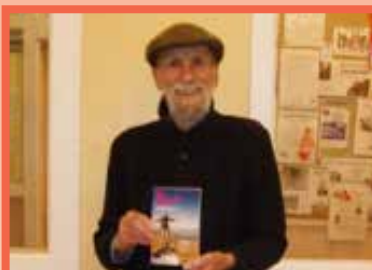




## News and What's On **Winter 2013**

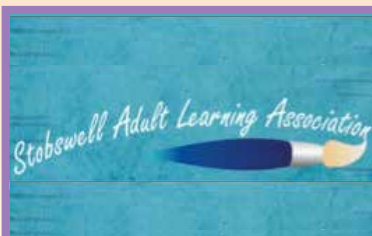
### In this issue...



**Alex Nicoll: Writing Competition Winner**



**The Cheryl Show**



**New in Maryfield**

## **Bike-ability Cycling Safety for Families**



Bike-ability was a week long accredited cycling proficiency course that was delivered in partnership with DHLI and Ancrum Outdoor Centre. Sponsored by Michelin, the course covered road safety and gave the families practical on the road experience with a cycling trip to Broughty Ferry. Additional resources were provided by Link Up and Claverhouse projects.



## Alex Nicoll: Competition Winner

Alex Nicoll, member of the Hulltoon Writers group, successfully entered a writing competition for 'My Favourite Place' run by the Scottish Book Trust & BBC Radio Scotland. His short story 'Kettins Village' is included in this publication alongside writers such as Michael Palin, Liz Lochhead and others. This free book was distributed as part of Book Week Scotland Nov-Dec 2012 throughout libraries, museums, bookstores and can be accessed online at: <http://www.scottishbooktrust.com/myfavouriteplace>



## The Cheryl Show

The Cheryl Show came about as a follow on from the Health Issues in the Community course where local people discussed their views on health inequalities. The group produced a script and took part in a drama based on teenage pregnancy which was performed in Whitfield Community Centre with the help of Dundee Rep Creative Learning. Partners involved in the project included Adult Learning, DHLI and NHS with funding from Cash 4 Communities.



See the drama being performed at <http://www.youtube.com/watch?v=SFCbZcSi3s>

## Gallery



Simple Healthy Cooking  
Charleston Community Centre



Rocket Making at  
Frances Wright Nursery



## New in Maryfield

Evening adult learning activities based in Morgan Academy starting 22nd January 2013. Ten week programme of varied classes including Creative Arts and Crafts, Yoga, World Cooking, Guitar and Local History.

Enrolment for all classes takes place on Tuesday 15th January, 7.00-8.30pm in Morgan Academy, Forfar Road. Classes will be allocated on a 'first come first serve' basis.

### For more information contact:

Stuart Fairweather on 438858 - stuart.fairweather@dundeecity.gov.uk or Liz Allardice on 435827- liz.allardice@dundeecity.gov.uk.



## READING, WRITING, SPELLING, NUMBERS



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

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

## ESOL

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












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

Activity	Venue	Day/Time	Date	Contact Details
 Just the Job	<b>Mitchell Street Centre, Thursdays</b> <b>24th January - 28th February 12.45-2.45pm.</b> Looking for work and English is your second language? Learn to improve your cv, application form filling, telephone and interview skills practice			Kim Robertson Tel:435872 Colin Christie Tel:436415
Guidance	<b>At a venue, date &amp; time that suits you.</b> For anyone looking for help to return to learning, training or employment.			Kim Robertson Tel:435872
CSCS - Health, Safety & Environment Test	<b>Mitchell Street Centre, Wednesdays</b> <b>23rd January-13<sup>th</sup> February 10.30am-12noon.</b> Looking to work in the construction industry and need to gain the CSCS card? We offer free access to CSCS Card theory and practice prior to sitting test. Information and assistance booking test also available.			Colin Christie Tel:436415 Mob:07908727199
Jobseeking Support Skills Sessions for Minority Ethnic	<b>Mitchell Street Centre, Times and dates to be agreed.</b> One-to-one sessions to assist unemployed people to create CV's, complete application forms and search for jobs.			Nidhi Sharma Tel:435871 Mob:07985878493





