

## T.A.R.A. Fundraising



T.A.R.A's recent St Valentine raffle raised a marvellous £200 for Macmillan nurses. A big thank you to all who bought tickets. Above left is the lucky winner, Helen Fitchet receiving her prize from Val Kane, Community Regeneration Worker. Above right, Bette Gurvan, T.A.R.A. Chair hands over the £200 raised to Catherine Fowler.

### Ardler & St Marys Community Health Services

## Open Day



**Thursday, 29 March 2012**

1pm-5pm

Ardler Complex

Free activities available throughout the day include:

On the day you can drop in between 1pm and 5pm. There will also be three half-hour discussion sessions at 1.30pm, 2.30pm and 3.30pm during which will have the opportunity to give your views on the future of health services in the Ardler and St Marys area

- Indoor Kurling
- Complementary therapies
- Health Checks
- Hand and foot massage
- Wii games
- Help to quit smoking

It's **YOUR** community

Find out what health services are currently available in the Ardler and St Marys area and help us shape future services

## All Welcome

## Consultation on 'For Fairness in Dundee'

The Dundee Partnership has launched a new strategy for tackling poverty and promoting inclusion called 'For Fairness in Dundee'. We are seeking views from everyone with an interest in fairness and most especially, people who are getting by on very little. The strategy and a feedback form can be found online by following the below link or a printed copy can be requested from the Dundee Partnership Team by calling 01382 434509;

<http://www.dundeepartnership.co.uk/content/consultation>

### What's in the Strategy?

At the core of the strategy there is a new Outcomes Framework for Fairness and Inclusion in Dundee which states the overall aim that 'Our people will experience fewer social inequalities'. Within this both Social and Financial Inclusion are to be prioritised, with work in the areas of Communities & Neighbourhoods, Health, and Learning & Employability being key to improving these.

### Main Aims

The Dundee Partnership wants the strategy to drive work that addresses the causes of poverty, responds to the needs of those in poverty, and offers routes out of poverty. To achieve these, three complementary strategic themes have been developed;

**Enough to get by on.** Many in Dundee struggle to make ends meet and so effective financial inclusion support is needed, alongside sensitive charging policies and concession schemes

**Someone to turn to.** Those experiencing exclusion can be helped by family members, people in local communities and those providing services to be more included, leading to them feeling more valued, cared for and supported

**Hope for the future.** People can be supported to gain in confidence, develop skills, and access opportunities, all of which can contribute to achieving a better quality of life

### Focus Points

Within the wealth of information about the levels of poverty and inequality experienced in the city, there are three particular aspects that will need to be addressed if fairness is to be achieved both now, and for future generations. These are;

**Child Poverty.** Children who grow up in poor households are more likely to experience a range of negative outcomes such as low self esteem, truancy, leaving home earlier, fewer qualifications, and unemployment as adults. In 2008/9 17,830 children in Dundee lived in low income households

**In-Work Poverty.** Many of those in Dundee can be said to 'earn their poverty' i.e. they are in employment but their household income is still low. This can be for a number of reasons such as low hourly rates or part-time working and affects over 6% of the Dundee population

**Fuel Poverty.** Having to spend more than 10% of the household income to provide adequate heating is a huge strain on the finance of many families. In 2009 over 15,000 households in Dundee were in this situation, including 3,000 families and 8,000 pensioners

### What do I do next?

Completed feedback forms can be emailed to the address below or sent to Peter Allan at 21 City Square. In addition, Dundee Partnership representatives can arrange to meet with a group that you are part of to discuss the strategy, what it contains, the issues involved and to take note of your responses directly. If you want to arrange a group discussion, please call Peter Allan on 01382 434465 or email to [peter.allan@dundeecity.gov.uk](mailto:peter.allan@dundeecity.gov.uk)



Food Train in Dundee started deliveries to customers on 24<sup>th</sup> January. Grant Simmons Regional Manager said "We had an excellent response from our volunteers who delivered the service with ease, great support from Morrisons Supermarket and delighted customers who received their groceries." The service will deliver groceries to older people living in Dundee who are housebound and have difficulties doing their grocery shopping. If you can offer support as a volunteer please call 459202 or email



[dundee@thefoodtrain.co.uk](mailto:dundee@thefoodtrain.co.uk)

## Pooling Water

Several Parents have raised the problem of pooling water at the school gates at St Fergus Primary School. Concerns have been raised as in addition to there being a pool to wade through this water has been freezing over making it even more difficult to use these access gates.

