

Ardler Village News

DUNDEE
PARTNERSHIP

Issue 58
Summer2018

ARDLER FUN DAY

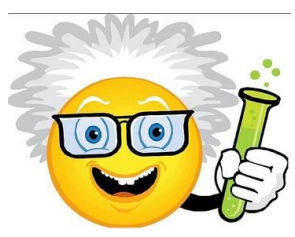
Ardler Fun Day

2018



Saturday 16th June
12pm to 3pm

Ardler Complex Turnberry Avenue, Dundee.



Bungee Trampolines
Facepainting .fairymaking
Dundee Science Centre
Dundee Comic School

*For information or to book a stall contact the Ardler Village Trust 831712
or drop into AVT Office at 95 Turnberry Avenue, Ardler. Email
Gillian@ardlervillagetrust.org*





People of Ardler - are you interested in volunteering?

Volunteer Dundee can offer over 400 volunteering opportunities across the city. From advocacy to charity shops; administration to youth volunteering, there's something for everybody.

For more information, please take a look at our website: www.volunteerdundee.org.uk

Or if you'd like to speak to a member of the team, we'll be at:

Central Library on Wednesdays from 1pm - 4pm
Blackness Library on Wednesdays from 2pm - 3.30pm
Broughty Ferry Library on Thursdays from 10am - 12 noon

We can also arrange to meet in Ardler by appointment - call 01382 797354 for more information.

Volunteers Week falls from 01 -07 June - there's never been a better time to get involved.



FREE- couch to 5k (for beginners, looking to increase their running ability from no running to 5k)

Thursday
5.50-6.30pm
Meet on the grass next to Chalmer's Ardler church.
For 16+ years

*No need to book, just come along!

ARDLER CHUCKLES CLUB UPDATE

2017 was another good year for the club. Our two annual outings were to Edinburgh in June for a trip on a canal boat and in September to the House of Bruar then Blair Atholl for tea. Both trips were very enjoyable. Our thanks to Hazel Fielder for helping us with funding from the CRF for the coaches.

Also through the year we had various choirs, musicians and speakers at the club. The Sarah Harper Choir, Glee Singers, Happy Ukes, Derek Shaw (Sweetie Man), Sandra Thomson (Bag Lady) and various others.

With our free passes we visited other towns and places of interest. We are all looking forward to our first visit to Dundee V&A and we would like to thank Peter Nureck for keeping us up to date on this.

On a sad note we have lost a few members especially Ingrid Ogilvie who was one of our founding members. We have also had quite a few new members.

On a personal note I would like to thank our committee; Jean Knight, Jean McHugh and Betty Mills for their commitment to the club. But especially to all our members. They may moan a wee bit but always support the club very generously.

THANKS YOU LOT YOU'RE THE BEST

Rose Cleary, Social Convener

JOBSHOP

Ardler Complex Jobshop meets on Tuesdays, 9.30-12 noon. WE can help with Jobsearch, CVs, interview skills, volunteering and links to IT4 Work and the Connect Welfare Team.

Contact Joyce Guthrie for further information
Tel'01382 435814



The Dundee Carers Centre new Localities team have been working in the Colldside and Strathmartine since October 2016 and have developed some new and exciting projects and partnerships.

Strathmartine Dementia Drop-in Café

The Dementia Drop-in Café was officially launched on Thursday 29th March 2018 and was opened by Billy, the Dementia Dog! The café is for carers and the person they care for who has Dementia, Alzheimer's or memory problems.

It is held at the St Mary's Community Church, on the 2nd Thursday of every month between 2-3.30pm.

Come along and enjoy some refreshments and chat with people in a similar situation to yourself. There is always a support worker there if you need a little bit advice and information. Free Health Check.

New Strathmartine Drop-in Carers Café

Our new carers café will be meeting for the very first time on Wednesday 6th June between 11am - 1.30pm at the Ardler Complex, Prestwick Room.

Don't worry if you can't stay the whole time- it's a drop-in so just come along when you can.

