

# Dundee Cancer Support Service Directory

Can**Du**



Working together to support  
cancer patients & their families

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## Who We Are

We are a group of friends, from Dundee, who all have a lived experience of cancer. We are dedicated to sharing our stories, in a meaningful way, to influence positive change.

We are influencers, scrutinisers and have co-produced services with local statutory and 3rd sector services and national cancer charities.



We hold meetings where patients and service providers can come together to openly discuss the needs of local people and explore how we can all work together to meet those needs.

We organise community support projects providing access to transport for those in financial need, social support for the most isolated in the community and a diverse wellbeing programme for anyone affected by cancer.

### Your Voice

If you would like to share your cancer story and help improve the quality of life for people living with cancer in Dundee we would love to meet you. Please get in touch.

## CANDU

31 South Tay Street, Dundee, DD1 1NP.

01382 525395

07927 214 215

[www.cancerdundee.org](http://www.cancerdundee.org)

[info@cancerdundee.org](mailto:info@cancerdundee.org)

[facebook.com/dundeecancersupportnetwork/](https://facebook.com/dundeecancersupportnetwork/) @cancerdundee

# CANDU SPACE @ 31 South Tay St.



## Complementary Therapies

### Reiki, Reflexology, Massage & Hypnotherapy

We can arrange a private 1-2-1 session for you with one of our fully qualified volunteer therapists. Call to book your appointment.

## Mindfulness

### Living Well With Cancer Mindfulness

Wednesdays 7 - 8.30 pm

Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca)

This is an 8 week course suitable for anyone affected by cancer.

## Emotional Support

### Here to Listen & By Your Side

If you would like to talk to someone about your own cancer journey or the impact upon you of a cancer diagnosis of a friend or family member then CANDU's trained volunteers can provide a listening ear. We can arrange a private 1-2-1 session for you. Call for more info.

### CANDU Social

We also provide informal support through our programme of social activities suitable for anyone affected by cancer including coffee mornings, movie nights and pamper parties. Check out our social media for more details.

## CANDU Out & About

We organise social and wellbeing activities throughout the year; day trips, theatre visits, residential wellbeing retreats etc. and we would love you to join us. Keep an eye on facebook for our upcoming events.

# Mental & Emotional Wellbeing

## Befriending Service

Tayside Cancer Support 01382 477500  
St Aidan's Centre, 408 Brook Street, Broughty Ferry, DD5 2EB

## *By Your Side*

1-2-1 support from others affected by cancer 01382 797352  
07889 571 062  
[byyourside@volunteerdundee.org.uk](mailto:byyourside@volunteerdundee.org.uk)

## Clinical Psychology & Support Groups

Maggie's Centre  
Ninewells Hospital, Tom McDonald Avenue, DD2 1NH 01382 632999

## Wellbeing & Social Support

CANDU, 31 South Tay Street, DD1 1NP 01382 525395  
[info@cancerdundee.org](mailto:info@cancerdundee.org)

Did you know you can access confidential emotional & mental health support within your own GP surgery?

## Do You Need To Talk?

The Community Chaplaincy Listening Service

## Patient Assessment Liaison & Mental Health Service (PALMS)

If you need to speak to a mental health professional



Just ask at your GP Surgery for more info about these services or to make an appointment.

## Counselling

Insights, 10 Constitution Road, Dundee, DD1 1LL 01382 305706

## Cognitive Behavioural Therapy

NHS - Living Life Telephone Service 0800 328 9655

## Crisis Support

[www.samaritans.org](http://www.samaritans.org) 116 123  
[www.breathingspace.scot](http://www.breathingspace.scot) 0800 83 85 87



Maggie's Dundee,  
Ninewells Hospital,  
Tom McDonald Avenue,  
DD2 1NH

01382 632 999

[www.maggiescentres.org](http://www.maggiescentres.org)

[dundee@maggiescentres.org](mailto:dundee@maggiescentres.org)



For anyone affected by cancer, Maggie's Dundee is a friendly, open, comfortable space. Just drop in for a chat, or join one of the many activities on offer.

Maggie's provides practical, emotional and social support including professional information and advice, cancer-specific support groups, 1-2-1 psychological support and specialist activities and wellbeing classes.

Opening times  
Monday to Friday  
9am - 5pm (plus some evenings)



## Tayside Cancer Support

with you through the toughest times

It is not always easy for those affected by cancer to talk about it to those who are closest to them. Speaking to a Befriender could make all the difference.

Tayside Cancer Support offers a free, confidential befriending service for those affected by cancer. We also have a support group, and a drop in Café, as well as providing free complimentary therapies.

Like to find out more?

