

Free

REC VERZINE

Jun • 2023

DUNDEE



Fighting loneliness

**The Change
Centre**

Connect to other
people

Health corner

How to deal with
loneliness

Empower

Share stories

Encourage

Help | Support | Advise

Connect

Services in Dundee

Lochee High Street



In the beginning, Well not the very beginning, in fact only some months ago. The great Creator of all things looked out on the countless galaxies and universes and noticed in a relatively small spiral galaxy a life bearing planet and upon looking closer thought: "W. T. F. is going on in Dundee?"

Because many of the creatures inhabiting this city had begun to take into their bodies external substances in order to experience altered states.

Which is ironic as their bodies were created to produce the best and most powerful substances within them when used in the correct way.

So the great creator of all things found a suitable being striving towards angelicness in the form of a human whom we'll call "M" and instilled the desire to create a useful little "pamphlet" with information, useful addresses, stories of people who had managed to overcome addiction, their strategies and even some healthy, hearty recipes, a crossword and some nice photos and artwork.

The "M" beings' great heart attracted a bunch of assorted "codgers" to do penance for their sins by contributing in different ways to the production of the said "pamphlet" which was given the



name "Recoverzine" and after much tribulation the first example was born.

And the Creator looked upon it and thought: "Hey, that's not bad".

Then the great heart of "M" being magnetically drew to itself a young Magician whom we'll call "P". "P" was well versed in the black arts of graphic layout and as they say in that city on that planet: "Now we are really cooking with gas." So welcome to this latest offering.

A BIG SHOUT OUT !!! To all the organisations helping those who are engaged in different stages of recovery, and to the people running the food banks and soup kitchens you are the "bees knees"!

Good luck

A library of tools and equipment for DIY, camping, baking, cleaning, decoration and so much more!

Membership £10/year

 **community**
toolbox

Visit dundee.myturn.com to see the inventory or pop in top floor of the Wellgate Centre to find out more



Content

- 4** The Change Centre
- 6** Dundee International Women's Centre
- 8** Poem corner
- 12** Recovery story
- 14** Life around us
- 16** Op-ed
- 22** Health corner
- 24** Events
- 26** Crossword
- 28** Recipes



The Change Centre

Two of us from the RZ group recently visited the Change Centre and spoke to Kyle Fraser, who is the Programme Co-ordinator for Street Soccer (Dundee) and a manager there, about the the new approach and superb set-up they have for helping people in a holistic way by taking care of the mind, the body, and the soul.

The Change Centre Dundee opened up its doors in October to the public in the middle of 2021 as part of Street Soccer Scotland organization. This is a place where anyone can go for a variety of different programmes and projects and can join in or just get out for a blether and a cuppa. The centre welcomes people with challenging circumstances. Particularly their main target audience of people with physical disabilities, addictions, homeless-

ness, mental health, criminal justice issues and long term unemployment. At the Change Centre they can access a number of partner services that aim to help the people transform their lives and achieve positive change. It's all about creating a solution based mindset for the people.

They also aim to provide space for other similar support services and the wider community such as: the Recovery Group, We are With You, Hillcrest Futures, Shelter Scotland, Andy's Manclub, Womens Wellbeing, Remploy, Social Security Scotland, also the Mobile dentist van and others with more to come in future. For a full list of programmes they have a timetable with information on their facebook page (Change Centre Dundee).

As a person who has been to and experienced it for myself I am so impressed by their enthusiasm, passion, empathy and professionalism that is second to none. These are all good people with the experience who are now giving back with the passion that is infectious. I went and played

football and had a blether and got signposted to the right services and it helped me and so I take my hat off to these guys who have invested everything!

Jack Soutar
and Alex Lafferty

“The Change Centre is for **anyone** that may be experiencing life's challenges. Our adult programme caters for people aged 16 to 60 plus, alongside our youth programme for 10 to 16 years old. It is also a home for other support services across Dundee as we aim to create our own positive community in the City.

The centre welcomes anyone with mental, physical or even criminal justice issues. People get to socialize in a safe and welcoming space, play football, and exercise but they don't have to participate. We also deliver training and get people qualification certificates, also voluntary positions with opportunity for work all depending on the individual. Everyone can get support and advice and we try to show everyone they are not alone!”

Statement by Kyle Fraser
Management team



DIWC

One of our service articles for the 4th issue of Recoverzine is about the International Women's Centre where we had a chat with Susan who works there. The centre is located in the Stobswell area of Dundee, a fifteen minute walk or five minute drive from Dundee City Centre.

