

Free

REC VERZINE

DEC • 2022

DUNDEE

Football Therapy

For better mental health

Recovery Story

You're not alone

Empower

Share stories

Encourage

Help | Support | Advise

Connect

Services in Dundee



YEE-HA! We would like to thank EVERYONE for supporting us with the first issue of Recoverzine. We are now on to the second edition which is absolutely amazing! Thankfully we believe we managed to successfully reach more people especially in the hard to reach groups.

From all the feedback we got we know that the first edition has sparked conversation - the poem, the articles... all was received well as we all know a lot of people would have related to those words. 'That Stuff' poem was all about the stigma in society about people in recovery which we all know is a huge barrier that needs to be spoken about more. People need to be educated about the impact their views have on people in the recovery community and need to see the bigger picture of their judgements impact on children and family members also. But I'm not here to give a lesson on the effects of judging people. I just know first-hand that it begins with us at home. If we don't correct our sons/daughters/parents etc. about the impact their comments have on an individual's mental health and/or recovery it's like just turning a blind eye. Breaking down stigma begins with us as individuals in my personal opinion but seen as this is about the Recovery as a whole.

The Recoverzine has sparked conversations and that's raising



awareness straight away. We've had a lot of positive feedback too. People from all walks of life have emailed and asked to contribute to the Recoverzine which is really exciting. This Recoverzine is for everyone, and everyone can contribute as we all have different techniques on how to deal with and overcome certain obstacles in life. Therefore there will be more content in this issue and we are hoping to grow.

I am personally so glad to have been given the opportunity to be part of this. I hope everyone gets something out of this edition. Thanks again to everyone who is contributing something. We are individuals who are living through harsh times as it is, so we give respect to each and every reader. To EVERYONE who made the first edition and this one came to fruition - YOU ARE AMAZING, Please don't EVER FORGET IT!!!!

Introduction by K.S.
Recoverzine group member

A vertical image on the left side of the page shows a phoenix, a mythical bird that is reborn from its own ashes. The phoenix is depicted as a bird with golden and orange feathers, standing amidst a sea of bright, intense flames. The background is dark, making the fire and the bird stand out prominently.

Content

- 4** Recovery Walks
- 6** Football Therapy
- 8** Poem corner
- 12** Recovery story
- 14** Phoenix Rising
- 17** Forgive yourself
- 18** Events
- 20** Christmas around world
- 22** Crossword
- 24** Recipes



Recovery Walks

Everyone in Dundee knows about Recovery Walks Scotland. This is an event organised by Scottish Recovery Consortium to honour those who have been lost, to remember why recovery is so important, and to build connections and develop support networks. This year the walk was held in Paisley on the 24th of September.

Apart from the main event in Paisley, the majority of Scottish prisons also held walks to mark recovery. Some of us at Recoverzine, participated in the Recovery Walk at Bella centre in Dundee where we had the chance to speak to some of the women, hear a part of their stories and invite them to participate in the further development of the magazine.

The Bella centre is a newly opened community custody unit for women

located in the Hilltown area of Dundee. This is a project aimed at improving the reintegration of women into the community and it is specifically designed with the needs of women in mind. The unit has no bars on the windows and no barbed wire or high walls. Within the unit they recently started a recovery group and organised their own walk to celebrate their recovery journey. This was also to remember the people who have been lost to addiction and mental health problems. During the walk which was held on the 23rd of September, a few of the women in the centre's care and some of the guests shared their stories regarding recovery, as everyone has been affected by it one way or another. Then the walk took place within the unit's grounds.

Statements from Recoverzine group members:

“Recovery walks are great! On You Go to everyone involved! In my experience recovery walks were probably the thing that gave me the motivation to truly make a change. I remember the one in Glasgow, what a vibe! 2000 people were there. Everyone should get the opportunity to go on a Recovery Walk and even people who aren't in recovery - to open their eyes, minds and souls. As it affects each and every one of us in some form. This annual event certainly raises awareness and I would like to think it helps break stigma in society. It certainly helps the individual feel they are not alone. It's so true about connection. We are always recovering I think and need that sense of belonging. I am really happy to see this event happening and with all that's going on in the country. It's always great to hear about positive things, not all doom and gloom all the time.”

