

**Welcome to the Dundee Healthy Living Initiatives
What's on Guide May/June 2012**

This guide shows all the classes that the DHLI delivers throughout Dundee, which help to improve your physical activity, mental wellbeing, knowledge of healthy eating and to stop smoking. All at easily accessed venues and at very low cost

We also deliver health checks and provide health information points at places that are easily accessible and convenient to the public. We involve local people in decisions about health and how the DHLI is run.

Please note

This timetable is accurate only from the date of print. Therefore times and venues for activities may be subject to change.

Most classes are free but some do charge a minimum of £1.50. (not including Zumba classes)

It is advised that you phone for more information if you wish to attend any of our activities.



Classes or groups with this symbol, mean that the venue is suitable for wheelchair access.

It is advised that wheelchair users phone class advisors first



In cases of severe weather, please phone the class contact to make sure that groups are still running.

Contact numbers are displayed on the back of this booklet.



Did you know that if you are a smoking cessation participant you could be eligible for £50 a month towards your grocery shopping??

Present this leaflet to your local DHLI Smoking Cessation advisor or call 0845 600 9996 for more information

Timetable of Activities

Charleston/Lochee/Menzieshill			
Group	Day/Time	Location	Contact
Healthy Cooking on a Budget	Mon 10am - 12.30pm	Lochee Parish Church, 191 High Street, Lochee	Catrina/Susan
Exercise to Music	Mon 10-11am	Charleston Community Centre	CHAT/Elaine
Hotwheels Pram Pushing Group	Mon 1pm	Charleston Community Centre	Elaine
Smoking Cessation	Mon 1.30-2.30pm	Lochee Health Centre, Marshall St	Catrina
Exercise to Music	Mon 1.45-2.45pm	Lochee Bapt Church, Bright St	Catrina/Elaine
Winning Weigh	Mon 3-4.30pm	Health Education Room, Lochee Health Centre	Catrina
The Drop Inn	Tues 11am - 1pm	Lochee Parish Church Hall (Entrance from St Nicolls Lane)	Catrina
Relaxation Group	Weds 10-11.30am	Lochee Health Centre, Marshall St Please phone to book a place	Elaine/Rhea
Gentle Exercises	Weds 10-10.45am	Charleston Community Centre	CHAT/Elaine
Walking Group	Weds 1-2pm	Meet at Lochee Library	Elaine
Free Health Checks	First Weds of every month 2-4pm	Lochee Library	Catrina
Free Health Checks	Second Weds of every month 2-4pm	Elder Court Multi's	Catrina
Smoking Cessation	Thurs 9.30-10.30am	Charleston Community Centre	Faiza
Healthy Simple Cooking	Thurs 9.30-11.30am	Janet's Hall, Charleston Community Centre	Elaine
Football	<i>Recruiting</i>	Menzieshill Community Centre	Catrina
Zumba!	Thurs 7.15-8.15pm	Charleston Community Centre (£2 entry)	CHAT/Elaine
Aquafit	Fri 12.30-1.15pm	Lochee Swimming Baths, St Marys Lane (first come first serve)	Elaine
Aquafit	Fri 1.30pm	Lochee Swimming Baths, St Marys Lane (first come first serve)	Elaine
CHAT Open Time	Fri 1-3pm	Tea/Coffee - Have a blether! Heather Room Charleston Community Centre	

Ardler/St Mary s			
Keep Fit	Mon 10.30-11.30am	St Mary's Community Facility	Maria
Health Walks	Mon 1pm	From St Kilda's Baptist Church, St Kilda's Rd	Maria
Ardler Jogging Ladies (longer routes)	Mon 6pm	From Ardler Complex	Maria
Wifiez (Women's Group)	Tues 9.30-11.30am	St Mary's Community Facility	Maria
Winning Weigh	Tues 9.30-10.30am	St Mary's Community Facility	Susan/Maria
Keep Fit	Tues 10-11am	Ardler Complex	Maria
Cycling Group	Tues 11am - 1pm	Camperdown Park <i>Please phone to book a place</i>	Susan
Hotwheels	Wed 10am	From Ardler Complex	Teresa F
Ardler Walking Group	Wed 1pm	From Ardler Complex Once a month group meets earlier to go for a longer walk - please phone if you wish to come along	Teresa F
Smoking Cessation ♿	Weds 5-6pm	Ardler Complex	Susan
Ardler Jogging Ladies (Shorter routes)	Weds 6.20pm	Ardler Complex	Maria
Gardening Group	Thurs 6.30-8.30pm	Ardler Complex <i>Please phone to book a place</i>	Maria
Communicate with your Baby	Fri 10-11am	Ardler Library <i>Recruiting for the next block - please phone to book a place</i>	Maria/Susan
Cycling Group	Fri 11am - 1pm	Camperdown Park <i>Please phone to been a place</i>	Maria

