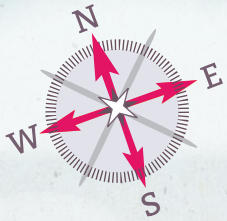



*Celebrate Dundee's  
biggest asset -  
its people*

31<sup>st</sup> May - 7<sup>th</sup> June 2014




# **Festival of Volunteering**



 To help you find the event location,  
please see the map in the middle

 Booking required

 Disabled Access

 No Restrictions

 Facebook

 Twitter

Follow us on  
Facebook



[festival@volunteerdundee.org.uk](mailto:festival@volunteerdundee.org.uk)



Welcome to Dundee's second

# Festival of Volunteering



Following the first successful Festival of Volunteering in Dundee last year, we are delighted to be returning with even more exciting events and activities to celebrate our city's volunteers. Coinciding with National Volunteers Week, this week-long festival showcases the diverse range of skills and talents of the 27,000+ volunteers from across Dundee. From family trees to strawberry teas, there's something for everyone – whether you are a lifelong volunteer or you've never done it before, get involved and help make Dundee a city to be proud of.

Dundee has seen a lot of changes over the past year, with familiar landmarks disappearing from our skyline; however, the people of Dundee remain at the heart of our vibrant and dynamic city.

Out with the old, in with the new.....



*Come along, get involved, and make your mark on our proud city.*

*The Festival doesn't happen by magic and our team of dedicated organisers are busy keeping it all together.*

## **The Festival Team 2014**

We have some new faces joining the organising crew, which now comprises Gill Bain (Volunteer Centre Dundee), Lori Hughes (Amina Muslim Women's Resource Centre), Anita Jamieson (Volunteer Centre Dundee), Anne Leslie (Volunteer Centre Dundee), Lewis McDowall (volunteer from Abertay University), Madeline Rees (Dundee Voluntary Action), Jen Robinson (Skill Share Dundee), Gail Thomson (The Shore) and Anna Young (Abertay University).



## **Become a volunteer**

If you would like more information on volunteering, please come in to see us at:

**VOLUNTARY GATEWAY**  
Number Ten, 10 Constitution Road  
Dundee, DD1 1 LL

We are open:

Monday	1pm - 4pm
Tuesday	10am - 4pm
Wednesday	10am - 4pm
Thursday	10am - 4pm
Friday	10am - 1pm

You can drop in: however, it may be worth making an appointment in advance  
01382 305705 | [voluntarygateway@number10.org](mailto:voluntarygateway@number10.org)





## Foreword

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I was honoured and pleased to be asked to provide a brief foreword for this publication, produced to support the work of Volunteer Centre Dundee and the week-long Festival of Volunteering.

According to my dictionary a festival is defined as, “a period of celebration,” and I can think of no more appropriate way to mark the contribution that volunteers and taking part plays in the lives of the people of Dundee.

Many volunteers talk about the positive contribution they make to other people’s lives, but volunteering also has a positive impact on those who do it...and celebrating that double-benefit is what this festival is all about!

More than 27,000 people across the city give their own time to help others and the festival not only gives us an opportunity to join them and find out what volunteering can do for all of those involved, but also to showcase just a few examples of how volunteering looks in the city.

I would encourage anyone considering the idea of volunteering to go ahead and jump right in! There are so many worthwhile projects and causes across Dundee who will welcome your involvement with open arms, and this brochure gives you a few leads on where and how to start the ball rolling.



*Nobody can do everything,  
but everyone can do something.*

*Author: Anon*

And even if you are not able to take part, then by reading this I am happy that you are now aware of how much volunteering goes on in the city and what a positive contribution it makes to all our lives.

*Bob Duncan, Lord Provost of Dundee*

# VOLUNTEERING -

*why should you give it a go?*



To make a difference



To be part of a team

To give something back

You see a need



To learn new skills



To keep busy



To get experience



To help with job prospects

To try something new

*There's so much on offer*

Browse online at [www.volunteerdundee.org.uk](http://www.volunteerdundee.org.uk)



## Saturday 31<sup>st</sup> May

---

**Event:** **Festival of Volunteering Launch Event**  

**Date:** Saturday 31st May




**Time:** 11.00am – 3.00pm

**Venue:**  1 City Square, Dundee

**Contact:** Anne Leslie, Development Worker  
anne@volunteerdundee.org.uk  
01382 305710  
www.volunteerdundee.org.uk


Join us to celebrate the launch of Dundee's second volunteering festival. A range of stallholders from various organisations will be on hand to answer your questions. Drop in and see us throughout the day to discover the diversity of volunteering in Dundee and celebrate the contribution that volunteers make. Entertainment on the hour with pipers setting the scene at 11am.

---

**Event:** **Timebanking Across Dundee**   

**Date:** Flexible

**Time:** Flexible

**Venue:**  Various venues across Dundee

**Contact:** Barry Thomson,  
Timebank Development Officer  
BarryThomson@number10.org  
01382 305738

The "Timebanks in Dundee" pledge is to exchange a minimum of 50 hours of various activities during

Festival of Volunteering week. New members welcome to join and contribute to the number of hours exchanged!  
Get in touch and we will put you in contact with the nearest Timebank.