K. S.

“The walk is for recovering addicts from alcohol and substances and also for the family members. But in my opinion we are all recovering in one way or another from bereavement, drug/alcohol abuse, self-medicating whether its street drugs or medication from doctors or gambling, there are all forms of crutches and emotional lifts we delve into as a form of an escape from our mental health. Whole point we are all human no matter what colour, class or creed we are. We are all God's creations but a lot of us are just existing and not truly living. Develop other coping strategies, things you're interested in, positive, constructive things. And don't beat yourself up for not coping or managing it won't come together quick. Takes time but when you're low and you think things aren't coming together, remember that eventually they always do in the best possible way. Have a little faith. Once you're on track it's a ripple effect, it reaches other people, family and friends... Peace out. Keep safe. We are in charge of our own destiny.”

A. R. L.



Football Therapy

Football Therapy classes are a project facilitated by Dundee United Community Trust and are for people who may be struggling with their mental health. The programme provides a safe, non-judgemental and supportive environment where you can play football with like minded people regardless of your footballing ability. Sessions are open to anyone with or without a mental health diagnosis. The Football Therapy group is also registered as a team with the Scottish FA's Mental Health & Wellbeing League, for those that would like to play matches.

Dundee United Community Trust also runs a Walking Football programme, which is a standard game of football where players walk instead of run. It is designed to help people get fit or maintain an active lifestyle no matter

what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury. The programme offers many health and social benefits.

Older people who play have seen many health benefits such as lower heart rate and blood pressure, less fat and more muscle, also better mobility, with the social benefits offering participants the chance to meet new people, avoid becoming isolated, and interact with individuals and groups.

Interview with Paul Smith a volunteer coach from Para- Sports football club

RZ: What is Football Therapy?

P.S.: The football therapy is for people that got mental health or

anxiety issues, and it just helps get them out of the house and invites them where everyone is in the same position. They can come, it's friendly, have a bit of exercise, a bit of fresh air... It's competitive as well so we work toward having every month a competition against other teams in Scotland.

RZ: Who is it for?

P.S.: It's for everyone – men, women, all age groups as long as they are over 18 years old. Everybody's welcome.

RZ: When did this programme start?

P.S.: DUCT took over in 2019, so nearly three years. We have won multiple awards and just recently we've won Best Para-Football Project at the Scottish FA Grassroots Awards. We're quite proud to win that.

RZ: How many participants do you have right now?

P.S.: At the moment we have 18, but there's a few more coming through

the pipeline because we also do referrals from NHS, so folks would get referred from them to come and get involved.

RZ: What are the benefits for the participants?

P.S.: Participating gives people the chance to have a chat with like minded people. You don't have to participate through the full session, you can come, sit down, have a chat with somebody, the coaches, other volunteers. We have NHS staff come as well. Exercise, fresh air – any age and any ability.

**To be continued
in the next
issue of
Recoverzine.**

More about
Football Therapy or
book your
first session please
contact Ryan
Alexander, Para-
Sports Development
Officer

Email
ryan.alexander@du
ndeeunitedct.co.uk

Phone
07943 887 419



The Football Therapy sessions

Every Monday and Thursday
12pm-1pm and
11:30am-1:00pm

New Beechwood Park, Lundie
Avenue, DD2 3NY

THE MASK

A song by L. S.

I'm cloaked in anguish and I'm wrapped in despair
 Feel so alone as if nobody cares
 I cry out in pain and I'm pleading for help
 Nobody hears me cause nobody's there
 Entombed in a world that's locked away
 Nobody hears or cares what I've got to say
 The nightmares unfold in the middle of the night
 I wake with terror and I scream with fright
 Who would know this is where I would go
 So far away from all I love and know
 To face the day I put on a mask
 Help me Lord is all I ask

But you were there all along and you heard every sound
 Burst into my life and turned it around
 The fear and anguish you swept it all away
 Replaced it with hope and peace that gets stronger every day
 Who would know this is where I would go
 So far away from all I love and know
 To face the day I put on a mask
 Help me Lord is all I ask

I read your words to learn how to be
 I gave you my will and you set me free
 To live for you is all I can do
 I pray please God will you guide me through
 Who would know this is where I would go
 So far away from all I love and know
 To face the day I put on a mask
 Help me Lord is all I ask



Building Blocks

A poem by Graham Watt

I bought a red balloon,
Just to brighten my day.
I built a castle out of memories,
Just to have somewhere to stay.
I fused windows out of good intentions,
Which you can see right through.
I tailored a suit from good deeds,
Which I quickly outgrew.
I planted some seeds of ideas,
To see what would grow.
I compiled a library of daydreams
To discover all I've yet to know.
I assembled a table out of love,
On which to rest my cup
But I'm still searching for the right person
To fill it right up.
I dressed my mattress with a blanket
Sewn from hope.
To give me the strength
With which to cope.



