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INTRODUCTION

The Dundee Partnership’s strategic approach to Community Regeneration is channelled through the Building Stronger Communities Theme Group. The Community Regeneration and Health Section within the Chief Executive’s Department, Communities Division, has key responsibilities for contributing to the regeneration of local communities through supporting active, informed citizenship. The priorities for Community Regeneration cover all of the Themes in the Community Plan and contribute to the achievement of the high level outcomes in the Single Outcome Agreement 2013-2017. The needs of local communities are incorporated through Local Community Plans, Community Engagement Plans and feedback from existing participants through targeted consultations.

The main national drivers in the regeneration of communities are Community Capacity Building, Community Engagement, Community Empowerment and development of Social Capital. There is also an increase in support for developments which see Health and Wellbeing and Community Safety as integral to Regeneration rather than being seen as factors.

Local Community Planning Partnerships are well established in each of the 8 multi-member wards bringing together elected members, Dundee City Council officials, partner agencies and community representatives. The LCPP’s build on over a decade of developing Dundee’s Decentralisation Strategy and working to promote local co-ordination within the strategic priorities of the city.

COMMUNITY ENGAGEMENT

It has been recognised CLD has a major role to play in Local Community Planning and the development of Local Community Engagement Plans in Dundee. This work features as a cross cutting theme in Dundee’s Single Outcome Agreement 2013-2017.

Community Engagement Action Plans have been developed in each area which include the involvement of partner agencies and local people in the ongoing planning, delivery and evaluation of Community Engagement activities. These are consistent with the actions stated in the Local Community Plans (2012-2017).

Extensive Community Engagement was vital in shaping each of the new Local Community Plans. All dates, venues and times of Local Community Planning Partnership meetings are placed on the Dundee Partnership website within the Community Planning Section. Also in this section are minutes of Local Community Planning Partnership meetings, Decentralisation Briefings and Local Community Plans. Link to Dundee Partnership website for Local Community Plans and Community Engagement Plans: http://www.dundeepartnership.co.uk/content/local-community-planning.

SUSTAINABILITY

Given the current economic context, there are clear challenges for the CLD Service Team and others to maintain high levels of performance in the coming years. The Regeneration Section is well placed to respond to the recommendations made in “The Christie Report”. This includes a clear commitment to involve local people as volunteers in community affairs and local decision-making including influencing service delivery. It is clear that Decentralisation and integration of public service planning and delivery are critical to achieving better outcomes for local communities.
Local Community Planning Partnerships are well established in each of the eight electoral wards in Dundee. These bring together elected members, community representatives and partner agencies to achieve local outcomes and improve communities. Over the last year each new Local Community Planning Partnership has worked in neighbourhoods and with other stakeholders to consult widely and develop outcome based Local Community Plans.

The Community Regeneration Section have a key role in servicing Local Community Planning Partnerships and Community Regeneration Forums, of which there are six in the most deprived areas in Dundee. Working in partnership with other agencies and bringing together the statutory, voluntary and community sectors together is core business of the Community Regeneration Section. This is reflected in many areas of work for example the groups which have emerged in different parts of Dundee to progress Regeneration Programmes - Hilltown, Lochee, Mill O’ Mains and Whitfield.

**LOCAL COMMUNITY PLANNING PARTNERSHIP MEMBERSHIP**

Chair - Drawn from Dundee City Council Management Team.

All elected members from each multi-member ward.

Representation from the following Dundee City Council Departments:

- Communities Division, Chief Executive’s Department
- Social Work
- Housing
- Education
- Environment
- City Development

Representation from partner agencies and/or partnerships as follows:

- Police Scotland
- Scottish Fire and Rescue Service
- NHS Tayside
- Voluntary Sector
- Dundee Partnership Theme Groups (where appropriate)

Community Representation is drawn from:

- The Local Community Regeneration Forum
- Each Community Council/Neighbourhood Representative Structure
- Local Housing/Residents Groups
The priorities identified for Community Regeneration for 2013/2014 include:

- Involving and supporting community groups/organisations to influence developments relating to improve community facilities across the city.

- Maintaining high level of actions completed in Local Plans. In the second year of operation of the Local Plans for 2012-2017, 455 actions (50%) were completed. 350 actions (39%) are on schedule and 100 actions (11%) require to be progressed.

- Supporting Community Regeneration Forums to strengthen their links with each other and to develop effective relationships with Local Community Planning Partnerships and the Dundee Partnership.

- Increasing access to local services through Community Engagement.

- Continuing to Empower community groups to have increased influence through implementing the Community Capacity Building Outcomes Framework.

- Supporting collective efforts to improve the quality of green and open spaces.

- Supporting collective efforts to tackle the impact of Welfare Reforms.

- Facilitating involvement of local people to inform developments in areas undergoing physical regeneration, specifically Lochee, Hilltown, Mill'O Mains and Whitfield.

- Using the Census Profiles that were created in 2014 to influence targeting of practice.

- Striving to develop creative ways of involving young people in Local Community Planning processes.

- Implementing the work of the Regeneration Section into the Community Data Management System.

- Allocation of new Dundee Partnership funds to the Ferry and West End Wards in consistentent ways.
It was reassuring to undertake this exercise and receive positive feedback.

Local Community Planning Partnerships are generally seen as being effective in terms of partnership working and recognised across the city by most strategic planners and service providers.

Most Local Community Planning Partnership representatives are clear about their role and some Council Departments eg Housing and Social Work have been proactive in creating departmental networks for their respective departments. The same was also the case for NHS Tayside.

The issue of changing memberships was highlighted as an issue in terms of maintaining consistency and continually briefing new members. The extent of effort required from Communities Officers and Local Community Planning Partnership Chairs to brief new members on a continual basis is acknowledged.

Local Community Planning Partnerships are seen as a strategic vehicle to reach large number of people through the networks which they are connected to. This largely relates to the number of presentations requested and in the main these presentations have been accommodated and have been seen as helpful. The down side is that for some Local Community Planning Partnerships this has had a negative impact on the time available given to progressing matters relating to Local Community Plans at Partnership meetings.

The role of Communities Officers was acknowledged as being pivotal both in terms of servicing Local Community Planning Partnerships, facilitating partner agencies to tackle actions and being a rich source of local intelligence in each Ward.

There are clear variations in terms of the duration of different Local Community Planning Partnership meetings and the duration and timings of Local Community Planning Partnership meetings, however this is for each Local Community Planning Partnership to determine what suits their Ward best.

The fact that the meetings are publicised in the local Press as being open to the public but are not public meetings continues to be an acceptable irony.
PARTNERSHIP WORKING

The very nature of Local Community Planning necessitates the clear need for the facilitation of a diverse range of agencies, community organisations and local people. This is reflected in the composition of Local Community Planning Partnerships which are now well established in each of the eight multi-member Wards across the city. Increasingly Local Community Planning Partnerships have been recognised by agencies and local people as the main vehicle for influencing and shaping service provision in the area that they represent. The involvement on community representatives on each LCPP is a vital part of this process.

The Community Regeneration Section have a key role in servicing the eight Local Community Planning Partnerships and six Regeneration Forums based in the six most deprived areas in Dundee. Working in partnership with other agencies and bringing together the statutory, voluntary and community sectors together is core business of the Community Regeneration Section. This is reflected in many areas of work for example the groups which have emerged in different parts of Dundee to progress Regeneration Programmes - Hilltown, Lochee, Mill O’Mains and Whitfield.

INVOLVING YOUNG PEOPLE

Involvement in Community Planning Processes

• Young people, including Youth Councillors, are working with Regeneration staff on consultation about Green Space developments in Lochee.

• Young people in Coldside consulted about the proposed new community facility

• Young people in the East End Ward have assisted with decisions about Regeneration Forum funding applications.