Normally, I'm quite anxious more so on a first time visit to somewhere but from the moment I walked in I felt at ease. Personally I think this place is AMAZING after speaking to Susan and feeling the energy, it was so positive and refreshing. I think having a safe space, especially when in recovery is so important, to have people who are non-judgemental, understanding of other people's cultures and circumstances and accepting that we all have different beliefs.

No one needs to be asked questions about mental health, or if in recovery or any private issues. Referrals are made normally by health and social care professionals like health visitors for new mums or for women in general. It was good to find out that there are services that aren't on a need to go basis (which puts a lot of people off in my experience). Think this place is a little gold mine as you're not getting discriminated against because of your past or present circumstances or are not getting bombarded with personal questions. They also have a creche if mums/carers are taking part in a class in the centre, it is a small fee £2 for morning childcare.

K. S.

RZ: Hi, Susan, thank you for meeting me today. Can you briefly explain a bit about what DIWC does, please?

Susan: DIWC is a place for women, any woman. We seek to engage, educate and empower women from diverse ethnic and cultural backgrounds, to help them achieve their personal goals. But if they want to come in and just sit and relax they can do that.

If someone joins the centre they can come to various groups and classes just to get out of the house. Could be arts or cooking or baking, or they can learn digital skills. We have an in house creche too.

RZ: Cool, yes I heard about that...

Susan: So all our learners are able to use the creche while they're in classes and if we've got extra room in there people can

drop their kids in for a couple of hours and go do something else.

We also have an employability programme so people can come and get help with their CV's and things like that. We have a drop-in job club too, to get support to fill in forms at the time.

At the moment we've got women that come from all over the world, from about 60 different countries.

RZ: In your experience, do you see people starting to flourish and blossom, becoming more confident?

Susan: We absolutely do, interestingly enough we've done our annual learner survey. So a 100% said they were happier coming here, about 87% said they were more confident and people said they felt healthier and that they had made friends.

Find out more about the DIWC

DIWC WEBSITE
DIWC.CO.UK

OR CALL AT 01882 462 058

DROP BY
UNIT 9
MANHATTAN BUSINESS PARK
DUNDONALD STREET DUNDEE
DD3 7PY
UNITED KINGDOM

TIMETABLE OF GROUPS AND
ACTIVITIES ON PAGE 25



Always

A song by June Brown

Always was a sinner
Always lived in sin
Couldn't find my way out
Of the mess that I was in
Sometimes lived with nothing
Found it everywhere
Except in my dear old Father's
Strong and stony glare

He said, Get DOWN Get UP Get OFF Go THROUGH
Jesus Christ I just hadn't a clue
Daddy what exactly am I to do?
Hither or Thither all roads lead back to you...

Always tried to be a good girl
Always tried to make them smile
Couldn't keep it up for long
Before tears would flow, God bless that child
Had everything you'd need
To live a happy life
Except my dearest Father
Had a good Lady for a wife

She said Get UP Get DOWN Get OFF in Jesus's name
Where could I run to, Who could I blame
Oh Ma I just don't like that game
I guess we hang our heads in shame

(Bridge)
I'm up there with you now
I see you all in my dreams
They tell me how to scrape and bow
Pay homage to the King and Queen

They tell me there's a heaven
No such thing as dying
From seven to eleven
I can't scream, I won't be crying
I'll wait until I'm with you
Proud tears upon my face
To know that I always had faith in you
And the entire human race

Always been a sinner

Born from original sin
Into my family circle
Guarded from within
I've stolen, lied and f... around
With hope and no regrets
But now you're gone, hope still lives on
That I can repay all of my debts.

I'd rather be without breath

A poem by Graham Watt

I'd rather be without breath,
and struggle for air.
I'd rather be the priest,
with no faith in prayer.
I'd rather lose the sun,
and endure the cold.
I'd rather be a hand,
without another to hold.
I'd rather be an eagle,
without its wing.
I'd rather be a nightingale,
without a song to sing.
I'd rather be the moon,
that fell from the sky
I'd rather be a teardrop,
trickling from a crying eye.
I'd accept all of this
without a single sigh
If I could see you again
without ever having to say goodbye.



“There comes a time in your life when you have to choose to turn the page, write another book or simply close it.”

