



Editors Introduction

Here's our twenty third collection of additional information that might be of interest / use to you, your families, friends, 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, visit <https://www.taysidecares.co.uk> which is the official portal for information, advice and assistance regarding covid-19 for Tayside.

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.

Paul Davies
Senior Community Planning Officer

Contents

[Covid-19 Information in BSL and Community Languages](#)

[Carers of Dundee Virtual Hub](#)

[Dundee Women's Festival 2021 – The Power of Women](#)

[DIWC – Polish Women's Group](#)

[Diabetes UK Survey](#)

[Tayside Mental Health Network – Survey on NHS Mental Health Services](#)

[Penumbra – Peer Led Wellbeing Workshops](#)

[Cost of the School Day – New Survey](#)

[Carers App Development](#)

[Dundee Pride](#)

[The Corner – New Website Launched](#)

[Tayside Council on Alcohol Vacancy](#)



Covid-19 Information in BSL and Community Languages

Dundee City Council holds useful information on covid-19 in [BSL](#), [Easy Read & Large Print formats](#) and also information in a range of [Community languages](#). These include information on Test & Protect.



Carers of Dundee Virtual Hub

Virtual Hub  Carers of Dundee

When: Wed 24 Feb @ 11.00am

Where:  @carersofdundee

Stacey Clark will host our February hub and we will be chatting about Dundee Carers Charter

We will hear how organisations/community groups can play a vital role in helping to identify and signpost unpaid carers and how easy it is to sign up and be part of the charter

If you have any questions please feel free to send them on to us

Contact Claire on 01382 200422 or email claire.monaghan@dundeecarerscentre.org.uk or you could direct message us on our Facebook page



Dundee Women's Festival 2021 – The Power of Women



The group took the decision not to print the Programme this year, as the practical challenges of distribution are too great. So they need your help more than ever to get the word out. The programme, along with a calendar of events can be found on their [website](#).

Please share and link to the programme on your websites, social media, newsletters, with your contacts and anywhere else you can think of.

DIWC – Polish Women's Group



Angielski za darmo!

Przez internet na Zoom.
Dołącz do naszej grupy,
poznaj nowe osoby i przy okazji
naucz się Angielski!
Zapraszamy wszystkie kobiety.

Wtorek, 13:00 - 14:00
Zusana@diwc.co.uk



Diabetes UK Survey

We know that during the Coronavirus pandemic hospital care has been different to normal. Which is why we want to hear from people with diabetes, and their carers, who have had a stay in hospital since March 2020.



We want to understand your experiences so that we can make sure we are doing everything possible to make hospital safe for people with diabetes.

Sharing your experiences will involve having a 1-1 interview with a member of the Diabetes UK team during the month of February. All of your experiences will be kept strictly confidential. We will also provide a £25 shopping voucher to say thank you for your me. Vouchers are subject to availability and for those aged 18+ and UK residents.

If you would like to participate, or if you have further questions, you can contact us via our helpline on 0141 212 8710 (Scotland) or by emailing us at; inpatientcare@diabetes.org.uk.

Tayside Mental Health Network – Survey on NHS Mental Health Services

The survey linked to below has been put together by a collaboration, which includes PLUS Perth, Angus Voice, Dundee Healthy Minds Network and some members of the Stakeholder Participation Group.



We have organised it with minimal resource, but believe it to be very important in terms of finding out what is happening on the ground. We just need people to fill it in and share it too. So if you feel you can help please do!

We want to find out how the people of Tayside are finding mental health services and share our findings with Dr David Strang as he reviews the work that has been done by NHS Tayside. Any help you can give would be greatly appreciated.



The survey runs until 11th April, and to take part, just click [here](#).