• The DISC Youth Advisory Group met with the Maryfield LCPP to seek support to maintain service provision

• Young people in the Lochee Ward invited members of the Regeneration Forum to come along to their provision. This helped to raise awareness of the Forum’s role.

• Young people in Strathmartine have attended the LCPP and Regeneration Forum

• Young people from the North East Ward are supported to attend the Regeneration Forum
COMMUNITY FACILITIES

Dundee City Council has made a significant investment in improving and renewing Community Facilities across the city as part of its Capital Plan 2012-2015. Throughout 2013/2014, work has been progressed to upgrade facilities at Ardler, Kirkton and Douglas Community Centres. In addition, both the Lochee and Coldside Wards will benefit from new build School Campus/Community Facilities. Project Boards have been established in both these Wards to progress these developments.

Funding has also been allocated to upgrade existing facilities in Central Lochee, Arthursone Library, Blackness Library and Broughty Ferry Library to create additional space for community use. Regeneration staff are playing an active key role in ensuring that local people are involved and have an influence in planning these important new public services. Work at Arthursone and Blackness Libraries has been completed.

Community Representatives Committed to the City
STRATHMARTINE

Local Community Plan Summary 2012-2017

Ardler • Baldragon • Caird Park • Camperdown Country Park • Clatto • Downfield & The Dales • Dunsinane North • Kirkton & Trottick • Sherbrook • St Mary’s & Brackens

Working together to make Dundee a better place

DUNDEE PARTNERSHIP
In October 2013 the Strathmartine area launched 3 community Food-banks. Forty local people completed training to provide and support this much needed service. A session is provided once a week at Chalmers Ardler Church, St. Mary’s Community Church and at The Attic Project. Volunteers at each site also provide much needed support and advice to individuals attending.

The Attic Project in Kirkton received funding from the Strathmartine Regeneration Forum to develop a community garden. A group of local volunteers working with Dundee College, Dighty Environmental Project and the Environmental Department created a green oasis at the rear of their premises. The garden provides outdoor learning space for the community and using planters they grow vegetables, herbs and flowers.

The Templeton Tangle Mountain Bike Skills trail was completed and has enhanced the facilities for mountain bikers across the ward and the city. The idea for the track came from a local young person who felt the area needed this facility. The trail winds its way through an underused plantation, providing a range of challenges to help riders learn skills and develop confidence.

St. Mary’s Community Facility management group had a visit from the First Minister Alex Salmond in September 2013. The First Minister came to meet the management group and to ask them about their experience of supporting a local community led and managed asset. The experience was a very positive boost to the management group and to the community members who were there on the day.

Extensive engagement activity was held throughout Strathmartine during the year. Equally Well carried out consultation in Kirkton and St. Marys on wellbeing. The findings highlighted many positives features within the communities and where issues were raised these have been fed back to relevant agencies. Reshaping Care for Older People held consultation events in the area to seek the views on how services could be adapted and changed to reflect the changing needs of the older population. Regular sessions were held at ASDA by multi agency teams, providing community information and money advice.

The Splash programme was rolled out to the Strathmartine ward and is based at St. Pauls Academy Swimming Pool. The programme aims to remove the barriers which prevent families going swimming together. It provides support in many ways, including a £1 entry to families with a child under 5. The programme is popular and enhances the use of St. Pauls Academy leisure facilities by the community.

A programme of regular walkabouts in Ardler, Kirkton and St. Marys has ensured that residents can come together with DCC departments to highlight problems in their areas. These walkabouts have also led to physical improvements being made, including: providing adventure play equipment in Birkdale Place, new public amenities at Caird Park, Clatto Park and at Trottick Ponds.
KEY ACHIEVEMENTS

- Phase 1 of the Lochee Physical Masterplan is nearing completion. Demolition of the Highgate Shopping Centre, the reforming of Bank Street and new car parks have been developed. Also, a new housing development on Sinclair Street is due to start on site.

- Regeneration funding secured, in partnership with Regeneration Forum and local young people, for improvement of play facilities at South Road Park and a multi-use games area in Whorterbank.

- Continuation of the Family Splash programme at Lochee Baths for families living in the Lochee Ward with a child under 5 at an affordable price.

- Recruitment of the Lochee Pathfinder Senior Officer and community engagement workers.

- Provision of a holiday programme for Summer and October holidays and a pilot in Easter Holiday at St. Ninian’s Primary School that provided family activities and a hot meal.

- Project Board formed to develop the new Menzieshill Primary School and Community Centre Campus.

- Audit of community facilities in Central Lochee Completed?

- Provision of community drop-in cafes extended to include Lochee Parish Church, St. Mary’s RC and Menzieshill Community Centre.

- Gala Days in Lochee, Charleston and Menzieshill held in the Summer and a Christmas event in Lochee High Street proved to be well attended and highly successful.
Local Community Plan Summary 2012-2017
Logie & Blackness • Ninewells • Pentland & Ancrum • Perth Road & Nethergate •
West End Residential

Working together to make Dundee a better place
KEY ACHIEVEMENTS

• Capital investment to improve access to the upper floor of Blackness Library completed.

• Local Community Planning Partnership membership continues to strengthen. Community and voluntary sector representation recently expanded.

• £10,000 Community Regeneration allocation made to the LCPP welcomed. Discussion around possible spend items is in progress.

• Job Club in the West End Ward now provides support for local people to gain employment and/or training. Workshops that help to write CV’s and help to build confidence around the skills and qualities that individuals in the community have. The Job Club is well attended.

• Time 2 Give, the West End Timebank was formally launched and a Timebank Broker employed. Work currently focussing on explaining the concept and raising the profile of the initiative is being progressed.

• A Welfare Reform session was hosted in an attempt to identify local readiness for the likely impact as the Reforms roll out. Over 20 local staff and agencies were represented.

• West End Community and Sport Hub were supported to complete improvement works at the Riverside Pavilion and to work towards a lease for the premises.

• Community Spirit Action Group were supported to undertake a Graffiti removal initiative in the Blackness Industrial area.

Are you interested in Riverside Nature Park?
A haven for wildlife on the Firth of Tay

Annual General Meeting

The Friends of Riverside Nature Park will host their Annual General Meeting on:
Thursday 28th November 2013 at 6.30pm,
Blackness Library, Upper Floor,
(access via Blackness Avenue)

Why not come along and find out what the friends have been going over the last year and help develop some exciting opportunities for the coming year.

Refreshments provided

For further information please contact:
Natalie Mackland
Email: natalie.mackland@dundeecity.gov.uk
Telephone: 435873

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KEY ACHIEVEMENTS

- A Health and Wellbeing Network has been established by local workers from the Communities Section, Equally Well, voluntary sector and colleagues from partner agencies. Work undertaken has included a focussed consultation relating to wellbeing, a feedback event, where solutions to issues were identified and actions developed for Test of Change activities.

- Attention has been focussed on improving open and green spaces in Coldside, Dudhope Play Park firmly established as new play area, new play equipment at Dens Road Play Park, environmental improvements carried out in various streets around the Ward, including Coldside Library, Hill Street and Stirling Street. Good partnership working between local groups and the Environment Department continues to identify areas for improvement.

- The Maxwell Centre Garden Project has completed installing the infrastructure for their garden which was achieved through funding from the Climate Challenge Fund. Additional funding from the Community Regeneration Fund has enabled groups of children from the four local primary schools to take part in planning growing and harvesting vegetables. Partnership work with Barnardos, and the gardening programme will continue during the summer holiday, providing a valuable activity for local children.

- Bottom of the Hill Tenants and Residents Group have now opened their Community Lounge at the bottom of the Tulloch Court Multi. Funding has been secured to provide children and family work in the facility; this will help establish the space as a new venue for community use.