— Shannon L. Alder



Recovery Story

George

My name is George Vaughan and I am a 57 year old man from Beechwood where I grew up. When I was young I was put through Borstal which some of you may know used to be a type of young offenders detention centre in the UK. I was in prison most of the time of my young life all over Britain for petty things like shoplifting drinks! I have 2 kids whose life I missed out on through being an alcoholic and being in prison. I had been on the drink for many years of my life until 3 years ago. I never harmed anyone, I got on with everyone and there wasn't the help back then as there is now! So I must say life was very rough for me. I moved to London as I wanted to see a bit of the world and discovered the streets are not made from gold, trust me! While in London, I was homeless on the streets and used the drink

as it kept me warm on the cold nights on the streets of London and I also got a better sleep and everyone I met was also drinking. I went to Kent after that where I was picking apples and fruit and stayed for 5 years and it was all cider everywhere.

I moved back up to Scotland, and eventually I went into Sunnyside which was a rehabilitation centre for drinkers located in Montrose. Anyone who knows me knows how bad I was - as a drinker or in a prison. I failed Sunnyside 3 times and I went into Murray Royal Hospital in Perth and failed my first one but on my last and final visit to the hospital here I was told about my liver from the doctor and how close it was to failing which gave me a shock and I knew I had to change. This put me on the path of anti-abuse which was the best

option for me as if I drank whilst on the anti-abuse medication it could kill me. Rehab was really hard on me but I'm here sitting now and I am living proof that if you want to change - you can be the change! I now see my kids and spend time with my family and I am now living a full life. Now I go for meals and can honestly say if I had a message for anyone with a

problem whether you know me or not - if I can do it, you can too! I was a lifelong drinker and I would advise you if you are struggling - call and get the help from Constitution street DPC*! Life's good for me now. I can tell you there is light at the end of the tunnel and I feel great now, and it gets better and better. I wish everyone in the world all the best!

* DPC is now known as Dundee Drugs and Alcohol Recovery Service (DDARS) where you can get support for alcohol or drug related problems (55 Constitution Road, Dundee; Tel: 01382 632542)