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**Event:** **Bonnie Dundee – Summer Planting Event**  

**Date:** Saturday 31st May

**Time:** 10.00am – 12.00pm

**Venue:**  2 Union Street, Dundee DD1 4BE

**Contact:** Graham Cross, Chairman  
scotfreenwild@yahoo.com

The group will hoe and weed the ten planters in Union Street and re-stock them with a colourful variety of summer bedding to tie in with the Commonwealth Games logo.

Each one will be marked with the layout, plants placed in position and then planted making a stunning visual display between the city centre and railway station. Visitors to our city will be rewarded! Bring a trowel and a smile and join in the fun!

**Comment:** Planters may be a bit high for wheelchair users but individuals can take part in the discussions about the general design or layout and making sure the ten planters have the required number of plants per tub.


## Saturday 31<sup>st</sup> May | Sunday 1<sup>st</sup> June

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**Event:** **Shore / Xplore Volunteers' Open Day**


**Date:** Saturday 31st May


**Time:** 1.30pm – 4.00pm

**Venue:**  The Shore, 15 Shore Terrace,  
Dundee DD1 3DN

**Contact:** Stan Bremner, CLD Worker  
stan.bremner@dundeecity.gov.uk  
01382 435435

[www.theshore.org.uk](http://www.theshore.org.uk)

 [theshoredundee](https://www.facebook.com/theshoredundee)

 [@theshoredundee](https://twitter.com/theshoredundee)





**Contact:** Mrs Margaret Powell, Director

[Maggie@nilupul.org](mailto:Maggie@nilupul.org)

01382 872020

[www.nilupul.org](http://www.nilupul.org)

 Nilupul Foundation

 @nilupulcharity

Nilupul Foundation is a community charity which provides mindfulness-based approaches to wellbeing in Dundee. As a volunteer-led organisation the charity offers diverse and exciting volunteer opportunities for anyone interested in helping benefit their local community and who wishes to develop new personal and professional skills at the same time.

Volunteer opportunities include the daily operation of a small tearoom and shop, office administration, website development & social networking, graphic design, press and publicity alongside opportunities to get involved with community wellbeing and arts projects.

You can find out more about volunteering with Nilupul at our special Sunday afternoon Strawberry Tea. Have a chat and a cup of tea with our home-baked scones with cream and fresh strawberries! Or try out our delicious strawberry milkshakes and smoothies.

**Comment:** The Nilupul Centre is on the 2nd Floor and unfortunately at present has no disabled access.

**Event:** **Strawberry Tea - Nilupul Foundation Volunteer Open Day**

**Date:** Sunday 1st June

**Time:** 2.00pm – 5.00pm

**Venue:**  Nilupul Foundation, Second Floor,  
51 Reform Street, Dundee DD1 1SL





## Sunday 1<sup>st</sup> June | Monday 2<sup>nd</sup> June

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**Event:** **Family Fun Day** 

**Date:** Sunday 1st June

**Time:** 11.00am – 3.00pm

**Venue:**  Mains Castle, Caird Park, Dundee DD4 9BX

**Contact:** Scott Ferguson, Timebank Broker  
at Time Tree  
ScottFerguson@number10.org  
01382 438594 or  
Gary Flew, Caledonia Housing  
gary.flew@caledoniaha.co.uk  
01382 237179

Family Fun Day with entertainment and activities for adults and children: mediumship demos and readings, children's activities (bouncy castle/face painting), craft activities/stalls and music. Live acts and other activities to be confirmed. A small charge may apply for some of the activities.

Timebanking is an excellent way to get involved in informal volunteering. There will be staff and volunteers available to answer any queries.

---

**Event:** **Bridge FM Welcome Week / Open Evenings** 

**Date:** Sunday 1st June

**Time:** 7.00pm – 8.00pm

**Venue:**  Bridge FM Studios, Level 5, Ninewells Hospital,

**Contact:** Dundee DD1 9SY  
Dave Sweetin, Membership Secretary  
membership@bridgefm.org.uk  
07930742489  
www.bridgefm.org.uk

Come along to the Bridge FM Welcome Week and see what goes on at one of our nightly Request Shows. We will open our doors and invite you in to have a look around our studios and even take part in our Request Show. We will give a short presentation on what we do and then give you a tour of our studio complex. Our nightly Request Show will be live during the tour so you will get a chance to take part in the show. You can speak to the presenter on air, request a song and give some friends a mention live on Bridge FM. We broadcast via the bedside headsets in Ninewells, on 87.7fm, on the Shared Access Channel on digital radio across Dundee, Angus, Fife and Perthshire, online at [www.bridgefm.org.uk](http://www.bridgefm.org.uk) and also via our brand new Apple and Android smart phone apps.

