



Editors Introduction

Welcome to the twenty ninth issue of the Dundee Partnership E-Bulletin.

The Citizen's Assembly of Scotland has published its report, available [here](#), alongside a host of information such as the vision, member diaries and other materials. The Assembly has been made up of over 100 citizens (in their words, 'ordinary people') and met together over several weekends to discuss what they felt was relevant to Scotland now and for the future. Initially these meetings were face to face, but with covid calling a temporary halt to proceedings, these then became online gatherings between September and December last year.

The Assembly worked on the basis of trying to reach a consensus and agreed its own code of conduct. They decided where they would get evidence from to inform their discussions and recommendations. The report has been passed to the Scottish Parliament with the request that the Scottish Government consider it as they plan the future direction for the country. The Assembly give their report as "an example of a fair Scotland, filled with pride and hope and one that others can look to and follow."

The focus of the Assembly started with three questions;

- What kind of country are we seeking to build?
- How best we can overcome the challenges Scotland and the world face in the 21st century, including those arising from Brexit?
- What further work should be carried out to give us the information we need to make informed choices about the future of the country?

From these a vision was agreed, made up of ten statements. This can be found in full [here](#). Elements of the vision that stood out to me were that; people need to be included in decision making & to have two-way communication with authorities, information should be made accessible to all by the public sector, services & supports should be well resourced for those who need them in relation to health or getting out of poverty, and that young people in particular are supported to realise their potential but also that everyone is encouraged to do this.

By the end of the Assembly's programme of deliberations, they had reached a strong consensus (more than 75% of members agreed) on 58 out of the 60 recommendations being made. The final two recommendations were agreed by more than 50% of members. Most of the recommendations were grouped under the following headings. More detailed information on them can be found [here](#).

- How decisions are taken
- Income & Poverty
- Tax & Economy
- Young People
- Sustainability
- Health & Wellbeing
- Further Powers

There were also a few remaining recommendations that didn't fit into a group. These covered;

- Internet & Technology Access
- Pensions Reform
- Social Renewal
- Criminal Justice Reform

You can see from the summary above that the Assembly covered a huge range of policy and I am certain that a lot of this will resonate well with what we are or could be doing in Dundee too (I did spot a couple of Dundee residents in the members' diaries section). Given that one of the recommendations is for local citizen's Assemblies, maybe we will see one of our own being set up in the future.

Until our next issue, please take care and stay safe.

Paul Davies
Senior Community Planning Officer
Dundee Partnership Team



Contents

[Tayside Cares](#)

[Alzheimer Scotland Tayside](#)

[Dundee Food Insecurity Network Fundraiser](#)

[Boost Box](#)

[Chit Chat Recovery Helpline](#)

[January 2021 Lockdown - Easy Read Guide](#)

[Nature Prescription](#)

[Penumbra Wellbeing Workshop Programme](#)

[Get Nourished](#)

[Mental Health Foundation](#)

[Online Safety – Parents & Carers](#)

[A Case Study on Kindness](#)

[Breathe to Sing, Sing to Breathe](#)

[Accessible Travel Delivery Plan – Progress Report](#)

[Virtual SURF Awards Presentation Dinner](#)

[Links](#)

[Submission Dates](#)

[Feedback](#)

[Mailing List](#)

Tayside Cares

The official portal for information, advice and assistance regarding coronavirus for citizens living in Angus, Dundee and Perth & Kinross. To access the site, click [here](#).



Alzheimer Scotland Tayside

The local branch is still carrying out a range of activities to support those with Alzheimer's and their carers. These include quizzes, online exercise sessions, music and memories, virtual cafés and 1:1 surgeries. To find out more about these, click [here](#). They are also seeking donations to support their Dementia Advisor and Community Activity Organiser roles. To find out more about this, click [here](#).





Dundee Food Insecurity Network Fundraiser

On 23rd March 2020 we initiated a city-wide response bringing together 24 local grassroots and small community-based projects from across the city, with Senior Managers from Dundee City Council and Dundee Volunteer and Voluntary Action. We facilitate weekly Zoom meetings with this group, now called the Food Insecurity Network, which allows us to hear what our communities are struggling with, tailor the support to the local projects and ensure that the Council responds in an informed and relevant way. These projects are rooted in their local communities and are the key food providers responding to food emergency and insecurity.



