

## **Dundee Futures Project News** **April – September**

Dundee Futures Project has had a busy few months delivering our groups, and working with people on a one-to-one basis.



Our four week **“Cooking on a Budget”** group is as popular as ever, with group members trying out new flavours and recipes and talking about how to save money when shopping! We always eat together at the end of each session, something a lot of people do not get the opportunity to do and which then becomes a social event!

Making a House a Home group has also been one that people are keen to

do. In this group people make their own Wonderbag, which is an insulated bag that continues to cook food without using gas or electricity! This safe energy, time and it really works!

### **Art Group**

We have also recently finished another Art Project “The Tree of the Future” which started with a conversation about gratitude and what it meant to the group. Some of the things people felt grateful for were: wildlife, life, love, nature and sunshine.



Through their conversations, they came up with an image of a tree to express their connections to life and nature; the roots symbolised family, belief, values and where we come from and the branches represent growth and the future. We started off with a blank piece of paper and several months later we have this beautiful art work hanging on our wall. One of the group members said **“It brought people together from different backgrounds and gave us something creative to do. I’ve never worked with material before and I enjoyed the**

**experience and feeling the different textures. Every time I look at it I see something different and it makes me feel at home because nature is all around us”**. This piece of work was displayed in the V&A Inclusive Cities event on 16<sup>th</sup> August.

We were awarded £500 from Hillcrest Futures Enabling fund to allow us to go on more group outings to local events and exhibitions. We have developed a working group consisting of people who attend the centre who will manage this fund, they called themselves **Dundee Adventurers.**

To date they have organised a visit to the Frigate Unicorn for **eight** individuals, this required the working group to work as a team, organise, promote, plan and budget for the event.



### The Unicorn

"We all thoroughly enjoyed our selves, even after the extra hour we were not meant to have as Neil, our tour guide, was having so much fun! One of the best days out, worth every penny and we all had a fantastic time. Only a couple of us banged our heads on the low ceiling, Neil included, even though we were warned beforehand! Much thanks to Hillcrest Futures Enabling Fund for awarding us this money we look forward to going on more."