- The Hearing Voices Network, (HaVen) is one of the key local voluntary sector projects and has been successful in obtaining £355,000 funding from the Big Lottery to open up a Community Café in their base at Hilltown.
MARYFIELD
Local Community Plan Summary 2012-2017
City Centre & Harbour ● Ladywell & Blackscroft ● Maryfield & Baxter Park ● Springhill ● Stobswell ● Woodside ● Court Street & Dundonald Street

Working together to make Dundee a better place
MARYFIELD: Local Area Achievements

**KEY ACHIEVEMENTS**

- Picnics in the Park have become an established part of the Maryfield calendar. Parents and children learn together in Baxter Park whilst connecting with a range of agencies that address a variety of needs. Publicity for the picnics is targeted on the regeneration area and parents can now be confident of regular activity during each of the school holidays.

- Continued development of the Stobswell Adult Learning Association and the classes at Morgan. A second term from January to March programme saw over 70 people enrol for Yoga, Arts and Crafts, Drawing, Italian, Cooking and Guitar. With assistance a strong committee now organises and evaluates the programme. The committee are now looking forward to their annual general meeting and the programme for autumn 2014.

- Friends of Swannie Ponds and Friends of Baxter Park each continue their work on improving valuable green space in conjunction with the Environment Department. At Swannie Ponds through working with the Boomerang Youth Group benches and notice boards have been installed. Friends of Baxter Park meanwhile held a series of public events and activities throughout the year to celebrate the 150 anniversary.

- The ward’s play parks were given a face-lift and hanging baskets brightened-up the Albert street area. This was able to take place through the work of the Maryfield Regeneration Forum the Environment Department and Stobswell Forum. Tackling physical and environmental issues continues to be a feature of joint work in the area.

- Volunteers and Committee members at Dundee Transport Museum were supported in their work to on establishing a museum in what was previously a disused slaughter house. This major undertaking will come to fruition in 2014-2015 but already the signs are positive that the museum will contribute to enterprise and culture in this part of the city.

- Celebration in the Park to place in August. This annual event sees people coming together from across Stobswell and further afield. As part of the Blues Skies festival art, music, dance science and sports all featured as part of the day’s activities.

- Locally based agencies including Dundee International Women’s Centre, The Hot Chocolate Trust, Boomerang, Dundee Employment and After Care Project, Stobswell Forum and Woodside Community Group were amongst those supported to make contributions to the local community. Alongside the schools and the faith based groups they continue to provide space for activity and add to the wards calendar of events. Much of this is captured in Blank Space the wards community magazine which is circulated and produced four times a year via the Boomerang project.

- New links were made with Dundee International Sports Centre (DISC). Pupils from Gleblands and Clepington Primaries were invited to take part in sports during in service days. In addition Dundee’s Brazilian community use DISC for a day of celebration, music and sport. As a result DISC has now become home the Dundee Futsal team.
KEY ACHIEVEMENTS

- A new community building in Whitfield called “The Crescent” opened in April 2014. This is a new community facility which was built to replace the old community centre, library, health centre, GP surgery and social work office with a new multi-functional building that also incorporates shop units. The Crescent has been built in conjunction with the new Ballumbie Primary School to create a new centre to Whitfield as the first main component phase in the area’s regeneration.

- After 12 months of consultation and fund-raising the local resident’s group, supported by the North East Development team and working in conjunction with the Environment Department has completed the various development phases of the Mill O’Mains Park Masterplan. This will give residents of the area a high quality space with new play facilities, seating, new exercise equipment and woodland walks.

- A network of under 12’s children’s clubs has been provided in the Crescent, Ormiston lounge, Finmill centre, Families House and the Mill o’Mains Pavilion. This was inspired by the North East Regeneration Forum and financed through the Dundee Partnership regeneration fund.

- Whitfield Development Group secured £250,000 to build a new central recreational park in Whitfield. This new park will be built in 2014 and will create a children’s under 5’s play park, a youth area, a new 7 a-side football pitch, a zip wire, a dog agility area and free exercise equipment.

- A low cost weekly lunch club was established for members of the public on a Wednesday in the Community Services Complex, 101 Whitfield Drive. This has been developed through the Link-Up Project and Healthy Living Initiative, and utilises the skills of local volunteers who have been recruited from the area. Various learning and training courses have been completed by the volunteers who also launched the lunch club as a separately constituted local organisation in 2014.
EAST END

Local Community Plan Summary 2012-2017
Craigie • Craigiebank • Douglas • Linlathen • Mid Craigie

Working together to make Dundee a better place
KEY ACHIEVEMENTS

• An Older Person’s Steering Group has been established in partnership with the Re-shaping Care Team. So far, they have run 3 community engagement events, a “Get to Know Your neighbour Breakfast” and a “Get Active, Get Involved event at Douglas Sports Centre. Future proposals include a Men’s Shed project and a possible Peer Education Project with Focus on Alcohol and the Health Network.

• An East End Health Network has been set up following an Equally Well survey locally. The group is developing Tests for Change and seek to lead the LCP Health agenda in the East End Ward.

• As well as the Douglas Festival, both Craigie and Midlin are to have their own festivals this summer. Craigie is a new event, while the Midlin Festival has been revived due to increased local interest. All festivals have been well attended.

• Douglas Community Spaces Group has now started building raised bed plots for the Community Growing Project. Around half of the 20 plots are expected to be taken by local residents immediately.

• The Douglas area has been selected to be a Big Lottery Our Place 2 community which will result in a five year long project aimed at increasing the uptake of funding opportunities by the local community. Great news!
Wagons ho! Land train ready for first passengers

Celebration of a century since Ferry joined city

Timebanking is coming to the Ferry

Timebanking is a new and exciting way for people to share tasks, skills within the community and do something for it — in time.

By helping others you can meet new people, do the things you enjoy and get something back.

You can do as little or as much as you want. It could be just a weekly visit of an elderly person, a baby sitting or you are just providing a one-off service such as helping someone with building a garden shed. It is totally up to you.

To get involved whether helping to set up and run the timebank or simply joining as a member. To find out more contact Barry Thomson on 07759 552161 or 01382 365253.

Timebanking works on the principle that everyone has something to offer, no matter who they are or what age they are.

Humber Ferries Limited is a registered charity, a company limited by guarantee. The company number is 04260649, registered in Scotland.
The FERRY: Local Area Achievements

KEY ACHIEVEMENTS

• A monthly dementia café drop-in opened in the newly converted St Aidan’s Centre. The café provides support and services for people with dementia and their carers. LCPP funding has been identified to increase the drop-in to twice monthly.

• The Friends of Broughty Ferry Library continue to raise money for a community facility next to the library. A successful logo competition was lodged with the local schools in 2013 and regular fundraising activities are organised.

• Steering Group to establish a time banking service (Ferry Time) has been successfully developed.

• Newly created LCPP Working Group for tourism has been established. Local representation links with the wider city tourism group.

• The Memory of Broughty Ferry booklet was produced to recognise the 100th year of Broughty Ferry being incorporated as part of Dundee City and has successfully raised substantial funds for community projects to be distributed through Broughty Ferry Community Council.

• Newly constituted North Barnhill Tenants and Residents Group are working together to secure improvements to the environment in North Barnhill in partnership with the Environment Department and other agencies.
The Community Regeneration Section has used existing resources efficiently throughout 2013/2014. One of the biggest challenges in terms of its core business of bringing partners together is to foster ownership and collective action around some of the targets that have been identified in Local Plans. This can vary from area to area and also within different themes of each Local Plan.

Within the current economic climate it is acknowledged that there are different pressures on other organisations to deliver priorities outwith the Local Community Planning process. This adds to the challenge given to Regeneration staff to deliver on priorities which require collective responses.

The Community Regeneration Section is committed to playing its part in achieving the Community Plans underpinning principles of sustainability, social inclusion and active citizenship. By working in partnership with public, private, voluntary and community organisations, the Section will continue to strive to develop ways which safeguard the future of our environment, our economy and our communities.