For the last nine months these projects have been working tirelessly, providing food for 2-3,000 people each week. These are our neighbours, our friends, our family. As we move into our second lockdown in the middle of winter when bills are already higher, staying at home will push more people over the edge and plunge them into poverty.

The Scottish Government, Dundee City Council and local Charitable trusts have all contributed to the cost of food being distributed. But the local projects still need to purchase more food every week to ensure there is enough for each person they see.

Any funds donated will go directly to the projects to help them buy food or additional items, such as toiletries, cleaning products, face masks and hand gel. Any donation, no matter how small, will be gratefully received. You can support the fundraiser [here](#).

Boost Box

A person can receive a Boost box because they or someone who cares for them is concerned about unintentional weight loss. This is not intended for someone who is experiencing food insecurity and has a normal appetite. Boost boxes contain 14 snacks; 2 snacks a day for 7 days. The snacks will

provide a person with extra nourishment during this time where their appetite or food intake is lower than normal. To read more, click [here](#).



Chit Chat Recovery Helpline

The Chit Chat Recovery Helpline is to provide support for individuals struggling with addiction, contemplating recovery or struggling with their recovery to talk to someone in times of crisis. The helpline will provide a friendly ear for sign posting but more importantly a service where on the other end of the phone is someone who has been there, understands the trigger urges and emotions that they are experiencing. To read more, click [here](#).





January 2021 Lockdown - Easy Read Guide

On Tuesday 5th January 2021, the Scottish Government has announced a nationwide lockdown. People are advised to stay at home as much as possible and to only leave home for essential reasons.

An easy read document can be found [here](#).

You can find out more about the new restrictions [here](#).



Nature Prescription

Dundee Green Health Partnership has produced a year-long 'calendar' of to help us make better use of the outdoors as 'our natural health service. For each month there are a range of suggestions for getting out and about in the local area, and there is also a map highlighting our parks and outdoor gyms. To read more, click [here](#).



Penumbra Wellbeing Workshop Programme

Penumbra are delivering regular online workshops, via Zoom, to help people to come together to explore their wellbeing. Groups focus on tips, ideas and practical steps to improve wellbeing and are facilitated by Peer Workers with their own experience of mental health recovery. To read more, click [here](#).



Mental Health Foundation

The past 12 months have been like no other in living memory. And after all we've been through, there is a real need to take a compassionate look at self-development and our mental health in 2021. To find out more about how setting a theme can help improve your mental health, click [here](#).





Get Nourished

Worried about weight loss?

Lost interest in cooking or eating?

Clothes or rings getting loose?


Call our tayside wide advice line



01738 450 556

MONDAY 09:30 - 12:30
WEDNESDAY 15:00 - 18:00
FRIDAY 12:00 - 15:00

 tay.getnourished@nhs.scot



Online Safety – Parents & Carers

The internet is an amazing place for children to learn, create, have fun, game and communicate with friends, but they may occasionally have to deal with a variety of related challenging issues being Online can bring and there are positive things you as a Parent or Carer can do to equip yourself to support your child or young person if they face such issues. To read more, click [here](#).





A Case Study on Kindness

In 2018, the Carnegie UK Trust was invited to work in partnership with North Ayrshire Council, to explore what it would mean to embed kindness across a local authority, and what that might achieve. This report tells the story of that two-year journey. This 'case study on kindness' begins by revisiting our starting ambition to reframe the relationship between local government and communities, and rehearses the activities and achievements along the way. To read more, click [here](#).



Breathe to Sing, Sing to Breathe

Have you always fancied trying singing, but not had the confidence to join a local group? Do you have a respiratory condition or are you recovering from Covid-19? Are you feeling Socially isolated in these uncertain times? If any of these apply to you, or if you are curious to learn more about Singing for Lung Health and Wellbeing, then join Rachel for the pilot workshop sessions via Zoom. To read more, click [here](#).