TO GET SUPPORT YOU CAN VISIT THE DROP-IN CLINICS THAT OFFER SAME DAY PRESCRIPTIONS

Constitution House – every Tuesday
9:30am – 12pm and 1:30 – 3:30 pm

Wallace Town Health Centre
every Thursday
9:30am – 12pm and 1:30 – 3:30pm

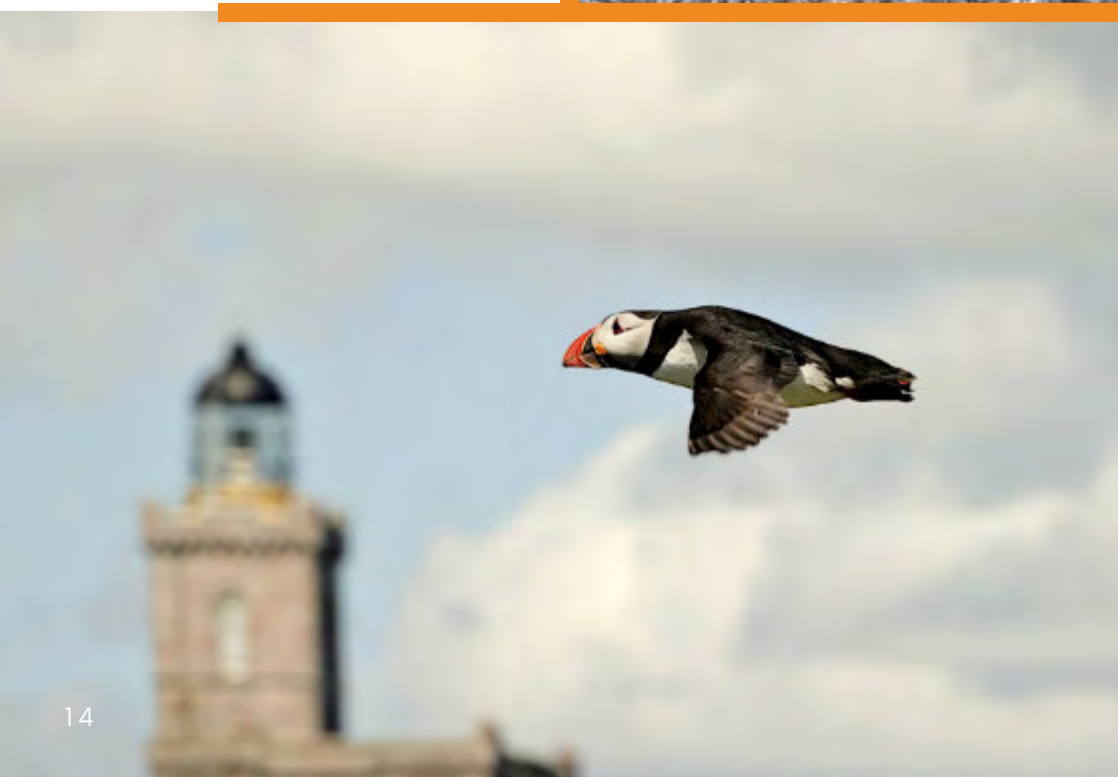
Life around us

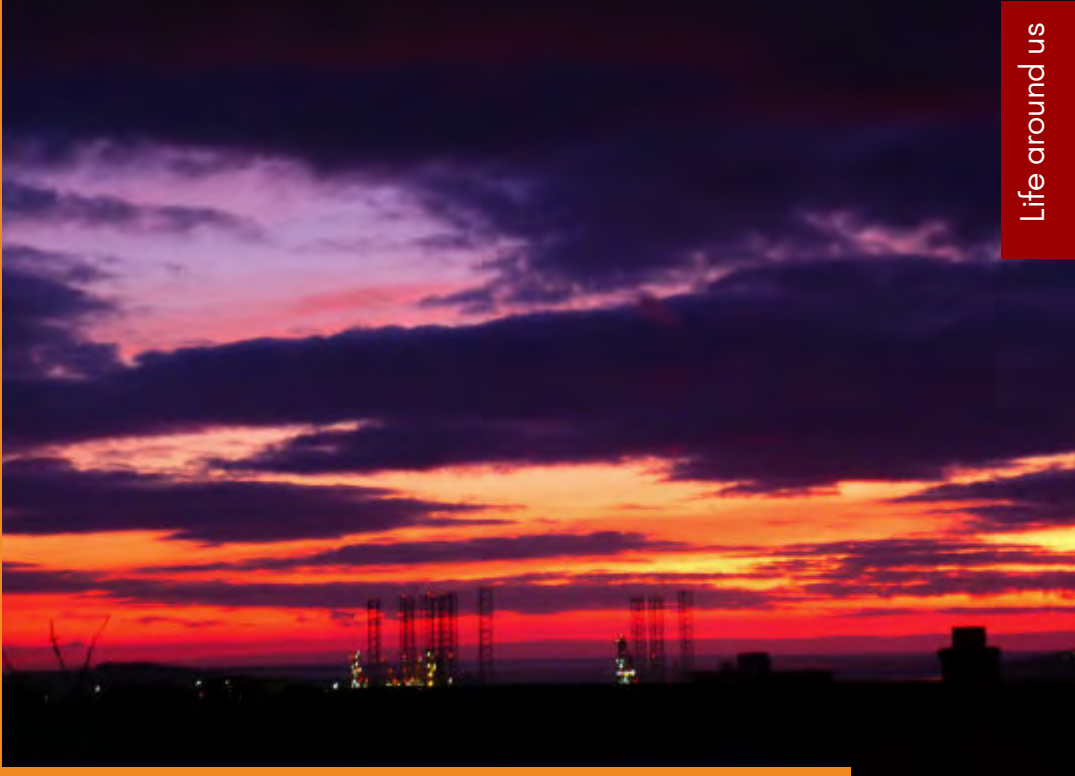
Nature always finds a way

A. L. ▶

A puffin flying by the Stevenson Lighthouse on the Isle of May

▼
Rady Krustev





Beautiful nature!

M. C.

We want your photos
of any special
moments!
Please send to us at
recoverzine22@gmail.com



Loneliness, Isolation & Coffee

Loneliness is not a word that necessarily means you're on your own. You can still feel lonely in a crowded place amongst your friends. Loneliness can manifest itself in many different ways. The biggest form of loneliness is with your own mind. I myself have experienced loneliness and isolation even though I was surrounded by lots of family and friends. I felt alone and quite sad. Eventually I sought medical help and I chose to go down the medication route. I also found that by attending groups at the local community centres, I saw myself opening and realising that I wasn't alone in how I was feeling. In turn I built up a great support system. Isolation is quite common amongst carers. I am a full-time carer to an autistic child, and this

can be a really daunting and lonely time. Support groups are a lifeline to just be 'me' and be around other adults, otherwise I couldn't really leave the house other than for food shopping.