## Douglas • Mid Craigie • Linlathen • The Ferry

Activity	Venue	Day/Time	Date	Contact Details
History of Timex	<b>Douglas Community Centre, Wednesdays 10am-12noon</b> Creating a history of the Timex Corporation in Dundee. If you ever worked there, come along and relive old times.			Alistair Cameron Tel:435872
 Guidance Drop-in	<b>Douglas Community Centre, Thursdays 9.30am-12noon</b> For anyone looking for help to return to learning, training or employment.			Claire Shepherd Tel:438643 
 Cooking Skills Course	<b>Douglas Community Centre, Thursday 10<sup>th</sup> January – 5<sup>th</sup> March, 9.30-11.30am</b> Learn basic cooking and hygiene skills and build your confidence in the kitchen.			Jane Clark Tel:436942
 Cooking Skills Workshop	<b>Douglas Community Centre, Thursday 19<sup>th</sup> March 9.30-11.30am</b> Cooking-not sure where to start? This workshop gives you the opportunity to make simple dishes to take home and enjoy.			Jane Clark Tel:436942
CVs/Applications	<b>Hub, Wednesdays 2-4pm</b> Drop-in for help to create your CV and/or fill out application forms.			Claire Shepherd Tel:438643 
 Guidance	<b>Hub, at a day and time to suit you.</b> For anyone looking for help to return to learning, training or employment.			Claire Shepherd Tel:438643 
Jobshop	<b>Douglas Community Centre, Wednesdays 1.30-3pm</b>			Claire Shepherd Tel:438643 
IT Skills for Job Search	<b>Hub, Thursdays 1.30-3.30pm &amp; Douglas Community Centre, Mondays 9.30-11.30am.</b> Weekly group which can be joined at any time. Learn skills for looking for work such as emailing, attaching CVs, letters and documents and Internet job search. Phone to book.			Claire Shepherd Tel:438643 Jane Clark Tel:436942 
 Speakeasy Workshop	<b>Douglas Community Centre, Wednesday 1-3pm. Date to be confirmed.</b> Informal workshop for parents/carers to talk to your child about relationships, growing up and sexual health.			Jane Clark Tel:436942 
Managing Stress	<b>Douglas Community Centre, Tuesday 8th January – 19<sup>th</sup> February 1-3pm</b> The course will help identify the causes of stress and ways to reduce stress			Jane Clark Tel:436942
Jobshop	<b>Hub, Fridays 9.30am-12.30pm</b>			Claire Shepherd Tel:438643 
Helping Your Children Learn	<b>Douglas Community Centre, Friday 11<sup>th</sup> January- 8<sup>th</sup> February 1-3pm</b> This short course will explore practical ways to encourage and support your children to develop language and speech. Places limited.			Jane Clark Tel:436942 

### BERA (BROUGHTY FERRY EDUCATION & RECREATION ASSOCIATION)

Offers a range of learning & leisure activities in Grove Academy & Forthill Primary School starting September 2012. **See website [www.beradundee.org.uk](http://www.beradundee.org.uk) for more info or pop into Broughty Ferry Library for a programme. Please do not contact the schools.**

## Lochee • Charleston • Menzieshill

Activity	Venue	Day/Time	Date	Contact Details	
Make, Do, Mend	<b>Charleston Community Centre, Tuesdays 5<sup>th</sup> February-19<sup>th</sup> March 9.30am-11.30am.</b> Looking at design & sewing techniques, fabric decoration & recycling bits and bobs to make something new.			Joyce Guthrie Tel:435814	
Jobshops	<b>Lochee Community Office, Fridays 9.30am-12.30pm and 1-3pm.</b> <b>Menzieshill Community Centre, Fridays 9.30am- 12noon.</b> <b>Charleston Community Centre, Fridays 9.30am-12.30pm.</b>			Julia Fraser Tel:431836 Annette Miller Tel:432973 Joyce Guthrie Tel:435814	
Jobseeking Skills Support sessions	<b>Menzieshill Community Centre, Thursdays 1.30-3.30pm.</b> One-to-one sessions to assist people in their search for employment. Sessions are by appointment only.			Annette Miller Tel:432973	
Guidance	<b>At a venue, date &amp; time to suit you.</b> For anyone looking for help to return to learning, training or employment.			Annette Miller Tel:432973	
Guidance	<b>At a venue, date &amp; time to suit you. For parents</b> looking for help to return to learning, training or employment.			Julia Fraser Tel:07852278509 or 431836	
Healthy Simple Cooking	<b>Charleston Community Centre, Thursdays 7<sup>th</sup> February-21<sup>st</sup> March 9.30am - 11.30am.</b> Basic cooking course looking at preparing quick and healthy foods.			Joyce Guthrie Tel:435814	
Heartstart	<b>Menzieshill Community Centre, Tuesday 22<sup>nd</sup> January 1-3pm.</b> A two hour certificated course learning life saving skills.			Annette Miller Tel:432973	
Moving Forward Course	<b>Menzieshill Community Centre, Thursdays 17<sup>th</sup> January-21<sup>st</sup> February 10am-4pm.</b> FREE certificated course open to anyone looking to improve their practical cooking and household DIY skills. Bus fares reimbursed and gift of pots & pans or a tool set on completion. Places must be booked.			Annette Miller Tel:432973	
CV Workshop	<b>Menzieshill Community Centre, Tuesdays 9.30am-12noon.</b> Come along and get help to produce your CV. By appointment only.			Annette Miller Tel:432973	
Fresh Start Course	<b>Menzieshill Community Centre, Dates and times to be confirmed.</b> Four weekly two hour sessions to identify changes you want to make in your life and how you can achieve this.			Annette Miller Tel:432973	