35 WINDOWS

A poem and song by Robert Gallagher Robertson

Your arrogance and your obtuseness scale
All boundaries are free from all borders

Your empathy and your sympathy are hidden away
In a closed, empty, granite casket you call my heart

35 windows looking down on me
35 windows with not a view to see
35 windows looking up into the middle of the night
35 windows with not an end in sight

I'm innocent of all my charges
And you're guilty of all your crimes
He's walking like a gorilla
I'm flying free as bird sometimes

35 windows looking down on me
35 windows will never break me

I'll put adversary behind me
I will allow you to survive
I hope to find love and happiness
I hope you learn to feel alive

All these promises you gave me
And all the lies that you have made
Will end on the day you meet me
Will end when you get laid

35 windows looking down on me
35 windows we will just have to wait and see



"Some of the most comforting words in the universe are 'me too.'

That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road."

- **Unknown**



Recovery story

Alex

My name is Alexander Robert Lafferty, I am a 41 year old man from Beechwood back in the old Beechwood when it was as rough as it comes! I was at Rockwell high school then Balerno off site education. I grew up stealing cars, breaking into shops and robbing, due to bad circumstances as my mum had 6 boys and a wild family to say the least.

I can honestly say I think my first habit was gang fighting where I became used to the adrenaline which all of the above actions were giving me! By the time I was 14 or 15 I started kayaking to get away from stealing cars and gang fighting as I knew

deep down I wasn't wanting to be like that. So I was training to become an outdoor pursuit instructor as I wanted to work in off site education. I had and still have so much respect for my head teacher and kayak instructor Mike Sullivan who understood me, and he listened!

When I was young I saw a very lot of trauma to say the least! This triggered me into abusing drugs from a very young age, trying to self medicate. I started with codeine as I couldn't sleep because of nightmares. Then this escalated to smoking heroin, then methadone... Because my mental health never got dealt with this went on and on for

almost 20 years.

In 2018 I got to a very low point where suddenly it became crystal clear to me what I had to do. I saw my 16 year old boy break down and to be honest this blew me away! My son is my guardian angel and the light at the end of the tunnel who saved my life by always being there and sharing some hard honest truths. It was one thing me self medicating but when it affected my son and family - this made me feel so bad and I decided I wanted to find myself again and make my son proud of his father again and be proud to call me dad!

A big part of my recovery was keeping busy because boredom is a

killer. I went to Lochee Community hub and got involved with the groups there and then progressed to the 5 Tier Recovery Program which gave me hope and something to work towards.

I am now a peer worker and doing my mountaineering courses. If I could leave a message to the young people I'd say 'Never accept labels or stigma as the system and doctors who labelled me failed me, period, and made me feel like I wasn't well, and stigma is a self fulfilling prophecy! So as a closing statement I'll leave you with 'Own that shit' as it's true! Be the change you want in life!





Phoenix Rising

When the concept of the Recoverzine became a reality, the group wanted a symbol that represents a message of renewal, of rebirth if you like. Ultimately the symbolism associated with the phoenix was chosen to carry the message. The phoenix is a bird associated with Greek mythology that is reborn from its own ashes and is therefore immortal, a reminder of hope and resurrection. Just as the phoenix emerges from its ashes, so can a person, following a seemingly devastating experience or a traumatic loss. The phoenix gives people hope and the will to carry on regardless of the challenges. The phoenix is the logo of the publication because for many people the Phoenix is a visual metaphor for recovery.

Below we are sharing the story of June Brown and her Phoenix painting, which played a huge role in a difficult part of her life.

This painting is about 4.5ft by 2.5ft and I started it when I was very ill in ward One at the Carseview Centre about 16 years ago. This was a very positive admission for me. I had an excellent consultant and my relationships with my family were very solid. My young son and my mum were my main carers and although I was very manic and often confined to my room on constant observations the nursing team worked very hard with me, my family and my wonderful advocacy worker to create a care plan that catered for my needs. They

found me a small side room to work on my art and I experimented with oils and acrylics and created this painting.

