2
Contact Information
10 Brewery Lane, Dundee, Angus, DD1 5QW

Services Provided
- Resettlement support in self-contained bed-sits for up to 20 people who require more intensive and structured support to enable them to move on to their own tenancy

Area of Intervention
Dundee

Target Group
Males and females aged 16 and over

Location 3: Seagate Project
Contact Information
3 Sugarhouse Wynd, Dundee, DD12SH

Services Provided
- The unit provides accommodation and housing support to 15 single homeless adults with mental health problems and addiction related problems

Area of Intervention
Dundee

Target Group
Males and females aged 18 and over, referrals only from agencies

4. Strathmore Lodge, Salvation Army
Aim/Mission
The Salvation Army aims to provide services which put the person and their needs at the centre of their support, enabling people to take control of their life circumstances

Contact Information
31 Ward Road, Dundee, DD1 1NG

Website: http://www.salvationarmy.org.uk/strathmore-lodge-lifehouse

Services Provided
- Direct access emergency first stage homelessness accommodation
- Job clubs, service user-led forums, IT classes, creative media groups, a revamped resettlement programme, expansion of the volunteer and furniture project
- Staff available 24/7
- Each resident has a keyworker and is required to engage in a needs-led support package
- Signposting to external agencies for health, life skills and spiritual wellbeing – Clients either move through own resettlement accommodation project which offers a 6 month intensive

Dental Health Services Research Unit/University of Dundee/Smile4life Programme.
resettlement programme or can be moved into mainstream or supported accommodation with 6 months floating support

Area of Intervention
Dundee

Target Group
- Single homeless people with low to medium support needs, priority to those with local connection
- Minimum age 16

5. Burnside Mill Lifehouse, Salvation Army
Aim/Mission
The Salvation Army aims to provide services which put the person and their needs at the centre of their support, enabling people to take control of their life circumstances, converted jute mill which provides a resettlement service.

Contact Information
1 Milne’s East Wynd, Dundee, DD1 5BA
Website: http://www.salvationarmy.org.uk/burnside-mill-lifehouse

Services Provided
- Job clubs, service user-led forums, IT classes, creative media groups and a revamped resettlement programme, expansion of the volunteer and furniture project

Area of Intervention
Dundee

Target Group
Males and females aged 16 and over

6. Positive Steps Tenancy (2 locations)
Aim/Mission
Our properties are dispersed throughout the city and we strive to place persons in accommodation that meets their support and wellbeing needs. We strive for social inclusion and offer a person-centred approach to all our support. We continually review and develop our services to ensure good communication and a positive experience for all our tenants.

Website: https://positivesteps.org.uk/

Location 1
Contact Information
Positive Steps, Upper East Wing, Swan House, 2 Explorer Road, Technology Park, Dundee, DD2 1DX

Services Provided
- Fully furnished and decorated properties with the aim to provide a home not just a house
• All aspects of housing support for tenants though Positive Steps Housing Support Service to enable them to sustain their tenancy and reach independence
• Once independence is reached, the property is signed over to the tenant and they withdraw their support; with the gift of the furnishings to the tenant, allowing the tenant to remain within their community

Location 2

Contact Information
Unit 14, Meadowmill, West Henderson Wynd Dundee DD1 5BY
Tel: 01382 202463
Fax: 01382 203465
Web: www.positivesteps.org.uk

Services Provided
• Single males, females and established couples who are homeless have a need for and agree to receive support.
• Support and advice to assist clients towards independent living in mainstream housing.
• Living Skills Centre provides information on living skills including; cooking, budgeting, life skills, tenancy maintenance and sustainability and basic IT skills.
• Agency referrals.

Area of Intervention
Dundee

Target Group
People with substantial housing support needs who often require intense housing support, for example people who find it difficult to sustain a property due to mental health issues, substance misuse, learning difficulties and offending history

7. Hillcrest Housing Association

Aim/Mission
The function of the supported flats is for short term temporary accommodation for families as this will ensure availability for families at the time of crisis, the function of the “move-on” flats from resettlement hostels is to give the clients the skills required to live independently and sustain their own tenancies in future

Contact Information
• General enquiries
  o Rosefield Street, Dundee
  o Shed 26, Camperdown Street, City Quay, Dundee
  o Tel: 0300 123 2640
  o Email: reception@hillcrest.org.uk
  o Website: https://hillcrest.org.uk/housing+association/
• Tenancy Support
Services Provided

- There are supported flats used for emergency family accommodation. The clients are given support to move on to permanent accommodation.
- All referrals for accommodation are through the Homeless Services Unit.
- There are also 'move on' flats from resettlement hostels where Short Scottish Secure Tenancies (SSST's) are provided by Hillcrest Housing Association. Referral for this accommodation is through The Salvation Army.
- The block is manned by a 24 hour concierge service with tenancy support provided by the Hillcrest Housing Association, Housing Support Team for the Family Flats and the Salvation Army for the single flats.

Area of Intervention
Dundee

Target Group
Families requiring short term emergency accommodation, single people requiring accommodation after staying in a resettlement hostel

8. Action for Children Youth Accommodation

Aim/Mission

- To provide a welcoming and accessible service that respects and values young people as individuals
- To be professional, non-judgemental and confidential in a safe and comfortable environment
- Work in partnership with young people and where appropriate their families, employers, organisations and individuals
- Provide information and guidance to encourage young people to make informed healthy decisions

Contact Information
40C Arthursone Terrace, Dundee

Website: https://www.actionforchildren.org.uk/in-your-area/services/youth-support-and-leaving-care/dundee-youth-housing-service/

Services Provided

- Support in establishing and maintaining tenancies, alcohol and substance misuse, offending behaviour, relationship difficulties as well as supporting young people in gaining practical skills

Area of Intervention
Dundee

Target Group
Young people between the ages of 16-25
9. Jericho Houses Society
Aim/Mission
Linked with the Jericho Christian society

Contact Information
Jericho House, 36 Artillery Lane, Dundee, DD1 1PE
Tel: 01382 223627
Website: http://www.jerichosociety.org.uk/dundee-alcohol/4588698557
Opening Hours: 9am - 5pm Monday to Friday

Services Provided
• 12 one bedroom flats, all food provided, with 3 meals a day provided Monday to Friday by on site cook, residents are on a weekend rota to provide meals
• Advice information and support in relation to alcohol problems
• Group based programmes, one-to-one counselling and alcohol education
• Support also provided once residents move to their own accommodation

Area of Intervention
Dundee

Target Group
Males with alcohol related problems

10. Action for Children / Dundee Families Project
Aim/Mission
To focus on positive parenting and reducing neighbourhood difficulties

Contact Information
7 St Clement Terrace, Dundee
Website: https://www.actionforchildren.org.uk/in-your-area/services/early-years-and-family-support/family-support/dundee-families-service/

Services Provided
• Intensive individualised support with close collaboration with partner agencies

Area of Intervention
Dundee

Target Group
Families with underlying difficulties
11. Women’s Aid Refuge

Aim/Mission
To provide emotional and practical support to women, children and young people who have experienced domestic abuse

Contact Information
Enterprise House, 45 North Lindsay Street, Dundee, DD1 1PW
Website: http://www.dundeewomensaid.co.uk/

Services Provided
- Advice, support and safe refuge provided for women and their children

Area of Intervention
Dundee

Target Group
Women aged 16 and over

12. Abertay Housing Association

Contact Information
147 Fintry Drive, Dundee DD4 9HE. Tel: 01382 903545
Website: http://www.abertayha.co.uk/

13. Angus Housing Association

Contact Information
The Square, Ormiston Crescent, Whitfield, Dundee DD4 OUD. Tel: 0845 177 2244
Website: http://www.angusha.org.uk/about-angus/dundee_office.html

14. Home Scotland

Contact Information
27 Albert Square, Dundee DD1 1DJ.
Tel: 01382 203023
Care and Support Tel: 01382 313400
Website: https://www.homegroup.org.uk/

15. Sanctuary Scotland

Contact Information
185 Turnberry Avenue, Dundee DD2 3WN. Tel: 01382 823050
Website: https://www.sanctuary-scotland.co.uk/
16. Scottish Veteran’s Housing Association
Contact Information
Rosendael, 3 Victoria Road, Broughty Ferry. Dundee DD5 1BE.
Tel: 01382 477078
Website: www.svronline.org
Services provided
Supported accommodation for former members of the Armed Forces.

17. Beild Housing Association
Contact Information
1 Bonnethill Gardens, Dundee DD3 7HB.
Tel: 01382 228911
Fax: 01382 224088.
E-mail: info@bield.co.uk
Website: http://www.bield.co.uk/
Services provided
Supported accommodation for older people.

18. Cairn Housing Association
Contact Information
Wimberley Court, Victoria Rd, Dundee DD5 1DA
Tel: 01382 480506
Website: www.cairnha.com

19. Blackwood Housing Association
Contact Information
Blackwood Court, Glamis Road, Dundee DD2 2EG.
Tel: 01382 645855
Customer Services: 0845 712 5865
Website: http://www.mbha.org.uk/
Services provided
Supported accommodation for people with a disability.
20. Caledonia Housing Association
Contact Information
118 Strathern Road, Broughty Ferry, Dundee DD5 1JW
Tel: 01382 480915 (Answering machine at night).
E-mail: enquiries@caledonia.co.uk
Website: http://www.caledoniaha.co.uk/

21. 24 Hour Homeless Advice Line
Contact information
Tel: 0800 6335843 (Freephone) or 01382 432001
Tel: 01382 307301
Website: http://www.dundeecity.gov.uk/housingoptions/hohomeless/

22. Dundee Homefinder Service
Aim/Mission
Dundee Homefinder Service helps people to secure good quality, affordable housing in the private rented sector.
We supply properties citywide in an area that suits you and working together we can often house you quicker than you might think.
Contact information
Dundee Homefinder Service, East District Housing Office, 169 Pitkerro Road, Dundee DD4 8ES
Tel: 01382 433003
Website: https://www.dundeecity.gov.uk/homefinder

23. Dundee City Council Housing Support Team
Contact information
West District Housing Office, 3 Sinclair Street, Lochee, Dundee DD4 3DA
Tel: 01382 307357
Website: https://www.dundeecity.gov.uk/housing/support
24. Turning Point Scotland

Aim/Mission
Turning Point Scotland provides person centred support to adults with a range of complex needs. We learn from services and seek to influence social policy. Turning Point Scotland’s Dundee supports people who have a learning disability to enable them to live the life they chose in their own homes.

The service works in partnership with Dundee City Council and Angus Council social work departments to provide support in the Dundee area.

At present the people we support live in houses that are provided by a number of housing associations and we work jointly to support people to maintain their tenancies.

Contact information
2 Coldside Road, Dundee, DD3 8DF
Tel: 01382 818094
Website: http://www.turningpointscotland.com/what-we-do/learning-disability/dundee-angus/

Services provided
Each of the people we support has a key worker who works with them and including families, advocacy, day care services to develop a person centred plan. Each plan in specific to the individual and provides fine detail into the appropriate support that is provided for each person.

Through support plans service users will be supported in areas such as:

- Personal care skills
- Health (physical and mental wellbeing)
- Day support services including leisure activities
- Relationships and family contact
- Budgeting and support to manage finances
- Employment, work experience or voluntary placements
- Achieving outcomes
- Attending college
- Holidays

Support to individuals is provided by staff teams working across the service from a few hours a day to full 24 hour support. The amount of support provided varies depending on the needs of the individual and are agreed with Care Management teams.

Area of intervention
Dundee (also Scotland wide)

Target group
Individuals with learning disabilities or other complex needs.
25. The Richmond Fellowship Scotland

Aim/Mission
The Richmond Fellowship Scotland is a charity which supports over 2800 people across Scotland with a broad range of needs to live as independently as possible in their own homes and communities.