I fight loneliness by planning my week in advance so I know what I will be doing and where I will be, occasionally as circumstances can change beyond my control. I have learnt ways to counteract situations like this. I have learnt through attending courses such as yoga and mindfulness. I understand that things can change in an instant but I have found other things to occupy that time instead of becoming stressed and upset.

Accepting help is not a sign of weakness but a sign of strength

and determination to be a better person!

After I had accepted help and took advice on board, I can now have a coffee in a cafe by myself and not feel like I'm alone.

By attending all of my groups through the community centres, I have found that I'm no longer alone but have a sense of belonging .

By learning to accept help and the support offered to me, I then became a volunteer for the local food larder which I enjoy and look forward to doing it every week

With attending the Recoverzine group for the last few months, I have felt inspired to write this piece. My one piece of advice is: don't be afraid to say "I need Help!"

By Wendy Macdougall

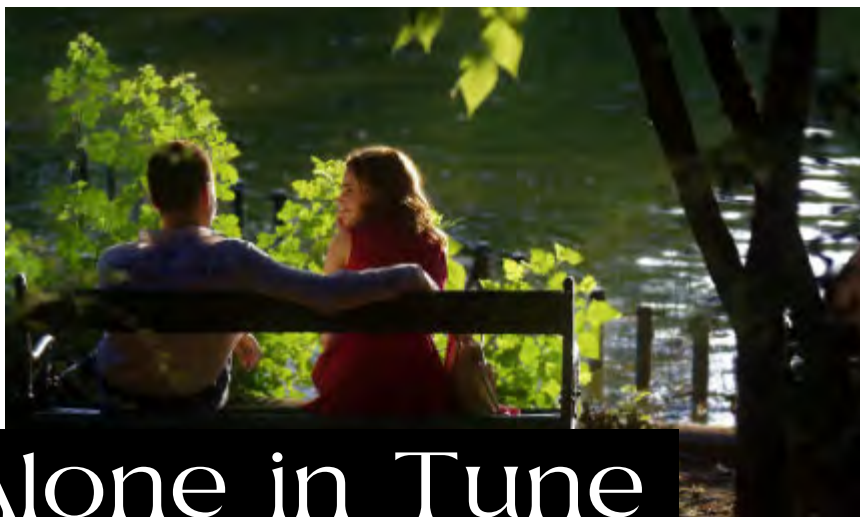
Local befriending services

Boomerang

Face to Face Befriending,
Tel: 01382 455656

FoodTrain Friends

Face to Face and
telephone befriending,
Tel: 01382 810944



Alone in Tune

Imagine a person sitting alone, organically perceiving daily normality — calm, quiet, and open to all.

Now imagine the same person — tense, confused, or closed and oppressed.

Wisdom says that the feeling of loneliness arises when we disconnect from our true selves.

One can feel lonely even when surrounded by friends. One can feel content, even when separated from the world for years.

Let's find the key!


How do we help a lonely person? We first sit and listen to them, without judging or trying to change them.

How do we help ourselves when we feel lonely? Why not the same way! We sit quietly, as much as we can, and simply listen to what the feeling of loneliness has to say, without judgement or an attempt to change it.

And here's the simple magic — both the listener and the one feeling lonely are still ourselves! So, we can merge them carefully. Then, there is no listener and no one in pain, just pure attention carrying the space. This is when we experientially understand that our best friend is in the open heart. It resides in the space that opens when we allow our mind to rest in a quiet and listening state — the space that allows the pain to express itself, the space that can give a warm hug to grief. And when the time comes, we can let the grief and the pain pass, dissolve, and go away with love and respect.

We can never be lonely because our best friend is inside. This is the one we can trust and trust again, unlike anything else outside.

Sitting for a while, alongside the opening space inside and rediscovering the vivid stillness of our mind, will grace us with a shared present



soon. We greet a person in the alley, and they greet us back with a smile. A small dog barks at us, but we perceive it as a joke, and it starts to fawn on us. A man in the shop offers support, and we feel grateful for it. A baby with eyes as clear as the mirroring sky looks at us... And we recognize that the clarity in the baby's eyes and the spaciousness of the mirroring sky is the true nature of our authentic selves. It is one with everything, cannot be lost, and is never lonely.

Bratan Bratanov



Flowers can grow out of shit

Carl Jung, who some think of as one of the fathers of modern psychology, wrote “I am not what happened to me, I am what I choose to become”.

Imagine how fast we would become how we want to be if instead of allowing all the negative “shit” that happens to become fuel instead of dragging us down or causing us to go along the familiar old paths that we are so accustomed to.