Penumbra – Peer Led Wellbeing Workshops

Mental health & wellbeing support in your community



Peer led Wellbeing Workshops

- **What is a POWWOW?** - POWWOWs are Penumbra workshops on wellbeing. A group of people with a shared interest in a particular area of wellbeing come together to share knowledge and experience. The groups particularly focus exploring tips, ideas and practical steps that can be taken to improve wellbeing in the chosen area.
- Workshops are facilitated by Peer Workers, who have their own lived experience of mental health recovery.



Managing anxiety Explore the impact of anxiety on our bodies and minds, identify the thoughts that make us anxious and discuss techniques that we can use to help reduce anxiety.	Monday 22/02/21 6pm – 7.30pm	Or	Wednesday 24/02/21 3.30 – 5pm
Sleeping Well Consider your sleep, how this affects your well-being and what tools we can use to help improve our sleep habits.	Monday 01/03/21 6pm – 7.30pm	Or	Wednesday 03/03/21 3.30 – 5pm
Confidence and self-esteem Explore what impacts on your confidence and self-esteem. Discussion and sharing of ideas and tools that we can use to enable us to work towards increasing our confidence.	Monday 08/03/21 6pm – 7.30pm	Or	Wednesday 10/03/21 3.30 – 5pm
Self-Care and Personal Well-Being Open discussion to allow us to share ideas and tools that we can use to enable us to maintain positive mental health and well-being. Start working on your personal wellbeing plan that you can use moving forward...	Monday 15/03/21 6pm – 7.30pm	Or	Wednesday 17/03/21 3.30 – 5pm

All workshops will be held on Zoom. You do not need to attend them all. To book your place, e-mail Anne & Louise via the address below and we'll send you a link for the session.



dundee.powwows@penumbra.org.uk



For general enquiries contact the Dundee office 01382 223487





e-bulletin

Cost of the School Day – New Survey

Learning lessons from last lockdown, and finding out how families are coping this time around.

School closures are hard for everyone, but they're especially hard for families on low incomes. We know from last lockdown how important resources, care, support and information from schools and local authorities are for families.



As we find ourselves in a second lockdown, is remote learning working for children and young people? We want to know more about how everyone is coping.

New surveys: have we learned from the last lockdown, and are things better for low income learners?

This is what we want to find out through surveys we have just launched. Resources for learning, free meal replacements, financial information, support for wellbeing - are things better for children, young people, parents and carers this time around? During this bumpy academic year, what has everyone's experience been?

You'll find our survey for children and young people [here](#), and our parent and carer survey [here](#).

Please take part and share with parents and carers, children and young people to help us to build a picture of what's happening this time around. What we find out will be shared with schools, local authorities and government to help make positive change for our children and young people.

Carers App Development



A new questionnaire for carers:
your opinions matter



The project	Who can get involved?	What would I have to do?	What to do if you'd like to be involved?
A team at the University of Strathclyde are developing an app to support carers of people with advanced disease and the people they are caring for. The app includes a questionnaire for carers. The team need to make sure the questionnaire collects useful information.	Anyone who is currently, or has been, an informal carer for a person with either advanced lung cancer or advanced gastro-intestinal cancer (upper, lower or pancreatic) or advanced chronic respiratory disease such as COPD, pulmonary fibrosis or bronchiectasis can take part.	The team would like you to read through the questionnaire and then give your opinion about it. This would probably take about 30 minutes of your time. The team would collect some basic information (e.g. age, gender) from you to describe those that took part. Your participation would be a one-off, completely voluntary and anonymous.	If you would like more information or to take part, please contact morven.miller@strath.ac.uk (07713163639) or patricia.clark@carerscotland.org (0141 455 3070). You will then receive an email/letter with more information and the survey. The team would like to have gathered carers' views by 28th February 2021 .



Dundee Pride

From Kenny Christie:

I write to you as the secretary of Dundee Pride, a registered charitable organisation in the city with the aims of advancing citizenship and community development within the LGBT+ community and promoting equality and diversity. For information, I have attached our 2019-2020 annual report which features some of our activities along with highlighting local and national statistics.