We are the largest provider of social care services in Scotland, providing personalised, high-quality community-based support services for those who require support in their lives. Some may have mental health difficulties, learning disabilities or autism; others may have dementia, alcohol or drug issues or forensic backgrounds.

All of our services work in person-centred ways to offer choice, promote inclusion and maximise ability.

Contact information
Website: http://www.trfs.org.uk/

Pitairlie Service
Tel: 01382 507091
Email: gtracey@trfs.org.uk

Kingsway Service
Tel: 01382 502825
Email: gtracey@trfs.org.uk

Clepington Service
Tel: 01382 452512
Email: gtracey@trfs.org.uk

Services provided
Pitairlie Service specialises in: mental health, challenging behaviour, forensic support
Kingsway Service specialises in: mental health, older people
Clepington Service specialises in: mental health, challenging behaviour, alcohol and drug misuse

Area of intervention
Tayside

26. Homeless Services Unit

Housing Support services

Contact Information
East District Housing Office, 169 Pitkerro Road, Dundee DD4 8ES
Tel: 01382 432001
Website: https://www.dundeecity.gov.uk/housingoptions/lilywalkercentre
Services Provided
- Advice and information service to anyone finding themselves homeless or threatened with homelessness.
- Help finding suitable temporary accommodation if it is required.

Area of Intervention
Dundee

Target Group
- Homeless or potentially homeless

27. Tayforth Veterans Project
See Information and Advice Item 17.

28. SAMH: Dundee Specialist Mental Health Outreach
See Health and Psychosocial Wellbeing Item 30.

29. Carr Gomm
See Health and Psychosocial Wellbeing Item 36.
Information and Advice

1. Homeless Services Unit
See Housing Support Item 26.

2. SHELTER - Dundee Community Hub
Aim/Mission
Shelter Scotland is a charity that works to alleviate the distress caused by homelessness and bad housing

Contact Information
1 Courthouse Square, Dundee, DD1 1NH.
Tel: 0808 800 4444
Website: http://scotland.shelter.org.uk/get_advice/local_services/dundee/hub

Services Provided
- Information, advice, advocacy and representation for people facing housing problems
- The telephone helpline provides an initial level of information, advocacy and advice.
- People requiring more in-depth assistance or ongoing casework can be referred to local specialist services
- Safe and Sound project, Supporting Prisoners Advice Network, housing advice for Perthshire and Dundee, housing association tenants, money and debt advice

Area of Intervention
Dundee and Angus

Target Group
People facing housing problems including homelessness

3. Dundee North Law Centre
Aim/Mission
The mission at the Law Centre is to address areas of unmet legal need. They provide free legal advice, assistance and representation to clients who live in the areas which they serve.

Contact Information
101 Whitfield Drive, Dundee, DD4 ODX
Tel: 01382 307230
Opening Hours: 9.00am – 1.00pm and 2.00pm - 5.00pm Monday to Friday
Website: https://www.dundeecity.gov.uk/communitycentres/northlaw

Service Provided
- Legal advice on all housing matters and can assist with appeals and provide advocacy services
Area of Intervention
At present it primarily serves the residents of Whitfield, Mid Craigie/Linlathen, Beechwood, Kirkton, Ardler, Charleston, Lochee, Maxwelltown/South Hilltown, Fintry, Mill o’ Mains, Douglas, parts of Menzieshill, Stobswell, St. Mary’s and some city centre areas.

Target Group
People requiring free legal advice, assistance and representation

4. Dundee and Angus Community Mediation Services (SACRO)
Aim/Mission
Mediation service which aims to resolve conflicts between family members and other neighbourhood disputes

Contact Information
Unit E, Market Mews, Market Street, Dundee, DD1 3LA.
Tel: 01382 459252
Website: http://www.sacro.org.uk/services/offices/dundee

Services Provided
- Mediation to help people to maintain contact with members of their family when they are homeless or at risk of becoming homeless due to difficulties with people at home
- Mediation can also provide assistance to resolve low level neighbourhood disputes before they escalate and possibly result in you losing your home
- The service is free and confidential

Area of Intervention
Dundee

Target Group
People who are homeless or are in danger of becoming homeless due to difficulties with people at home

5. Dundee Citizens Advice Bureau
Aim/Mission
To ensure that individuals do not suffer through ignorance of their rights and responsibilities or of the services available, or through an inability to express their needs effectively

Contact Information
Dundee Central Library, Level 4, Wellgate Centre, Dundee, DD1 1DB
Tel: 01382 307494
Email: bureau@dundeecab.cabnet.org.uk
Website: http://www.dundeecab.org/
Services Provided
- The service is independent and provides free, confidential and impartial advice and information on a range of subjects including: all Social Security Benefits, employment, family and personal matters, housing, consumer legislation, taxes etc.
- The service also provides representation at appeals, including disability, medical, social security and employment tribunals

Area of Intervention
Dundee

Target Group
Anybody requiring advice or information on a wide range of subjects in Dundee

6. Hillcrest Advice Centre
Contact Information
9-11 Arbroath Road, Dundee. DD4 6EW
Tel: 01382 458475

Service provided
Advice sessions on a drop in basis covering housing, homelessness, financial and Polish translation services.

7. Welfare Rights Service
Aim/Mission
The team gives free, confidential, specialist advice, information and advocacy services on a wide range of welfare rights and debt related issues

Contact Information
Welfare Rights Team, Social Work Department, Jack Martin Way, Claverhouse East, Dundee, DD4 9FF.

Duty Advice Line: 01382 431167 (Monday - Friday 9.30am - 4.30pm)
Website: https://www.dundeecity.gov.uk/socialwork/welfarerights

Services Provided
The Welfare Rights Team provide advice, assistance and support with the following; housing and council tax benefit, income support, disability living allowance, attendance allowance, social fund, tax credits, representation at appeals, rent arrears and eviction, money advice and debt counselling, incapacity benefit, pension credit and the debt arrangement scheme

Area of Intervention
Dundee

Target Group
Anyone requiring advice or assistance in Dundee
8. First Contact Team
Contact Information
Dundee House, 50 North Lindsay Street, Dundee DD1 1NF
Tel: 01382 434019
Out of Hours (Emergency Social Work) Service Tel: 01382 307964
Website: https://www.dundeecity.gov.uk/socialwork/firstcontact

Services Provided
The access team are available by telephone, or office appointment to offer advice on childcare, older person services, physical disabilities occupational therapy service, home care and other adult services.

9. Eagles Wings
Aim/Mission
Eagles Wings Trust is a charity that exists to help those who are homeless, addicted or in the process of recovery, to find freedom from homelessness or addictions, and discover the ultimate freedom in Christ

Contact Information
40 Dudhope Crescent Road, Dundee, DD1 5RR
Tel: 01382 201590
Website: http://eagleswingstrust.org.uk/

Services provided
- Mobile soup kitchen four evenings a week on Bell Street Dundee. Around 20-35 men and women use the soup kitchen each night. Many come to talk and have someone to listen to them.
- Throughout the day they visit people where they are staying. Aim to help them in as many ways as possible; such as finding accommodation or rehabilitation centres; providing food; sleeping bags; warm clothing and a listening ear.
- Eagles Wings Advice Clinic at Elim Church, Dudhope Crescent Road. Mondays 12:00-14:00 Throughout the day the trust runs a drop in centre in the Hilltown and is involved in The Giving Garden project in Menzieshill

Area of Intervention
Dundee

Target Group
Those experiencing homelessness and addiction issues
10. CAP Debt Centre

Aim/Mission

Connected to St. Peter’s Free Church, Hillbank Evangelical Church, Grace Church, and Broughty Ferry Baptist Church. Christians Against Poverty are passionate about releasing people in our nation from a life sentence of debt, poverty and their causes.

Contact Information
Dundee CAP Centre, St Peter’s Church, 4 St Peter Street, Dundee, DD1 4JJ
Website: https://capuk.org/i-want-help/cap-debt-help/debt-centre/451/dundee

Services Provided
- The project offers free debt help

Area of Intervention
Office in the West End but serves people from across the city

Target Group
People in the community who are struggling as a result of debt

11. CONNECT Service

Aim/Mission

The CONNECT team was created at the beginning of 2014 to address the key issues people face as a result of the Welfare Reforms. The task force of 6 officers cover all areas in Dundee and they are community based, with drop in and appointment based surgeries and for help and advice. You will find their surgeries in local community centres, libraries, Wellgate Centre and other venues.

Contact information
Email: welfare.reform@dundeecity.gov.uk
Tel: 01382 431205
Website: https://www.dundeecity.gov.uk/welfarereform/connect

Services Provided
- Advice with benefit form filling, budgeting, fuel poverty etc.; and work in partnership with other services that provide adult learning, health and lifestyle support, energy advice, benefit appeals, money advice for debts, carers, housing, Credit Union, support for those looking for work and many other local initiatives.

- For Service Providers, we also offer a regular drop in service and currently visit Drop in Cafe’s, Parent and toddler groups, mental health groups, Drug and alcohol services and many more.

Area of Intervention
Office in the West End but serves people from across the city
Target Group
People in the community who are struggling as a result of debt

12. Safe & Sound (Shelter Scotland and Relationships Scotland)
Aim/Mission
The Safe and Sound Project supports young people and their families in a practical way when they have experienced a breakdown of family relationships. The family mediation service helps young people avoid irretrievable family breakdown by working with the young person and their family to resolve difficult issues and to agree courses of action. The project works with young people who have unstable family situations and might experience domestic violence and emotional difficulties. The project is a partnership between Shelter Scotland and Relationships Scotland.

Contact information
Safe & Sound Project, Shelter, 4th Floor, Courthouse Square, Dundee, DD1 1NH
Tel: 0344 515 2455
Email: safeandsound@shelter.org.uk
Website: http://scotland.shelter.org.uk/get_advice/local_services/dundee/safe_and_sound_project

Services Provided
- Offer young people a safe route back home, where appropriate
- Seek solutions for those young people who are already homeless by re-establishing positive contact with their families where it is safe to do so
- Support young people who need to move away, in setting up and maintaining tenancies
- Offer support to younger siblings in the family, to build resilience and coping skills to reduce the chances of them becoming homeless in the future
- Through family mediation, help to improve communications and skills in conflict resolution within the family.

Area of Intervention
Dundee, Fife, Angus and Perth & Kinross

Target Group
Young people aged 14-24 or under 14 and thinking of running away in the future.

13. Dundee City Council – Social Work Department
Aim/Mission
Most people, either as individuals or through friends and relatives will have contact with social work services at some point in their lives. The Social Work Department work with people when they need it most.

The staff are there to support people at times of significant need, and through the difficult periods of personal and family crisis. Because of this, social work services have to be wide-ranging. These services are now being delivered in partnership with other agencies and this involves working with colleagues in Education, Health, Police, Housing and the Voluntary Sector.
14. Police Scotland
Contact information
Ward-specific information can be found at: http://www.scotland.police.uk/your-community/tayside/dundee/

Services provided
Police Scotland Priorities:
- Public Protection and Safety
- Serious and Organised Crime
- Terrorism
- Antisocial Behaviour
- Road Safety
- Housebreaking

15. The Maxwell Centre
Aim/Mission
Maxwelltown Information Centre is dedicated to promoting empowerment of people across Dundee City, improving their conditions of life and making a significant difference to their welfare.

The Centre is highly regarded as a community based facility, resource, education and support centre by the community, voluntary and public organisations and our purpose is focused upon improving quality of life. We achieve this by providing a wide range of services to individuals and groups, young and old within the community including access to the internet, advice and information.