Any time one goes on a new path it involves effort in the same way as if one was going into the jungle. One would have to work pretty hard with the machete to go anywhere new and if one didn’t keep using that path one would have to work a little to renew it.

Our addictions are pretty well used paths and the consensus amongst most of the contemporary analysts seems to be that underlying most of

them is some form of psychological pain hidden in the background.

Keith Richards from the Rolling stones in his autobiography comes out with some deep understandings on the nature of addiction and one I particularly like is “All the contortions we go through just not to be ourselves for a few hours”.

It suggests rightly that we are avoiding contact with our real self by doing all sorts of different things to cover it up.

In Taoism they have the concept of the uncarved block which represents the real self and which appears empty but in fact is full of all possibilities.

Perhaps it is too unbearable for us as it entails acceptance of all sides of ourselves and therefore we run into smaller more easily acceptable parts.



Generally we are constantly moving from part to part throughout the day in a seamless way and different situations and people elicit different parts or characters in us. As an example, think of being with a good friend or with a parent, the language we use and even our physical posture can change.

That neatly leads on to why if we want to change we need to avoid some of the usual characters that we interact with unless they are also fully committed to change.

Not necessarily forever but at least until we become strong enough to be around them without succumbing to temptation.

We can circle and circle in a vicious fashion around an aim perhaps even for a lifetime unless we become emotional about it.

The emotions can, if they are intense enough, enable us to manage to overcome the weakness that usually occurs.

This ties in with old Biblical statements from the Apocryphal Gospel of Thomas.

The Apocrypha are the books which were left out for one reason or another when the present day Bible which is actually a compilation was put together.

Don't get me wrong I am not religious in the slightest but I take the truth from wherever I find it.

“When you make the two one, and when you make the inside like the outside and the outside like the inside, and the above like the below and the below like the above, and when you make the male like the female and the female like the male, then you will enter the Kingdom.”

– Gospel of Thomas, verse 22

We have three brains: the gut, the heart and the head or the instinctive brain, the emotional and the intellectual.

Making the two into one is when the heart and the head work together and when this happens we can move behavioural obstacles like mountains.

Jack Soutar

 [ThesAntiSyn](#)

DEALING WITH LONELINESS

Dealing with loneliness can be a challenging journey, but there are steps you can take to overcome it and improve your well-being.

Here are 5 tips to help you navigate through loneliness

Acknowledge Your Feelings of Loneliness

Take the first step by recognizing and accepting your feelings of loneliness. Seeking support from a counsellor or therapist can provide valuable guidance, helping you understand the underlying factors contributing to your loneliness and developing effective coping mechanisms.

Manage Your Online Presence

The online world can offer both connection and isolation. Assess how being online affects your loneliness. While it can provide opportunities to connect with others, it's important to be mindful of how social media may present unrealistic portrayals of others' lives. If being online exacerbates your feelings of loneliness, consider taking breaks and focusing on offline connections.

Engage in Volunteer Work

Volunteering is a meaningful way to combat loneliness.

By dedicating your time and energy to a cause you care about, you not only contribute to something larger than yourself but also have opportunities to connect with like-minded individuals, build friendships, and experience a sense of purpose.

Prioritize Self-Care

Taking care of your overall well-being is essential in combating loneliness.

Incorporate regular exercise, a balanced diet, quality sleep, exposure to sunlight, and mindfulness practices like meditation into your routine.

These self-care practices can positively impact your mood, reduce stress, and improve your overall emotional and physical health.

Join Groups or Clubs

Seek out local groups or clubs centered around your interests or hobbies. Engaging in activities you enjoy with others who share similar passions can foster connections and provide a sense of belonging.

Whether it's a book club, sports team, or art class, finding a community that resonates with you can help alleviate loneliness.

Community projects by our supporters Dundee Volunteer and Voluntary Action offer lifelines to many lonely and isolated adults in Dundee

Tel: 01382 305757, www.dvva.scot

Re-Discover Dundee

is a community-based cycling project helping people to reconnect with green spaces in Dundee.

Dial-Op

provides information, connectivity and reassurance through their three service activities - Morning Call, Blether Buddies and the information Line.

Community companions

match up each person to a community companion based on personality, hobbies and interest.