Kirkton			
Badminton <i>for beginners</i>	Mon 1-3pm	Kirkton Community Centre	Theresa
Healthy Minds Group	Tues 10-11am	Kirkton Community Centre	Teresa F
<i>New!</i> Ladies Football	Tues 1-3pm	Soccerworld, Old Glamis Road	Catrina
Winning Weigh	Tues 5-6pm	Kirkton Community Centre	Susan
Smoking Cessation	Tues 6-7pm	Kirkton Community Centre	Teresa F
Kirkton Walkers	Weds 9.50-12pm	Kirkton Community Centre	Teresa F
Time For Me (Parent Group)	Weds 25th April—23rd May 1-2.30pm	Kirkton Community Centre	Theresa
Zumba!	Thurs 10-10.45am	Kirkton Community Centre	Theresa
Street Soccer	Thurs 1-3pm	Soccerworld, Old Glamis Road	Catrina

Central			
Swimming Group	Tues 9.30am	Outside Olympia	Alison
<i>New!</i> Smoking Cessation	Thurs 10-11am	Wellgate Library, Conference Room, Next to Weavers Cafe	Catrina
Shop for Health ♿	Thurs 1-3pm	Wellgate (Level 3)	Catrina Susan Jen U

Douglas/Fintry			
Winning Weigh	Mon 10.30-11.30pm	Finmill Centre	Christine
Exercise to Music	Mon 11.30am - 12.30pm	Finmill Centre	Christine
Smoking Cessation	Mon 1.30-2.30pm	Douglas Community Centre	Faiza
Fitness & Toning	Mon 6.15-7.15pm	Douglas Community Centre	Elaine
Smoking Cessation	Weds 11.30-12.30pm	Finmill Centre	Christine/Rhea
Exercise Group (Toning, Exercise to Music and Zumba)	Weds 1.30-2.30pm	Rainbow House, Mauchline Place <i>East Crèche Availability</i>	Christine
Walking Group	Thurs 1-3.30pm	Douglas Community Centre	Elaine
Tai Chi	Fri 9.30-10.30am	Douglas Community Centre	Elaine
Women's Group	Fri 1.15-2.45pm	Rainbow House, Mauchline Place <i>East Crèche Availability</i>	Christine

Hilltown			
Men's Cooking Course	Mon 10.30am - 12pm	A.O.G. Church, Constitution St <i>Please phone to book a place</i>	Alison
Tai Chi	Mon 10.45-11.45am	Coldside Library	Alison
New! Smoking Cessation	Mon 12.30-1.30pm	Coldside Library	Jen U
Gentle Exercises	Mon 1-2pm	Age Concern - 5 Ways	Alison
Winning Weigh	Mon 1.40-2.30pm	Coldside Library	Jen U
Fitness & Toning	Mon 5.30-6.30pm	United Free Church, Caird Avenue	Alison
Smoking Cessation	Tues 1-2pm	Coldside Library	Fiona/Rhea
Keep Fit	Tues 5.30-6.30pm	United Free Church, Caird Avenue	Alison
Walking Group (1-1½ hrs walking)	Wed 1.30pm/2pm	Coldside Library <i>Meeting time varies please phone for more info</i>	Alison
Free Health Checks	Last Wed of month 2-4pm	Hilltown Multi's	Jen U
Body Sculpt	Wed 5.30-6.30pm	United Free Church, Caird Avenue	Alison
Weight Management Group	Thurs 9.15-10.15am	United Free Church, Caird Avenue	Alison/Rhea
Keep Fit	Thurs 10.15-11.15am	United Free Church, Caird Avenue	Alison
Tai Chi beginners class	Thurs 11.30-12.15 pm	United Free Church, Caird Avenue	Alison
Women's Group ♿	Fri 9.45-11.30am	Grey Lodge Settlement (Crèche Availability)	Alison
Line Dancing	Fri 10-11am	United Free Church, Caird Avenue	Alison
Exercise & Toning	Fri 10-11am	United Free Church, Caird Avenue	Alison
Cooking Group	Fri 11.45am - 1pm	Age Concern—5ways <i>Starts again in April</i>	Alison
Chair Aerobics ♿	Fri 1-2pm	Age Concern—5ways	Alison
Sunday walks	Last Sunday of month 11am	At Grey Lodge (Phone to book)	Alison