Contact information
St Salvador Halls, Carnegie Street, Dundee, DD3 7EW

Tel: 01382 802628
Website: http://maxdundee.org.uk/

Area of intervention
Dundee

16. SSAFA: The Armed Forces Charity
Aim/Mission
We help veterans and service personnel, and their families, in the local community and we rely on public donations to continue our work. Our commitment is to provide support with experienced, non-judgemental and friendly advice, as well as a variety of practical services which cover a range of social, family and financial issues.
17. Tayforth Veterans Project

Aim/Mission
Founded in 2011 by ex-Royal Navy Jim Left, the Tayforth Veterans Project is dedicated to provide information and a signpost service to help veterans and their families overcome post conflict issues and better integrate back into their communities.

Contact information
21b City Quay, Camperdown Street, Dundee, DD1 3JA

Tel: 01382 206207
Website: http://armedforcescharities.org.uk/index.php/faqs/item/2361-tayforthveteransproject

Services provided
The Charity operates a drop-in centre which provides support to ex-Service personnel and their families in accessing professional and specialised advice on a broad range of issues including: mental health, housing, employment and re-training, benefits and pensions and other welfare matters.

Area of intervention
Dundee

Target group
Ex-Service personnel of the UK armed forces and their families.

18. Brooksbank Money Advice

Aim/Mission
Provision of money advice on debt and welfare benefits to residents of community regeneration areas. Appointment surgeries, drop-in sessions, telephone advice. Home visits can be arranged for those who cannot manage into one of the project bases. Translation service available on request.

Contact information
Brooksbank Centre and Services, Pitairlie Road, Dundee

Tel: 01382 432450
Email: mastadvice@yahoo.com
Website: https://www.facebook.com/Brooksbank-Centre-240667122627746/

Services provided
Budgeting, bankruptcy, including benefit checks, help filling out benefit claim forms, negotiating with creditors on clients’ behalf (money advice), mortgage to rent/shared ownership scheme.

19. Relationships Scotland – Family Mediation
Aim/Mission
Relationships Scotland’s network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Relationships Scotland believes that behaviour that seeks to secure power and control, or instil fear for one person over another through violence, coercion, control and inequality is unacceptable. We support people to live with dignity and safety and to enjoy healthy relationships, and we respect the rights of all people, in all their diversity. We believe that people have the capacity to change their behaviour and how they relate to others. We take seriously our responsibility for ensuring safety for adults, children and young people.

Contact information
21 Dock Street, Dundee, DD1 3DP

Tel: 01382 201 343
Email: info@familymediationonline.co.uk
Website: http://www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/dundee

Services provided
- Family Mediation (child focused, stepfamily, intergenerational)
- Child Contact Centres (supported, supervised)
- Direct Consultation with Children
- Homelessness Mediation
- All Issues Mediation
- Counselling for Children and Young People
- Relationships Counselling (Couples and Individuals)
- Psychosexual Therapy
- Family Therapy
- Parenting Apart Information Sessions

Area of intervention
Dundee

Target group
Our work supports individuals, couples and families experiencing relationship difficulties.
20. Insight Counselling

Aim/Mission
Insight Counselling offers a safe and confidential space where people are listened to without judgement. Our counsellors provide a supportive, empathic and understanding environment. People have an opportunity to explore troubling issues from the past or present and explore options for the future.

Contact information
Number Ten, 10 Constitution Road, Dundee, DD1 1LL

Website: http://www.insightcanhelp.co.uk/

Services provided
We counsel for a great number of issues, including but not limited to: Depression, Anxiety, Anger, Bereavement, Eating Disorders, Stress, Family Issues, Abuse, Relationships, Bullying, Feelings of Lost Hope and Despair and Suicidal thoughts. People can talk to us about whatever it is that is causing someone not to enjoy life.

Counselling can be carried out on a one-to-one basis or sometimes in group sessions. We use a number of methods to help clients when they need it. Our counselling methods include: Person-Centred, Integrative, Pluralistic, Cognitive Behavioural Therapy, Humanistic, Psychodynamic, Group work, Gestalt and Transactional Analysis.

Area of intervention
Dundee

Target group
We offer counselling for children, young people and adults starting from twelve years upwards.

21. Supporting Prisoners Advice Network

Contact Information
Unit E; Market Mews, Market Street, Dundee DD1 3LA

Tel: 01382 459252
Fax: 01382 459318

Email: infodundee@sacro.org.uk

Website: http://www.sacro.org.uk/services/criminal-justice/supporting-prisoners-advice-network
Dental Health Services Research Unit/University of Dundee/Smile4life Programme.

Service provided

• In partnership with Shelter Scotland and Inverness Badenoch and Strathspey Citizens Advice Bureau (CAB), Sacro provides community-based support to help offenders re-integrate into society and live stable, independent lives. This project offers joined-up support during times of transition. Service users are also supported to access help with wider needs such as substance misuse which may be linked to cycles of homelessness and offending.

Target group
Offenders over the age of 18 who have been identified as needing housing and support to resettle into the community.

22. Muslim Youth Helpline

Contact information
0808 808 2008 (free calls from UK landlines)
Email: info@myh.org.uk
Website: www.myh.org.uk

Service provided

• MYH is a national award winning charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK.
• MYH also runs an annual Prison Campaign that sends Eid cards and messages of support to Muslims in prison during Ramadan. It encourage the prisoners to contact the Helpline for support via the phone and letter writing.

Target group
Young Muslims.

23. The Hideout

Contact information
Top Floor, Enterprise House, 45 North Lindsay Street, Dundee DD1 1PW
Website: www.thehideout.org.uk

Service provided

• Help children and young people to understand domestic abuse, and how to take positive action if it’s happening to you.

Target group
Young people.
24. Shakti Women’s Aid

Contact information
57 Albion Road, Edinburgh EH7 5QY
Tel. 01382 207 095
Email: info@shaktiedinburgh.co.uk
Website: www.shaktiedinburgh.co.uk

Service provided
- Listen to what women say.
- Help her to be as safe as possible.
- Explain her options and her rights.
- Help her decide what to do (if anything).
- Help her feel stronger in herself.
- Tell her about other help she can get.
- Help her get support for her children.
- Give her practical help: for example to find somewhere safe to stay or to get a solicitor or health care; or legal protection; or to apply for benefits (money) she is due.
- If a woman needs to leave the area/community she lives in, we have links with Women’s Aid all over the UK
  - Talk to children and young people about the abuse and how it is affecting them.
  - Give them information about domestic abuse, staying safe, and other practical help (suitable for their age).
  - Help with any changes such as moving away from their home or school or friends.
  - Speak to teachers or others to make sure children and young people feel safe and supported.

Target group
Women, children and young people victims of abuse

25. Welfare Reform

Contact information
Floor 3, Dundee House, 50 North Lindsay Street, Dundee DD1 1NL
Website: https://www.dundeecity.gov.uk/socialwork/welfarerights

Service provided
- Information about major changes in the UK’s Benefits System.
- Help with benefits application
- Information and advice to help to plan ahead and prepare to changes in the Benefit’s System.
Target group
People of working age (16-64)

26. Action for Children Youth Accommodation
See Housing Support Item 8.

27. Action for Children/Dundee Families Service
See Housing Support Item 10.

28. Dundee Women’s Aid
See Housing Support Item 11.

29. 24 Hour Homeless Advice Line
See Housing Support Item 21.

30. Dundee City Council Housing Support Team
See Housing Support Item 23.

31. The Corner – Young People’s Health & Information Project
See Health and Psychosocial Wellbeing Item 2.

32. Women’s Rape and Sexual Abuse Centre
See Health and Psychosocial Wellbeing Item 10.

33. Society of St. Vincent de Paul (SVDP)
See Health and Psychosocial Wellbeing Item 15.

34. The Samaritans
See Health and Psychosocial Wellbeing Item 16.

35. Boots – Albert Street Hub
See Health and Psychosocial Wellbeing Item 18.
36. Tayside Council on Alcohol  

37. Hearing Voices Network  
See Health and Psychosocial Wellbeing Item 24.

38. Street Chaplaincy Team  
See Health and Psychosocial Wellbeing Item 27.

39. Amina Muslim Women’s Resource Centre  
See Health and Psychosocial Wellbeing Item 28.

40. Scottish Families Affected by Drugs and Alcohol  
See Health and Psychosocial Wellbeing Item 35.

41. DEAP (Dundee Employment and Aftercare)  
See Employment Item 4.

42. Dundee International Women’s Centre  
See Education/Training Item 10.

43. Stobswell Advice Café  
See Food Assistance Item 17.

44. Soup ‘n’ Soul  
See Food Assistance Item 18.

45. Main Street Café  
See Food Assistance Item 19.

46. Lifegate Community Café  
See Food Assistance Item 20.
47. Café Church
See Food Assistance Item 22.

48. Home Start Dundee
See Community Development and Networking Item 2.

49. Dundee Community Family Support Project
See Community Development and Networking Item 3.

50. Dundee Drop-In
See Community Development and Networking Item 4.
Health and psychosocial wellbeing

1. Health and Homeless Outreach Team
Aim/Mission
To provide an accessible medical service to people experiencing homelessness in Dundee

Contact Information
Wallacetown Health Centre, Lyon Street, Dundee, DD1 6RB
Website: http://www.nhsinform.co.uk/support-services/details/?letter=H&topic=Homelessness&group=2117

Services Provided
- Outreach nurse-led and/or medical drop-in clinics providing nursing and medical care and treatment, advice and information; at various community locations such as hostels and home visiting
- Assessment of health, social care and housing needs and referral to mainstream and specialist services
- Open access medical drop-in clinic every Wednesday

Area of Intervention
Dundee

Target Group
Anyone who is homeless or at risk of becoming homeless as well as other vulnerable groups

2. The Corner – Young People’s Health & Information Project
Aim/Mission
To provide health, information and peer-led services for young people.

Contact Information
“Drop-In”: 13 Shore Terrace, Dundee, DD1 3NP
Website: https://www.thecorner.co.uk/

Services Provided
- Health and information services for young people aged 11-25
- Full range of contraception, chlamydia and pregnancy testing
- Information on a wide range of services including drugs, housing and training, and one-to-one support, legal advice and employment services

Area of Intervention
Dundee

Target Group
11-25 year olds
3. NHS Tayside’s Oral Health Improvement Team – Mobile Dental Unit

Contact Information
The Mobile Dental Unit can be found at:

- Dundee Cairn Centre, 12 Rattray Street. DD1 1NA. The service runs on Mondays from 13:30 to 15:30pm
- Steeple Church, Nethergate, Dundee DD1 4DG. The service runs on Thursdays from 14:00 to 15:30pm.

Website: http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/PublicHealth/PROD_210076/index.htm

Service provided
The van can do everything that a normal dental practice can do apart from take x-rays and root canal treatment.

Area of Intervention
Dundee

Target group
The mobile dental van is for service users such as homelessness, drug and alcohol abuse, anyone who is deemed to live a chaotic lifestyle and is accessing other services, so long as they are not registered with a dental practice elsewhere.

4. Dundee Dental Hospital – University of Dundee

Contact Information
Dundee Dental School / University of Dundee. Park Place, Dundee, Scotland. DD1 4HN

Telephone: 01382 425791

Dental Hospital patient enquiries: 01382 660111

Email: dentaladmin@dundee.ac.uk

Website: http://www.nhstayside.scot.nhs.uk/GoingToHospital/OurPremisesA-Z/DundeeDentalHospital/index.htm

Service Provided
- Dental emergency clinic and dental treatment free of charge.
- Monday to Friday: 8:30 – 11hs / 13:30 – 15hs. If you are not registered with a dentist you are able to use the service. Otherwise referrals can be made by GPs and dental practitioners.
- People in pain, with a facial swelling or bleeding from their mouth will be given priority. Please note that patients attending the Dental Hospital Dental A&E clinic are usually treated by students under the supervision of qualified dentists.