New!

New!

## Ardler • St Mary's • Kirkton

Activity	Venue	Day/Time	Date	Contact Details
 Family Homework Club	<b>Ardler Primary School, Thursdays 3.15-4.15pm</b> Parents/Carers work with your children on their homework tasks with the help of School and Adult Learning staff. Informal, fun atmosphere. Refreshments available.			Sue Holland-Smith Tel:435816
 New Year-New Start	<b>Kirkton Community Centre, Thursday 17<sup>th</sup> - 31<sup>st</sup> January 9.30-11.30am</b> A personal development course aimed at boosting confidence in those considering a return to work or learning. Topics include stress & time management, healthy eating, budgeting & creating CVs.			Teresa Fulton Tel:436314
Local & Family History	<b>Kirkton Community Centre, Mondays 1-3pm</b> Includes researching your family tree & researching subjects of interest. Also an opportunity to gain a qualification in Local Investigations and core skills such as IT.			Catriona McNicoll Tel: 436415
Guidance	<b>At a venue, date and time that suits you.</b> For anyone looking for help to return to learning, training or employment.			Teresa Fulton Tel:436314 Caroline Bairner Tel:436359
Jobshops	<b>Ardler Complex: Fridays 9.30am-12.30pm</b> <b>Attic Lounge, Beaulay Avenue: Fridays from 1.30 - 3.30pm</b>			Caroline Bairner Tel:436359 Teresa Fulton Tel:436314

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

Activity	Venue	Day/Time	Date	Contact Details
Stobswell Adult Learning Association (SALA)	<b>Morgan Academy, Starting in January 2013</b> SALA offers a range of learning & leisure activities including Arts & Crafts, Yoga & World Cooking. Enrolment taking place on 17 <sup>th</sup> January at 7pm.			Liz Allardice Tel:435827
Hulltoon Creative Writers Group	<b>The Grey Lodge Settlement, Wednesdays 1.30-3.30pm</b> Develop your creative thinking and communication skills by taking part in weekly writing activities. Booking required.			Kim Robertson Tel:435872
Arts & Crafts	<b>Maxwelltown Information Centre, Wednesdays 10am-12noon</b> Learners can work on a variety of different projects, depending on skills and abilities.			Joyce Guthrie Tel:435814
Mosaic Group	<b>Maxwelltown Information Centre, Thursdays 9.30-11.30am</b> Learners can work on a variety of different projects, depending on skills and abilities.			Joyce Guthrie Tel:435814

