

Being Included and Treated Fairly



Find out about opportunities to take part in community life whatever your needs, circumstances, beliefs or individual characteristics may be. Click on the links for more information.

Inclusion

- Support Organisations, Special Needs / Disabilities
- Faiths and Beliefs, Cultural / Ethnic Groups
- Youth Groups, Older Person, Women's Organisations

Involvement

- Community Groups, Community Newsletters
- International Links
- Community Councils, Tenants and Residents Associations

Advocacy

- Advocating Together (Dundee)
- Dundee Independent Advocacy Support
- Tayside Carers' Support Project, Support in Mind Scotland
- Who Cares Scotland
- The New Mental Health Act - guide to independent advocacy

Money, Work and Learning



Wellbeing is affected by income, having a decent job and taking part in fulfilling learning opportunities. Click on the links for relevant information.

Credit and Debt

- Consumer Rights
- Independent Money Advice

Benefits and Assistance

- Benefit, Money and Debt Advice Services
- Welfare Rights
- Housing and Council Tax Benefit
- Dundee Citizens Advice Bureau

Getting a Job

- Local and National Job Vacancies
- Careers Scotland
- Discover Opportunities
- Childcare

Learning and Education

- Adult Learning
- Dundee College
- University of Abertay
- University of Dundee

Safe and Pleasant Surroundings

This section is about creating surroundings which are safe, pleasant and free from crime, and also how to get involved with environmental projects. Click on the headings in each section for further information.

Environment and Conservation

- Animals and Birds
- Environment and Conservation / Greenpeace

Local Campaign Group

- Horticulture

Housing, Community Issues and Anti-social Behaviour

- Housing
- Community Councils / Community Groups
- Community Mediation Project
- Dundee Community Safety Team
- Report online: Antisocial behaviour / Graffiti / Incident

Dealing with Crime

- Victim Support Women's Rape and Sexual Abuse Centre / Women's Aid
- Personal Safety / Victim of Crime / Reporting Crime
- Called as a Witness, Jury Service, Solicitors and Legal Aid
- Protecting Personal Details / Personal Possessions
- Protecting your Home and Postcoding your Property
- Keeping your Car, Motorcycle or Bicycle Safe

My Wellbeing



My Wellbeing is a link on the home page of the Dundee City Council website.

It will help you find out about services, activities and organisations in Dundee that promote wellbeing.

www.dundee.gov.uk/mywellbeing

This leaflet outlines the main types of information listed under each theme on the MY WELLBEING pages. On the website, just click on the theme heading to take you there.



Keep well



The Six Main Factors

Six main factors affect our wellbeing. These are the themes for My Wellbeing used on the website:

Health and lifestyle: feeling well, having a healthy lifestyle, good use of health services and coping with ill health

Coping well: knowing where and who to turn to when things get difficult, and finding the right support when you need it

Supportive social circles: having enjoyable, sociable things to do, and spending good quality time with other people

Being included and treated fairly: being able to participate in services and activities regardless of your needs, and being treated fairly and with respect

Money, work and learning: having a decent job, getting by on your income, coping with debt and having access to training and learning opportunities

Safe and pleasant surroundings: living in a clean and pleasant community, being free from fear of crime or anti-social behaviour, and having a good quality home

Health and Lifestyle



The categories of information in this section are listed below. A click on the category heading takes you to information about the available services and activities.

Healthy activities

Information about a wide range of organisations providing opportunities for positive healthy activities

Health services

How to contact and get more information about a wide range of health services such as GP surgeries, pharmacies and hospitals

Caring for Someone

Information about looking after children, older people, or someone who is disabled, ill or vulnerable

Alcohol and Drugs

Information about alcohol safety, and support for people affected by substance misuse

Health Conditions

Information for people living with long term conditions

Coping Well



Most of us have times in our lives when things get difficult or we need a helping hand to cope. There are a wide range of support organisations, services and activities you can turn to in those times. Click on the heading to take you there.

- Help in a Crisis
- Social Work
- Self-help Resources
- Benefit, Money and Debt Advice Services
- Older People
- Parent Information
- Disabled people
- Caring for someone
- Children's Services
- Handyperson Service

Supportive Social Circles



Where to go to have fun, meet new friends and take part in spare time activities. Click on the links to find contact details for groups and activities you might like to try.

- Arts and Crafts
- Community Groups
- Community Newsletters
- Dance and Drama
- Hobbies and Pursuits
- Literary Groups
- Local History and Genealogy
- Local radio
- Music
- Retirement
- Social Clubs
- Things to do