The Section aims to deliver services and activities in a sustainable manner, which delivers best value and as far as possible, mitigates any adverse effects on the environment, with regard to social and economic consideration.

Community Regeneration Forums are community-led organisations supported by the Community Regeneration Section. Their aim is to put local communities at the heart of urban regeneration in Dundee bringing together residents living in more deprived parts of the city. It has been a significant success. There are six Forums with up to 15 elected members on each. This is an empowering process which has been acknowledged as good practice nationally. The work of the Forums and their strategic connections go a long way to ensuring that funding is allocated to respond to local priorities. Forums contribute a great deal to reducing social inequalities and promoting social inclusion.

The Forum is made up of 15 local residents who are elected on to the Forum for six Council Wards. The purpose of the Forum is to meet local needs and aspirations of local people. The main responsibility of the Forum is to make funding decisions based on local priorities which are complementary to actions agreed in the Local Community Plan. Local Community Planning Partnerships are responsible for the development, implementation, monitoring and evaluation of the Local Community Plan. It is therefore vital that Forums and Local Community Planning Partnerships have strong links and work together in effective ways.
WHEN DO MEETINGS TAKE PLACE?
The Forum meets monthly. Any changes to this timetable including additional meetings will be notified to members at the earliest possible opportunity. The venue and timing of meetings will be organised to ensure maximum attendance and contributions from members.

WHAT IS EXPECTED FROM FORUM MEMBERS?
Forum members are expected to attend monthly meetings and prepare for each meeting by reading appropriate information. They are also responsible for ensuring that the work of the Forum reflects the aspirations of the community and the Local Community Plan. Forum members have responsibilities to communicate with the community and be involved in the Forum’s Training Programme as required. Forum members are also responsible for supporting the Chair to ensure that decisions agreed are acted upon. It is important that Forum members focus on Regeneration areas, irrespective of which area they live or any other organisation or group which they may be involved in.

WHAT IS THE FORMAT OF A TYPICAL MEETING?
A typical meeting follows an agenda for business. This includes ‘matters arising’ from the previous meeting as well as discussions on Funding applications, relevant reports and presentations when appropriate.

HOW IS FUNDING ALLOCATED?
Forum members have responsibility to allocate funding to local Projects in their Regeneration area through a decision-making process at monthly meetings. The Forum had an allocation of £125,000 for the financial year 2013-2014. This is allocated as follows: £50,000 for Youth Diversionary activities, £50,000 on Physical and Environmental Improvement and up to £25,000 on Small Grants. This allows for dedicated resources to be allocated to respond to issues which local people have identified as priorities in the Local Community Plan.

WHAT SUPPORT IS OFFERED TO FORUM MEMBERS?
Forum members are supported by the local Communities Officer and the Community Regeneration Worker. Members of the Local Community Planning Partnership and Local Councillors are invited to attend the Forum to provide information, advice and offer support to ensure Projects are progressed as agreed. All members of the Forum attend on a voluntary basis and shall be entitled to support in terms of travel expenses, clerical support and childcare provision.
Dundee Healthy Living Initiative

Annual Report

Working with communities facing health inequalities

DHLI is a partnership between NHS Tayside and Dundee City Council. For the past 11 years DHLI has worked alongside local people and partner organisations to improve health and well-being in Dundee's Community Regeneration areas by:

- Developing and delivering health improvement activities as identified by local people
- Helping local people meet their own health needs, share health improvement knowledge and skills
- Supporting local people to influence decisions about health service development and delivery

The DHLI team consists of 3 Community Health Nurses, 4 Community Health Workers, administration support staff, monitoring and evaluation officer, private practitioners, sessional workers and 32 volunteers. Over 80 activity groups, mostly weekly, are delivered by the team and community members. Most groups are free but some cost £1.50. Additionally, short term groups are run in response to needs identified locally. The DHLI have been able to deliver many activities through community engagement, identifying local needs, supporting and training volunteers to lead on many of the groups.

DHLI have strong links nationally and locally with Community health Exchange (CHEX), Scottish Community Development Centre (SCDC) Dundee Partnership, Healthy Dundee and NHS Tayside Public Health, Tayside Nutritional Network (TNN), NHS Tayside weight management, Maternal and Infant nutrition (MIN) and Smoking cessation services, Keep Well, Local Community Planning Partnerships (LCPP), Leisure and Culture, Early years collaborative and Integrated Children's Services, Alcohol and Drug partnership, Primary Care Teams and many Voluntary Organisations including Paths for All, Community Food and Health Scotland, and Royal Environmental Institute of Scotland (REHIS).
Key Achievements Citywide and Ward by Ward:

STRATHMARTINE WARD

- Two x Ardler Running Ladies groups began in November 2007 as a joint venture between Ardler Village Trust and Dundee Healthy Living Initiative. The group train for the Race for Life, to get fit, lose weight and meet new people. There are 5 Jog Leaders all trained through Jog Scotland and the group now run independently.
- New Health Information Point at Ardler Community Centre and Ardler Village Trust.
- New Cycling group in partnership with Ancrum Outdoor Activity Centre. Group discontinued at present due to staff shortages.
- Kirkton and St Mary's Weight Management classes continue to attract participants of all ages.
- St Mary's, Ardler and Kirkton have 4 walking groups who are supported by volunteers who trained through Paths for All.
- The Nordic walking group and Badminton group in Kirkton is led by a volunteer who trained in Nordic Walking through funding from Cash for Communities. The volunteer won Dundee Partnership Award for ‘Volunteer Sports person of the Year. DHLI was successful in applying for a free ticket for the commonwealth games for 2 volunteers.
- Ardler Smoking group discontinued as reduction in funding and a move towards Community Pharmacies delivering smoking cessation.
- Healthy Lifestyle Course runs for 12 week covering a wide variety of topics.
- Gardening group requires minimal support and participants help each other with their gardens.

LOCHEE WARD

- DHLI works in partnership with the Early Years Collaborative, Lochee Pathfinder, Leisure and Sport staff. DHLI supported the SPLASH programme by providing healthy eating information and games in recognising different fruits. This led on to a ‘hands on’ cookery course with local families.
- The DHLI works alongside the church volunteers, early years support worker, Cross reach and Making money work and the Connect team (welfare benefits) at Lochee Parish church café. The aim of the café is to bring the community together with issues such as substance misuse and social isolation. DHLI nurse initiated and co-ordinates the health input rota, bringing together agencies such as Addaction.
• To improve the health of men in Lochee with issues such as unemployment, substance misuse issues and social isolation a programme was developed to include cookery, visit to the science centre, Dighty connect, clay and art work. One of the key observations is that the men have skills and they wish to share them with others. Future plans include a men’s gardening group in Lochee Parish church grounds and a community garden with a local tenant’s group.

• DHLI staff delivered health checks for the ‘Lochee Friendship group’ and they identified a need for gentle exercise. Staff supported the group to apply for ‘Cash for Communities’ to train 20 volunteers in delivering Chair Aerobics. Since the training there are new classes in Lochee and Charleston led by the newly trained community members.

• DHLI in partnership with the Community Regeneration Worker have supported the Lochee Kinship group. The group of kinship carer’s are mainly grandparents as a result of family’s substance misuse. The group have been supported to produce a programme of activities.

• Lochee Relaxation group have been supported to have their own bank account and are now applying for external funding to finance a programme of activities.

• A new knitting and crocheting group has proved successful for relaxation and a local shop keeper leads on the group.

• The AquaFit in Lochee is in very high demand. The group now have their own bank account and have been successful in receiving Community Regeneration funding and OPEN funding to continue the classes. Future funding for the coming year secured by the group from the Big Lottery Fund. Therefore, the DHLI does not need to continue subsidising the classes.

• Lochee Health Centre smoking groups is ongoing and fairly well attended but numbers less since the popularity of the ecigarette that isn’t on prescription at present.

• Exercise to Music in St Margaret’s church is delivered by a sessional worker and numbers continue to remain high.

