

East Wards Cafe Conversation - creating opportunities to allow local people influence over community life across the East of the city.

18 November 2025 at Drumgeith Campus

19 people in attendance, 1 local resident

Themed discussions

Recovery and Positive Mental Health

What do we know, what is needed, how can we create opportunities and activities to support recovery, positive mental health and wellbeing, how can we target engagement and publicity to the individuals who would benefit most?

Interventions currently available

Mental health walking football

Ladies walking football

Family groups

Come dine with us events

Toy swaps

Food larders / soup bags

Recovery/support cafes

AA and Andy's Mans Club

HINT nurses

Accessible support services and welfare rights advice

Fairfield Friends

Opportunities for healthy eating at provision and cooking classes

Alcohol and Drugs Partnership money to support local responses

Fairer Lives Project

What is needed/opportunities?

Promoting healthy lifestyles is key.

Revisit Saturday morning activity sessions which ran in Douglas sports centre.

Provide more social opportunities.

Identify school events to engage and identify needs.

We know that individuals are stressed, the impact of living in poverty is very real and multi dimensional

Supplement existing supports to avoid duplication

How can we target?

It is recognised that targeting those who are invisible is very difficult.

Need to humanise our approach.

More collaborative engagement, rather than repeat

Social media, posters, engagement with existing groups and activities in local venues

Get community influencers on board to share local content on TikTok, Insta, Snapchat etc

Who commits to working on this?

Claire Puzzey, Joanne Kelly, Nichola Taylor

Supporting Families

What do we know, what is needed, how can we create opportunities and activities to support recovery, positive mental health and wellbeing, how can we target engagement and publicity to the individuals who would benefit most?

Interventions currently available

SFDW's supporting attendance and targeting interventions with families

Family provision and What Matters 2 You a(activities and food) at various venues

Huge waiting list for CAMHS

Larders, school lunches, free cafes, school uniform support, welfare/support services in Linlathen and Douglas to maximise income

Dundee Bairns offers

Free sports (for now) at Drumgeith

Specific supports at the Yard

Community panto / Christmas gift/toy support from various organisations

Summer trips and summer pop up play sessions

What is needed/opportunities?

Need a supportive message about school from home

Children in school and families in work – workless families easier to keep children at home.

More free access to activities/sports/food/across the week and at different times

Parenting /peer support groups

More community based supported learning (accreditation) to get folk into work / out of poverty

Better housing/ warmer homes

Early intervention – wrap around, preventative approach

Family centres

Trauma informed approach to all contact

More empowerment programmes such as the WM2U programme of family provision

How can we target?

Schools are our route to families

Link with parent councils

Better connections with local health and welfare services such as social work and health visitors

Community Influencers

Who commits to working on this?

Cath McBenett, Andy Thorn, Ciara Smth, Johnny Lothian, Alison MacAulay, Sarah Baham, Denise Donlon, Joanne Kelly, Claire Puzzey, James Hay, Nichola Taylor, Ginny Lawson