I knew a bit about Greek mythology, about the Phoenix rising from the ashes as a metaphor for spiritual rebirth and I found out that the Phoenix was also a figure in Egyptian mythology and many other cultures. Following my discharge, I became involved with a Holistic healing centre - Lendrick Lodge near Callander. I worked in the kitchen and waitressing which I thoroughly enjoyed. I was

invited to attend some courses in return for my volunteer work and I did a yoga course, a meditation course. I was also invited to participate in their Phoenix project - a course which involved fire-walking, building Native American sweat lodges and going on a solitary retreat up the mountain at the back of an old hunting lodge. I met so many wonderful people from all over the world who shared my fascination with shamanism and all things spiritual.

At the end of the course, we had a charity auction and I donated my painting to raise funds for my teacher's son Aaron who had had a mountaineering accident which rendered him paraplegic. My painting raised \$5000 and was donated to Lendrick Lodge. Everyone contributed to keep the painting in its

rightful place, the meeting room at the lodge, where all the Phoenix project participants gathered and shared so much of their hearts and minds.

Unfortunately I didn't stay well and when I lost my mum I spent two years in The IPCU unit of Carseview which was a harrowing experience. My consultant was very inexperienced, the patients were acutely ill and there was limited access to the outdoor space. There was another artist on the ward and we were provided with art materials and again, I became well, like the Phoenix rising from the ashes. I believe now that after a period of sickness, there are resources we can employ which will lead to our rebirth.

June Patricia Brown





Forgive Yourself

Forgive yourself! Forgive yourself! Forgive yourself! Then forgive everybody else.

We all generally have one or more people who we just can't forgive and we carry this account with us. If we don't let it go, it only hurts our-self. I'm not saying one has to love them or spend time with them as there are some people we are much better of avoiding completely, just that holding onto old accounts stops us from moving into new emotions.

What's your favourite or habitual emotion? Do you think badly of yourself in the background every day? "I'm no good", "I'm a terrible person", etc... you know the kind of repeating thoughts. Unless we drop this way of thinking of ourselves and others, we will never go forward. Ask yourself was I one hundred percent in control of myself when I did such and such! Also, were those people who wronged us fully in control of

themselves? If not then who is to blame? If you had been completely aware and in control of yourself would you have chosen to do whatever things you now hold against yourself? Would they? So perhaps the real enemy here is disconnected behaviour where one part of us does something which the rest of our-self has to pay for or suffer over until we become aware enough to forgive. There is another possibility which is like transforming lead into gold or growing flowers from shit. That is to actually use the things we have done which we consider wrong as a reminder and an emotional power, to not make wrong choices in the present.

Perhaps you have forgotten how special you are and what a miracle it is to be alive. No matter what happened in the past it doesn't have to define who you now are!

Jack Soutar

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

This campaign takes place annually between 25th November - 10th December. Every year, the Dundee Violence Against Women Partnership (DVAWP) works closely together to deliver a number of awareness raising events as part of this campaign.

3

12

RADICAL DIGITAL ACTIVISM & CARE - ZINE AND POSTER WORKSHOP

Join artist and illustrator Majska Sekula to create campaign style zines and posters

Where: Unit 35, NEoN Digital Arts, the Keillor Centre, Dundee

When: 10- 3pm

WRASAC & BODY SHOP WORKSHOP

Discover self-care techniques including mindfulness, grounding, and self- massage

Where: The Body Shop,, No booking required

When: 12 pm - 6pm

8

12

9

12

FINALE EVENT IN CITY SQUARE

Flashmob (choreographed and performed by young people);

When: 2:30pm

Public Vigil to honour and light candles for each woman lost to male violence this year;

When: 7:45 – 8:30pm

Dundee United Community Trust Christmas Fayre

Sat 3rd December | 11 AM - 3 PM

Free Entrance

Festive Friends

Help tackle poverty, loneliness
and isolation this Christmas

Meals, gifts and entertainment
at Tannadice Park

25th December



Meals, gifts and food parcels
delivered on 22, 23
and 24th December





Christmas around the world

Christmas... what does this mean to us in today's world?

For me, Christmas is the period when all our differences are set aside; we gather with family, friends, and those close to our hearts. Sure, there is also the turkey dinner, being happy together, appreciating the simple things, but the spirit of Christmas is the most important thing of all.

What does Christmas mean to you? Has the rejoicing in the birth of Jesus Christ been drowned out by the media blitz of consumerism? Has Capitalism and the financial burden of the latest gift turned a season of

goodwill into a season of hardship?