I have asked Education to look into this issue and hopefully they will be able to find a resolve to this problem.

If there are any other issues you would like to bring to my attention, please do not hesitate to contact me.

CLlr Kevin Keenan

## Ardler Weight training Club

In the twenty six years that Ardler Weight training Club has been running, we have produced numerous champions in bodybuilding. This year the committee has decided to sponsor the five competitors who are competing in the Scottish Championships in Glenrothes in April. A wide variety of classes will be entered from First timers, Novice, Juniors, Class 3 and Class 2. The diets these athletes have to follow can be expensive not to mention travel costs etc. As they are acting as representatives of the club it was decided to help meet the costs of their endeavours. I think we are the first of any Dundee clubs to do so. Hopefully the Club will gain another few champions and it may give others the inspiration to train a little harder for next year. We wish all the best to : Josh Kierans, Juniors, Mat Harris, First timer, Dale Singers, Novice, Brian Soutar, Class 3 and David Broadfoot, Class2.

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## CHARITY SHOP UPDATE

Customers visiting the Ardler Charity Shop continue to be impressed by the quality and range of items that are on sale. Visitors have told us they like the look of the shop and it's value for money goods. The shop continues to be successful as it raises funds towards local projects. To date the shop has raised over £55,000 which is great news for the Trust and the people of Ardler as it means that important projects like our newsletter, Fun Day and Ardler in Bloom will continue to be funded.

The key to the shop's success is the team of dedicated volunteers that run the shop. We currently have 12 volunteers who put in between 2 and 17 hours per week. A big thank you to them all.



A big thank you to the Chalmers Ardler Family Project who once again made a colourful Christmas banner for the shop.

## KNIT WITS

The Knit Twits group meet every Thursday afternoon from 1.30pm to 3.00pm in the Ardler complex. We are a diverse group of knitters of all ages and skill levels. We are always looking for new members to come along and join us for a knit and a natter over a cup of tea and a biscuit or occasionally a nice piece of cake. We have a supply of needles and wool which we can offer to people who would like to come along and have a go. If you've ever thought you might like to give knitting a try, why not come along and have a go. More details of our group can be provided by Caroline Bairner on 436442.

Our group also likes to do our bit for the community and we raised around £500 last year with our various projects and sales of work. This year we are hoping to again raise more money for local charities by selling Easter Chicks and attending local community fairs. You may also find us in attendance at some of the International Women's festival events in March.

We would like to thank all those who give us their support through buying our items and giving us donations of wool, patterns and needles throughout the year, we could not do it without you.

## Ardler in Bloom 2012



### Plants, Seeds and Compost Giveaway



**Fri 27th and Sat 28th April 11am—1pm**  
Outside the Ardler Complex  
Help Make  
Ardler Bloom in 2012

## STOP PRESS

This year's Fun Day will be on 16th June. If you are interested in helping with the planning for the day the next meeting will be on 20 March at 2pm in AVT.

### Summer Newsletter

Deadline for articles is 7th May 2012 for de-

## active WOMEN

This is an opportunity for women to come together and enjoy a time of creating, making, being active or simply chatting.

09.30am	Registration & Coffee
09.45am	Welcome & Instruction
10.00am	Workshop 1
11.00am	Refreshment & Guest Speaker
11.30am	Workshop 2
12.30pm	Soup & Sandwich Lunch

Workshop opportunities will include, Jewellery/Craft Making, Zumba and a Cup Cake Experience. If you just want to sit and chat there will be a 'chill out' zone. This is an event for women of all ages.....THE EVENT IS FREE!

If you would like to attend, please contact Kathleen Cunningham, Chalmers Ardler Church, 58 Turnberry Ave., Dundee DD2 3TP prior to 22<sup>nd</sup> April.

**Chalmers Ardler Church,  
Turnberry Ave., Dundee**

**Saturday 28<sup>th</sup> April 2012  
9.30am – 1pm**

