



Editors Introduction

Here's our seventeenth collection of additional information that might be of interest / use to you, your families, or colleagues whilst we are getting through the coronavirus pandemic.

Please remember to follow the government and NHS guidelines on how to keep safe and minimise the spread of coronavirus. For more information on services, remember that the website <http://www.dundeehealth.co.uk/content/coronavirus> is being regularly updated by the Community Health Team.

If you have anything you would like to contribute to our next extra update, or our regular bi-monthly issue (no item too small!) then please send it to us at dundee.partnership@dundeecity.gov.uk. News on what is happening in your community would be particularly welcome.

Until the next update, hoping you all stay safe and well.

Paul Davies
Senior Community Planning Officer

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Engage Dundee

Dundee City Council's Community Engagement Team are currently carrying out a new Engage Dundee consultation in which they are seeking your views on your experiences during the covid-19 pandemic and service provision lockdown. They are keen to find out what the priorities are for you, your family and your community going forward and will use this information to help us collectively plan how services will be delivered in the future.



The survey can be completed online [here](#), and the closing date is Friday 9th October.

Free Online Course for Learners from Lead Scotland

Lead Scotland are pleased to announce a new free online course, 'Everyday computer skills: a beginner's guide to computers, tablets, mobile phones and accessibility', produced for and by disabled learners, in partnership with Open University in Scotland (OUiS). The course is designed for beginners and may be useful for participants receiving digital devices as part of the Connecting Scotland initiative.

To learn more and register for the course, please see our website at this link: <https://www.lead.org.uk/everyday-computer-skills/>

Connecting Scotland – Digital Support for Older People

Dundee Volunteer & Voluntary Action are currently setting up a Connecting Scotland digital training project to assist any elderly who have been further disadvantaged in terms of loneliness and isolation during lockdown due to not having access to being online.

We have access to 20 devices for the Older Peoples Services Network and a minimum 6-month connection and are in the process of training up digital champions.

Do you know any older people who might be interested in receiving training and support to get online? We know there are a number of people who have devices but struggle to use it, and another number who don't have the means to get online so are further isolated as a result of lockdown. We have now received the devices and are in the process of allocating them to those people who meet the criteria and would benefit from digital equipment & support to get online confidently.

We have a survey to go through with people to establish exactly what the need is? This can be carried out online if they have the means [here](#) or they can call us on 01382 305705 and we can call them back and go through the survey over the phone with them.

Please ignore the closing date as this has been extended but the sooner people get the survey filled in, the sooner we can get the project started.

Please share this if you think of anyone to whom it will be of interest, make use of the poster below if you can (Please note on it that the closing date has been extended), or get in touch if you have any questions.



Connecting Scotland Project



Are you -

- Online?
- Confident in using the internet?
- Interested in receiving support/training to help you get connected?

We want to hear what digital support you need

Complete our survey at
surveymonkey.co.uk/r/ConnectingScotland
or call us on **01382 305705** and one of our
team will call you back.



Closing date Monday 21st
September at 12noon

DIGITAL
PARTICIPATION
SIGNATORY

CONNECTING
SCOTLAND

DUNDEE VOLUNTEER
& VOLUNTARY ACTION



United Nations International Day of the Older Person

Dundee Older Persons Network need your help!

The 1st October is United Nations International Day of the Older Person, and this year marks the 30th anniversary of the United Nations first declaring this date every year as a day on which to highlight issues affecting older people and to celebrate the contribution, they make to society.

The Dundee Older Persons Network would normally mark the date by organising a celebratory event and in the past few years has seen us (that is Dundee Pensioners Forum and other members of the Network) close South Tay Street and have a march and rally with banners and a Pipe Band no less!, to raise awareness of Older Peoples issues. We have also had a Fun day and a New Activities Day in the past. Ultimately our events, whilst being about raising awareness have also been about bringing people together which we have thoroughly enjoyed.

2020 is also the year that the UN are launching their Decade of Healthy Ageing, an initiative which brings communities together to deliver collaborative action to improve the lives of older people, their families and the communities in which they live.

Whilst we are sad that we are not able to bring people together face to face this year, we do still want to mark the event and we are excited about the opportunities that the Decade of Healthy Ageing can bring us.

We are planning lots of projects for over the next few months and into next year, that will culminate into an exhibition or showcase of stories at our celebratory event next October. To do this though, we are going to need your help.

We want to hear your stories and try to right the negative publicity and ideas that Covid has brought to society, that is that all over 70's are vulnerable, infirm and frail as that is just not the case. We want to celebrate Dundee's older population and recognise you and your life experiences as individuals. We are also keen to hear from not just over 70's but all over 50's.

So, we are launching a 'See me, Hear my Voice' campaign. We are working on publicity just now to launch on the 1st, but to start with are looking for a mugshot photo of you, along with some snippets of information such as:

- age
- occupation
- 1 word used by others to describe you
- 1 fun fact/ hobby
- volunteering roles (if you have any).