Area of Intervention
Dundee
5. CAIR Scotland  

Contact Information  
Dundee Cairn Centre. 12 Rattray Street. DD1 1NA  
Phone: 01382 200 532  
Email: enquiries@cairscotland.org.uk  
Website: http://www.cairscotland.org.uk  

Service provided  
- CAIR Scotland currently offers intensive support programmes; harm reduction services; sexual health and relationships programmes; drug and alcohol interventions and education programmes; employment rehabilitation and through care and aftercare services to some of Scotland’s most chaotic and vulnerable young people and adults. We provide these services in partnership with four Local Authorities and NHS Tayside.  

Projects  
Specialist Services for Vulnerable Young People (Key to Change Project; WEB Project); Adult Services  

Area of intervention  
Dundee, Aberdeenshire, Angus, Edinburgh, Perth and Kinross  

Target group  
At risk through their own or a family member’s substance misuse; Looked after in the community or in the residential care/secure accommodation; Young offenders; At risk through their sexual activity; Excluded from school; Homeless  

6. Parish Nursing Ministries Scotland  

Aim/Mission  
Parish Nursing Ministries UK is a Christian charity which helps local churches appoint nurses, who in turn support people and communities towards whole person healthcare. This is care for the person’s overall well-being, incorporating body, mind and spirit.  

Contact Information  
Steeple Church, Nethergate, Dundee, DD1 4DG  
Website: http://thesteeplechurch.org/parish-nursing/  

Services Provided  
- Drop-in Clinic with quick referral to practice nurse and GP services, wholesome food, clothing, regular visits from Welfare benefits advisor, and weekly visit from mobile dental surgery  

Area of Intervention  
Dundee city centre  

Target Group  
People living unhappily in Dundee city centre with the effects of poverty and often issues such as addictions which are deeply damaging to whole person health.
7. Kings Cross Health and Community Care Centre

Contact Information
Kings Cross Hospital
Dundee

Tel: 01382 596990 / 01382 424494

Website: http://www.nhstayside.scot.nhs.uk/GoingToHospital/OurPremisesA-Z/HealthandCommunityCareCentre/index.htm

Service provided
- The Community Dental Nurse can provide health services to homeless people, information about NHS Dentists, Pharmacists and Opticians.
- Out of hours GP service available.

8. Body Positive Tayside

Aim/Mission
Body Positive Tayside exists to empower HIV and HCV positive people and those directly personally affected to eliminate the stigma and isolation they experience.

Contact Information
1st Floor, 31 Hawkhill, Dundee, DD1 5DH

Website: http://young.scot/contacts-directory/dundee/body-positive-tayside/

Services Provided
- One-to-One support, Complimentary Therapies, such as aromatherapy and acupuncture, A drop-in service on Tuesdays, Wednesdays and Thursdays, 12:00-15:30

Area of Intervention
Tayside

Target Group
People who are HIV or HCV positive and those directly affected by HIV or HCV

9. Sexual & Reproductive Health Clinic

Contact Information
Level 7, South Block, Ninewells Hospital, Dundee.

Tel: 01382 425542

Website: http://www.sexualhealthtayside.org/Local_Clinics/Dundee.php

Service provided
- The clinic in Ninewells operates a walk in system which means you do not need to make an appointment to be seen. You can go to the clinic at any of the following times: Walk-in Sessions Mondays and Thursday 9am – 3pm, Tuesdays, Wednesdays and Fridays 9am - 4pm.
• Young Person’s LINC Walk-in Clinic (18 and under): The service operates for people aged 18 and under at the following time: Thursday 4pm -6pm
• Men Only Tayside (MOT): is a free and confidential service for gay and bi-sexual men in Tayside. MOT operates a walk in service in the Sexual Health Service on: Tuesday 4.30pm -7pm

10. Women’s Rape and Sexual Abuse Centre
Aim/Mission
To support women, children and young people affected by all forms of sexual abuse and exploitation and to raise public awareness of the damaging and life-changing effects of rape and sexual abuse

Contact Information
PO Box 83, Dundee, DD1 4YZ
Helpline Number: 01382 20129
E-mail: wrasac@bt.connect.com
Website: www.wrasacdundee.org

Services Provided
• One-to-one support provided face-to-face, via email, letter, telephone or group meetings

Area of Intervention
Dundee, Angus, Perthshire and Fife

Target Group
Women, young women and girls who have been raped or sexually abused at some point in their lives

11. ADDACTION
Aims/mission
Addaction is one of the UK’s largest specialist drug and alcohol treatment charities

Contact Information
Addaction Dundee Direct Access, Signpost Centre, Lothian Crescent, Dundee, DD4 0HU
Tel: 01382 206888
Website: http://www.addaction.org.uk/services/dundee-direct-access-service

Services provided
• Pregnancy and early years issues
• Community alcohol support and recovery rehabilitation
• Mutual aid partnerships
• Blood borne virus, Hepatitis C and HIV support through testing and treatment
• Overdose prevention work including Take Home Naloxone training and supply
• Harm reduction services including safe injecting equipment provision
• Sexual health advice, pregnancy testing and free condom distribution
• Education, employment and welfare issues
12. Dundee Healthy Living Initiative

Aims/mission

- Works in designated disadvantaged communities across the city to tackle health inequalities in conjunction with other organisations and local people themselves.
- Promote health in its broadest sense
- Target the most disadvantaged sectors of the population
- Reduce differences in health inequalities and improve the health of the worst off in society
- Dundee Healthy Living Initiative tackles these issues through offering a range of over 90 healthy activities per week

Contact Information

Room 21, Mitchell Street Centre, Mitchell Street, DD2 2LJ

Tel: 01382 435824

Website: www.dundeehealth.com

Service provided

- Health Information Points
- Health Checks
- Quit smoking classes
- Cooking skills courses
- Weight reduction classes
- Exercise classes
- Training in health topics
- Health Issues in the Community course
- Mental Health First Aid course
- Healthy Lifestyle courses.

Area of intervention

Lochee, Coldside, Maryfield, Ardler, North East, East

13. CrossReach – Axis Forward Project

Aim/Mission

CrossReach is what was previously known as the Church of Scotland’s Board of Social Responsibility. The Axis Forward Project aims to work with people who are willing and committed to move beyond drug misuse, who are currently drug free or stable on a substitute prescription and are wishing to build structure and stability back into their lives.
Contact Information
The Gate House, Strathmore Lodge, Ward Road, Dundee, DD1 1NG
Website: http://www.crossreach.org.uk/crossreach-tayside-axisclova

Services Provided
- A specialist day support service to adults, aged 16+, who live in Dundee who misuse drugs and alcohol
- Provides information, advocacy, and support through group and individual relapse prevention work
- Groups address areas such as independent living skills as well as specific relapse prevention for substance misuse

Area of Intervention
Dundee

Target Group
People with substance misuse issues

14. The Lochee Parish Church

Aim/Mission
To bring people together in a non-stigmatising, sociable, welcoming and inclusive way

Contact Information
Lochee Parish Church, High Street, Lochee

Services Provided
- Café set up in church hall with opportunity to access health checks and more specialist support and information provided by various agencies that attend the Café, including DHLI (Dundee Healthy Living Initiative) (See Health and Psychosocial Wellbeing Item 12), AXIS (CrossReach, Church of Scotland) (See Health and Psychosocial Wellbeing Item 13), ADDACTION (See Health and Psychosocial Wellbeing Item 11) and Hillcrest Housing (See Housing Support Item 7).
- Toys and a play area for children are also provided.
- Tuesdays 11:00 -13:00 and Sundays 14:00-16:00

Area of Intervention
Lochee, Dundee

Target Group
People in need in Lochee
15. Society of St. Vincent de Paul (SVDP)

Aim/Mission
The SVDP is an international Christian voluntary organisation dedicated to tackling poverty and disadvantage by providing practical assistance to those in need – irrespective of ideology, faith, ethnicity, age or gender.

Contact Information
8 Conferences (i.e. active branches) across Dundee (7 Parishes + University)

Services Provided
- Befriending and assisting individuals and families in need on a person-to-person basis, through visits to domestic residences, care homes, hospitals, prisons and other institutions.
- Provision of second-hand donated items of furniture / household goods; providing families with a holiday through our Caravan Project; and small Food Bank type operations

Area of Intervention
Dundee

Target Group
People in need in Dundee

16. The Samaritans

Aim/Mission
To provide support, day and night, to anyone who is feeling down or struggling to cope

Contact Information
6 Old Glamis Road, Dundee, DD3 8HP
Tel: 01382 832555
Website: http://www.samaritans.org/branches/samaritans-dundee

Services Provided
- 24-hour telephone helpline and email service to provide confidential support to people, allowing them to talk through problems as well as face-to-face meetings
- They also reach out and work with schools, colleges and universities, workplaces, health and welfare services, homeless shelters, prisons and other charities

Area of Intervention
Dundee and surrounding areas

Target Group
Anyone who wants to talk things over, at anytime

17. The Listening Service / Department of Spiritual Care – NHS Tayside

Aim/Mission
Members of the Department of Spiritual Care are skilled in listening to help people explore their stories and questions, and begin to find hope, meaning and purpose in their lives again.
Contact Information
Named chaplains work in every hospital in NHS Tayside, Chaplains also work in many community settings such as GP surgeries.

Tel: 01382 423110
Website:  http://www.nhstayside.scot.nhs.uk/GoingToHospital/PROD_211240/index.htm

Services Provided
- Sessions with the listener that will hear your story, consider any pressures and issues you are facing and look for some sense of resolution or peace with what is currently happening in your life. Sessions last up to an hour and they are free of charge

Area of Intervention
Dundee and surrounding areas

Target Group
Anyone who wants to talk things over, at anytime

18. Boots: Albert Street Hub
Contact information
Tel: 01382 451287

Services Provided
- Prescriptions/medical/benefits/debts/housing/specialist advice

19. Tayside Substance Misuse Service
Contact information
TSMS Dundee, Constitution House, 55 Constitution Road, Dundee, DD1 1LB (Drugs)
TSMS Dundee, The Wishart, 50 Constable Street, Dundee, DD4 6AD (Alcohol)
Tel: 01382 424544
Website: http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/SubstanceMisuseService/index.htm

20. Alcoholics Anonymous
Contact information
Tel: 0845 7697555
Website: http://www.alcoholics-anonymous.org.uk/members/Regional-&-Local-Websites/East-Of-Scotland-Region/Dundee-&-Area-Intergroup/Meetings
21. Tayside Council on Alcohol

Aim/Mission
The overarching aim of Tayside Council on Alcohol (TCA) is to reduce the harm to individuals, families and communities in relation to alcohol misuse. To achieve this we offer a range of services to adults, children and families.