During recent months we have taken the opportunity to refresh our board membership and also focus on development planning for the future. Dundee Pride is not all about a one-day event in September and working with

local and national partners we are keen to reinforce this message. We are an organisation seeking to advance our stated charitable objectives all year round. Recent activities include establishing a befriending service for those at risk of isolation during the pandemic and also building extended relationships with other organisations in the city.

February is LGBT History Month and if you are aware of any events taking place then we'd love to hear from you. During this time Dundee Pride will be sharing information via our public social media platforms of key events in the history of the LGBT rights movement as well as hosting a panel question time event on Wednesday 24th February, 7pm streamed live from our Facebook page. Here we will convene an interactive, moderated discussion around the many advances that have been made in championing equality and diversity whilst also exploring hopes and aims for the future.

Our recently refreshed board of trustees includes Dundee City Council representative Councillor Lynne Short as spokesperson for equalities.

Should you wish to involve a member of the Dundee Pride Board in supporting any virtual events that you may have planned please do get in touch. Similarly, if you or any group you work with would welcome a virtual briefing on the work of Dundee Pride then this is something that can easily be arranged.

Kind regards

[Kenny Christie](#)

Secretary, Dundee Pride SCIO
Registered Charity No: SCO48159



The Corner – New Website Launched

The Corner has launched their new website at <https://www.thecorner.co.uk>

There is a range of information for young people, parents, carers and professionals. We would be grateful in your support to promote this to young people across the city.

We would particularly like to draw your attention to some new features which allow young people to contact us in a variety of ways. We have a live chat function, a link to Near Me which is a live video consultation and the ability for young people to book their own appointments. At the moment if a young person chooses to book an appointment they will



be booking a phone call from a member of staff, if we need to see the young person face to face we will organise this with them. These functions are 9-5, Monday to Friday for the moment.

We are also keen to keep the website up to date with links and information for partner agencies. If you would like us to share your news or include a link to your service please let us know.

We have been fortunate to be able to employ a digital content officer so the new website will be a living entity and will be updated regularly. In coming months, the website will also house our new E-Learning modules about young people's health and wellbeing.

We are also still running our full range of services via phone, online and via social media. I would be grateful if you can share this information far and wide.

Tayside Council on Alcohol Vacancy

Post: Art/Play/Creative Therapist (Young people and Children)

Salary/Terms: Up to 14hrs a week at £19.90 per hour

Sessional hours only: Clinical supervision and mileage will be paid by TCA



Additionally, we are also looking to recruit a pool of qualified therapists to deliver packages of care if and when needed - Hourly rate may be negotiated

Responsible to: Locality Manager, Dundee Office

Place of Work: You will normally be based within the Dundee Office and cover the Dundee geographical area but will be expected to travel throughout Tayside to work from other premises if required. Expenses would be reimbursed in line with our policies. *Due to current COVID restrictions your base of work will be negotiable.*

Ref No: 1/21



Purpose of the Post: To offer therapeutic services to address the impact of paternal substance use on vulnerable young people and children. This will include work to address loss, separation, attachment and other related behavioral issues. You will work to support children/young people to acknowledge and explore their emotions through the medium of art and other creative therapies.

Applicants will be expected to have experience of providing specialist art/play/creative therapy and how it relates to young people.

An Application form and Job Description/Person Spec can be obtained by e-mailing ronnie.ritchie@alcoholtayside.com quoting post title and reference number.

Completed applications should be returned direct by e-mail/post/by hand to Ronnie Ritchie, HR Assistant, Tayside Council on Alcohol, The Wishart, 50 Constable Street, Dundee DD4 6AD Telephone: 01382 456012, ronnie.ritchie@alcoholtayside.com. Registered Charity Number SC006511

Please note closing date for receipt of applications is 5pm on Friday 5th March 2021.

Applicants must note that Interviews for this post will be held during the daytime on Thursday 11th March 2021.