Christmas is celebrated in different ways all around the globe. For example, in Sweden people have an ancient pagan festival where they build a yule goat out of straw which is over 20 feet high.

In Austria, Krampus is a horned figure who scares children and is the evil brother of Santa. As if the threat of not getting presents wasn't bad enough, Austrian kids who end up on Santa's naughty list also have to worry about Krampus who would come during Christmas time and would snatch misbehaving children

into his wicker basket, serving as Santa's menacing enforcer.

In India Christmas is quite a small festival, due to the number of people who are Christians (about 2.3%) compared to other religions like Hinduism (79.8%) and Islam (14.2%). Instead of having traditional Christmas trees, a banana or mango tree is decorated. Sometimes people use mango leaves to decorate their homes. Midnight mass is very important service for the people celebrating Xmas in India – the whole family walks to mass followed by a big feast and the giving and receiving of presents.

Here in Scotland, we decorate our Christmas trees and homes and we have a nice Christmas dinner. We also sing carols and be merry to one another. We also leave milk and cookies for Santa and carrots for his Reindeer.

The topic of Christmas is vast with its many traditions around the world. But the origins of this holiday are clear – it is to celebrate the birth of Jesus Christ. This historical figure has been a symbol of love, hope and understanding for thousands of years and for billions of people. Whether you are religious or not, the message we receive is the same for everyone and it is – to love each other and have hope for all mankind.

Have a Happy Christmas and may love be found by all!

A. Lafferty



Crossword

Find the answers on the back cover.



Down:

1. A large domesticated cat breed
 2. Energetic passion towards something
 3. The quality of transparency or purity
 4. A mythical bird symbolising rebirth and resurrection
 5. The process of making or becoming sound or healthy again
 6. A baby's bed or cot
 7. American epic film, released in 1939 and won 8 Oscars
 12. The quality of having experience, knowledge, and good judgement
 14. To snuggle or cuddle
 15. Word for great, amazing, very good in Scottish
 16. Word for 'clue' in Scottish
 18. Freedom from disturbance; tranquillity
 19. A park in Dundee
 21. Potato in Scottish
-

Across:

8. An intense feeling of deep affection
9. A song by Depeche Mode from album 'Violator'
10. The process of being mentally stimulated to do or feel something, especially to do something creative
11. The condition of sharing or having certain attitudes and interests in common
13. A Scottish poet and lyricist (1759 - 1796)
14. An annual festival, on which people commemorate the birth of Jesus Christ
17. Solemn promise
20. An act or process of withdrawing especially from what is difficult, dangerous, or disagreeable
22. Word for 'pie'
23. A group of physical, mental, and spiritual practices or disciplines which originated in ancient India
24. To scare, to frighten in Scottish

Simple Victoria Sponge Cake



By Wendy MacDougall

Serves: 10 | **Prep:** 30 min | **Cooking:** 25 min | **Total:** 55 min

Ingredients

- **4** Medium free-range eggs ~£0.50
- **225g/8oz** caster sugar ~£0.45
- **225g/8oz** self-raising flour ~£0.30
- **2 tsp** baking powder ~£0.10
- **225g/8oz** Butter/Margarine at room temperature ~£1.30
- **1 tbsp** icing sugar
- Strawberry/Raspberry Jam/ Preserve or any flavor of your choice; Whipped Cream (optional) ~£1.00
- Strawberries for decoration (optional) ~£1.50

Method

- 1.** Pre-heat the oven to 180°C/ 160°C Fan/Gas Mark 4. Grease 2 x 20cm/8in sandwich cake tins with margarine. Line the bottom of the cake tins with a circle of baking paper.
- 2.** Break the eggs into a large mixing bowl, add all the remaining ingredients into the mixing bowl. Mix until well combined but be careful not to over mix the mixture. The mixture is ready when it falls off the spoon/mixer easily.
- 3.** Divide the cake mixture between the two sandwich tins. Use a spatula to smooth over the top.
- 4.** Bake in the middle of the oven for at least 25 minutes. Check after 20 minutes. They are done when they are a golden brown colour.
- 5.** Leave to cool in the tins for 5 minutes. Using a knife run around the edges of the cake.
- 6.** Once fully cooled, place one side of the cake upside down onto a plate and spread with the jam of your choice. Whipped cream can be added here. Then place the top half of the cake on top of the jam. To decorate, sprinkle with caster or icing sugar. Slice to serve.