Given the fact this will be our first get together we need your ideas on how the café should be run – it's your café not ours!

So why not pop along for a chat, cuppie and a spot of lunch (free) - not need to book, just turn up!

Looking forward to meeting you

New Volunteer Carers Ambassador

Please join us in welcoming Audrey Wade who has just joined our localities team as a carers ambassador.

Audrey will be helping at the new Strathmartine Carers Café.

Coldside and Strathmartine Cinema Clubs

Our Carers and Family cinema club at Ardler Complex runs on the first Thursday of the month from 6pm - 8pm.

Everyone welcome – you don't have to be living in the Strathmartine area.

Free Entry – just bring your own snacks.

We are also piloting a Cinema Club for adult in Coldside Main St Church on the 3rd Thursday of the month at 10.45am.

It is for members of the community and carers.

Everyone is welcome – you don't have to be living in the Coldside area.

Free entry refreshments and popcorn!

Afterwards lunch is available at the Main St Community Café on a pay what you can basis.

St John's High School group

We are working with St John's High School to run a monthly social group for pupils who have a caring role. Upcoming dates are 16th & 30th May, 13th & 27th June. We also be running a summer activities programme to include pupils who will be making the transition from primary school to St John's, the summer activities include a residential to Killin.

For more information, please contact Anne Kavanagh or Jill Divers at St. John's High School on

ARDLER COMPLEX WOMENS' GROUP

TUESDAYS 9.30-11.30 am

Come along on a Tuesday morning and have a chat and a cup of tea or coffee and meet other people.

Do as little or as much as you like in an informal, relaxed atmosphere.

New ideas welcome.

Just drop in or for more information contact Heidi or Fiona on 01382 436442
Ardler Complex, Turnberry Avenue, Dundee



Baby massage classes

Do you live in Strathmartine?

YES, then why not come along to our group where you and your baby can have fun learning how to give your baby a full body massage. Great way for you both to relax and have fun.

**Classes are suitable for babies aged from 6 weeks to pre crawling
The classes are relaxed, fun, interactive and the chance to meet other parents and their babies.**

**Free 4 week course starting in
Ardler complex
Thursday 17th May 2018
1.30-2.45pm**

**For more information or to book a place
Please contact Susan Dye
Community health nurse (01382) 832863**



COMMUNITY SAFETY

A little article on home safety.

As we head toward the summer months, no doubt people will be out in their gardens enjoying the sunshine (fingers crossed).

However I would ask that people be vigilant to avoid opportunist criminals gaining access to properties when doors are left open.

Although we live in a good neighbourhood, opportunists are out there so please be vigilant.

CLlr Kevin Keenan

ARDLER VILLAGE TRUST UPDATE

The Ardler Community Resilience Fund is open again for applications. This funds local community groups who are delivering projects to alleviate the effects of austerity and welfare reform in the Ardler area.

There are no application deadlines. Applications will be dealt with on a first come first served basis. All applications will be assessed by the Ardler Village Trust Manager and the Ardler Village Trust Core Group. You will hear back within 4 weeks of your application being received by us if your application has been successful. Please note all projects must be completed by 31 December 2018.

Already we have given grants to the Ardler Complex Women's Group, The Friendship Group, Ardler Primary School Parents Group and Dundee Carers.

Application forms are available from the Ardler Village Trust, 95 Turnberry Ave, Dundee. Tel; 831712.
E-mail; Gillian@ardlervillagetrust.org

We are beginning to look at activities for over the school holidays. Already booked are Dundee Science Centre and Dundee Comic School. If you have any suggestions of other activities please get in touch.

CHARITY SHOP

VOLUNTEERS WANTED!

Can you spare a few hours each week to help in the Ardler Charity Shop?

All of the money raised helps to support community projects in Ardler.

Contact Ardler Village Trust Charity Shop
95 Turnberry Avenue, Ardler, Dundee
Tel: 01382 831712
www.ardlervillagetrust.org