For example:



Fred, 64, retired brain surgeon, likes to rock climb and volunteers as a clown at his community fun day. Described as "fearless" by his grandchildren.

We want to use these images in the press and show that you can't judge a book by its cover. We are keen to build this up into an exhibition that can be shown at a later date next year.



We also want to shine a spotlight on some older volunteers to celebrate the contribution that they make to our City. If you have a suggestion, for who we can interview, then we would love to hear from you.

We also want to use this opportunity to raise awareness of our Older People's groups and the work that they do improving the lives of others by creating friendships, activity groups and giving people something to look forward to each week. We want to see your pictures too and use the opportunity to increase your members.

We also plan to do some memories projects too and will be linking up with other partner organisations to do this. We are in discussions with the V&A Dundee currently to see if we can tie this into the new Mary Quant exhibition as an example.

We don't do anything by half in this network but we are full of great ideas! We appreciate that this will be some work but the more people and organisations we can get involved the more chance we have of delivering these great ideas. We are going to need volunteers to join our Steering Group to help us to plan how to do the various stages, so if you are interested or want to discuss this with me then I would love to speak to you.

For now, if you would like to contribute to our press campaign launch with a picture and some brief info to the bullet point questions above, then please contact Rachel on racheljackson@dvva.scot or call me and we can arrange to get your information from you. Don't worry if you don't have a photo, as we could arrange to visit you to get this.

Thanks so much for reading. We hope you are as excited about this as we are. We'll be in touch soon as things start to develop. Any questions, please do not hesitate to get in touch.

Kindest Regards

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Find us on [Twitter](#) and [Facebook](#)



Deaf Action are launching a new service

BSL Health and Wellbeing Service:

“Here For You”

Deaf Action will provide support which will be available to BSL users across the whole of Scotland.

The support will be delivered via video call. Advice will be given by a BSL counsellor.

Discussions with a BSL counsellor can be on specific topics such as:

- Personal issues
- Finance issues
- Health issues
- Work-related issues
- Family issues

If you are interested in this service, here are the contact details
SMS: 07816 938 167
Email: wellbeing@deafaction.org

Charity No. SC 009898
Company No. SC396876





Marie Curie –Support is Still Available

Marie Curie is there for anyone living with a terminal illness, and their families. They offer them expert care, guidance and support to help them get the most from the time they have left. During lockdown although not able to support people face to face, they have and continue to be able to provide telephone support.

You will find below details of some support services which may be of use to you or someone you know:

Helper Service

Find out how people could benefit from our Helper volunteers service, which offers companionship and practical support to terminally ill people, their families and carers.

North of Scotland Tel: 0800 304 7406 or email northscotlandhelper@mariecurie.org.uk
The Helper Service will continue to work within government guidelines so for the time being is using technology to connect.

Booklets

There are two very helpful new booklets which can be ordered or downloaded as a pdf which provide practical information and emotional support suggestions. Here's a [link to the pdf](#).

Marie Curie Online community

Continues to offer an online space for people to share thoughts, feelings and experiences around dying, death and bereavement. For more information, visit: <https://community.mariecurie.org.uk/>

'Check-in and Chat' is a new telephone / online service matching trained volunteers with individuals to give ongoing support and a friendly ear on 0800 090 2309 or by visiting [this site](#).

Telephone Bereavement Service

If you want to talk to someone following a bereavement, we're here for you. Whether your bereavement was expected, happened recently or was some time ago, we can help. We can also support you before your loved one dies. Call 0800 090 2309 for free bereavement support.

Talkabout Online Magazine

Is a magazine style format and has been updated throughout lockdown with articles, reviews, podcasts and stories which all encourage conversations around death, dying and grief. You can find it [here](#).



Central Library Reconnect & Collect Service

Library staff will choose up to **10 books** on behalf of customers and selections.

Items will then be available for collection **two working days later**.

Returned items will be quarantined for a period of 72 hours before being included in selections.

There will be a range of further protective measures to keep you and our staff safe.

THERE ARE TWO WAYS TO CONTACT US AND ARRANGE YOUR COLLECTION



BY PHONE

Call us on **01382 431539** during the opening hours advertised below.



VIA THE WEBSITE

<http://www.leisureandculturedundee.com/library/reconnect-collect>

If anyone is worried about travelling to the library, our Outreach Service may be able to help. Call **01382 431539** during advertised opening hours and someone from their team will advise.

OPENING HOURS

Monday	10.00 - 1.00	2.00 - 5.00
Tuesday	10.00 - 1.00	2.00 - 6.00
Wednesday	10.00 - 1.00	
Thursday	10.00 - 1.00	2.00 - 5.00
Friday	10.00 - 1.00	2.00 - 5.00
Saturday	10.00 - 1.00	

All information correct at the time of publish.