DIWC'S COSY SPACE

A free cosy space available to all women to keep warm this winter
10am-3pm Monday-Thursday

Hot Drinks
Free WiFi



Lunch Club

12pm-1pm

Enjoy a hot meal with friends

Tuesdays £1

Thursdays £2

**Please book at
Reception**





Dundee International Women's Centre

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



Job Search £2
Help with your CV, application forms, and more!
Gain an SQA qualification

Everyday English FREE
Pre-intermediate

Sewing £2
Learn to sew
Make your own clothes
Upcycle

Playwork and Childcare £2
SQA qualification
9.30am - 12pm

Everyday English FREE
Elementary

Digital Skills FREE
Do more with your phone, tablet, or computer

Everyday English £2
Beginners

Cooking £2
Learn new skills, cookshare your own recipes

Discover Dundee £2
Free tips about Dundee

Flourish FREE
Peerless group, information, activities and advice

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

10am - 12pm

1pm - 3pm

Everyday English FREE
Beginners Plus

Baking £2
Try new recipes for sweet and savoury baking

Yoga £2
With Yoga on Toy
1.30pm - 2.30pm

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

Friendship FREE
Courses such as hearing, well-being, and more!

French £2
Conversation

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

English for Life FREE
Project based conversation group
Intermediate

Art £2
Art projects for all levels

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

College English £2
Taught by D&A College Tutors
12.30pm - 3pm

Lunch Club
Tuesdays £1
Thursdays £2
12pm - 1pm
Book at Reception

Rise & Shine Crèche
Available to anyone in Dundee
Children of any age
Call or email Reception to check availability



reception@diwc.co.uk

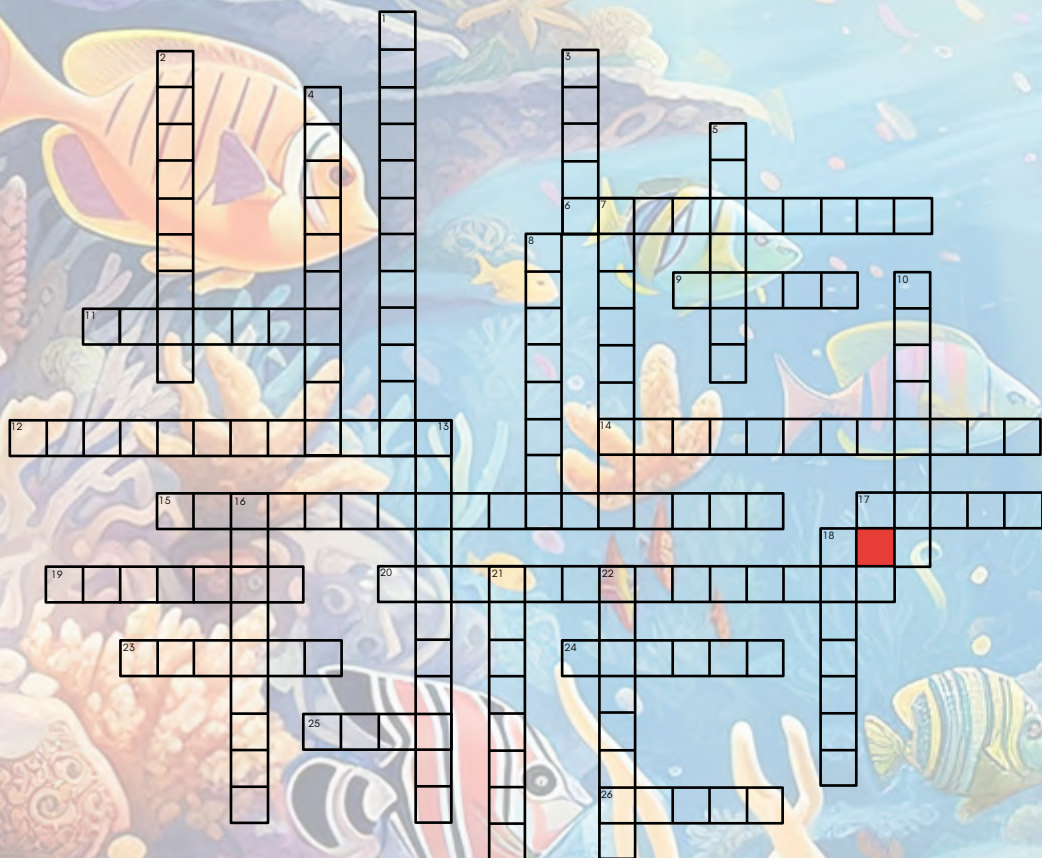


01382 462 058



Unit 9B, Manhattan Business Park
DD3 7PY

Crossword



Down:

1. Spanish painter, sculptor, printmaker, born in Malaga
 2. A shy, reticent person
 3. Vocal or instrumental sounds
 4. Practical contact with and observation of facts or events
 5. National animal of Scotland
 7. A time travel romance fantasy novel, also TV series
 8. A kiss in Scottish
 10. An island in the Indian ocean, part of Tanzania
 13. State in the US, the only state with two unique words in its name
 16. Give someone knowledge and understanding about a subject or situation
 18. The Japanese art of folding paper into decorative shapes
 21. A famous painting by Leonardo da Vinci
 22. The state of being calm, peaceful, and untroubled
-

Across:

6. The state or quality of being dedicated to a cause, activity, etc.
9. A sticky yellowish fluid made by bees
11. An extraordinary event that is not explicable by natural or scientific laws
12. Multiple award winning Scottish actor
14. Football club based in Dundee
15. An epic fantasy novel by English author J. R. R. Tolkien
17. Complete trust or confidence in someone or something
19. Gemstone with a distinct green colour
20. Dog breed originally bred as a herding dog
23. A mythical monster resembling a giant reptile with wings
24. Drizzly, grey, unpleasant weather in Scottish
25. Spanish fashion chain
26. A ballroom dance originating in Argentina

Chocolate Banana Custard



By ?

Serves: 3 | Prep: 5 min | Cooking: 1 m | Total: 6 min

Ingredients

- **4** ripe bananas ~£1
- **2 tbs** tahini ~0.50p
- **2 tbs** cocoa powder ~ 0.10p

Method

- 1.** Combine all the ingredients in the blender
- 2.** Add 2 tbs of water and blend until smooth, approximately 1 minute.
- 3.** Transfer into small bowls, chill in the refrigerator or enjoy right away.

Barley Stew



By ?

Serves: 4 | Prep: 5 min | Cooking: 40 min | Total: 45 min

Ingredients

250 grams pearl barley ~ 0.50p
1 Carrot ~ 0.30p
1 Onion ~ 0.30p
1 Parsnip ~ 0.30p
1 can chopped tomatoes ~ 0.60p

2 tbsp oil
1 cup water
 Salt and pepper to taste
 Might add a teaspoon of dried oregano

Method

1. Boil the barley for about 30 minutes or until soft and set aside.
2. Chop the vegetables and saute them in the oil for a few minutes and then add the tomatoes and barley back in the pot.
4. Add some water (depends on how

- thick you want your stew) and let it simmer for a few minutes until the vegetables soften up.
5. Serve hot.

For a non-vegan version you can add a sauteed sausage to the stew.

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.

We might cover a variety of topics, some of which you may find triggering.

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). Fonts and illustrations were used from the Creative Fabrica paid services.

This magazine is distributed for free. Reprinting without prior permission from the Recoverzine team, Dundee Volunteer and Voluntary Action is not permitted and may be subject to legal action. Selling this magazine for commercial purposes is not permitted.

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

If you wish to become part of the RecoverZine Group and share your stories, poems, photographs 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 or Lochee Community Hub on Facebook.

Group members**Writers**

- Alex Lafferty
- Wendy Macdougall
- K. S.
- Jack Soutar

Graphic Design

- Pavlina Skorcova

Special thanks

- Lochee Library
- Dundee Volunteer and Voluntary Action
- The volunteers and professionals involved in the making of the magazine

Supporters

Lilywalker Centre

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

Samaritans

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

Dundee Drug and Alcohol Recovery Service (DDARS)

Support with drug and alcohol use
01382 632542

Hillcrest Futures

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

Shelter Scotland

0808 800 444

Scottish Families by Alcohol and

08080 10

Dundee Citizens

Advice and information
on any issues or problems
01382 2146

Dundee Law Centre

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

Breathing Space

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

Dundee Mental Health Hub

111

Rape Crisis Scotland

08088 01 03 02
Text: 07537 410 027

Dundee Foodbank

01382 698020

Dundee Energy Efficiency

Advice Project (DEEAP)
Service on all energy related issues
01382 434840





Crossword answers:

Down: 1. Picasso 2. Introvert 3. music 4. experience 5. Unicorn 7. Outlander
8. Smourich 10. Zanzibar 13. Rhode Island 16. enlighten 18. Origami 21. Mona
Lisa 22. Serenity

Across: 6. Commitment 9. Honey 11. Miracle 12. Ewan McGregor 14. Dundee
United 15. The Lord of the Rings 17. Faith 19. Emerald 20. German shepherd
23. Dragon 24. Drelich 25. Zara 26. Tango