

STRATHMARTINE COMMUNITY BASED SUPPORTS

FOOD PROVISION

Descriptor	When?	Where?	Cost	Contact
Strathmartine Community Larder Access to affordable food with no referral required	Mon 9:30 – 3pm Tues 9:30 – 7pm Wed 9:30 – 2:30pm Thursday 3:00 – 7:00pm Fri 9:30 – 4:00pm	SCL shop St Giles Terrace DD39JQ	£4 - £6	Strathmartinecommunitylarder@gmail.com 07513003210
Strathmartine Community Larder Access to affordable food with no referral required	Thursday 11am – 1pm	Kirkton Community Centre Derwent avenue DD3 0AX	£4- £6	Strathmartinecommunitylarder@gmail.com 07513003210
Monday Cafe soup and a main course	Monday 5- 7pm	Kirkton Community Centre Derwent Avenue	Free	Kirktonlmg@gmail.com 01382 436453
Tuesday Cafe Soup and filled roll	Tuesday 3:30 – 5pm	Kirkton Community Centre Derwent Avenue	Free	Kirktonlmg@gmail.com 01382 436453
St Columba's Community Cafe	Wednesday	St Columba's Church, Kirkton	Free	St Columbas Church 01382 825203
Cafe and Foodbank,	Tuesday 10am – 3pm Wednesday 10am – 3pm	St Lukes church	From £1	Kerry.dixon@churcharmy.org 07711410017
Taught By Mohammed support cafe 2 course hot meal	Thursday 11- 1pm	Kirkton community centre Derwent Avenue DD3 0AX	Free	Kirkton Community Centre 01382 436453
St Mary's Community Cafe Soup, hot rolls, toasties and baked potatoes.	Thursday 12-1.30pm	St Mary's Community Church 37 St Kilda Road DD3 9ND	60p- £2.70	01382 818118 St Mary's Community Church Dundee Facebook
St Mary's Cafe Hub Soup, sandwich and pudding.	Friday 11am –1pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	Free	07908727199 stmarysfacility@yahoo.co.uk

Come Dine With Us, evening supper club for local people- targeting socially isolated and/ or undernourished over 55's.	Fortnightly on a Wednesday, referral necessary	St Mary's Community Church 37 St Kilda Road DD3 9ND	free	Clare Martin 07956619201 Clare.martin@dundeecity.gov.uk
Friday Family Tea Hot meal and pudding.	Friday 4-6pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	Free	stmarysfacility@yahoo.co.uk
St Leonard's & St Fergus Cafe Tea & coffee & chat.	Wednesday 10am-2.30pm	St Leonard's & St Fergus Church St Leonard's Place DD3 9HD	Free	St Leonards & St Fergus Church – 01382 825203
Cafe Ardler	Monday – Friday 10am-2pm	Ardler Complex Turnberry Avenue	Low cost menu items	Ardler Complex 01382 436442
Cafe Ardler	Tuesday and Thursday 3.30-5.30pm	Ardler Complex Turnberry Avenue	Meal and a drink £1	Ardler Complex 01382 436442
St Mary's Community Church food bank	Drop in or contact church by phone (no referral needed)	St Mary's Community Church 37 St Kilda Road DD3 9ND	Free	St Mary's Community Church 01382818118
Craigowl Church Food Larder	Wednesday 11:30 to 12:30am	Craigowl Church (formerly Chalmers Ardler), Turnberry Ave	Low Cost	Church Programme
Ardler Village Trust – Community Fridge, AVT Shop, Turnberry Ave - Ardler	Wed, Thur, Fri 10am to 3pm	Ardler Village Trust Shop, Turnberry Ave	Donations	Gary Malone gary.malone@dundeecity.gov.uk