Contact information
The Wishart, 50 Constable Street, Dundee, DD4 6AD

Tel: 01382 456012

Email: Enquiries@alcoholtayside.com

Website: http://alcoholtayside.com/

Services Provided
- structured counselling for anyone affected by problem drinking
- structured counselling for gambling problems
- structured counselling for cannabis and prescription drugs issues
- counselling for carers/ significant others affected by someone else’s problem drinking
- befriending for carers
- gender specific and mixed group programs, offering mutual aid and support
- one to one information, advice and support for children, young people and adults
- online advice and support
- mentoring for adults involved with the criminal justice system
- mentoring for children and young people
- opportunities for peer mentoring
- groups for young people, offering activity programs and mutual support
- targeted therapeutic groups
- art therapy
- support for kinship care families – children and carers

22. Breathing Space

Contact information
Tel: 0800 838587

Website: http://breathingspace.scot/

Services provided
Phone service for those experiencing low/mood/depression/anxiety

23. Dundee’s Mental Health Service User Network

Contact information
Number Ten, 10 Constitution Street, Dundee, DD1 1LL
24. Hearing Voices Network Dundee  
Contact information  
The HaVeN, 216-220 Hilltown, Dundee, DD3 7AU  
Tel: 01382 223023  
Website: http://hearingvoicesnetwork.com/new/

25. Penumbra  
Contact information  
Units 3 and 3a, Digital IT Centre, 10 Douglas Street, Dundee, DD1 5AJ  
Tel: 01382 223487  
Website: http://www.penumbra.org.uk/service-locations/dundee/  
Services provided  
- Mental health support  
- Carers support network

26. Reconnection Project  
Contact Information  
- Menzieshill Parish Church, Charleston Drive, Dundee (Wednesday, 1pm-4pm)  
- The Friary, Tullideph Road, Dundee (Tuesday 9am-12noon, 1pm-4pm)  
Website: https://thereconnectionproject.wordpress.com/  
Services provided  
Therapeutic Gardening drop-in

27. Street Chaplain/Team  
Contact Information  
City Centre (Friday 10.30pm-3am)  
Website: http://www.dundeechaplains.org.uk/street-chaplains.html  
Services Provided  
- Compassion, Flip Flops, First Aid, Lollipops
28. Amina Muslim Women’s Resource Centre

Aim/Mission
Amina, MWRC aims to promote the welfare of Muslim women and counter any disadvantage they may face. We also aim to enable Muslim women to fully participate in society without having to compromise basic Islamic values and to ensure they are able to access appropriate services and facilities. Our services are for all women regardless of ethnic, religious or cultural background.

Contact information
Tel: 01382 224687
Email: info@mwrc.org.uk
Website: www.mwrc.org.uk

Services Provided
- Helpline
- Volunteering
- Training & Classes
- Counselling
- Befriending Services
- Women’s Friendship Group
- Violence Against Women Project

29. Mental Welfare Commission for Scotland

Contact information
Tel: 0131 3138777 or Freephone 0800 3896809 Monday-Thursday 9am-5pm, Friday 9am-4.30pm
A callback system is used where staff take brief details of your query and a contact number. This means staff can try to look into some background on your query before calling you back.

You can leave a message on the answer service after 5pm (4.30pm on Fridays) and at weekends.

Website: http://www.mwscot.org.uk/

Services Provided
- Information or advice about your rights (or the rights of others) in relation to mental health care, treatment and welfare.
- Referral to other organisations when appropriate.
- Advice and information about rights and best practice in relation to two laws:
  - the Mental Health (Care & Treatment) (Scotland) Act 2003
  - the Adults with Incapacity (Scotland) Act 2000
- The website provides answers to questions that service users and carers and professionals have asked.
30. SAMH: Dundee Specialist Mental Health Outreach

**Aim/Mission**

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.

**Contact information**

Tel: 0141 5301000

Email: enquire@samh.org.uk

Website: https://www.samh.org.uk/our-work/community-based-services/housing-support.aspx?id=b2adb782-3362-402c-981a-a7786b83ae45

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31. Narcotics Anonymous

**Aim/Mission**

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using.

We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious or law enforcement groups, and are under no surveillance at any time.

**Contact information**

Coldside Parish Church of Scotland, Main Street, Dundee, DD3 7HN

Helpline: 0300 9991212 (10am-midnight)

Website: http://ukna.org/meeting/dundee

**Target group**

Anyone may join us, regardless of age, race, sexual identity, creed, religion or lack of religion.
32. Cocaine Anonymous

Aim/Mission
Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so that they may solve their common problem and help others to recover from their addiction.

Contact information
Helpline: 0141 9596363
Website: http://www.cascotland.org.uk/

Target group
The only requirement for membership is the desire to stop using cocaine and all other mind-altering substances. Anyone who wants to stop using cocaine and all other mind-altering substances (including alcohol and other drugs) is welcome.

33. Art Angel

Aim/Mission
Art Angel is an arts advocacy project run for and by people with experience of mental health difficulties, offering a wide spectrum of arts based activities as a means of positive self-expression, creative exploration, self-development through creativity, developing communication and peer support.

Contact information
Enterprise House, 1st Floor, 45 North Lindsay Street, Dundee, DD1 1PW
Tel: 01382 228383
Email: art-angel@btconnect.com
Website: http://artangeldundee.org.uk/

34. NHS Tayside Community Nursing Services

Contact information
Referrals mainly come from G.P., Hospital, Social Work Department, Family and Friends although an open referral system is in place.

Anyone wishing the District Nurse to visit can do so by telephoning the patient’s GP within surgery hours.

Outwith these hours the service can be accessed by calling the NHS 24hour number.

Website: http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/CommunityNursingServicesDistrictNursing-Angus/index.htm
35. Scottish Families Affected by Alcohol and Drugs

Aim/Mission
Scottish Families Affected by Alcohol & Drugs exists to support those affected by the substance misuse of a loved one, because families need to recover too. We facilitate a Scotland-wide network of family support groups and run a helpline service.

Contact information
Helpline: 08080 101011
Website: http://www.sfad.org.uk/get-help-now/local-services-directory/dundee

Strengthening Families Project
Barnardo’s Polepark Family Services, 3 Fleuchar Street, Dundee, DD2 2LQ

Tel: 01382 432631 or 436621

Tayside Carers Support Project
10 Constitution Road, Dundee, DD1 1LL

Tel: 01382 305713

Tayside Substance Misuse Service
Constitution House, 55 Constitution Road, Dundee, DD1 1LB

Tel: 01382 632542

Tayside Alcohol Problem Service (TAPS)
The Wishart Centre, 50 Constable Street, Dundee, DD4 6AD

Tel: 01382 443127

The Corner
13 Shore Terrace, Dundee, DD1 3NP

Tel: 01382 206060
Email: Office.corner@nhs.net

Kith n Kin
Unit 2 Benvie House, Benvie Road, Dundee, DD2 2LU

Tel: 01382 667450
Email: jackie@alcoholtayside.com

Services provided
Strengthening Families Project
The Strengthening Families Programme 10-14 (UK) - (SFP) is a 7 week x 2 hour session programme to help families with young people aged between 10 and 14, aimed at reducing alcohol and drug use, behavioural problems in adolescence and strengthening the parent/carer child relationship. It helps young people to avoid problems with drugs and alcohol, resist peer pressure and communicate better with parents/caregivers.
Tayside Carers Support Project
The specific aim of Tayside Carers Support Project is to cater for the needs of carers of those with a mental illness. Any mental illness qualifies for help from the Project. The services of the project are completely free and confidential, and we offer practical advice and information on mental illnesses.

Tayside Substance Misuse Service
Tayside Substance Misuse Service (TSMS) is an NHS community-based service covering the NHS Tayside area and aimed at individuals aged 16 plus with problem substance misuse. A full and thorough assessment is undertaken of each individual’s substance misuse. The team will endeavour to match treatment plans to individual needs based on a bio-psycho-social model. Symptomatic relief, Psychological interventions, Community detoxification, Skills training, Harm reduction, Motivational work, Support, advice and education and Substitute / stabilisation prescribing.

Tayside Alcohol Problem Service (TAPS)
The Tayside Alcohol Problems Service (T.A.P.S.) provides a full confidential counselling and support service for anyone within the Tayside Region who feels they require advice or help with an alcohol problem. We offer the following:

- Support for relatives
- Residential 19 day treatment programme. Weekly support meetings in as an added treatment option. There is also available a separate weekly women’s group meeting for additional support.
- T.A.P.S. staff can provide support in Health Promotion and Education for Agencies with regard to alcohol problems and availability of T.A.P.S. facilities.

The Corner
Provides a wide range of confidential health and information services for young people aged between 11 - 25 years. This includes contraception and pregnancy testing, information on housing issues, money, employment, drugs, alcohol, mental health, individual support, opportunities to take part in training, drama, arts, free internet access . . . and much more.

Kith n Kin
Kinship Care Project was established as a joint project by Tayside Council on Alcohol and Aberlour Outreach Dundee.

We are independent voluntary agencies working together to provide support for grandparents and other caregivers who are raising a relative’s child in Dundee.

Area of intervention
Dundee (but also nationwide)

Target group
Families of people with substance misuse problems.

36. Carr Gomm
Aim/Mission
Carr Gomm is a person-centred organisation that supports people to lead their lives safely and to do the things they want to do: in day-to-day living, in planning for the future and in realising dreams.
We do this by providing support at home and in supported services which are delivered by highly trained and committed workers.

The vision of Carr Gomm is that we all live in a society where everyone should have the support they need to make choices and to control their lives as citizens. It is the responsibility of governments, organisations and everyone as citizens to help us all achieve this. Carr Gomm can develop and provide its services in a way that facilitates this vision.

Contact information
Tel: 01382 504185
Website: http://www.carrgomm.org/our-services/dundee-angus

Services provided
Working in partnership with Dundee City Council and NHS Tayside we provide accommodation linked and visiting support services across the city with a focus on supporting people with mental health problems, learning disabilities and individuals including autism spectrum disorder and physical disabilities. Specific services include:

- Alloway, Fintry and Cheviot services support people with mental health problems.
- Rosefield service supports people with learning disabilities, forensic histories and complex needs.
- We also provide a number of individual packages of support.

Area of intervention
Dundee and Angus

Target group
All our services are all able to support people from any client group within their geographical area.

37. Dundee Association for Mental Health

Aim/Mission
Dundee Association for Mental Health tries, where possible, to provide facilities within the community for people suffering from or recovering from the effects of mental ill health and their friends and relatives. We believe that an emphasis should be placed on the concept of recovery. The Association seeks to encourage co-operation among voluntary organisations which are concerned with matters relating to mental health. People do overcome their mental health difficulties and this fact needs to become more widely known.

Contact information
The Willow Centre, 4 Chamber of Commerce Building, Panmure Street, Dundee, DD1 1EP
Tel: 01382 227288
Website: www.damh.org.uk

Services provided
We currently have 4 projects:
**Dundee Mutual Support Group**  
Offering group work, one to one support and drop in facilities.

**Two’s Company**  
Offering one to one befriending and support as well as training for volunteers throughout the organisation.

**Greenbuds**  
Connecting and facilitating conservation work within green spaces throughout Dundee and the surrounding area.

**On Yir Bike Cycling Project**  
Improving accessibility and reducing the barriers to cycling particularly in areas of deprivation.

**Area of intervention**  
Dundee

**Target group**  
People suffering from or recovering from the effects of mental ill health and their friends and relatives.

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**38. Dundee City Council Children’s Services**

**Aim/Mission**  
The aim of the Social Work department is to promote the well-being of children and families, and help parents to care, wherever possible, for their own children. We work in partnership with parents and families to assess children's and young people’s needs and act together to provide the most appropriate support and services.

**Contact information**  
Children's Services, Social Work Offices, Dudhope Castle, Dudhope Park, Barrack Road, Dundee, DD3 6HF  
Website: [https://www.dundeecity.gov.uk/socialwork/childrensservices](https://www.dundeecity.gov.uk/socialwork/childrensservices)

**Services provided**  
Services include work with the Children's Hearing system and the Courts, fostering and adoption services, residential and respite care, family support, day care, individual and group counselling. After care, advice, guidance and assistance is also offered to young people who were previously looked after and those at risk of homelessness.