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**Event:** **Bridge FM Welcome Week / Open Evenings** 

**Date:** Monday 2nd June




**Time:** 7.00pm – 8.00pm

**Venue:**  Bridge FM Studios, Level 5, Ninewells Hospital, Dundee DD1 9SY

## Monday 2<sup>nd</sup> June | Tuesday 3<sup>rd</sup> June

**Contact:** Dave Sweetin, Membership Secretary  
membership@bridgefm.org.uk  
www.bridgefm.org.uk

Come along to the Bridge FM Welcome Week and see what goes on at one of our nightly Request Shows. We will open our doors and invite you in to have a look around our studios and even take part in our Request Show. We will give a short presentation on what we do and then give you a tour of our studio complex. Our nightly Request Show will be live during the tour so you will get a chance to take part in the show. You can speak to the presenter on air, request a song and give some friends a mention live on Bridge FM. We broadcast via the bedside headsets in Ninewells, on 87.7fm, on the Shared Access Channel on digital radio across Dundee, Angus, Fife and Perthshire, online at www.bridgefm.org.uk and also via our brand new Apple and Android smart phone apps.

**Event:** **Amina's Got Talent**    
**Date:** Monday 2nd June  
**Time:** 10.00am – 1.00pm  
**Venue:**  Dundee Voluntary Action,  
10 Constitution Road, Dundee, DD1 1LL  
**Contact:** Lori Hughes, Volunteer Coordinator  
Lori@mwrc.org.uk | 01382 224 687  
www.mwrc.org.uk

Amina MWRC is hosting a Coffee Morning to celebrate, acknowledge and thank our talented team of volunteers for their time, effort and energy over the past twelve months. This event will showcase their contribution, achievements and premiere our latest volunteer video.

Perhaps you are interested in volunteering? Do you want to learn new skills? Get experience? Meet some lovely new people? Help others in the local community? Get access to training? Interested? Then come along for coffee, cake, chat and help celebrate with our team. Free event open to all. Refreshments and tasty treats will be provided!

**Event:** **Bridge FM Welcome Week / Open Evenings**   

**Date:** Tuesday 3rd June  
**Time:** 7.00pm – 8.00pm  
**Venue:**  Bridge FM Studios, Level 5,  
Ninewells Hospital,  
Dundee DD1 9SY

**Contact:** Dave Sweetin, Membership Secretary  
membership@bridgefm.org.uk  
www.bridgefm.org.uk

Come along to the Bridge FM Welcome Week and see what goes on at one of our nightly Request Shows. We will open our doors and invite you in to have a look



## Tuesday 3<sup>rd</sup> June

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around our studios and even take part in our Request Show. We will give a short presentation on what we do and then give you a tour of our studio complex. Our nightly Request Show will be live during the tour so you will get a chance to take part in the show. You can speak to the presenter on air, request a song and give some friends a mention live on Bridge FM. We broadcast via the bedside headsets in Ninewells, on 87.7fm, on the Shared Access Channel on digital radio across Dundee, Angus, Fife and Perthshire, online at [www.bridgefm.org.uk](http://www.bridgefm.org.uk) and also via our brand new Apple and Android smart phone apps.

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**Event:** **Starter Packs Dundee Open Week** 



**Date:** Tuesday 3rd June

**Time:** 10.00am – 2.00pm

**Venue:**  40 Perth Road, Dundee DD1 4LN


**Contact:** Karen Bennett, Administrator  
[starterpacks\\_dundee@btconnect.com](mailto:starterpacks_dundee@btconnect.com)  
01382 223977

Open Week – you are invited to visit the premises to hear from the volunteers making up Starter Packs for distribution. Donations of good, unwanted basic household goods, bed linen and curtains would be welcome during this week or indeed at any time.

**Event:** **Coffee Afternoon with Time 2 Give West End Dundee Timebank**  

**Date:** Tuesday 3rd June


**Time:** 2.00pm – 3.30pm

**Venue:**  Blackness Community Library 2<sup>nd</sup> Floor, 225 Perth Road, Dundee DD2 1EJ

**Contact:** Vanya Zaczek, Timebank Broker  
[VanyaZaczek@number10.org](mailto:VanyaZaczek@number10.org)  
01382 305738


Time 2 Give West End Timebank will host a coffee afternoon for members of the public to come along to. Time 2 Give members will provide the cakes etc for this as part of the hours they contribute to the Timebank. This will also be an opportunity for members of the public to find out more about timebanking, speak to timebank members and join Time 2 Give.


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**Event:** **Trottick Ponds Local Nature Reserve Conservation Afternoon** 