• Health Information Points at ASDA Charleston, Lochee Job Shop at Lochee Library that provides health checks, health advice, information and signposting to other agencies.

• Lochee Linties Singing group are now constituted and the group report improved physical, social and mental well being.

• In partnership with Adult Learning worker successful cooking courses have been delivered and referrals made to the group from the Social Work Department. DHLI staff member now registered to deliver REHIS cookery accredited courses.
In addition to the Lochee walking group the volunteers are now supporting an additional gentle walking group for those who are less able.

Menzieshill Badminton group was started in the Community Centre due to the interest from the local community.

2 weight Management groups run in Lochee and the local GP’s refer into the service.

Tayside Alcohol Problem Service is referring on average 2 clients per week to the Community Health Nurse with a view to moving the clients on to community activities.

COLDSIDE WARD

Walking groups run weekly and a monthly Sunday walking group are supported by volunteers. The walkers now organise weekends away in different locations throughout Scotland and a DHLI staff member assists with facilitation.

Successful swimming group runs weekly in the Olympia and supported by volunteers. DHLI subsidise the cost of admission.

Healthy Lifestyle group- the group looks at ways to improve lifestyle. It focuses on healthy eating, exercise and weight management. The group is well attended and has had successful weight loss for participants.

Winning Weigh group run by DHLI staff in Coldside Library. However, class discontinued due to staff shortage

Line dancing group continues to be in high demand and the group were supported to apply for a bid for OPEN funding that was successful.

2 x Tai Chi groups, Fitness and toning, Body Sculpt and keep fit classes continue to be popular and delivered by private practitioners.

Chair Aerobics in Age Concern- Fiveways is well attended by older people and the group is delivered weekly by a DHLI staff member.

A new Yoga and Art group started and the Yoga group received Open funding.

A new Fibromyalgia group meet in Maxwelltown Information Centre
• Numbers have increased throughout the year for the smoking group with beneficiaries of the ‘Quit4u scheme’ and ‘Give it up for Baby’

• Free Health Checks were offered Mark Henderson centre in partnership with the North Law Society who offer financial and legal support.

MARYFIELD WARD

• The Baxter Park gentle walking groups are the busiest in the city with 3 per week, 40-60 people at each walk, DHLI works in partnership with volunteers to support the ongoing groups.

• Community Regeneration has funded £3,340 for REHIS cookery accredited courses to run from May 2014 through to February 2015 and to be delivered in Stobswell Parish Church. 20 sessions in total. In order to increase capacity it is hoped that 20 local people will achieve the REHIS cookery skills accreditation and REHIS Elementary Food Handling and hygiene and be supported to deliver future sessions.

• Healthy Hearts training was delivered to local people in Baxter Park Pavilion.

• Keep fit classes including Zumba are delivered locally by the Boomerang project.

• DHLI contribute to the successful Picnic in the Park during the school summer holidays

NORTH EAST WARD

• Whitfield Lunch club - The aim of the project is to bring the community together by providing a ‘cheery’ community lunch club serving healthy affordable lunches and soup packs complete with recipes. The Whitfield lunch club has proved to be very well-liked by local residents. This is a partnership project between DHLI and Link up and is supported by a group of very hardworking volunteers. A key achievement in the North East is the development of the volunteers who will very soon become a constituted group, with their first AGM scheduled for 28th May 2014. Seven of the group recently successfully completed the REHIS elementary cooking skills course and three completed their REHIS food and health with a further four scheduled to participate in June.

• Fun Family Clubs in partnership with Leisure and Culture and the NHS Tayside POST team to improve the nutrition and physical activity levels for families. The key to the activities was families doing activities together. The DHLI contributed to delivering cookery courses while sports staff delivered family physical activities and the POST team nutritional messages.
Dundee Healthy Living Initiative

- Health Information delivered at Dolphin Pub in Fintry by the Community Health Nurse and Community Health Worker. Further work planned for the future but not possible at present until Community Health Nurse is replaced.
- Belly Dancing and Tai Chi delivered by private practitioners.
- Whitfield singing group running independently.
- Hot wheels, pram pushing group is very successful and DHLI work in partnership with Leisure and Sport to deliver the weekly groups.
- Waste not Want not, to improve budgeting and reduce waste is an ongoing group that the DHLI deliver in partnership with an Adult Learning worker. The group have improved their cooking on a budget cooking skills and tips for going shopping. Other partners that have talked to the group are credit union, DCC Connect team, and the time banking co-ordinator.
- Fintry weight management class is one of the busiest at present and participants benefit from a short walk following the class.
- DHLI received substantially less funding for smoking cessation and the Fintry group was discontinued due to low numbers in an agreement with NHS Tayside Public Health to reduce the amount of smoking groups.
- A new Health Information Point is planned for Whitfield Life Services building.

EAST EAST WARD

- DHLI Community Health Worker and Community Health Nurse are moving into an office in St Vincent’s school. The DHLI staff members also cover the Strathmartine ward but due to staff shortages are working part time in 2 wards.
- DHLI staff are planning to develop new work and Brooksbank staff, Mid Craigie has been assisting by asking local people to complete ‘DHLI Record your interest sheets’ and as a result DHLI staff and volunteer will be delivering a weight management class, Nordic Walking programme and Communicate with Baby sessions at Brooksbank.
- Douglas Walking group is community led and numbers continue to be high.
- Fitness and Toning is delivered by a sessional worker in the Douglas Community Centre.
- New Badminton class to start in Douglas in response from local interest.
Citywide

• **HEALTH TALKS**
  To raise awareness of health issues affecting local people within vulnerable groups the DHLI nurses have delivered Health Talks in centres such as Claverhouse (unemployed), APEX (ex offenders), Deaf Hub DAMH, Penumbra, Lochee Parish church (substance misuse) and at Positive steps. Talks identified by participants on topics such as harm reduction for alcohol and substance misuse clients, sexual health, stress management, cancer awareness such as breast, testicular and prostate, heart disease, nutrition and parenting.

• **HEALTH INFORMATION POINTS**
  To engage with vulnerable people in the community and identify health issues, the DHLI nurses work in partnership with other professions from NHS Tayside and voluntary organisations to provide health checks, health advice and information, signposting to other agencies at the Wellgate centre, supermarkets and health fairs and community events.

• **WALK LEADER TRAINING**
  To enable competent walk leaders in the community and to build capacity of the walking groups the DHLI had a successful bid to ‘Paths for All’ for £850. This provided a walk leader training course and a refresher course for walk leaders. Volunteers from Tayside attended the training at Ardler Community Centre.

• **ROYAL ENVIRONMENTAL INSTITUTE OF SCOTLAND (REHIS)**
  The DHLI are now accredited to deliver REHIS cooking skills courses and REHIS Food and Health courses. The purposes of the courses are to improve the knowledge and skills of local people and build capacity to deliver cookery courses and nutritional information. To enable the DHLI to deliver a third accredited course, 2 DHLI staff are working towards the diploma in REHIS Food Handling and Hygiene and NHS Tayside Public Health contributed £1000 for course fees. Participants from different regeneration areas attended courses on REHIS Food and Health and REHIS cookery courses. Community Food and Health Scotland awarded the DHLI £250 to run the course in Whitfield. Next course to be run in Douglas community centre with volunteers from the Whitfield community café. In the long term the training has the potential to have cooking groups run in each Community Regeneration area by local people.

