

Timetable of Activities

Welcome to the Dundee Healthy Living Initiatives What's on Guide

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. 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

Contact numbers are displayed on the back page of this booklet.

Ardler/St Mary's			
Group	Day/Time	Location	Contact
Keep Fit	Mon 10.45-11.45am	St Mary's Community Facility	Maria
Smoking Cessation	Mon 11am - 12pm	St Mary's Community Facility	Karen
Short Health Walks	Mon 1pm	From St Kilda's Baptist Church, St Kilda's Rd, St Mary's	Maria/Jacqui
Ardler Jogging Ladies	Mon 6.20pm	From Ardler Complex	Maria
Wifiez (Women's Group)	Tues 9.30-10.30am	St Mary's Community Facility	Maria
Winning Weigh	Tues 9.30-11.30am	St Mary's Community Facility (This class is followed by 1hour cooking demonstration)	Susan/Maria
Keep Fit	Tues 10-11am	Ardler Complex	Maria
Pram Pushing Group	Wed 9.30-11.30am	From Ardler Complex	Maria
Ardler Walking Group	Wed 1pm	From Ardler Complex	Maria
Smoking Cessation 	Weds 5.30-6.30pm	Ardler Complex	Karen
Ardler Jogging Ladies	Weds 6.20pm	Ardler Complex	Jacqui
Babes in Arms Group (Young mums group)	Thurs 1-3pm <i>Please phone for more info</i>	Chalmers Ardler Church, Ardler	Maria
Gardening Group <i>Call to enquire</i>	Thurs 6.30-8.30pm	Ardler Complex	Maria
Rhyme & Sign	Fri 10-11am <i>please phone</i>	Ardler Library	Maria
Citywide			
Health Talks available tailored to Group's identified needs	<i>Phone to arrange session</i>	N/A	Catrina
Health Issues in the Community		Recruiting	Elaine/Christine
Winning Weigh Cooking Group	<i>Venue to be decided</i>	Recruiting	Elaine

Charleston/Lochee

Winning Weigh with Exercise	Mon 1-3pm	Lochee Bapt Church, Bright St	Catrina/ Elaine
Smoking Cessation	Mon 1.30-2.30pm	Lochee Health Centre, Marshall St	Jenny
Circuit Training	Mon 6.30pm	Lochee Park Pavilion	Maria
Smoking Cessation ♿	Tues 11.30-12.30noon	Menzieshill Community Centre	Jenny
Tai Chi	Weds 9.30-11am	Craigown Sheltered Housing Complex	Elaine/CHAT
HotWheels	Weds 1-3pm	From Woodlea Childrens Centre <i>1hr walking with refreshments after</i>	Elaine
Smoking Cessation ♿	Thurs 9.30-10.30am	Charleston Community Centre	Jenny

Douglas/Fintry

Winning Weigh	Mon 10.30-11.30pm	Old Fintry Nursery School, Fintry Road <i>Creche Availability</i>	Christine
Exercise to Music	Mon 11.30am - 12pm	Old Fintry Nursery School, Fintry Road <i>Creche Availability</i>	Christine
Chair Aerobics	Mon 11-12pm <i>Please phone</i>	Bield Sheltered Housing, Ballindean Place	Elaine
Smoking Cessation	Mon 1.30-2.30pm	Douglas Community Centre	Karen
Exercise to Music	Mon 6.15-7.15pm	Douglas Community Centre	Elaine
Smoking Cessation	Weds 11.30-12.30pm	Old Fintry Nursery School, Fintry Road	Christine
Walking Group	Thurs 1-3.30pm	Douglas Community Centre	Elaine
Wellbeing Group	Thurs 1-3pm	Fintry Nursery School, <i>Creche Availability</i>	Christine
Tai Chi	Fri 9.30-10.30am	Douglas Community Centre	Elaine
Men's Cooking Course	<i>Recruiting</i>	Douglas Community Centre	Theresa/ Maria

Central

Swimming Group	Tues 9.30am	Outside Olympia <i>Please Phone</i>	Alison
Shop for Health ♿	Thurs 12-3pm	Wellgate (Level 3)	Catrina Susan






Hilltown

Tai Chi	Mon 10.45-11.45am	Coldside Library	Alison
Gentle Exercises	Mon 1-2pm	Age Concern - 5 Ways	Alison
Fitness & Toning	Mon 5.30-6.30pm	Coldside Library	Alison
Smoking Cessation	Tues 1-2pm	Coldside Library	Karen
Keep Fit	Tues 5.30-6.30pm	Coldside Library	Alison
Walking Group (1-1½ hrs walking)	Wed 2pm	Coldside Library	Alison
Body Sculpt	Wed 5.30-6.30pm	Coldside Library	Alison
Weight Management Group	Thurs 9.30-10.15am	Coldside Library	Alison/ Charlene
Keep Fit (Crèche availability)	Thurs 10.15-11.15am	Coldside Library	Alison
Tai Chi beginners class	Thurs 11.30-12.15 pm	Coldside Library	Alison
Women's Group ♿	Fri 9.45-11.30am	Grey Lodge Settlement (Crèche Availability)	Alison
Line Dancing	Fri 10-11am	<i>Coldside Library</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