**Date:** Tuesday 3rd June

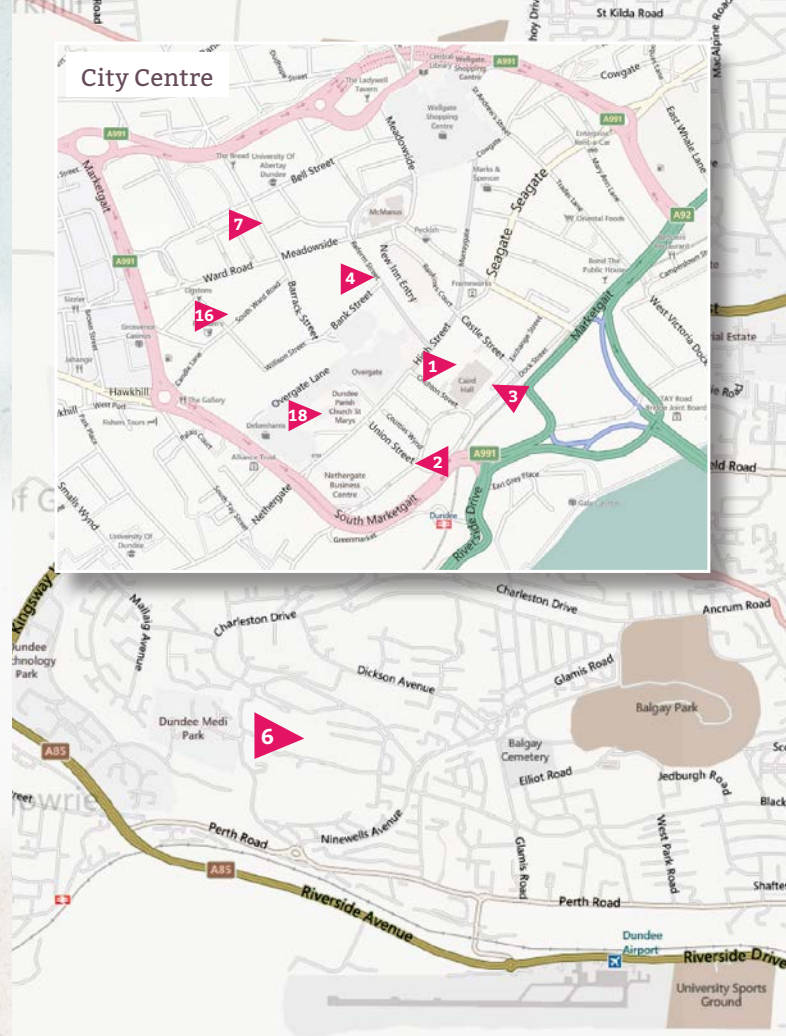
**Time:** 1.00pm – 3.00pm

**Venue:**  Trottick Ponds Local Nature Reserve, located on the north side of Claverhouse Road. It is on the route of the Green Circular and parking is available on the Claverhouse Old Road by the old Mains of Claverhouse pub. DD4 9BY