• **DUNDEE FOOD NETWORK**
  A new Dundee Food Network is facilitated by the DHLI and has started to improve joint working, build capacity, knowledge, skills and share expertise within the public sector, voluntary sector and with community groups. Dundee City Council Community Learning and Development (CLD) workers, Social work department staff, Tayside Public Health Dieticians, Helm, Salvation Army, EWPW leaders, Cairn Centre- Eclipse (substance misuse) and Environmental health staff are on the group with membership growing at each meeting.
• HEALTH COACHING
The one to one Health Coaching Service is to reduce the incidence of Cardiac Disease and Type 2 Diabetes through referrals to the DHLI from GP practices and Keep Well Outreach nurses following Keep Well health checks. Future plans to receive referrals following carer’s health checks. Plans are at an early stage to receive health coaching referrals from criminal justice to provide a motivational interview from DHLI staff with a view to move people onto DHLI or other community opportunities.

• VOLUNTEERS
Dundee Healthy Living Initiative (DHLI) Volunteering. The DHLI has over 30 volunteers. The roles are Walk Leaders, Jog leaders, Badminton leaders, Nordic walking leaders, Winning Weigh Assistants, Cookery assistants, Smoking Cessation Assistant, Health Stall Assistant, Admin Assistant and prevention of teenage pregnancy volunteers (supported by NHS public health). Volunteers attend role specific training prior to taking up their position. Further training is offered such as heartstart, first aid, outdoor first aid, food safety and risk assessment. Some DHLI volunteers have developed their volunteering with the Whitfield drop in café. Link Up project has funded the REHIS food safety training for the volunteers.
All volunteers have a DHLI link worker who can offer support onsite. Volunteer guidelines and packs are distributed to all volunteers. The volunteer support meetings are held every 12 weeks. There is an annual volunteer celebration event last year the volunteers will receive tickets for the Dundee Food and Flower Festival. The DHLI has successfully renewed the “Volunteer Friendly” award in 2013.

- Yearly the DHLI carry out the “volunteering impact assessment”
- Volunteer Impact Evaluation
- 83% rated the Access to Training courses very satisfied/satisfied
- 91% rated access to social events with other volunteers/staff very statuses/satisfied
- 82% rated their personal development increased greatly/increased
- 64% rated that their skills has increased
- 82% rated that their general health and wellbeing has increased
- 78% rated that their had access to new contacts and networks increased greatly/increased
- 50% rated their trust in others increased greatly/increased
- 70% rated that their participation in local activities has increased greatly/increased
- 100% rated that they would recommend volunteering to other people
Healthy Working Lives

The DHLI achieved the Silver Award and working towards the Gold Award in 2014.

Participant Stories

GROUP MEMBER 1

Pat underwent a Heart Valve Replacement Operation in 2008. She was off work for 5 months recuperating. Pat had always been active with Dundee Healthy Living Initiative groups in the past having done aerobics for a number of years. Pat learned of the running group through her work and she had been advised from her Physiotherapist, that regular exercise and maintaining her fitness level, was as good as medication. Pat joined the group in spring 2009 and has been a regular with the group since, regularly running 4 to 5 miles. Pat regularly participates in the local park run.

GROUP MEMBER 2

Minnie joined the running group as she had high blood pressure and wanted to improve her fitness level. She was encouraged to go along by another member of the group. Minnie regularly runs 4 to 5 miles and completed the Glasgow 10k in 2013. Minnie also participates in other Dundee Healthy Living Initiative activities including cycling.

GROUP MEMBER 3

Jane joined the running group in February 2013. She had stopped smoking in June 2012 and she was really proud of herself but the weight had really piled on. At Jane’s first session, she could hardly jog to a lamp post, her breathing was erratic and her legs were like jelly. In March 2013, one month after joining the group she completed her first 5k, the Monikie Running Sisters run and in June she completed the 5k Race for Life in Camperdown Park. This year Jane plans to run the Glasgow 10k. Jane enjoys the social aspect as well as being fitter and for the first time ever she is enjoying exercise.

GROUP MEMBER 4

My name is Claire and I am 28 years old and work with adults with learning disabilities/challenging behaviour. I smoked about 20 cigarettes a day. I was a bit in denial about how much I smoked and how easily I could stop. I ‘enjoyed’ smoking and I usually had my first cigarette about a half hour after waking. I decided to stop at New Year and I got myself booked into a smoking cessation class. I came to the class and that was the day I quit smoking. It is hard to stay stopped as I am around a lot of my friends who smoke and feel the need when I am having a few glasses of wine, though I have a Nicorette inhalator (without the cartridge) that I use to keep my hands occupied. However, I feel the health benefits greatly and am definitely more able in terms of fitness and exercise. I have so far been stopped for 70 days which is a
monetary saving of a massive £434. I have kept this separate from my other money and I have spent this on flights to Dubai to see my best friend. What would I have got before with money? Grey skin, dully hair, smelly clothes and in the grand scheme of it, ill health. I swapped that for shiny hair, fresh breath and a sexy summer glow. There isn’t anything sexy about fag breath and wheezing up the stairs. I hope this inspires people to quit. If I can do it so can you.

GROUP MEMBER 5
Jill Orchiston is a member of the Hilltown Line Dancing group – “I have attended this group for over 5 years. I really enjoy the music and the exercise element to this class. I have met many new people who have been great for my social life and also my mental well-being”.

GROUP MEMBER 6
Pam Anderson is a member of the Yoga group “I was finding it difficult to participate in Keep Fit classes as I suffer from joint problems. The Yoga class has been brilliant for me; it has helped improve my posture and flexibility. The class is very relaxing and I really enjoy being able to take part in an activity which suits my needs”.

Participant Feedback Questionnaire Results
A generic questionnaire is circulated to all group participants in a yearly snap short survey over one week. The emphasis is on gaining information on the difference the participation has made for them and their families in improving physical, mental and social wellbeing, regardless of the group they are attending.

PHYSICAL ACTIVITY
PHYSICAL ACTIVITY (continued)

Why people attend the DHLI physical activity class.

COOKING ACTIVITY

Physical health has changed by taking part in DHLI cooking activities

Smoking habits changed by taking part in DHLI cooking activities

Diet/Cooking skills Changed by taking part in DHLI cooking activities

Mental well being changed by taking part in DHLI cooking activities

Why people attend the DHLI cooking activity class.
MENTAL WELLBEING GROUPS

Physical health has changed by taking part in DHLI mental well being activities

<table>
<thead>
<tr>
<th>Change in physical health problems</th>
<th>Number of people</th>
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<tbody>
<tr>
<td>Less Breathless</td>
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<td>More energy</td>
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<td>More muscle tone</td>
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<td>Change in physical health problems</td>
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Smoking habits changed by taking part in DHLI mental well being activities

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<tr>
<th>Increased</th>
<th>Decreased slightly</th>
<th>Decreased by half</th>
<th>Now smoke very little</th>
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Diet/Cooking skills changed by taking part in DHLI mental well being activities

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<tr>
<th>Diet/Unhealthy foods</th>
<th>Number of people</th>
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<tr>
<td>More balanced diet</td>
<td>5</td>
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<td>Cook less</td>
<td>4</td>
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<tr>
<td>Eat fewer unhealthy</td>
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<td>Have more balanced diet</td>
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<th>More fruit and less fat, sugary foods</th>
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Mental well being changed by taking part in DHLI mental well being activities

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<th>More confidence</th>
<th>More social contact</th>
<th>Less depressed</th>
<th>Improved mood</th>
<th>Other change</th>
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SMOKING CESSATION GROUPS

Physical health has changed by taking part in DHLI smoking classes

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Dundee Healthy Living Initiative

SMOKING CESSATION GROUPS (continued)

- Why people attend the DHLI smoking cessation classes.