Stobswell

Exercise to Music	Mon 10-11am	Boomerang Project Stobswell <i>Creche Available</i>	Alison
Smoking Cessation	Mon 10.30-11.30am	Baxter Park Pavillion	Jenny
Walking and Activities Group ♿	Mon 10.30-12noon	Baxter Park Centre	Alison
Smoking Cessation	Mon 5-6pm and 6.15-7.15pm	Boots Pharmacy, Albert Street	Susan/ Fiona
Gentle Walking ♿	Tues 11am	Baxter Park (At Park Centre)	Alison
Winning Weigh	Weds 5.30-6.30pm	Boots Pharmacy, Albert St	Catrina
Keep Fit	Thurs 6.30-7.30pm	Boomerang Project, Albert Street	Alison
Walking Group	Fri 10.30-11.45am	Meet at Baxter Park Pavilion	Alison

Kirkton			
Smoking Cessation	Mon 9.15-10.15am	Kirkton Community Centre	Karen
Badminton <i>for beginners</i>	Mon 1.15-2.15pm	Kirkton Community Centre	Theresa
Relaxation group	Tues 10-11am	Kirkton Community Centre	Jacqui
Winning Weigh	Tues 5-6pm	Kirkton Community Centre	Susan/ Teresa F
Short Tennis <i>free class</i>	Weds 9.30-10.30am	Kirkton Community Centre	Theresa
Kirkton Walkers	Weds 9.50-12pm	Kirkton Community Centre	Theresa F
Free Health Checks 	First Weds of month 2-4pm	Asda Kirkton	Catrina
Smoking Cessation	Weds 6.30-7.30pm	Kirkton Community Centre	Karen
Legs, Bums & Tums Group	Thurs 10-10.45am	Kirkton Community Centre	Theresa

Mill 'o Mains/MidCraigie/Linlathen and Whitfield			
Belly Dancing	Starts Mon 7th June 1.30-2.30	Whitfield Community Centre	Christine
Salsa <i>Beginners & Improvers</i>	Mon 5.30-6.30	Whitfield Community Centre	Christine
Exercise to Music	Tues 10-11am	Whitfield Community Centre	Christine
Smoking Cessation 	Tues 10-11am	Whitfield Community Centre	Jenny
Singing Group 	Tues 1.30-2.30	Whitfield Community Centre	Christine
Winning Weigh 	Weds 9.30-10.30am	Brooksbank	Charlene
Feel Good Sessions 	<i>Recruiting</i>	Mill o' Mains Pavilion <i>phone to book a place</i>	Theresa
Exercise to Music	Weds 10.30-11.30am	Brooksbank	Christine
Walking Group	Weds 1.30pm	From Whitfield Community Centre	Jacqui
Smoking Cessation	Weds 5.30-6.30pm	Brooksbank	Christine
Pram Pushing	Thurs 9.30am	Whitfield Community Centre	Christine
Exercise to Music	Thurs 10-11am	Whitfield Community Centre	Christine
Tai Chi	Thurs 1-2pm	Whitfield Community Centre	Christine
Women's Health 	Thurs 2-3pm	Whitfield Community Centre	Christine

DHLI Contact Details			
Name	Position	Address	Contact no
Maria Gracie	CHW	Ardler Clinic	832863
Alison Christie	CHW	Age Concern	831452
Christine Dallas	CHW	Whitfield Library	432569
Theresa Henry	CHW	Whitfield Library	432569
Charlene Smith	CHN	Whitfield Library	432569
Theresa Fulton	CHN	Whitfield Library	432569
Susan Dye	CHN	Ardler Clinic	832863
Derek McFarlane	HDW	Ardler Clinic	815964
Beverley Thomson	SCA	Ardler Clinic	815964
Karen McDermott	SCA	Ardler Clinic	815964
Catrina Boal	CHN	Lochee Health Centre	435824
Elaine Sword	CHW	Ardler Clinic	832863
Jenny Croll	SCA	Lochee Health Centre	435824
Beverley Black	Manager	Mitchell St Centre	435848
Sheila McMahan	Team Leader (Strategic Dev)	Mitchell St Centre	435852
Tracey MacKay	CHN	Mitchell St Centre	435824
Anne Winks	CHN	Mitchell St Centre	435824
Jacqui Pearson	CHN	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		33 Craigowan Rd	610400

KEY TABLE	
CHW	Community Health Worker
CHN	Community Health Nurse
SCA	Smoking Cessation Advisor
HDW	Health Development Worker