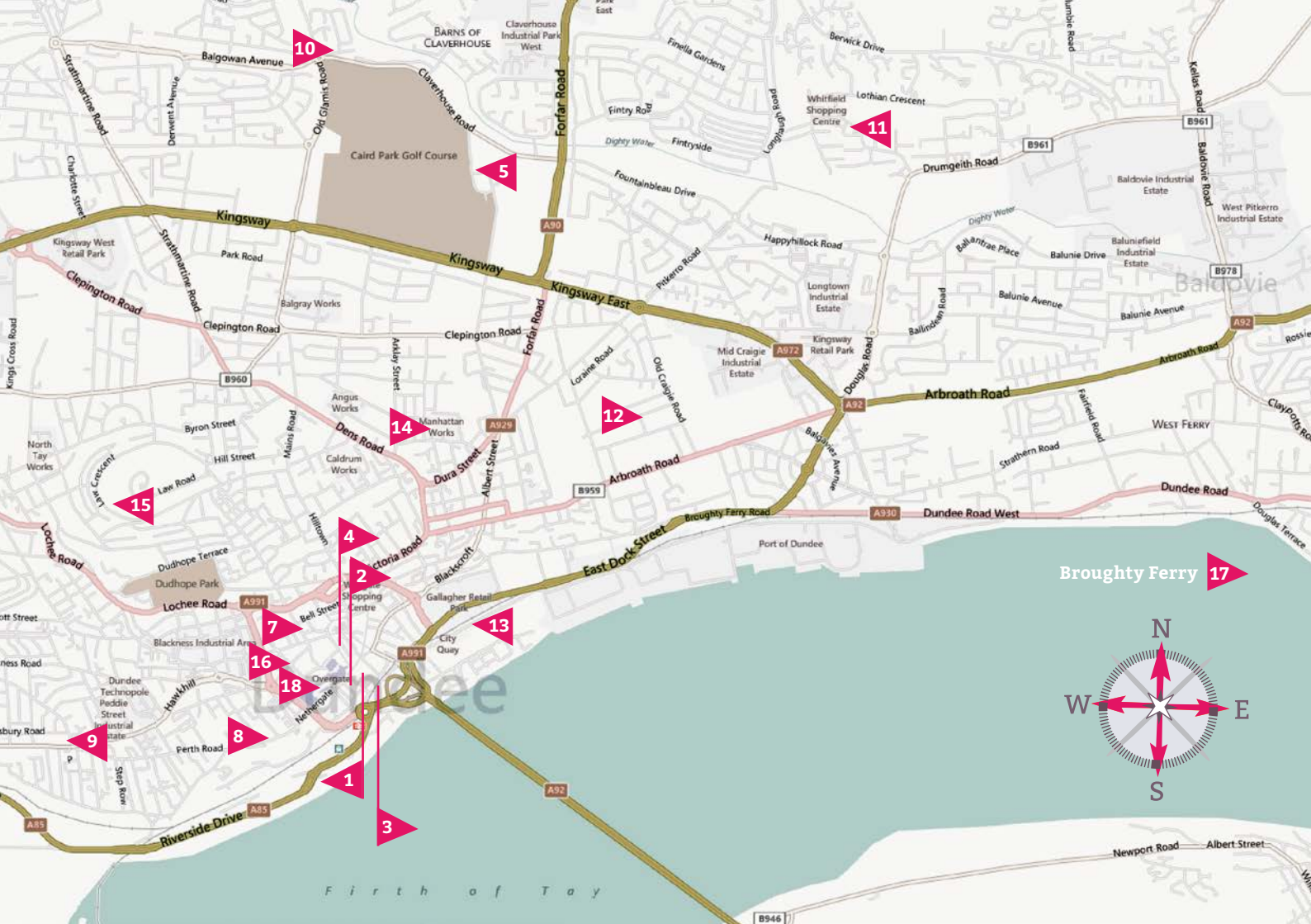
Continue on page 14 

# Venues

1. City Square, Dundee
2. Bonnie Dundee, Union Street, Dundee DD1 4BE
3. The Shore, 15 Shore Terrace, Dundee DD1 3DN
4. Nilupul Foundation, 51 Reform Street, Dundee DD1 1SL
5. Mains Castle, Caird Park, Dundee DD4 9BX
6. Bridge FM Studios, Level 5, Ninewells Hospital, Dundee DD1 9SY
7. Number Ten, 10 Constitution Road, Dundee DD1 1LL
8. Starter Packs Dundee, 40 Perth Road, Dundee DD1 4LN
9. Blackness Community Library 2nd Floor, 225 Perth Road, Dundee DD2 1EJ
10. Trottick Ponds Local Nature Reserve
11. Sun City House, Whitfield Drive, Dundee DD4 0DP
12. The Church of Jesus Christ of Latter-Day Saints, Bingham Terrace, Dundee DD4 7HJ
13. The Memory Box Network, Unit 17, City Quay, Camperdown Street, Dundee DD1 3JA
14. Dundee International Women's Centre, Unit 9 Manhattan Business Park, Dundonald Street, Dundee DD3 7PY
15. Kinnaird Allotments, The Law, Dundee
16. The Inclusion Group, 41 North Lindsay Street, Dundee DD1 1PW
17. Broughty Ferry Beach, Esplanade, Broughty Ferry DD5 2EP
18. Haldane, Steeple Church Centre, Nethergate DD1 4DG







## Tuesday 3<sup>rd</sup> June | Wednesday 4<sup>th</sup> June




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**Contact:** Alison Cairnie, Countryside Ranger  
countryside.rangers@dundeecity.gov.uk  
01382 431848

The Ranger Service offers a programme of public volunteering afternoons. We provide all tools and training. Everyone is welcome and we will have jobs to suit all ages, young and old! All you need are clothes to suit the changeable Scottish weather and some stout footwear. At this beautiful local nature reserve, activities may include litter picking, invasive species removal and pond management.


**Comment:** Whilst we try our best to accommodate all abilities there may be some activities that will take place off the paths on uneven ground. If you have any concerns please let us know and we will do our best to find activities on the day that will be suitable.


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**Event:** **Low Carbon Barbecue**   

**Date:** Tuesday 3<sup>rd</sup> June

**Time:** 11.00am – 2.00pm

**Venue:**  11 Sun City House, Whitfield Drive, Dundee DD4 0DP

**Contact:** Celine Moyes, Community Facilitator  
celine@solarcityesscotland.org.uk  
01382 501730  
www.solarcityesscotland.org.uk  
 LinkUpWhitfield

Solar Cities Scotland and LinkUp Whitfield would like to invite you to attend our joint event: a free, low carbon barbecue. Chatting with the Solar Cities Scotland staff, you will have a chance to learn about city gardening, growing your own food, and preparing delicious healthy meals that are very environmentally friendly and rather cheap, too. Meanwhile, the volunteers of the LinkUp Lunch Club will prepare mouth-watering, low carbon barbecue food for you to enjoy on the day, and will share their experience of setting-up and running the Whitfield Food Co-op and Lunch Club.

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**Event:** **International Volunteering – It doesn't have to cost the earth!**   

**Date:** Wednesday 4<sup>th</sup> June

**Time:** 6.00pm – 7.00pm

**Venue:**  7 Camperdown Room, Number Ten, 10 Constitution Road, Dundee DD1 1LL

**Contact:** Carla Fyfe, Development Coordinator  
Carla@xchangescotland.org  
0141 237 47 67  
www.xchangescotland.org

International Volunteering charity Xchange Scotland will provide an info session highlighting that international volunteering need not be expensive and should be accessible to everyone. Xchange Scotland will describe their “international workcamp” style of



## Wednesday 4<sup>th</sup> June

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volunteering opportunity and explain their partnerships with local communities across Scotland and around the world. Through this style of working they can offer access to over 1700 projects in more than 55 countries. They will also talk about the fully funded opportunities available to young people (18-30) living in Scotland through the European Voluntary Service programme which involves working for a charity in Europe for up to 12 months and receiving the financial support to pay for accommodation and living expenses whilst doing so.