WEIGHT MANAGEMENT GROUPS

- Physical health has changed by taking part in DHLI weight management classes.
- Smoking habits changed by taking part in DHLI weight management classes.
- Diet/Cooking skills Changed by taking part in DHLI weight management classes.
- Mental well being changed by taking part in DHLI weight management classes.
- Why people attend the DHLI weight management activity classes.
Eat Well Play Well

Eat Well, Play Well (EWPW) is a 2 year funded programme. £190k funding allocated from Dundee Healthy Weight Community Programme and it aims to build capacity, sustainability and confidence within the workforce and communities to deliver an integrated nutrition and physical activity programme. EWPW is an innovative programme delivered in partnership with Dundee Healthy Living Initiative and Dundee Leisure and Sport Section. Eat Well Play Well is an integrated nutrition and physical activity programme that will be delivered in partnership with voluntary and community groups across Dundee and targeted to families with children under 5 years. NHS Tayside Nutrition Network offers professional support to development workers and helped develop and support the nutrition component of the programme. Steering group has been established and will meet monthly initially to support the development of the EWPW programme. Other resources used are from the NHS Ayrshire and Arran CAN cook toolkit. EWPW started in January 2014 and is working with existing groups to develop and deliver the programme supporting and developing the groups to build capacity to deliver the programmes themselves. Building community capacity is essential to gain sustainability for the future and EWPW will support the development of community groups through training and shadowing opportunities.

<table>
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<th>OUTPUT/OUTCOME DESCRIPTION</th>
<th>Annual Target</th>
<th>Achieved This Quarter</th>
<th>Notes/Comments</th>
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<tbody>
<tr>
<td>Number of groups participating in the Eat Well, Play Well programme</td>
<td>12</td>
<td>5</td>
<td>Whitfield - Hot Wheels, Hilltown - Bringing Up Baby, St Mary's - Learning With Fred, Douglas - Walk and Talk, Mid Craigie - Stay and Play</td>
</tr>
<tr>
<td>Number of adults attending the Eat Well, Play Well programme</td>
<td>72</td>
<td>33</td>
<td>Figure is based on consistant attendees to both taster and EWPW sessions</td>
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<tr>
<td>Number of children attending the Eat Well, Play Well programme</td>
<td>72</td>
<td>36</td>
<td>Figure is based on consistant attendees to both taster and EWPW sessions</td>
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<tr>
<td>Number of adults who have reached their goals</td>
<td>54</td>
<td>0</td>
<td>Have not completed a full programme as yet</td>
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<tr>
<td>Number of groups sustaining the Eat Well, Play Well programme</td>
<td>9</td>
<td>0</td>
<td>Have not completed a full programme as yet</td>
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<tr>
<td>Number of people attending accredited courses</td>
<td>12</td>
<td>1</td>
<td>Group Leader (St Ninians - Mid Craigie) - REHIS Elementry Food and Hygeine Course</td>
</tr>
<tr>
<td>Number of people attending non-accredited sessions</td>
<td>36</td>
<td>1</td>
<td>Group Leader (Hilltown - BUB) - Walk Leader Training</td>
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For further information contact:
Beverley Black, Manager Dundee Healthy Living Initiative
01382 435848
**Background**

Dundee’s Equally Well test site was funded by the Scottish Government from 2009-12 and aimed to improve community mental wellbeing by supporting changes in ways of working across services to better address influences on mental wellbeing. Evidence showed that the test site had marked impact on services, patients and the community. Subsequently, NHS Tayside Endowment Committee Board of Trustees awarded £203,524 to the transitional model for health equity in Dundee; a one-year roll out of the Equally Well test site approach, and the Scottish Government awarded £280,000 over two years to further extend social prescribing.

During 2013/14, Equally Well focused on the following strategic priorities:

- Support changes in ways of working across the NHS and other parts of the system to better address the causes and consequences of health inequalities and poor mental wellbeing
- Secure social prescribing as the mechanism that exists across a wide range of services to link disadvantaged people to the services and activities that can support them

In February 2014, NHS Tayside awarded recurring funding to mainstream Dundee’s Equally Well work within deprived communities. Funding for the social prescribing scheme remains temporary at this stage.

**The Equally Well Team**

Equally Well is delivered by a team of 2.5 wte development workers deployed in 5 electoral wards and 3 wte social prescribing link workers aligned with designated GP Practices. All Equally Well staff have a training and workforce development role to build the capacity of a range of services to adopt wellbeing and inequalities sensitive practice, and social prescribing methodology.

**Roll out of the Equally Well approach in Dundee’s communities**

Since the roll out began in January 2013, the following milestones have been achieved:

- The establishment of local, multi-agency Health and Wellbeing Networks to act as the mechanism for delivery
- Priority streets in all 5 wards identified through local intelligence and SIMD data
- Community engagement undertaken in priority streets in each ward. Over 800 local people completed questionnaires reflecting what matters for wellbeing in their area. Factors such as anti-social behaviour, social isolation, substance misuse and poverty appeared consistently as risks to wellbeing. Assets for wellbeing include green space, community facilities, social activities and community spirit
- Logic model events using the national outcomes framework for mental health improvement have supported local services and organisations to link existing work to wellbeing outcomes
- Tests of change are being developed and delivered locally to help address identified issues
- 3 Training for trainers courses were delivered attended by 30 service providers to support local staff to deliver the Mind Yer Heid awareness session to their own clients
- A new session, Mind Yer Heid Plus, was developed to support inequalities sensitive practice on a multi-agency basis. Over 40 staff have attended the one day training session to date
- Results and progress are being fed into Local Community Planning Partnerships

**Roll out of social prescribing**

The Sources of Support scheme (SOS) was piloted in Maryfield Medical Centre for 2.5 years during...
which time over 200 patients were supported to access over 100 different services and activities to help address the root causes of their poor wellbeing. The scheme has now been rolled out to Mill, Erskine and Whitfield Practices. Since April 2013, 293 patients have been referred into the scheme, ¾ of whom have a mental health issue cited as the reason for referral and ½ who have been identified as having social issues, such as isolation. 70% of those referred engaged with the scheme and have been supported by the link workers to access a total of 135 external support agencies. The link workers are seeing an increasing number of patients whose mental wellbeing is affected by Welfare Reform. Close links have been established with money and debt advice organisations in the city.

In addition, the SOS link workers undertook a service level test of change to help build the capacity of Community Mental Health Teams to adopt social prescribing methodology with patients nearing discharge. Similar support has been requested by a range of other services.

**Strategic links**

Equally Well aims to embed mental wellbeing into service plans and partnership strategies. Robust links have been made between Equally Well and the Local Community Planning Partnerships, Healthy Dundee, NHS Tayside/Scottish Government work on distress, Dundee’s Fairness Strategy, and the Alcohol and Drug Partnership. Equally Well supported the inclusion of subjective wellbeing and social capital indicators in the Dundee Partnership Citizen Survey, which has resulted in the identification of sub group populations experiencing mental wellbeing inequalities. These include people with financial difficulties, those living in disadvantaged communities, older people, those with poor self reported health, people with poor social connections and the physically inactive. This is helping Dundee target interventions at those in most need and measure progress in reducing the gap between those who do best and worst in the city. Transitional model progress was in line with the projected timeline, and developments, outputs and indicators have been included in the SOA Delivery Plan.

**Impact on services**

Equally Well was the subject of a research study during 2013. An on-line questionnaire completed by 124 stakeholders showed that Equally Well:

1. Was successful in engaging a wide range of stakeholders at different levels and in various ways
2. Raised awareness of mental wellbeing, mental health inequalities and factors affecting wellbeing for over 80% of respondents
3. Built capacity to address factors affecting wellbeing for 70% of respondents
4. Supported sustainable learning for over 90% of respondents
5. Provided local leadership and facilitated partnership responses to improving community wellbeing

Results also showed that:

1. Around one in every two services have changed the way they go about their daily business as a result of involvement in Equally Well
2. There have been positive effects reported by the majority of stakeholders involved at both a personal and professional level
3. The approach of Equally Well was seen by the vast majority as positive and worthwhile

Check out our website:  
http://www.dundeehealth.com

For more information, please contact;  
Beverley Black on 01382 435848 or  
Sheila McMahon on 01832 435852
BACKGROUND

The Dundee FOA project was set up in 2011 as a response to the population-wide element of alcohol misuse. Initially the project focused on establishing itself by running city-wide campaigns and initiatives to encourage people in Dundee to consume alcohol more responsibly.