MONEY, ENERGY, SOCIAL SECURITY SCOTLAND AND EMPLOYABILITY SUPPORT

Descriptor	When	Where?	Cost	Contact
Social security Scotland Information drop-in session - no apt needed	1 st Thursday of each month 11- 1pm	Kirkton community Centre Derwent Ave DD3 0AX	FREE	0800 182 2222 web chat Chat.socialsecurity.gov.uk
Dundee Law Centre Free advice and representation to protect and deliver access to justice.	Wed 2- 4pm Appointment required	Kirkton community Centre Derwent Ave DD3 0AX	FREE	enquiries@dundeelaw.org 01382 918230
Welfare Reform Advice and support	Varied	Baldragon Academy	FREE	Chris.adams@dundeecity.gov.uk 07852933752
DCC Connect Team Benefits advice and support	Friday 10-12	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	Kenna Balion 01382 431168 Kennabalion@dundeecity.gov.uk
MacMillan Benefit services	Wednesday 10am - 12noon	Ardler Complex, Turnberry Avenue, Dundee DD” 3TP	FREE	rittu.tewari@dundeecity.gov.uk
Dundee Connect Team	Tuesday 10am-1pm	Ardler Complex, Turnberry Avenue	FREE	Appointment only – phone to book 431188 option 2

FREE OR LOW-COST FAMILY ACTIVITY

Descriptor	When	Where?	Cost	Contact
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What Matters to You Kirkton Family fun activities	Monday 3:30 – 5pm	Kirkton community Centre Derwent Ave DD3 0AX	FREE	hazel.feilder@dundeecity.gov.uk 07342080370
Toddle Tots Playgroup	Monday 9:00 - Wednesday 9:00 - Friday 9:00 -	Kirkton community Centre Derwent Ave DD3 0AX	FREE	Kirkton Community Centre – 01382 436453
What Matters to You St Mary's Family activities	Thursday 3.30-5pm.	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	colin.christie@dundeecity.gov.uk 07908727199
Teddy Bears Parent & Toddler Group	Wednesday 9.30-11am	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	stmarysfacility@yahoo.co.uk
Ardler Playgroup	Monday 09.30-11.30	Ardler Complex, Turnberry Avenue DD2 3TP	£1	Ardler Complex: 01382 436442

ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE

Descriptor	When	Where?	Cost	Contact
Childrens work Fun sessions for aged 5yrs – 10yrs	Tuesday Wednesday	Kirkton community Centre Derwent Ave DD3 0AX	FREE	Kirktonlmg@gmail.com 01382 436453
FREE Football	Thursday Nights 7:30 – 9pm	St Pauls Academy Astro 90 Gilburn rd. DD3 0EH	FREE	Dundee Community Trust laura@dundeefc.co.uk
FREE Football	Thursday	MUGA	FREE	Dundee west Community trust tam.mccabe@dundeewestct.co.uk
Childrens Club P1-P6 After-school clubs.	Monday 3.30-4.45 P4-6 Tuesday 3.30-4.45 P1-3	St Mary's Community Centre 39 St Kilda Road DD3 9ND	50p	stmarysfacility@yahoo.co.uk
Music Tuition Guitar and keyboard classes.	Wednesday 3.30-4.30 Keyboard Wednesday 4.45-5.45 Guitar	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	stmarysfacility@yahoo.co.uk
Active Schools - Baldragon	Mon to Fri after school	Baldragon Academy, Harestane Road	FREE	Mark Brash mark.brash@leisureandculturedundee.com
Active Schools – St Pauls	Mon – Fri after school	St Fergus Primary School, Ardler St Andrews Primary School, St Leonard Place	FREE	Holly Aitken holly.aitken@leisureandculturedundee.com

CLD WEST YOUTH TEAM EVENING PROGRAMME

Year	Name	Time	Group Details	Staff/Contact
12+	Kirkton Girls Group – Kirkton Community	6:30 to 8pm	A focussed Girls Group - Tuesday	Sharon Howie – 07500605146 sharon.howie@dundeeccity.gov.uk
12 to 14 yrs	Youth Club – Kirkton Community Centre	6:30 to 8pm	Drop In for boys and girls - Wednesday	Sharon Howie – 07500605146 sharon.howie@dundeeccity.gov.uk
14+	Young Men's Group – Ardler Complex	6 to 8pm	A focussed group for young males in Ardler - Monday	Gary Fullerton – 07926163889 gary.fullerton@dundeeccity.gov.uk
10 to 16 yrs	Young Womans Group – Ardler Complex	6 to 8pm	A focussed group for young females in Ardler – Tuesday	Sharon Preston – 07896491529 Sharon.preston@dundeeccity.gov.uk
10 to 16 yrs	Drop In – Ardler Complex	6 to 8pm	A drop in for young people in Ardler.	Gary Fullerton – 07926163889 Gary.fullerton@dundeeccity.gov.uk
10 to 16 yrs	Drop In – St Marys Community Centre	6 to 8pm	A drop in for young people in St Marys	Fiona Mack – 07464900738 Fiona.mack@dundeeccity.gov.uk