**Area of intervention**  
Dundee

**Target group**  
Children in need include those who are looked after, those with or affected by disability, those affected by Blood Borne Virus(BBV), those who misuse drugs or alcohol, those at risk or in trouble, and those who have experienced domestic violence.
39. The WEB Project

**Aim/Mission**
The WEB Project provides access to community based health services to all young people, aged 10-18, with particular focus on those who are: − looked after young people, (at home and in the community, including those in kinship care); − young offenders; and − those excluded from school. The project provides information and support to young people affected by their own drug and alcohol use, sexual ill health, including HIV/BBV, offending behaviours and associated related risk behaviours from the community base in Stobswell, Dundee.

**Contact information**
South East Pavilion, Baxter Park, Dundee, DD4 7HD

Tel: 01382 458128

Email: Kirstie.howell@cairscotland.org.uk

Website: http://www.cairscotland.org.uk/index.php?option=com_directory&task=directoryview&directory_id=1&Itemid=121

**Services provided**
- Screening of Sexual Health Needs and Substance Use
- 1:1 Support
- Sexual Health and Relationships Group Work (Thematic and Peer Groups)
- Drug and Alcohol Group Work (Thematic and Peer Groups)
- 'C' Card Registration and Distribution
- Pre and Post Pregnancy Testing Counselling Support and support to access clinical services
- Volunteer opportunities for young people and adults, including community placements

**Area of intervention**
Dundee

**Target group**
Children and young people (10-18)

40. Jericho Society

See Housing Support Item 9.

41. The Maxwell Centre

See Information and Advice Item 15.
42. Tayforth Veterans Project
See Information and Advice Item 17.

43. Boomerang Community Centre
See Education/Training Item 8.

44. Revive and Restore Café – Coldside Church
See Food Assistance Item 24.

45. Dundee Community Family Support Project
See Community Development and Networking Item 3.

46. Eagles Wings
See Information and Advice Item 9.

47. Action for Children Youth Accommodation
See Housing Support Item 8.

48. Dundee and Angus Community Mediation Services (SACRO)
See Information and Advice Item 4.

48. Safe & Sound (Shelter Scotland and Relationships Scotland)
See Information and Advice Item 12.

49. Relationships Scotland – Family Mediation
See Information and Advice Item 19.

50. Insight Counselling
See Information and Advice Item 20.

51. Supporting Prisoners Advice Network
See Information and Advice Item 21.
52. Muslim Youth Helpline
See Information and Advice Item 22.
Furniture

1. Transform Furniture Project
Aim/Mission
The project operates by collecting donations of household items from the local public, free of charge. The items are inspected, and where required, refurbished to ensure they meet safety and cleanliness standards. Items are then resold in our retail premises in Dundee and Perth.

Any profits made go to supporting the work of the Parent charity Transform Community Development.

Contact Information
1 Guthrie Street, Dundee, DD15DY. Tel: 01382 223977
Email: thefurnitureproject@btconnect.com
Website: https://www.facebook.com/Transform-Furniture-Project-210610682354248/about/?ref=page_internal

Services Provided
- Distribute furniture and household goods to people in need

Area of Intervention
Tayside

Target Group
People in need in Tayside

2. Dundee Starter Packs
Aim/Mission
To assist individuals and families who are unable to provide themselves with basis small household goods and bedding as they prepare to take on a tenancy.
To foster a partnership approach bringing the churches and other agencies together to raise awareness of the problems needy and homeless people face within the community.

Contact Information
40 Perth Road, Dundee, DD1 4LN
Tel: 01382 223977
Email: starterpacks@btconnect.com
Website: http://www.starterpackdundee.org.uk/

Services Provided
- Donations of good, unwanted basic household goods, bed linen and curtains are received from churches in Dundee, other organisations and individuals. They are then re-cycled and made up into 'starter packs' by a team of volunteers working on a rota basis.
Area of Intervention
Dundee

Target Group
Individuals and families who are unable to provide themselves with the basic household goods as they prepare to take on a tenancy or rebuild a home after a crisis.

3. Transform Community Development
See Housing Support Item 3.

4. Society of St. Vincent de Paul (SVDP)
See Health and Psychosocial Wellbeing Item 15.

5. The Night Ministry
See Food Assistance Item 1.
Employment

1. The Big Issue
Aim/Mission
The Big Issue Foundation seeks to deliver social & financial inclusion by supporting Big Issue vendors in the self-help process of buying & selling the Big Issue Magazine.

Contact Information
Tel: 0141 418 7000
Website: http://www.bigissue.com/

Services Provided
• Vendors buy Big Issue Magazines for £1.25 and can sell them for £2.50. The Big Issue Foundation links vendors with support services, including housing, health and training services.

Area of Intervention
Dundee

Target Group
Those who are homeless or rough sleeping, in temporary accommodation, in danger of losing a home or unemployed and facing financial crisis.

2. Jobcentre Plus
Contact Information
Wellgate House, Wellgate Centre, Dundee, DD1 2BD
Tel: 01382 373000

3. Tayside Re-Users
Aim/Mission
Tayside Re-Users is a Revolve accredited registered charity and social enterprise founded to promote re-use and recycling, and to provide employment and volunteering opportunities as a route back into employment for those who find themselves out of work.

Contact Information
South Dudhope Mill, Douglas St, Dundee, DD1 5AN
Tel: 01382 228806
Email: admin@taysidereusers.co.uk
Website: http://taysidereusers.co.uk/
4. DEAP (Dundee Employment and Aftercare)

Aim/Mission
We aim to support people to maximise their opportunities in life by giving them the skills, knowledge and support to gain employment, move into Further Education, Training, Volunteering and Independent living.

Contact information
Website: www.deap.co.uk

Arbroath
Tel: 01241 877805
Email: DEAPS2S@deap.co.uk

Dundee
Tel: 01382 457575
Email: DEAPNS@deap.co.uk

Fife
Tel: 01592 786724
Email: deapFJB@deap.co.uk

Services provided
We offer a range of free services to meet the needs of individuals including:

- Employability Skills, for those looking to gain and sustain employment.
- Accredited training and sector specific training to give individuals the skills and knowledge that give them a competitive edge in the job market.
- Information, advice, and advocacy support to ensure each person who engages on our projects is better equipped to make informative decisions that are important to them now and for the future.
- Advocacy support where appropriate.
- Life skills and Independent Living Skills.
- Sector Specific Training.
- Work Placement/Taster Opportunities with local employers.
- Volunteering Opportunities both within DEAP and with partner businesses.
- In work support and aftercare services.

Area of intervention
Dundee, Angus and Fife
5. LEAD Scotland
Aim/Mission
Discover Opportunities is the Dundee Partnership’s Employability Programme. We have been set up to help people get into work and we bring together staff from various organisations to provide advice and assistance to those who have barriers to employment.

Contact information
Discover Opportunities Centre, 22-24 Crichton Street, Dundee, DD1 3AN
Tel: 01382 434460
Website: http://www.lead.org.uk/aboutlead/contact-lead-scotland/dundee-learning-co-ordinator/

Services provided
We fund a wide range of projects enabling the people of Dundee to find out what jobs are available, how to improve their skills, how to prepare for job interviews, and we can provide childcare and money advice.

Area of intervention
Dundee

6. Apex Scotland
Aim/Mission
Apex Scotland’s work is about reducing re-offending, promoting desistance, tackling deprivation and making communities safer. Apex Scotland work in partnership across statutory and third sector organisation.

Contact information
Friarfield House, Barrack Street, Dundee DD1 1PQ
Tel. 01382 435085
Email: admin@apexscotland.org.uk
Website: http://www.apexscotland.org.uk/your-local-apex/apex-tayside/

Services provided
- adult, youth and school services as well as delivering national training packages, such as:
  Adults Employment and Guidance
  Veterans Service
  Works4YOU
  Youth Employment and Guidance
  New Routes

Area of intervention
Dundee
Target Group
Criminal Justice System

7. Tayforth Veterans Project
See Information and Advice Item 17.

8. CAIR Scotland
See Health and Psychosocial Wellbeing Item 5.

9. Reconnection Project

10. Amina Muslim Women’s Resource Centre
See Health and Psychosocial Wellbeing Item 28.

11. The Prince's Trust - The Fairbridge programme
See Education/Training Item 3.

12. Hot Chocolate Trust
See Education/Training Item 4.

13. Wired In
See Education/Training Item 5.

14. Craigowl Communities
See Education/Trainings Item 6.

15. Toolbox Project
See Education/Training Item 7.

16. Helm
See Education/Training Item 9.
17. Dundee Community Family Support Project
See Community Development and Networking Item 3.
Education/Training on life skills (employment, literacy)

1. Mitchell Street Centre
Aim/Mission
The aim to improve life chances for people of all ages, through help with Reading and Writing learning, personal development and active citizenship is at the heart of Community Learning and Development

Contact Information
Mitchell Street Centre, Mitchell Street, Dundee, DD2 2LJ
Website: https://www.dundeecity.gov.uk/communities/mitchellstreetcentre

Services Provided
- Help for people who would like to be better at reading, writing, spelling or maths

Area of Intervention
Dundee

Target Group
Adults who would like help with numeracy and literacy

2. Skills Development Scotland
Contact Information
Royal Exchange Buildings, Panmure Street, Dundee, DD1 1DU
Tel: 01382 495050
Website: https://www.skillsdevelopmentscotland.co.uk/in-your-area/dundee-city/

Services provided
- Building Career Management Skills (CMS) through Scotland's all-age career information, advice and guidance service
- My World of Work - the SDS web service which offers the people of Scotland a unique mix of tools, features and job information to help them discover more about themselves and the future world of work
- Modern Apprenticeships - providing a way for businesses to train new entrants and existing employees to industry-recognised standards
- Our skills-force. Support for employers to recruit, develop and plan a skilled workforce through a dedicated employer team and a skills web service
- Leading delivery of PACE (Partnership Action for Continuing Employment) support for those dealing with redundancy
- Supporting individuals to secure and sustain employment through the development of employability and vocational skills through a local delivery model - the Employability Fund
- Individual Learning Accounts - providing financial support for individual learning.

Target group
General population.
3. The Prince's Trust - The Fairbridge programme

Aims/mission
Support 13 to 30 year olds who are unemployed and those struggling at school and at risk of exclusion.

Contact Information
The Prince's Trust Dundee Centre. 1B Kemback St, Dundee, Angus DD4 6ET
Tel: 01382 448110
Website: https://www.princes-trust.org.uk/about-the-trust/where-we-work/scotland/dundee-centre

Services provided
- Our programmes give young people the practical and financial support they need to stabilise their lives. We help develop key skills, confidence and motivation, enabling young people to move into work, education or training.
- The Fairbridge programme works with young people aged 13-25, giving them the motivation, self-confidence and skills they need to change their lives.

4. Hot Chocolate Trust

Aim/mission
Hot Chocolate Trust is a Youth Work organisation, based in the city centre of Dundee, operating from the Steeple Church. The values of Hot Chocolate involves a holistic development which realises physical, mental, emotional and spiritual potential; a place which is open, responsive, safe, accepting and grows community; Relationships, based on respect and trust, which are organic and reciprocal; Plans and activities owned by young people, that adapt with culture and realise change for all involved; an organisation which embodies a culture of reflective learning.