More

If required the cakes can be frozen after baked. Wrap each side in cling film. Can be frozen for up to 6 months, allowed to defrost fully before the filling is added.

Moroccan Vegetable Stew



By Dundee Food Bank

Serves: 4 | **Prep:** 10 min | **Cooking:** 20 min | **Total:** 30 min

Ingredients

- 1 tbsp** oil
- 1 onion** ~£0.20
- 2 garlic cloves** (or good generous shake of the dried stuff) ~£0.10
- 2 tbsp** ground coriander
- 2 tbsp** cumin
- 1 tsp** chilli flakes (or powdered)
- 1 tsp** of cinnamon (if desired)
- 1 tin** chopped tomatoes ~£0.40

1 red pepper and 1 yellow pepper
~£0.30

1 tin chickpeas ~£0.65

100g red lentils ~£0.30

1 large sweet potato ~£0.60
Season with black pepper and salt

400 ml water

Method

- 1.** Chop garlic into small pieces
- 2.** Chop onions (into whatever size you'd prefer)
- 3.** Peel the sweet potato and chop into cubes
- 4.** Put oil in the pan on a medium heat and add in the onion and garlic and cook for a couple of minutes (until onions begin to soften).
- 5.** Stir in the ground coriander,

cumin, chilli and cinnamon. Cook for 2 minutes, stirring occasionally. Season with black pepper. Add the chopped tomatoes, peppers, chickpeas, lentils, sweet potato, add the water and bring to a simmer. Cook for 15 minutes, adding a splash of water if the stew looks too dry, and stir occasionally until the potatoes are softened but not breaking apart.

General Disclosure:

Views, thoughts and opinions expressed in this magazine belong solely to the author of the specific work. The articles/materials/works of this magazine do not constitute advice and are offered as suggestions. Reader's discretion to be used while trying out suggestions. If you require specific advice on any topic, you need to get in touch with an expert or a professional in the field.

Pictorial illustrations in this magazine are taken from Affinity Publisher's stock of images and illustrations. This magazine has been designed using Serif's software. Some 'free to use resource websites' have also been used to make the magazine more attractive (Unsplash, Pixabay, Pexels).

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**We are looking for writers,
photographers, and proof readers. No
experience is necessary.**

**If you wish to become part of the
RecoverZine Group and share your
stories, poems or conduct interviews with
different services which might be useful
to the people of Dundee, please do not
hesitate to contact us at
recoverzine22@gmail.com**

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Special thanks

- Bella center
- Dundee Foodbank
- Dundee Volunteer and Voluntary Action
- Lochee Community Hub
- The volunteers involved in the making of the magazine

Hope Festival

Just Bee (Meadowside
St. Pauls)

Stalls, workshops,
speakers, music

For more information visit
justbeeproductions.co.uk

Lilywalker Centre

Homeless Services Unit East
District Housing Office
01382 432001 (24hrs)

Shelter Scotland

0808 800 4444

Dundee Drug and Alcohol Recovery Service (DDARS)

Support with drug and alcohol use
01382 632542

We are With You

Support and Advice The
Roundhouse
01382 206888

Rape Crisis Scotland

08088 01 03 02
Text: 07537 410 027

Dundee Citizens Advice

Advice and information to sort out
any issues or problems
01382 214 633

Dundee Law Centre

Free legal advice service-
benefits, debt, eviction and
homelessness
01382 918230

Samaritans

Support for people and
communities in times of need
0330 094 5717

Hillcrest Futures

Mental health and wellbeing
support, homelessness and drug,
alcohol and recovery services
03001232644

**Scottish Families Affected
by Alcohol and Drugs**

08080 101011

NHS Mental Health Hub

111

Breathing Space

A confidential phone line for
anyone who is feeling low,
anxious or depressed
0800 83 85 87

Dundee Foodbank

01382 698020

**Dundee Energy Efficiency
Advice Project (DEEAP)**

Advice on all energy related issues
01382 434840



Down: 1. Maine Coone 2. Buzzing 3. Clarity 4. Phoenix 5. Healing 6. Cradle 7. Gone with the wind 12. Wisdom 14. Coorie 15. Teckle 16. Skiffy 18. Peace 19. Balgay 21. Tattie

Across: 8. Love 9. Enjoy the silence 10. Inspiration 11. Community 13. Robert Burns 14. Christmas 17. Oath 20. Retreat 22. Peh 23. Yoga 24. Fleg