Following on from the first two years of the project, the FOA Steering Group agreed that there should be greater focus on working with local communities. This was done by developing targeted projects in local areas and by working with the Communities Officers and local community groups.

In August 2013 a new FOA Community Development Worker was appointed.

KEY DEVELOPMENTS

1. During 2013 – 2014 the FOA Community Development Worker engaged with Local Community Planning Partnerships (LCPPs), key community-based staff and people in local communities. The aim was to identify and progress specific actions to address the issues in relation to the over consumption of alcohol.

2. Local activities in Dundee:
   - In the North East Ward a project was developed to investigate the impact of alcohol use on males over the age of 40 and the impact this has on their own health and on the local communities.
   - In the East End Ward there was an awareness campaign which was conducted alongside Health Checks. This took place by taking small teams of workers into local pubs and clubs in a relatively fun way, with quizzes, raffle and unit measure sessions with free ‘give away’ resources (including fridge magnets, measuring cups and information leaflets).
   - In the West End Ward there was an alcohol awareness campaign for older generations. This took place in the lounge of sheltered housing complexes of West End Ward. Events included a range of activities to increase people’s knowledge about the impact of drinking alcohol in later life, information on responsible measures of alcohol and some of the more serious consequences of over consumption. The event “Stay Safe” included: short movie, quiz, units measuring session, raffle, refreshments and chat.
   - The FOA Community Development Worker is currently taking part in summer festivals across the city during June and August to engage with the communities and promote responsible drinking.

3. An alcohol awareness campaign will run at the health shop at Ninewells hospital during July-August 2014. FOA provided measuring cups, spikeys and posters for this campaign.

4. Information about the effects of alcohol and tips on reducing alcohol intake, as well as relevant news articles, are posted on to the FOA Facebook page regularly. The page can be seen at www.facebook.com/DundeeFocusOnAlcohol.
5. During spring 2014 Dundee FOA has developed fridge magnets and Spirit-measuring pourers which have been widely distributed at a range of events.

6. FOA will contribute to the work on overprovision in the City by supporting local communities and residents to participate in the licensing process in the City.
### Trends Over Time 2011-2014
#### Community Regeneration

<table>
<thead>
<tr>
<th>Output/Outcome Description</th>
<th>Total Achieved 2011-2012</th>
<th>Total Achieved 2012-2013</th>
<th>Total Achieved 2013-2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of local community plan outputs achieved per annum</td>
<td>38</td>
<td>289</td>
<td>194</td>
</tr>
<tr>
<td>Number of community groups accessing grants (group only to be counted once per annum)</td>
<td>135</td>
<td>138</td>
<td>115</td>
</tr>
<tr>
<td>Number of individuals provided with personal support, training &amp; development</td>
<td>726</td>
<td>581</td>
<td>801</td>
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<tr>
<td>Number of community groups involved in the planning, delivery and evaluation of local community engagement</td>
<td>112</td>
<td>75</td>
<td>80</td>
</tr>
<tr>
<td>Details of festivals and other community events facilitated with the support of the Community Regeneration Team</td>
<td>45</td>
<td>41</td>
<td>48</td>
</tr>
<tr>
<td>Number of individual community representatives regularly involved in Regeneration Forums (including observers)</td>
<td>240</td>
<td>311</td>
<td>184</td>
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<tr>
<td>Number of community councils and neighbourhood representative structures supported</td>
<td>8</td>
<td>8</td>
<td>8</td>
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<tr>
<td>Number of community groups developed and /or supported (short term support)</td>
<td>74</td>
<td>92</td>
<td>87</td>
</tr>
<tr>
<td>Number of community groups developed and /or supported (long term support)</td>
<td>148</td>
<td>153</td>
<td>113</td>
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<tr>
<td>Number of community engagement events (target 5 events per area per year)</td>
<td>97</td>
<td>56</td>
<td>58</td>
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<tr>
<td>Number of attendances at community engagement events facilitated by Community Regeneration staff (40 events * 20 people)</td>
<td>7,459</td>
<td>5,549</td>
<td>12,593</td>
</tr>
<tr>
<td>Number of LCPPs supported</td>
<td>8</td>
<td>8</td>
<td>8</td>
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<tr>
<td>Number of individuals involved in community groups supported by the Community Regeneration Team</td>
<td>1,390</td>
<td>1,433</td>
<td>1,150</td>
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</table>

* Local Community Plan outputs naturally vary depending on the stages of implementation. The same is true for the number of community engagement events undertaken. The increase in support for individuals largely relates to the impact of Welfare Reform. Variations in the number of community groups supported are linked to their natural lifespans.
## TRENDS OVER TIME 2011-2014

### DUNDEE HEALTHY LIVING INITIATIVE

<table>
<thead>
<tr>
<th>OUTPUT/OUTCOME DESCRIPTION</th>
<th>TOTAL ACHIEVED 2011-2012</th>
<th>TOTAL ACHIEVED 2012-2013</th>
<th>TOTAL ACHIEVED 2013-2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of individual participants attending weight sessions per annum (rolling programme)</td>
<td>471</td>
<td>516</td>
<td>376</td>
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<tr>
<td>Number of individual participants attending a physical activity group per annum (rolling programme)</td>
<td>1,583</td>
<td>1,331</td>
<td>1,372</td>
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<tr>
<td>Number of individual participants attending a smoking reduction group per annum (rolling programme)</td>
<td>481</td>
<td>345</td>
<td>280</td>
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<tr>
<td>Number of individual participants attending a one-off health related session or short course</td>
<td>1,465</td>
<td>1,212</td>
<td>1,076</td>
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<tr>
<td>Number of individuals given advice at health points</td>
<td>933</td>
<td>968</td>
<td>558</td>
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<tr>
<td>Number of individual health checks carried out</td>
<td>526</td>
<td>570</td>
<td>*</td>
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<tr>
<td>Number of individuals attending the Keep Well health coach sessions</td>
<td>165</td>
<td>99</td>
<td>126</td>
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<tr>
<td>Number of local individuals involved in decision making processes - Community Sub-Group</td>
<td>7</td>
<td>8</td>
<td>4</td>
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<tr>
<td>Number of local individuals involved in decision making processes - Management Group</td>
<td>2</td>
<td>2</td>
<td>2</td>
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<tr>
<td>Number of different volunteers supported by DHLI staff to build capacity in delivering DHLI services</td>
<td>34</td>
<td>32</td>
<td>32</td>
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<tr>
<td>Number of volunteers attending training</td>
<td>32</td>
<td>27</td>
<td>31</td>
</tr>
<tr>
<td>Number of local people employed to deliver activities (sessional workers and private practitioners)</td>
<td>7</td>
<td>8</td>
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* Awaiting figures from NHS Tayside MIDAS IT system.
### KEY CONTACTS

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<tr>
<td>John Hosie</td>
<td>Community Regeneration &amp; Health Manager</td>
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<tr>
<td>Vanessa Kelly</td>
<td>Communities Officer - STRATHMARTINE</td>
<td>436363</td>
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<td>Val Kane</td>
<td>CLD Regeneration Worker - STRATHMARTINE</td>
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<tr>
<td>Angie Hastie</td>
<td>Communities Officer - LOCHEE</td>
<td>431839</td>
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<td>Allison Rankin</td>
<td>CLD Regeneration Worker - LOCHEE</td>
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<tr>
<td>Natalie Mackland</td>
<td>Communities Officer (26 hrs) - WEST END</td>
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<td>Elaine Pratt</td>
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<td>Jim Dunlop</td>
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<td>Stuart Fairweather</td>
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<td>Liz Low</td>
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<td>Beverley Black</td>
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<td>Sheila McMahon</td>
<td>Equally Well Lead Officer</td>
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