Contact Information
The Steeple Church, Nethergate, Dundee
Tel: 01382 223880
Website: http://www.hotchocolate.org.uk/

Services provided
- Work with young people ages 12-21 who hang out in the city centre. The organisation support them to develop their own opportunities – that way there’s a shed load more skills and confidence developed. Most importantly, Hot Chocolate is a place where the young people feel 'at home' and feel surrounded by 'family'. Normal drop-in opening hours: Tuesdays 7-9pm / Wednesdays 7-9pm / Saturdays 2-5pm

Area of Intervention
Dundee
5. Wired-In

Contact Information:
- 24 Whitehall Crescent, Dundee (Friday 11am-1pm)
- Whitfield Church, Haddington Crescent, Dundee (Friday 11am-2pm)

Website: http://faithincommunitydundee.blogspot.co.uk/2014/12/wired-in-job-shop-veve-been-working-in.html

Services provided
IT Access and support

6. Craigowl Communities

Aim/Mission
We are a Dundee based charity who provide learning opportunities, training, qualifications, guidance and support to people who want to improve their circumstances.

Our aim is to support people to improve their skills and knowledge so that they can overcome disadvantages which in turn will enable them to enjoy fulfilling lives and achieve their personal potential. Our main activity is to provide vocational and employability training, adult learning and other support and guidance.

Contact information
Tel: 01382 315700
Email: info@craigowl.com
Website: https://hillcrest.org.uk/CraigOwl/Home/

Services provided
- Supporting people to take steps towards getting a job
- Supporting people to find and keep a job
- Improving confidence and self-esteem
- Providing advice on managing debt, benefits and budgeting
- Improving IT skills
- Providing opportunities to obtain practical skills and qualifications
- Providing advice and support on sustaining tenancies

Area of intervention
Dundee, although some projects extend into Angus and Fife

Target group
People who want to get into employment or are looking for help to get or to keep a roof over their heads. Some of the people we work with need advice on their financial situation. Many of the people we work with have had some set-backs in their lives.
7. Toolbox Project
Aim/Mission
The Toolbox Project aims to bridge the gap between employers and young people by sourcing work placements for 16-24 year olds in Angus & Dundee.

Contact Information
1 Explorer Road, Dundee, DD2 1EG
Tel: 01382 564700
Website: http://www.discoveropportunities.org.uk/directory.php?id=39

Services provided
- We source work placements by engaging with local employers in all sectors then match suitable young people. These sectors include, but are not limited to: construction; retail; motor; hospitality; industrial; care; warehouse; hair & beauty; and administration. These work placements last an average of 3 months and the ideal scenario is that the employer offers the young person a job based on their performance. However, when this is not possible then the young person can then access our Job Broker Service or other suitable training programmes.

Area of intervention
Angus and Dundee

Target group
Young people who have completed their full-time education and are looking to enter the world of work.

8. Boomerang Community Centre
Aim/Mission
Boomerang Community Centre offers the chance for people of all ages and cultures to learn, try new activities, get help and advice, improve their fitness and catch up with friends at social events.

Contact information
Boomerang Community Centre, 10 Kemback Street, Dundee, DD4 6ET
General: 01382 455656
Learning: 01382 450589
Email: boomerang110@btinternet.com
Website: www.boomerang110.co.uk/home

Services provided
- Boomerang runs youth and adult activities in the Stobswell area, covering education, health and wellbeing as well as providing activities for all.
- Boomerang is an inclusive organisation that welcomes people of all ages and abilities.
- Boomerang runs the No1 Youth Cafe on Pitkerro Road. Youth between the ages of 5 and 17 are welcome.
- Boomerang operates the Pavilion Cafe, open from 10am-3.30pm from Monday-Friday.
- Boomerang is always looking for new ideas and volunteers to help us implement them. If you have an idea for an activity, club or event, please get in touch.

9. Helm

Aim/Mission
Helm engages with individuals in fresh ways, aiming to find the spark that personally engages them. Our support is often through transitional periods in their lives. We take a holistic approach, not only focussing on career objectives but emphasising the importance of health, wellbeing and personal growth. We encourage hundreds of people each year to strive for positive results and by doing so we continue to pursue our founding and core commitment - to help more people achieve more - securing for them a better future.

Contact information
Sea Captain’s House, 48 St Andrew’s Lane, Dundee, DD1 2EY

Text: 07597538692

Website: www.helmtraining.co.uk

Services provided
Helm delivers a range of learning services in partnership with local and national funders and continues to develop a range of pioneering social enterprises that also deliver community services.

Area of intervention
Dundee

Target group
People, in particular young people, who face difficult barriers to developing sustainable careers.

10. Dundee International Women’s Centre

Aim/Mission
DIWC addresses the needs of women, with an emphasis on those from black and ethnic minority communities: we work to promote and create learning opportunities for women to gain the confidence, life skills, education and employability skills to participate better in social, educational, political and economic life.

Contact information
Dundee International Women’s Centre, Unit 9, Manhattan Business Park, Dundonald Street, Dundee, DD3 7PY

Phone: 01382 462058

Email: mail@diwc.co.uk
Services provided

- Identifying and responding to the needs of women from marginalised communities through the provision of quality resources, services and facilities in a safe environment
- Promoting active participation, leadership and citizenship in society for women and young women
- Promoting the personal and social development of women of all age groups through a holistic, person-centred approach
- Acting as a channel of communication to help promote a collective voice for women, particularly those from black and minority ethnic (BME) communities
- Raising public awareness and support for the needs and views of women, with particular emphasis on women from BME communities, through working in partnership with local and national, statutory and voluntary organisations
- Providing opportunities to explore and actively promoting diversity and multiculturalism
- Contributing to local and national policy development that is designed to promote and secure social, political and economic inclusion for women

Area of intervention
Dundee

Target group
Women, with an emphasis on those from black and ethnic minority communities.

11. LEAD Scotland
See Employment Item 5.

12. The Hilltown Project
Contact information
Central Library, The Wellgate, Dundee DD1 1DB
Tel. 01382 431503
Website: https://www.dundeecity.gov.uk/communitycentres/hilltownproj

Services provided

- Youth groups, IT classes and various leisure groups/classes

Target group
All the community.

13. Kirkton Community Centre
Contact information
Derwent Avenue, Dundee DD3 0AX
Tel. 01382 436453
Fax: 01382 436321
14. Ardler Complex

Contact information
Ardler Complex, Turnberry Avenue, Ardler Village, Dundee DD2 3TP
Tel. 01382 436442
Fax: 01382 436446
Email: ardleradmin@dundeecity.gov.uk
Website: http://www.dundeecity.gov.uk/communitycentres/ardlercomplex

Services provided
• A comprehensive programme of youth work, adult learning and community development opportunities.

Target group
All the community.

15. Finmill Centre

Contact information
Findcastle Street, Dundee DD4 9EW
Tel. 01382 438641
Fax: 01382 438642
Email: finmilladmin@dundeecity.gov.uk
Website: https://www.dundeecity.gov.uk/communitycentres/finmillcentre

Services provided
• A comprehensive programme of youth work, adult learning and community development opportunities.

Target group
All the community.
16. Charleston Community Centre
Contact information
Craigowan Road, Dundee DD2 4NL
Tel. 01382 436723
Email: charlestonadmin@dundeecity.gov.uk
Website: https://www.dundeecity.gov.uk/communitycentres/charlestoncentre
Services provided
• A comprehensive programme of youth work, adult learning and community development opportunities.
Target group
All the community.

17. Menzieshill Community Centre
Contact information
Orleans Place, Dundee DD2 4BH
Tel. 01382 432967
Email: theresa.kinmond@dundeecity.gov.uk
Website: https://www.dundeecity.gov.uk/communitycentres/menzieshillcentre
Services provided
• A comprehensive programme of youth work, adult learning and community development opportunities.
Target group
All the community.

18. The Maxwell Centre
See Information and Advice Item 15.

19. Tayforth Veterans Project
See Information and Advice Item 17.

20. Dundee Healthy Living Initiative
See Health and Psychosocial Health Item 12.

21. Reconnection Project

22. DEAP (Dundee Employment and Aftercare)
See Employment Item 4.

23. LEAD Scotland
See Employment Item 5.

24. Apex Scotland
See Employment Item 6.

25. St Salvador’s Episcopal Church Outreach / Food Cupboard
See Food Assistance Item 10.

26. Douglas and Mid Craigie Parish Church / Food on Friday
See Food Assistance Item 11.
Food Assistance

1. The Night Ministry

Aim/Mission
Independent, volunteer, Christian-based organisation, mission is to maintain human dignity through practical help improving the conditions of life for street homeless people at whatever level they are prepared to receive help

Contact Information
nightministryscotland@gmail.com

Services Provided
- Volunteers work in the late evening and early morning and on call throughout the night to assist the street homeless and rough sleepers in Dundee, during the winter months
- Operates an outreach support vehicle equipped with hot drinks, food, warm clothing, hats, gloves and sleeping bags / duvets, which reaches out nightly and early in the morning in a bid to find and help as many people as possible who are sleeping rough in doorways, church entrances, bin sheds, cars, bus shelters, parks, car parks and void / derelict properties across the city of Dundee

Area of Intervention
Dundee

Target Group
Rough sleepers

2. Community Bridge

Aim/Mission
City Church Dundee seeks to build community, promote social integration and provide support to individuals and families in need

Contact Information
The Friary, Tullideph Road, Dundee, DD2 2PN

Services Provided
- Mondays 11:00-13:00, wholesome lunch and assistance provided and opportunity to relax with others

Area of Intervention
Dundee

Target Group
People in Dundee

3. Eagles Wings

See Information and Advice Item 9.
4. Soul Garden Kitchen

Aim/Mission
To provide free wholesome meals in a bid to tackle food poverty

Contact Information
- Ormiston Lounge, Ormiston Crescent, Whitfield, Dundee
- Dudhope Community Centre, St Mary Place, Dundee

Service Provided
- Free wholesome meals served from kitchen, every Wednesday 11:00-13:00 in Ormiston Lounge and every Thursday 11:00-14:00 in Dudhope Community Centre, ingredients grown in local allotment

Area of Intervention
Whitfield/Community surrounding Dudhope community centre

Target Group
People in need

5. Big Issue Drop-In Club

Aim/Mission
Meadowside St Paul’s Church community outreach

Contact Information
Meadowside St Paul’s Church, 114-116 Nethergate, Dundee, DD14EH

Services Provided
- Soup kitchen Wednesdays 14:00-16:00

Area of Intervention
Dundee City Centre

Target Group
Homeless and vulnerable people in and around Dundee city centre

6. Gate Church Outreach / The Bus Stop Drop-In

Aim/Mission
Gate Church Outreach

Contact Information
158 Perth Rd, Dundee, DD1 4JS

Services Provided
- Hot drinks and a meal, as well as a time to chat and gain advice and information about church and the Teen Challenge Christian Rehab program, Monday and Thursday evenings at 18:30
Area of Intervention
Dundee

Target Group
People with addictions, in prostitution or who are homeless

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7. Strathmore Lodge Lifehouse, Salvation Army
See Housing Support Item 4.