Please book via email: [info@xchangescotland.org](mailto:info@xchangescotland.org)

---

**Event:** **Bridge FM Welcome Week / Open Evenings**   

**Date:** Wednesday 4th June

**Time:** 7.00pm – 8.00pm


**Venue:**  Bridge FM Studios, Level 5, Ninewells Hospital, Dundee DD1 9SY

**Contact:** Dave Sweetin, Membership Secretary  
[membership@bridgefm.org.uk](mailto:membership@bridgefm.org.uk)  
[www.bridgefm.org.uk](http://www.bridgefm.org.uk)

Come along to the Bridge FM Welcome Week and see what goes on at one of our nightly Request Shows. We will open our doors and invite you in to have a look around our studios and even take part in our Request

Show. We will give a short presentation on what we do at Bridge FM and then give you a tour of our studio complex. Our nightly Request Show will be live during the tour so you will get a chance to take part in the show. You can speak to the presenter on air, request a song and give some friends a mention live on Bridge FM. We broadcast via the bedside headsets in Ninewells, on 87.7fm, on the Shared Access Channel on digital radio across Dundee, Angus, Fife and Perthshire, online at [www.bridgefm.org.uk](http://www.bridgefm.org.uk) and also via our brand new Apple and Android smart phone apps.

---

**Event:** **Starter Packs Dundee Open Week** 

**Date:** Wednesday 4th June

**Time:** 10.00am – 2.00pm

**Venue:**  40 Perth Road, Dundee DD1 4LN

**Contact:** Karen Bennett, Administrator  
[starterpacks\\_dundee@btconnect.com](mailto:starterpacks_dundee@btconnect.com)  
01382 223977

Open Week – you are invited to visit the premises to hear from the volunteers making up Starter Packs for distribution. Donations of good, unwanted basic household goods, bed linen and curtains would be welcome during this week or indeed at any time.

## Wednesday 4<sup>th</sup> June

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**Event:** Knit for Ninewells Bliss Charity  
**Date:** Wednesday 4th June  
**Time:** 10.00am – 12.00pm  
**Venue:**  The Church of Jesus Christ of Latter-Day Saints, Bingham Terrace Dundee DD4 7HJ  
**Contact:** Marcia Mackie, Organiser  
marciamackie@gmail.com  
01382 782251  
www.lds.org | www.bliss.org.uk




Bliss – for babies born too soon, too small, too sick - Ninewells Hospital, Dundee. If you are a knitter then why not make a difference with your knitting today? As a group we knit for this charity regularly and they are always looking for more volunteers. So why not come along, bring your pins and wool, pick up some patterns, stay for a natter and get started knitting for this worthy cause. After the event you will have our contact details so when you've done more, just give us a call and we will see it gets taken to Bliss. They can never have too many knits. Everybody is welcome.

**Comment:** For wheelchair / level access, enter from the carpark on Abercorn St.

---

**Event:** Card Making  
**Date:** Wednesday 4th June  
**Time:** 1.00pm – 3.00pm



**Venue:**  The Church of Jesus Christ of Latter-Day Saints, Bingham Terrace Dundee DD4 7HJ


**Contact:** Marcia Mackie, Organiser  
marciamackie@gmail.com  
01382 782251 | www.lds.org

How would you like to make a card for a loved one or friend? Charity begins at home and everyone needs a little love now and then. Perhaps you have a new neighbour? Someone who isn't feeling too good right now? Has recently lost a loved one? Come along and take time out to cheer them up with a hand made card. The materials and help are free but if you would like to make a contribution then why not bring along a tin of food for the Dundee Food Bank?

**Comment:** For wheelchair / level access, enter from the carpark on Abercorn St.

---

**Event:** Indexing - Vital to Family History Research

**Date:** Wednesday 4th June  
**Time:** 9.00am – 9.00pm  
**Venue:**  The Church of Jesus Christ of Latter-Day Saints, Bingham Terrace Dundee DD4 7HH



**Contact:** Johnny or Ellen Nicoll,  
Family History Consultants



## Wednesday 4<sup>th</sup> June

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johnnynicoll@gmail.com  
01382 522893 | www.lds.org

When information on historical records is indexed, it helps connect the past with the present. The Church of Jesus Christ of Latter-Day Saints is one group among many who are committed to this vital work of digitally indexing old records so that future generations can benefit when completing their family tree and family history. Indexing is fun, exciting and extremely interesting and gives those participating a great sense of purpose and satisfaction - it's more than a hobby. So come along and get involved. There are millions of records waiting to be indexed. If you have a laptop, please bring it along and the indexing program can be downloaded for you to continue indexing at home. If not, we will show you how to do it on a computer at home. This project makes family history records available free to anyone with internet access. Experienced indexers will be on hand to help and training will be given.

**Comments:** Access for disabled users is via Abercorn Street.

If anyone would like to book or confirm a slot without having a potential waiting time then contact would be advisable but not necessary.

A very basic knowledge of computers is recommended.

