

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



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			
HIIC Course	Restart Monday 24th October	Charleston Community Centre	Elaine
Exercise to Music	Mon 10-11am	Charleston Community Centre	CHAT/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
Smoking Cessation	Monday 6-7pm	Menzieshill Community Centre, Orleans Place	Karen
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
Gentle Exercises	Weds 10-10.45am	Charleston Community Centre	CHAT/Elaine
Football	Weds 1-2pm	Menzieshill Community Centre	Catrina
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
Zumba Gold (low impact Zumba class)	Weds 4-5pm	Lochee Parish Church (Please phone to book a place)	Elaine
Smoking Cessation	Thurs 9.30-10.30am	Charleston Community Centre	Karen
Hotwheels	Thurs 10-12pm	Woodlea Family Centre	Elaine
Zumba!	Thurs 7.15-8.15pm	Charleston Community Centre (£2 entry)	CHAT/Elaine
<i>New!</i> Aquafit	Starts Fri 21st Oct 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 Com- munity Centre	

Ardler/St Mary s			
Group	Day/Time	Location	Contact
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
Cookery Group	Mon 2.30-4.30pm	McAlpine Road Firestation <i>(Please phone)</i>	Teresa F
Ardler Jogging Ladies (longer routes)	Mon 6.20pm	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 <i>Followed by Exercise class (see below)</i>	Susan/ Maria
Keep Fit	Tues 10-11am	Ardler Complex	Maria
Keep Fit	Tues 10.30-11.30am	St Mary's Community	Susan
Hotwheels	Wed 10am	From Ardler Complex	Teresa F
Ardler Walking Group	Wed 1pm	From Ardler Complex Last Weds of month group meets at 11am for longer walk (bring pack lunch) please phone for more details	Maria
Smoking Cessation 🚫	Weds 4.30-6pm	Ardler Complex	Karen
Ardler Jogging Ladies (Shorter routes)	Weds 6.20pm	Ardler Complex	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

Kirkton			
Badminton <i>for beginners</i>	Mon 1.15-2.15pm	Kirkton Community Centre	Theresa
Smoking Cessation	Tues 9.15-10.15am	Kirkton Community Centre	Karen
Healthy Minds Group	Tues 10-11am	Kirkton Community Centre	Teresa F
Winning Weigh	Tues 5-6pm	Kirkton Community Centre	Susan/ Teresa F
Kirkton Walkers	Weds 9.50-12pm	Kirkton Community Centre	Teresa F
Smoking Cessation	Weds 6.30-7.30pm	Kirkton Community Centre	Karen
<i>New!</i> Zumba!	Thurs 10-10.45am	Kirkton Community Centre	Theresa
<i>New!</i> Mental Health First Aid Course (6-week course)	Starts Friday 11th Nov - 16th Dec 9.30-11.30am	Kirkton Community Centre Crèche availability	
Central			
Swimming Group	Tues 9.30am	Outside Olympia	Alison
Shop for Health 🚶	Thurs 1-3pm	Wellgate (Level 3)	Catrina Susan
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	Karen
Fitness & Toning	Mon 6.15-7.15pm	Douglas Community Centre	Elaine
Smoking Cessation	Weds 11.30-12.30pm	Finmill Centre	Christine
Exercise Tasters (Toning, Exercise to Music and Zumba)	Weds 1.30-2.30pm	Rainbow House, Mauchline Place East Crèche Availability	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 East Crèche Availability	Christine

Hilltown			
Tai Chi	Mon 10.45-11.45am	Coldside Library	Alison
Gentle Exercises	Mon 1-2pm	Age Concern - 5 Ways	Alison
Fitness & Training	Mon 5.30-6.30pm	United Free Church, Caird Avenue	Alison
Smoking Cessation	Tues 1-2pm	Coldside Library	Karen
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 every month 2-4pm	Hilltown Multi's	Catrina
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/Carrie
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
Cooking Group	Fri 11.45am - 1pm	Age Concern—5ways	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
Health Issues in the Community		Recruiting	Elaine/Christine
Family Cooking Classes	<i>To be announced</i>	Recruiting	Maria
REHIS Food and Health Course	<i>To be announced</i>	Recruiting	Elaine

Stobswell			
Zumba! (£1.50 per session)	Mon 10-11am	Boomerang Project Stobswell <i>Crèche Available</i>	Alison
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	Fiona Anderson
Walking Group ♿	Tues 11am	Baxter Park (At Park Centre)	Alison
Winning Weigh	Weds 5.30-6.30pm	Boots Pharmacy, Albert Street	Catrina
Zumba! (£1.50 per session)	Thurs 6.30-7.30pm	Boomerang Project, Albert Street	Alison
Walking Group ♿	Fri 10.30-11.45am	Meet at Baxter Park Pavilion	Alison

Mill 'o Mains/MidCraigie/Linlathen and Whitfield			
Belly Dancing	Mon 1.30-2.30	Whitfield Community Centre	Christine
Smoking Cessation	Mon 5.30-6.30pm	Brooksbank	Christine/Jacqui
Exercise to Music	Tues 10-11am	Whitfield Community Centre	Christine
Singing Group ♿	Tues 1.30-3pm	Whitfield Community Centre	Christine
Smoking Cessation	Weds 10-11am	Whitfield Community Centre	Karen
Winning Weigh ♿	Weds 9.30-10.30am	Brooksbank	Susan
Nordic Walking Taster Sessions	Weds 10.30-11.30am	At Mill o' Mains Castle, Caird Park (Places are limited—please phone)	Theresa
Pram Pushing	Thurs 9.30am	Whitfield Community Centre	Christine
Health Issues in the Community	Thurs 1-3pm	Whitfield Community Centre	Christine
Tai Chi	Thurs 1-2pm	Whitfield Community Centre	Christine
Women's Health ♿	Thurs 2-3pm	Whitfield Community Centre	Christine
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
Carrie Reid	Volunteer	Age Concern	831452
Derek McFarlane	HDW	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
Karen McDermott	SCA	Ardler Clinic	832863
Theresa Fulton	CHN	Ardler Clinic	832863
Catrina Boal	CHN	Lochee Health Centre	401449
Elaine Sword	CHW	Lochee Health Centre	401449
Anne Winks	CHN	Wallacetown Health Centre	443500
Beverley Knight	CHN	Wallacetown Health Centre	443500
Linda Townsley	CHN	Wallacetown Health Centre	443500
Kevin Scott	Clerical Support	Wallacetown Health Centre	435824
Beverley Black	Manager	Mitchell St Centre	435848
Sheila McMahon	Team Leader (Strategic Dev)	Mitchell St Centre	435852
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

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