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8. St Mary’s Community Cafe
Aim/Mission
St Mary’s RC church outreach

Contact Information
St Mary’s Church Hall, Gray’s Lane, Lochee

Service Provided
- Drop-in for food and assistance Saturdays 14:00-16:00

Area of Intervention
Lochee

Target Group
People in need in and around area of Lochee

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9. Graham’s Kitchen
Aim/Mission
Churches provide meals on a rotational basis, everything is done with care, concern and compassion seasoned with a touch of good humour and laughter

Contact Information
West Marketgait, Dundee

Services Provided
- Hot meals and drinks to the hungry people on the streets of Dundee on Saturday evenings every week

Area of Intervention
Takes place centrally but serves people from across the city

Target Group
People who are hungry in and around Dundee
10. St Salvador’s Episcopal Church Outreach / Food Cupboard

Contact Information
St Salvador’s Church, St Salvador Street, Dundee, Angus DD3 7EW

Services Provided
- Every Sunday afternoon from 13:15 to 14:15, the doors are open to anyone from the neighbourhood in need of food and a warm welcome.
- Food is served and a modest bag of groceries is given to each and every one.
- There is companionship and friendship, and a listening, compassionate ear is always there for any who is needing to talk.
- A priest or minister is on hand for the bereaved or anyone who seeks that contact.
- Information about helplines, benefit problem solving and for specialist problem centres is available

Area of Intervention
Coldside

Target Group
Anyone in the community who is in need of food and a warm welcome

11. Douglas and Mid Craigie Parish Church / Food on Friday

Aim/Mission
It aims to work with families to bring positive changes to lifestyles

Contact Information
Douglas & Mid Craigie Church, Balbeggie Place, DD4 8RD

Services Provided
- Introduces cooking and gardening skills in a fun, supportive and safe environment to enhance physical and mental well-being

Area of Intervention
The East End of Dundee

Target Group
Families experiencing poverty, including those who are unemployed, have health issues or any form of addictions

12. Menzieshill Parish Church / The Giving Garden

Aim/Mission
To reach out to the local community and offer a place of safety, encouragement and discipleship for those who are struggling with life issues, low self-worth and confidence.

Contact Information
Menzieshill Parish Church, Charleston Drive, DD2 4BD
Services Provided

- Gardening opportunities and development opportunities for anyone wishing to volunteer. The two primary schools and nursery school are also involved with the garden and the development of soup recipes for soup packs that are given out.
- All the produce that is grown is distributed through the work of the Foodbank, providing fresh produce for those living in poverty. The project is run in collaboration with the Dundee Foodbank, Eagles Wings Trust and Gowrie Hill Primary School.

Area of Intervention
Dundee

Target Group
Local people struggling with low self-worth and confidence

13. Taught By Muhammad

Aim/Mission
An outreach programme aimed at living the Islamic message of justice, tolerance and equality

Contact Information
34 Bellfield Street, Dundee, DD1 5HZ

Services Provided

- Curry Kitchen run in partnership with the Salvation Army on the first Friday of every month
- On the second Tuesday of each month they prepare 40 hot cooked meals which are delivered to lone unemployed parents
- They also deliver food parcels for those who may not be able to make the journey to the nearest foodbank or, those who may be embarrassed to admit the situation that they are in. They support 80 households each month with emergency food parcels

Area of Intervention
Dundee

Target Group
People in need in Dundee

14. Justice and Peace Group

Aim/Mission
St Joseph’s Parish Justice and Peace group was founded thirty years ago by members of the parish to take forward the Vatican call to act out the gospel values of justice and peace.

Contact Information
42 Wilkie’s Ln, Dundee, DD1 5HR
Services Provided

- Supply soup to homeless people supported by three local hotels, the Landmark, Queen’s and the Apex. Also support other local groups that attempt to address poverty and social issues in the city.

Area of Intervention

Dundee

Target Group

People in need in Dundee

15. The Trussell Trust – The Dundee Foodbank

Aim/Mission

Schools, churches, businesses and individuals donate food to the foodbank. Volunteers prepare the parcels consisting of 3 days of emergency food ready to give to people in need.

Contact Information

- Office & Distribution Centre
  Open Monday to Friday 10am to 4pm
  01382 226372
- Full Gospel Church, 58 Constitution Street, DUNDEE, DD3 6NE
- Menzieshill Parish Church
  Open 1-4pm Monday, Wednesday, Friday
- Chalmers Ardler Parish Church
  Open 3-5pm Monday
- St Mary’s Community Church
  Open 10-12am Wednesday
- The Attic, Kirkton
  Open 2-4pm Thursday
- 101 Whitfield Drive, Whitfield
  Open 1-4pm Tuesday & Friday

Services Provided

- Food is donated by schools, churches, businesses and individuals donate non-perishable, in-date food to the foodbank. All food given out by foodbanks is donated. Frontline care professionals, Care professionals such as doctors, health visitors, benefits advisors, homelessness workers, social workers, CAB and police identify people in crisis and contact Dundee Foodbank to arrange a referral for a food parcel.
- Once the referral is made, Foodbank clients are able to collect their food parcel from one of the Dundee Foodbank Distribution Centres, providing three days emergency food
- Volunteers working at these centres are able to signpost people to additional agencies able to assist in solving the longer-term problem

Area of Intervention

Dundee
Target Group
Care professionals such as doctors, health visitors, benefits advisors, and homelessness workers, social workers, CAB and police identify people in crisis and contact Dundee Foodbank to arrange a referral for a food parcel.

16. Fareshare/ Transform Dundee Food redistribution
Aim/Mission
The team redistributes food from both local and national suppliers, helping to address both food poverty and food waste in and around Dundee

Contact Information
95-99 Douglas Street, Dundee, DD1 5AG

Services Provided
• Provides quality surplus food to 55 community projects for free.

Area of Intervention
Dundee, Perth and Kinross and Angus

Target Group
Community groups working with disadvantaged people in Dundee

17. Stobswell Advice Café
Contact Information
Stobswell Church Hall, Albert Street, Dundee (Tuesday 11am-1pm)

Services provided
• Advice
• Tea, coffee, toasties

18. Soup ‘n’ Soul
Contact Information
• St Paul’s Episcopal Cathedral, High Street, Dundee (Wednesday 12noon-2pm)
• Signpost Centre, Lothian Crescent, Whitfield (Friday 12.30pm-1.30pm)

Services Provided
• Soup and roll (both)
• Coffee and tea (both)
• Cake (Signpost Centre)
• Chat (both)
• Clothes cupboard (St Paul’s)
• Sleeping bags (St Paul’s)
• Mentoring (Signpost Centre)
• Help (Signpost Centre)
19. Main Street Café  
Contact Information  
Coldside Parish Church, Main Street, Dundee (Thursday 11.30am-1.30pm)  

Services provided  
- Soup, paninis, tea, coffee  
- Advice  

20. Lifegate Community Café  
Contact Information  
Whitfield Church, Haddington Crescent, Dundee  

Services provided  
- Soup and toasties  
- IT support via Wired-In on Fridays, 11am-2pm  

21. The Salvation Army Drop-In  
Contact Information  
Thurso Crescent, Menzieshill, Dundee (Friday 7pm-8.30pm)  

Services provided  
- Hot meal very Friday  
- Taught by Muhammad Curry Kitchen 1st Friday of every month  

22. Café Church  
Contact Information  
St Luke’s Church, St Luke’s Road, Downfield, Dundee (Sunday 10.30am)  

Service Provision  
- Doughnuts, Croissants  
- Discussion and help service  

23. Night Kirk  
Contact Information  
Meadowside St Paul’s Church (Sunday 7pm-9pm)  

Service Provision  
- Hot food, tea and coffee
24. Revive and Restore Café – Coldside Church

Aim/Mission
The Revive and Restore Café (or R & R for short) is a volunteer led café located in Coldside Church in Dundee for those who want to engage or stay engaged in recovery from dependency problems. CrossReach supports the volunteers who work in the café, and our staff also help in the café.

Contact information
Coldside Parish Church of Scotland, Main Street, Dundee, DD3 7HN

Area of intervention
Dundee

Target group
Individuals who want to engage or stay engaged in recovery from dependency problems.

25. Transform Community Development
See Housing Support Item 3.

26. Society of St. Vincent de Paul (SVDP)
See Health and Psychosocial Wellbeing Item 15.

27. Dundee Drop-In
See Community Development and Networking Item 4.
Community Development and Networking

1. Faith in Community Dundee (FiCD)

Aim/Mission
Faith in Community Dundee is part of Faith in Community Scotland and works with the poorest communities of Dundee, as they tackle poverty and exclusion. We aim to help build the capacity of local people so that they are more able to create an inclusive community where people can achieve more.

Contact information
Email: jacky@faithincommunitydundee.org
Tel: 01382 825351
Website: http://www.faithincommunityscotland.org/faith-in-community-dundee/

Services provided
We help groups to reflect on working with the wider community in tackling poverty and support them to understand their community more, work up new ideas or develop what already exists. We also emphasize to strengthen connections and where appropriate, encourage collaborative working.

What we offer groups includes:

- Help in identifying needs in the community
- Assist in strategic and action planning
- Support in becoming constituted and in governance
- Help to identify and connect with strategic partners
- Support with fund raising and accessing information
- Contributions towards planning and monitoring
- Facilitate in volunteer development
- Develop area-specific community profiles
- Provide training and organize events on specific issues

Area of Intervention
Dundee

Target Group
The poorest communities of Dundee.

Specific Initiatives
- Dundee Drop In (DDI) Survey: DDI is a group of church based projects involved in crisis intervention providing food, information and a safe place to socialise for those who are often on the margins of communities in Dundee.
- Working for Fairness: Along with a range of people and organisations we aim to support some in poverty to articulate what this means today and challenge our society that has seen increasing inequality over the past few decades.
- Faith in Throughcare: One of the issues that concern many people in Dundee is the high level of re-offending among former prisoners and one of the reasons suggested for this is the lack of support for those coming out of prison from sentences less than four years. To help
address this issue Faith in Community Scotland has along with local communities developed Faith in Throughcare. This is a model that uses trained volunteers, some of whom may have been in prison, to support those coming out of prison and settle in local communities.

2. Home Start Dundee

Aim/Mission
Home Start Dundee’s ethos is one parent helping another parent through a difficult patch.

Contact Information
30 Whitehall Street, Dundee DD1 4AF
Phone: 01382 202040
Fax: 01382 322182
Email: admin@homestart-dundee.org.uk
Website: http://www.homestart-dundee.org.uk/

Services Provided
Home-Start Dundee is a unique service, offering informal, friendly support to local families with at least one child under five. Volunteers, who are normally parents themselves, undergo a course of preparation and are then matched to families whom they visit regularly in their own homes to offer support, friendship and practical help. Volunteers usually visit for two hours once a week and continue for as long as needed. Families choose to accept Home-Start Dundee’s support and also choose when this support should end.

Our service is tailored to suit the family’s needs and is completely confidential. Personal information about the family is not disclosed to anyone outside Home-Start Dundee without the family’s consent except where there is a concern about the safety or welfare of a child.

Families can refer themselves to Home-Start Dundee, or be referred by a Health Visitor, Social Worker, Nursery Nurse, Doctor, Family Support Worker, other Voluntary Organisations, etc.

Area of intervention
Dundee

Target group
For families across Dundee with at least one child under five years of age.

3. Dundee Community Family Support Project

Aim/Mission
We deliver support and services to families who currently have fragmented services or none at all. We work in partnership with the Social Work Family Support Services of Dundee City Council, delivering innovative and preventative support to parents and children living in Fintry, Mill o’ Mains, Charleston, St Mary’s and Lochee.

Contact Information
Families’ House, 20 Grampian Gardens, Dundee, DD4 9QZ
Services Provided

- We brings city wide services such as legal, welfare rights, counselling, job seeking and adult learning advice to the target areas.
- We also co-ordinate services such as leisure, and culture activities in school holidays.

Target group
Parents and children living in Fintry, Mill o’ Mains, Charleston, St Mary’s and Lochee.

4. Dundee Drop-In

Aim/Mission
Dundee Drop In is a group of church-based projects that provide crisis help to those who are struggling to make ends meet. It serves many of the most marginalised in Dundee through the provision of food, conversation and information.

Contact Information
Locations throughout Dundee

Services provided
- Circulates information about drop-ins throughout Dundee and other relevant information
  - These drop-ins provide food, advice and support, and conversation

Area of intervention
Dundee

Target group
Marginalised groups within Dundee, including people experiencing homelessness.

5. Scottish Families Affected by Drugs and Alcohol

See Health and Psychosocial Wellbeing Item 35.