**Tel: 01382 477 500**

[services@taysidecancersupport.org](mailto:services@taysidecancersupport.org)

[www.taysidecancersupport.org](http://www.taysidecancersupport.org)

St Aidan's Centre, 408 Brook Street, Broughty Ferry, DD5 2EB

Registered Charity No: SCO22798

## Café ARDLER



A drop-in Cancer Support Service is available, please pop in and pick up a timetable.

A community café based within the Ardler Complex with a welcoming relaxed environment. Where you can meet friends and family and enjoy quality, nutritious and well cooked food at reasonable prices. Whether it be breakfast, lunch, a snack or some tasty home baking, there is something for everyone.

Open Monday to Friday from 9:30am to 3:30pm.

Find us at Ardler Complex, Turnberry Avenue, Dundee, DD2 3TP

# Keeping Active



## Tai Chi, Yoga, Walking group & nutrition advice

Maggie's Centre

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH 01382 632 999

## Exercise & Wellbeing classes & Coaching

Valerie Duguid & Gymology

valerieduguid@hotmail.co.uk. 0793 032 5770

## Exercise Classes & Gentle Circuit Training

Move More

simon.brady@leisureandculturaldundee.com 01382 432407

## Green Health Prescription

Volunteer Dundee, 7 Luna Place, Dundee, DD2 1XF 01382 305757

greenhealth@volunteerdundee.org.uk. 0771 996 9229

## Range of activities including gentle exercise

Dundee Healthy Living Initiative

www.dundeehealth.com/whatson.htm 01382 435824

## Swimming (Ladies only & Disability swim groups)

Lochee Swim and Sports Center

St Mary's Ln, Dundee DD2 3AQ 01382 431840

## Gardening

Ninewells Community Garden, Tom McDonald Avenue, DD2 1NH

Sarah Griffiths 0754 074 6075

## Lochee Community Shed

Men & Women welcome

7 Whorterbank, Lochee, Dundee, DD2 3AA 01382 431832



**Carse of Gowrie**  
**MEN'S SHED**  
**COME ALONG AND SEE WHAT WE DO.**

**Men**

Men's Sheds are friendly communities that cater for men of all interests, ages and social backgrounds where they can share things, fix things, share life experiences and connect with others.

**Swan House, The Technology Park, Dundee, DD2 1GB.**  
**TELEPHONE 01382 662636 OR VISIT OUR WEBSITE.**  
[www.carsegowrie.org.uk/mensshed/index.html](http://www.carsegowrie.org.uk/mensshed/index.html)

### Mens Group

Maggie's Centre

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH 01382 632 999

### Andys Man Club

Boomerang Community Centre, 10 Kemback Street, Dundee, DD4 6ET

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

### Carse of Gowrie Mens Shed

Swan House, The Technology Park, Dundee, DD2 1GB 01382 810859

[cgmenshed@gmail.com](mailto:cgmenshed@gmail.com) 07735 626 658

### Broughty Ferry Mens Shed

Behind YMCA, 151 Brook St., Broughty Ferry, DD5 1DJ 01382 755050

### Walking Football

Ardler Complex Walking Football Club

[brianmitchell362@gmail.com](mailto:brianmitchell362@gmail.com)

Dundee East Football Community Hub

[clubcoach.decsc@gmail.com](mailto:clubcoach.decsc@gmail.com)

Dundee FC in the Community Trust Walking Football

(Men & Women's teams)

[lewis@dundeefc.co.uk](mailto:lewis@dundeefc.co.uk)

St James Walking Football Team

07950227321

Dundee United Community Trust Walking Football

(Men & Women's teams)

[Michael.Malone@dundeeyunitedct.co.uk](mailto:Michael.Malone@dundeeyunitedct.co.uk)

## Dundee Improving the Cancer Journey

Cancer doesn't just affect your physical wellbeing, it can impact on every aspect of your life and the lives of those around you. But knowing where to turn for support isn't always easy. If you are living in Dundee and have been affected by cancer, our Improving the Cancer Journey service is here to help you live as well as possible. We can meet with you to discuss your needs and help you access tailored information and support. You can talk to us about how you feel, get help with money and housing worries or help at home – whatever matters most to you. We will also be able to give you details of organisations who can provide support, or contact them on your behalf.

Contact 01382 433340 or [improving.cancerjourney@dundeecity.gov.uk](mailto:improving.cancerjourney@dundeecity.gov.uk).