Accessible Travel Delivery Plan – Progress Report

Transport Scotland have published a report on the progress made so far on the national Travel Delivery Plan. Its guiding principle is that all disabled people can travel with the same freedom as other citizens. While travel is restricted at present, it is still useful to see what has been done and what is planned. To read more, click [here](#).



Virtual SURF Awards Presentation Dinner

SURF and the Scottish Government have teamed up again to deliver the prestigious SURF Awards for Best Practice in Community Regeneration for 2020. This year the Awards had a particular focus on celebrating the efforts of projects in responding to the challenges and impacts of Covid-19, and the awards ceremony will be live streamed from Glasgow on the 18th February. To read more, click [here](#).





Links

Partner Links

[Department for Work & Pensions](#)
[Dundee & Angus Chamber of Commerce](#)
[Dundee & Angus College](#)
[Dundee City Council](#)
[Dundee Health & Social Care Partnership](#)
[Dundee Partnership](#)
[Dundee Social Enterprise Network](#)
[Dundee University](#)
[Dundee Volunteer & Voluntary Action](#)
[Job Centre Plus](#)
[Leisure & Culture Dundee](#)

[NHS Tayside](#)
[My Wellbeing](#)
[Protecting People Dundee](#)
[Police Scotland](#)
[Scottish Enterprise](#)
[Scottish Fire & Rescue Service](#)
[Scottish Government](#)
[Skills Development Scotland](#)
[TACTRAN](#)
[Tayside Criminal Justice Authority](#)
[University of Abertay Dundee](#)

Local Links

[Active Schools Newsletter](#)
[Amina Muslim Women's Resource Centre](#)
[Boomerang Community Centre](#)
[Carers of Dundee](#)
[Citizen's Advice Bureau](#)
[DIAL-OP](#)
[Discovery Credit Union](#)
[Dundee Access Group](#)
[Dundee Blind & Partially Sighted Society](#)
[Dundee Carers Centre](#)
[Dundee Federation of Tenants Associations](#)
[Dundee International Women's Centre](#)
[Dundee Pensioners Forum](#)
[Dundee United Community Trust](#)
[Family Information Services](#)

[Funeral Link](#)
[Good Governance Award](#)
[Independent Living Dundee & Angus](#)
[Lead Scotland](#)
[Parish Nursing](#)
[Penumbra](#)
[Positive Steps](#)
[Protecting People in Dundee \(multi-agency\)](#)
[Salvation Army](#)
[Shelter Scotland](#)
[Tay Cities Deal](#)
[Tayside Council on Alcohol](#)
[The Corner](#)
[Transform Furniture](#)
[Yusuf Youth Initiative](#)

National Links

[A Local Information System for Scotland \(ALISS\)](#)
[Action for Children](#)
[British Deaf Association](#)
[Parklives](#)
[Power of Attorney Campaign](#)
[Princes Trust](#)

[Royal National Institute for the Blind](#)
[Scottish Living Wage Accreditation Initiative](#)
[Scottish Urban Regeneration Forum \(SURF\)](#)
[Visit Scotland](#)

Submission Dates

We will issue an e-bulletin every two months. To enable us to compile articles and carry out formatting or editing, please submit any articles to us at:

Dundee.Partnership@dundeecity.gov.uk by the dates below.

Issue #	Submissions Deadline	Issue Date
30	19 th February	March 2021
31	23 rd April	May 2021
32	18 th June	July 2021



Feedback

We welcome any feedback on the e-bulletin so that we are able to make ongoing improvements in format and content that meets the needs of all who receive the bulletin.

Please send any comments to Dundee.Partnership@dundeecity.gov.uk

Mailing List

If you would like to be added to or removed from the mailing list for this e-bulletin please let us know by email to Dundee.Partnership@dundeecity.gov.uk. If asking to be added, please provide us with a full name, any agency, group or community with which you are associated, and your email address.

We also make occasional use of the mailing list to send out additional information and Dundee Partnership event invitations. If you do not wish to be contacted with these, please let us know.

If you know of anyone who would like to receive the e-bulletin, please feel free to pass this issue on to them and encourage them to contact us at the above email address.