Citywide			
Health Talks available tailored to Group's identified needs	<i>Phone to arrange session</i>	N/A	Catrina
REHIS Food and Health Course	<i>To be announced</i>	Recruiting	Elaine

tobswell			
Zumba!	Mon 10-11am	Boomerang Project, Albert St <i>Crèche Available</i>	Alison
Walking Group ♿	Mon 10.30-12noon	Baxter Park Centre, Baxter Park	Alison
Smoking Cessation	Mon 5-6pm and 6.15-7.15pm	Boots Pharmacy, Albert Street	Fiona Anderson
Zumba! (Over 50's exercise group)	Tues 10-11am	Boomerang Project, Albert St	Alison
Walking Group ♿	Tues 11am	Baxter Park (At Park Centre)	Alison
Winning Weigh	Weds 5.30-6.30pm	Boots Pharmacy, Albert Street	Jen
Zumba!	Thurs 6.30-7.30pm	Boomerang Project, Albert Street	Alison
Walking Group ♿	Fri 10.30-11.45am	Meet at Baxter Park Pavilion	Alison
Zumba!	Fri 2-3pm	Boomerang Project, Albert St <i>Crèche Available</i>	Alison

Mill 'o Mains/MidCraigie/Linlathen and Whitfield			
Belly Dancing	Mon 1.30-2.30	Whitfield Community Centre	Christine
Active Families Group	Mon 3.30-5.30pm	Whitfield Community Centre	Christine
Smoking Cessation	Mon 5.30-6.30pm	Brooksbank	Rhea
Exercise to Music	Tues 10-11am	Whitfield Community Centre	Christine
Singing Group ♿	Tues 1.30-3pm	Whitfield Community Centre	Christine
Women's Health Group	Tues 1.30pm	Mill o' Mains Pavilion	Teresa F
Smoking Cessation	Weds 10-11am	Whitfield Community Centre	Christine/Rhea
Winning Weigh ♿	Weds 9.30-10.30am	Brooksbank	Susan
Health Issues in the Community	Thurs 1-3pm	Whitfield Community Centre	Christine
Tai Chi	Thurs 1-2pm	Whitfield Community Centre	Christine
Nordic Walking	Thurs 1.30-2.30pm	Caird Park - £1.50 per session (places must be booked in advance)	Theresa
Women's Health ♿	Thurs 2-3pm	Whitfield Community Centre	Christine/Rhea
Feel Good Sessions ♿	<i>Recruiting</i>	Mill o' Mains Pavilion <i>phone to book a place</i>	Theresa

DHLI Contact Details

Name	Position	Address	Contact no
Alison Christie	CHW	Age Concern	831452
Derek McFarlane	VDW	Age Concern	831452
Christine Dallas	CHW	Whitfield Library	432569
Theresa Henry	CHW	Whitfield Library	432569
Marie James	Monitoring Officer	Whitfield Library	432569
Susan Dye	CHN	Ardler Clinic	832863
Maria Gracie	CHW	Ardler Clinic	832863
Theresa Fulton	CHN	Ardler Clinic	832863
Catrina Boal	CHN	Lochee Health Centre	401449
Jen Ulyatt	CHN	Lochee Healthy Centre	401449
Elaine Sword	CHW	Lochee Health Centre	401441
Beverley Black	Manager	Mitchell St Centre	435848
Sheila McMahon	Team Leader (Strategic Dev)	Mitchell St Centre	435852
Rhea Dryden	CHW	Mitchell St Centre	435824
Jacqui Fleming	CHW	Mitchell St Centre	435824
Lance Thornton-Granville	Clerical Support	Mitchell St Centre	435824
Sheila Rose	Clerical Support	Mitchell St Centre	435824
Tayside Smoking Helpline*			08456009996
Winning Weigh			453053
CHAT Drop-in Shop	(CHAT groups are term-time only)	Charleston Community Centre	Please phone 436723 for more information

or more information on Smoking Groups, or to book your place, please contact Tayside Smoking Helpline on 08456009996

EY TABLE	
CHW	Community Health Worker
CHN	Community Health Nurse
SCA	Smoking Cessation Advisor
VDW	Volunteer Development Worker