HEALTH WELLBEING AND RECOVERY

Descriptor	When	Where?	Cost	Contact
Cairn Cafe. Bridge to freedom community-based recovery. Recovery based leisure activities. One to one support Volunteering opportunities	Friday 8:45 – 11:30 am	Small hall Downfield Mains	FREE	Nmccconnell@churchofs cotland.org.uk 07979939092
SMART Recovery Group. Support for people wishing to change their addictive lifestyles.	Friday 10.30am	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	danieldutton@accesstoindustry.co.uk
Keep Well Nurse. Health checks and advice in your local community.	Pre-arranged meeting times.	Strathmartine-wide locations.	FREE	wendy.reid2@nhs.scot
MacMillan Gentle movement class	Thursday from 9.30am - 10.30am	Ardler Complex, Turnberry Avenue, Dundee DD2 3TP	FREE	rittu.tewari@dundeecity.gov.uk
MacMillan Chair Yoga	Every Wednesday 11.30 - 12.30	Ardler Complex	FREE	rittu.tewari@dundeecity.gov.uk

GROUPS FOR ADULTS

Descriptor	When	Where?	Cost	Contact		
Butterfly group Craft and activities	Monday	Kirkton community Centre Derwent Ave DD3 0AX		Kirktonlmg@gmail.com 01382 436453		
Range of Kirkton CC Local Management activities and groups Sewing, crochet, Zumba, men's group, Badmington, young at Heart older people's group, carpet bowls, circuit training,	Across the week Monday-Saturday	Kirkton Community Centre Derwent Ave DD30AX	varied	Kirktonlmg@gmail.com 01382 436453		
St Mary's Men's Group Social group for chat, pool and dominoes.	Wednesday 10am-12noon	St Mary's Community Church 37 St Kilda Road DD3 9ND	£2	clare.martin@dundeecity.gov.uk		
Kirkton Men's Group Social group for chat, pool, darts and Airfix models.	Monday 6-8pm	Kirkton Community Centre Derwent Ave DD3 0AX	FREE	colin.christie@dundee.city.gov.uk		
Wellbeing Group Arts, crafts, cooking activities.	Tuesday 12-2pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	FREE	colin.christie@dundee.city.gov.uk		
Yoga for Beginners	Thursday 1.45- 2.45pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	£1.50	heather@strathmartinecommunitylarder.co.uk		
Over 55's Social group for older people with bingo and chat.	Monday 12.30- 2.30pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	£1.50	shirleylow12@btinternet.com		

St Mary's fitness for all class	Tuesday 9.30-10.15	St Mary's Community Centre 39 St Kilda Road DD3 9ND	£1.50	Fiona Myloff 07850175207		
St Mary's Bluebells Social group for older people with bingo and dancing.	Wednesday 1-3pm	St Mary's Community Centre 39 St Kilda Road DD3 9ND	£1.50	petrie11eileen@gmail.com		
MacMillan Chair Yoga	Every Wednesday 11.30 - 12.30	Ardler Complex	FREE	Rittu.tewari@dundecity.gov.uk		
Ardler Knit and Knatter	Wednesday 9.30-12pm	Ardler Complex Turnberry avenue		Ardler Complex 01382 436442		
Ardler indoor bowling	Tuesday 10am-12pm	Ardler Complex Turnberry Avenue	£1.40	Ardler Complex 01382 436442		
Ardler Walking football	Wednesday 4pm-6pm	Ardler Complex Dundee Avenue	£1.40	Ardler Complex 01382 436442		
Ardler Seated exercise	Friday 13.30-14.30	Ardler Complex Turnberry avenue	£1.40	Ardler Complex 01382 436442		