Employability Guidance & Advice for Ethnic Minorities	<b>Central Library, Wednesdays 10am-12noon</b> Support & advice for people looking to return to learning, training or employment.	Nidhi Sharma Tel: 435817 Mob:07985878493	
Guidance	<b>At a venue, date &amp; time to suit you</b> For anyone looking for help to return to learning, training or employment.	Colin Christie Tel:436415 Mob:07908727199	
Multi-Cultural Parent & Baby Group (0-1 years)	<b>Central Library Creche Room, Thursdays 1.30- 2.30pm</b> This group, <b>for minority ethnic parents</b> , focuses on engaging parents to support them in their children's learning and development.	Komal Pawar Tel:435813	
Multi-Cultural Parent & Toddler Group (children aged 1-3)	<b>Central Library Creche Room, Tuesdays 1.30-3pm.</b> This group, <b>for minority ethnic parents</b> , focuses on supporting them in their children's learning and development.	Komal Pawar Tel:435813	
Multi-Cultural Parent & Pre School Children's Group (children aged 3-5)	<b>Central Library Creche Room, Wednesdays 1.30-3pm</b> This group <b>for minority ethnic parents</b> focuses on supporting them in their children's learning and development.	Komal Pawar Tel:435813	
Balgay Hill Nursery Parents Group - For Minority Ethnic Parents	<b>Balgay Hill Nursery School, Mondays 1-2.30pm &amp; Thursdays 9-10.30am.</b> Helping <b>minority ethnic parents</b> understand the benefits of various nursery activities that their children are involved in.	Komal Pawar Tel:435813	
Hilltown Jobshop	<b>Maxwelltown Information Centre, Fridays 9.30am -12.30pm</b>	Colin Christie Tel:436415 Mob:07908727199	
Family Learning Surgery Sessions Minority Ethnic families with children aged 0-5	<b>Central Library, Tuesdays &amp; Wednesdays 9am-12noon</b> (by appointment only). For those who want more information about family learning opportunities.	Komal Pawar Tel:435813	
Dads 'r' Us	<b>Park Hall, Park Avenue, Dates &amp; times to be confirmed.</b> Free Fun and Play sessions for dads and male carers of children aged 0-5 years in an informal and friendly environment.	Colin Christie Tel:436415 Mob:07908727199	
Maryfield Job Search Support Sessions	<b>Arthurstone Library, Mondays 1-3pm</b> FREE access to support with writing CV's, job searching, using email, completing application forms etc.	Colin Christie Tel:436415 Mob:07908727199	
<b>NEW!</b> Parents & Carers Group	<b>Caird Avenue Church Hall, Times and dates to be confirmed.</b> Opportunity for local parents & carers to meet and take part in activities – <b>Time for You.</b> FREE creche available.	Kim Robertson Tel:435872	

### SALA (Stobswell Adult Learning Association)

Starting in January 2013 SALA offers a range of learning & leisure activities in Morgan Academy. Come along to the enrolment evening on 15th January, 7.00-8.30pm or contact Liz Allardice - 438527 or email [liz.allardice@dundee.gov.uk](mailto:liz.allardice@dundee.gov.uk)

## Whitfield • Fintry • Mill o'Mains

Activity	Venue	Day/Time	Date	Contact Details
Guidance	<b>At a venue, date &amp; time to suit you.</b> For anyone looking for help to return to learning, training or employment			Carol Arnott or Caroline Bairner 438671 or 438680
Jobshop	<b>Whitfield Community Centre - Tuesdays 9.30am-11.00am</b> <b>Families House - Grampian Gardens, Wednesdays 9.30 -11.30am</b> <b>Mill o'Mains Community Pavilion - Tuesdays 11.30am-1pm</b>			Carol Arnott or Caroline Bairner 438671 or 438680
Creative Writing	<b>Finmill Centre, Mondays 10am-12noon</b> Eh! Write: This group involves development of creative writing skills within a group setting.			Alan Fraser Tel:438641
Guitar Group	<b>Finmill Centre, Tuesdays 1-3pm starting 22<sup>nd</sup> January</b> This group is for all beginners to advanced. Guitars will be available but participants will need their own guitar in the longer term.			Alan Fraser Tel:438641
Gardening Group	<b>Whitfield Community Centre, Wednesdays 10am-12noon</b> This group will engage in a range of gardening activities including fruit and veg.			Alan Fraser Tel:438641
Try Something New - Confidence Building	<b>Whitfield Community Centre, Tuesday, 28<sup>th</sup> January-25<sup>th</sup> March 1-3pm</b> An informal, fun course to try out new experiences. Venues include DCA, McManus, Science Centre, & Dighty Connect			Caroline Bairner Tel:438671 or Carol Arnot Tel:438670
Working Together in Open Spaces	<b>Mill o'Mains Pavilion, Thursdays 2-4pm</b> <b>Whitfield Community Centre, dates and times to be confirmed.</b> Interested in the green spaces around Whitfield and Mill o'Mains and care about their future? Come along to these groups.			Carol Arnott or Caroline Bairner Tel:438671 or 438680
Elementary Food Hygiene	<b>Whitfield Community Centre, dates to be confirmed</b> This course offers a qualification in elementary food hygiene.			Carol Arnott or Caroline Bairner Tel:438671 or 438680
Local & Family History	<b>Finmill Centre, Thursdays 1-3pm</b> This group involves individual or small group research projects on local or family history. Opportunity to do accredited Local Investigations intermediate 1.			Alan Fraser Tel:438641

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

For all general enquiries contact **Sue Holland-Smith** on 435816 or email [sue.holland-smith@dundee.gov.uk](mailto:sue.holland-smith@dundee.gov.uk)

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