**Event:**

**Date:**

**Time:**

**Venue:**

13

**Come and Make a Memory Box**

Wednesday 4th June

10.00am – 3.00pm

The Memory Box Network, Unit 17,  
City Quay, Camperdown Street  
Dundee DD1 3JA  
0845 475 2820

**Contact:**

Lesley-Ann Thom, Workshop Manager  
lathom@memoryboxnetwork.org  
www.memoryboxnetwork.org

Come down to The Memory Box Network and make your own online memory box. We are opening our doors for anyone to drop in and speak to our staff and volunteers about working within our services.

Our online reminiscence site is based on social media and allows you to upload and share material that can be used to chat with your loved one. By sharing stories and talking about past times you can help to stimulate and support not only anyone with dementia but also the carers and family centred around them.

Join us and find out a bit more about how being part of our services can help improve the quality of life for people affected by dementia. With a range of volunteering positions we would love the opportunity to show you how you can help.



## Thursday 5<sup>th</sup> June | Friday 6<sup>th</sup> June

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**Event:** **Bridge FM Welcome Week / Open Evenings**   

**Date:** Thursday 5th June

**Time:** 7.00pm – 8.00pm

**Venue:**  Bridge FM Studios, Level 5, Ninewells Hospital, Dundee DD1 9SY

**Contact:** Dave Sweetin, Membership Secretary  
membership@bridgefm.org.uk  
www.bridgefm.org.uk

Come along to the Bridge FM Welcome Week and see what goes on at one of our nightly Request Shows. We will open our doors and invite you in to have a look around our studios and even take part in our Request Show. We will give a short presentation on what we do at Bridge FM and then give you a tour of our studio complex. Our nightly Request Show will be live during the tour so you will get a chance to take part in the show. You can speak to the presenter on air, request a song and give some friends a mention live on Bridge FM. We broadcast via the bedside headsets in Ninewells, on 87.7fm, on the Shared Access Channel on digital radio across Dundee, Angus, Fife and Perthshire, online at www.bridgefm.org.uk and also via our brand new Apple and Android smart phone apps.

**Event:** **Starter Packs Dundee Open Week** 

**Date:** Thursday 5th June

**Time:** 10.00am – 2.00pm

**Venue:**  40 Perth Road, Dundee DD1 4LN

**Contact:** Karen Bennett, Administrator  
starterpacks\_dundee@btconnect.com  
01382 223977

Open Week – you are invited to visit the premises to hear from the volunteers making up Starter Packs for distribution. Donations of good, unwanted basic household goods, bed linen and curtains would be welcome during this week or indeed at any time.

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**Event:** **Starter Packs Dundee Open Week** 

**Date:** Friday 6th June

**Time:** 10.00am – 2.00pm

**Venue:**  40 Perth Road, Dundee DD1 4LN

**Contact:** Karen Bennett, Administrator  
starterpacks\_dundee@btconnect.com  
01382 223977

Open Week – you are invited to visit the premises to hear from the volunteers making up Starter Packs for distribution. Donations of good, unwanted basic household goods, bed linen and curtains would be welcome during this week or indeed at any time.




## Friday 6<sup>th</sup> June | Saturday 7<sup>th</sup> June

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**Event:** Dundee International Women's Centre (DIWC) – Volunteering through the ages 

**Date:** Friday 6th June

**Time:** 10.00am – 2.00pm

**Venue:**  Dundee International Women's Centre, Unit 9 Manhattan Business Park, Dundonald Street, Dundee DD3 7PY

**Contact:** Dana Dalziel, Adult Education Team Leader  
dana@diwc.co.uk  
01382 462058  
www.diwc.co.uk

DIWC would like to showcase their 45 year history of working with volunteers in an exhibition. This exhibition will be researched, designed and put together by a team of current volunteers to discover and present the true contribution that volunteers have made to the success of the centre as we approach our 45th anniversary.

**Comment:** As we are a women's only service and the exhibition will be displayed during normal service the event will be for women only.

**Event:** Allotment Lunch & Growing Workshops

**Date:** Saturday 7th June

**Time:** 11.30am – 4.00pm

**Venue:**  Kinnaird Allotments, The Law, Dundee (Meet at the steps where Law Crescent meets Kinghorne Road)

**Contact:** Ian Gilray, Volunteer Manager  
skillsharedundee@gmail.com  
07450252039  
www.skillsharedundee.wordpress.com

Join the Skill Share Dundee team at our DIY community eco-allotment for a free lunch and get hands - on learning gardening skills while listening to our solar powered sound system. A relaxed, friendly afternoon meeting new people and munching on some home-grown food with a fantastic view over the city. Come along and catch some sun or cosy up by our home-made stove – whatever the weather! Everyone welcome!

**Comment:** Unfortunately due to the nature of the allotment paths and the slope of the Law, this event does not have disabled access.

## Saturday 7<sup>th</sup> June

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**Event:** **The Inclusion Group Fun Day**    
**Date:** Saturday 7th June  
**Time:** 12 noon – 4.00pm  
**Venue:** **16** The Inclusion Group, 41 North Lindsay Street, Dundee DD1 1 PW  
**Contact:** Derek Hobbs, Volunteer Co-ordinator  
Dhobbs@inclusiongroup.org.uk  
01382 322677 | 01382 322777  
www.inclusiongroup.org.uk

The Inclusion Group will have a Fun Day on their premises at 41 North Lindsay Street, Dundee. There will be refreshments, home baking and other produce available. There will be organised fun events that will showcase the aims of the charity in promoting people to live their lives, their way. Staff, volunteers and service users will be there to welcome visitors and enjoy the fun.  
**Comment:** Wheelchair access through car park at rear of premises (South Ward Road).

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**Event:** **Broughty Ferry in Bloom – Beach Litter Pick**    
**Date:** Saturday 7th June  
**Time:** 2.00pm – 3.30pm  
**Venue:** **17** Broughty Ferry Beach, Esplanade, Broughty Ferry DD5 2EP  
**Contact:** Brenda Carcary, Secretary  
brenda.carcary@dundeecity.gov.uk

01382 436882

<http://broughtyferryinbloom.wordpress.com/>  
Come along and help the group tidy up for the summer season! We will litter pick along the beach and esplanade. Litter picks, gloves and waste bags will be provided. Please wear sturdy shoes and bring waterproof clothing!

**Comment:** Wheelchair users can litter pick along the Esplanade rather than on the beach.

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**Event:** **Community Spirit Action Group Litter Pick**     
**Date:** Saturday 7th June  
**Time:** 10.00am – 12.00pm  
**Venue:** Will take place across the northern part of the west end ward.  
**Contact:** Cllr Fraser Macpherson, Dundee City Councillor for the West End  
fraser.macpherson@dundeecity.gov.uk  
01382 434985  
www.dundeecommunityspirit.org.uk

Community Spirit Action Group, the residents' group for much of the northern part of the West End Ward including Ancrum, Pentland, Cleghorn, Tullideph, Forest Park and Polepark, is organising a litter pick in the area and invites all willing parties to come along on 7th June.




## Saturday 7<sup>th</sup> June | Wednesday 11<sup>th</sup> June

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**Comment:** Please contact Cllr Fraser Macpherson at the City Chambers on 01382 434985 to get details of meeting point and specific areas to be litter picked. We would make every effort to ensure all volunteers are given tasks that are appropriate taking full account of any mobility difficulties.

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### AN EXTRA EVENT FOR YOU FOLLOWING FESTIVAL WEEK!

**Event:** Living with MS  
**Date:** Wednesday 11th June  
**Time:** 2.00pm – 4.00pm  
**Venue:**  Haldane, Steeple Church Centre,  
Nethergate DD1 4DG  
**Contact:** Gordon McDonald, Chair  
nodrog50@hotmail.com  
01382 669770  
[www.msdundee.org.uk](http://www.msdundee.org.uk)



We will have a range of items which people can use to help understand some of the difficulties of everyday life experienced by People With MS (PWMS). Refreshments will be available and there will be the opportunity to speak to people living with MS.



# Bridge FM - Dundee's Hospital Radio Station

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We broadcast on the bedside headsets at Ninewells, on 87.7fm to Ninewells and Royal Victoria Hospitals, on digital radio to Tayside, Fife, Angus and Perthshire and also via our online streaming and smart phone apps.

Bridge FM is run entirely by volunteers and we are always looking for new members to join our station. Whether it be to help out by visiting patients in the wards of Ninewells Hospital or be part of our Sports Team, our doors are always open to welcome new volunteers on board.

Bridge FM's mission is to brighten the day of the patients/listeners in hospital. Some patients do not receive any visitors during their stay and our Ward Visitors can really make a difference to someone's time in hospital by spending time chatting with them. If we can put a smile on someone's face by giving them a mention on the radio or playing them a song then our job is done and, hopefully, their time in hospital will be made a little better.

We have the following positions available for prospective volunteers:

## Ward Visitors

Join our team of Ward Visitors who head round Ninewells each week chatting to patients and staff while collecting requests from patients for our nightly Request Programmes.

## Studio Assistants

Join our team of Studio Assistants who help prepare our Request Programmes by looking out the music and answering the phones.

## Sports Team

Join our team of Sports Commentators who cover Dundee FC, Dundee United and Dundee Stars games each week and also prepare and anchor our weekly Sports Programme, Match Day Live.

## Fundraisers

Join our team of Fundraisers who help plan and organise our fundraising events and station publicity. We usually hold various fundraisers each year such as raffles, race nights and quiz nights.

Full training is given for all of our positions so don't worry if you have not had much experience of these things. Enthusiasm is the most important thing so, if you have that, we can train you on the rest.

**Bridge FM Online**

**[www.bridgefm.org.uk](http://www.bridgefm.org.uk)**

 [bridgefmdundee](https://www.facebook.com/bridgefmdundee)

 [bridgefmdundee](https://twitter.com/bridgefmdundee)

 [bridgefmsport](https://twitter.com/bridgefmsport)



[bridgefmdundee](https://www.soundcloud.com/bridgefmdundee)

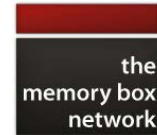


[bridgefmdundee](https://www.youtube.com/bridgefmdundee)



# Thank you!

Thanks to Bridge FM for providing the equipment and continuity at the City Square event on 31st May.





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Scottish Charity No: SC027529**

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