## Move More Dundee

If you are living with cancer in Dundee, Macmillan offer a free programme to help you get and stay active. Our activities are suitable for everyone, regardless of where you are in your cancer journey. It doesn't matter if you've never been a particularly active person. We run classes for all abilities and even activities such as gardening or walking could be part of your programme. Move More Dundee classes are open to everyone, whether you're going through treatment or have long finished. You can even bring along a friend or relative to some activities. And they're a great place to meet others with similar experiences and to share your support, as well as to help one another stay positive and keep active.

To start getting more active today, call our Move More Coordinator for a chat on 01382 432259 or email [simon.brady@leisureandculturaldundee.com](mailto:simon.brady@leisureandculturaldundee.com)

## Macmillan Cancer Information and Support in Dundee

We offer a free and confidential drop-in service in Central, Lochee and Coldside libraries where anyone affected by cancer can get emotional support and high quality information in a relaxed environment. Our highly trained volunteers will be there to listen to your worries and concerns and offer free, confidential support and information - whether you've been diagnosed with cancer, or you're a family member or carer. We can also point you in the direction of other sources of support where needed, such as counselling and practical support.

If you want to know more, call our Macmillan Project Assistant on 01382 431519 or pop into the Central Library, The Wellgate, Dundee

**Helpline 0808 808 00 00.**

**Free, confidential advice and support & info about services in your area**

**Cancer can be a lonely place.**

**Would you like to speak with someone who has been there?**



***By Your Side* is Dundee's new  
support service for people  
living with cancer**

### **How can we help?**

*By Your Side* is about sharing experiences and having the opportunity to be honest about the challenges you are facing.

We can match you with one of our trained volunteers who will take time to listen and truly understand what you are going through. They can also help you to access the onward support you need to make your life a little easier.

For more information, or to volunteer with us,  
please get in touch with Rebecca:

**07889 571 062 - 01382 797352**

**[byyourside@volunteerdundee.org.uk](mailto:byyourside@volunteerdundee.org.uk)**



**MACMILLAN  
CANCER SUPPORT**

**DUNDEE**  
Third Sector Interface



Dundee Third Sector Interface (TSI) is a partnership between Dundee Social Enterprise Network, Dundee Voluntary Action and Volunteer Dundee. Volunteer Centre Dundee, operating as Volunteer Dundee, is registered in Scotland as a charitable company limited by guarantee. Scottish Company No: SC257436, Scottish Charity No: SC027529 Registered address: Gateway West, 7 Luna Place, Dundee DD2 1XF

# Children & Young People

## Support, respite & activities for families of children with cancer

Tayside Children with Cancer or Leukaemia

[www.tccl.org.uk](http://www.tccl.org.uk)

## Therapeutic boat trips for children

Taymara

109b Tay Street, Newport on Tay, DD6 8AR

Steve Bretel

[www.taymara.org/our-projects/](http://www.taymara.org/our-projects/)

01382 542516

07342 891783

## Kid's Activity Days

Maggie's Centre

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH

01382 632 999

## Support for children & young people

Teenage Cancer Trust [www.teenagecancertrust.org](http://www.teenagecancertrust.org)

CLIC Sargent [www.clicsargent.org.uk](http://www.clicsargent.org.uk)

Trekstock [www.trekstock.com](http://www.trekstock.com)

## Support for children of a parent with cancer

[www.riprap.org.uk](http://www.riprap.org.uk)

## General confidential support for young people

The Corner, Shore Terrace, Dundee

[www.thecorner.co.uk](http://www.thecorner.co.uk)

01382 206060

## Mental Health support by & for young people

Feeling Strong, 161 Albert Street, Dundee, DD4 6PX

[contact@feelingstrong.co.uk](mailto:contact@feelingstrong.co.uk)



## Family & Carers



There are a number of organisations in Dundee that provide advice, information and flexible support to carers. This may be on a one to one, group or telephone basis.

[www.carersofdundee.org](http://www.carersofdundee.org)



**Carers<sup>of</sup>  
Dundee**

01382 200422



**Dundee Carers Centre**

*Because We Care*

A carer is an individual of any age, who provides or intends to provide, unpaid support to family or friends who could not manage without this help due to illness, disability, frailty, mental ill-health or addiction.

[centre@dundeecarerscentre.org.uk](mailto:centre@dundeecarerscentre.org.uk)

01382 200 422

### Information for Carers

[www.careinfoscotland.co.uk](http://www.careinfoscotland.co.uk)

### Friends & Family Course

Maggie's Centre

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH 01382 632 999

### Respite Breaks

Shared Care Scotland

[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

01383 622462



# Practical Support

NHS Cancer Treatment Helpline 0800 917 7711

Dundee City Council Advice Centre  
[www.dundeecity.gov.uk/socialwork](http://www.dundeecity.gov.uk/socialwork) 01382 307645

DCC First Contact Team  
Social Work Dept., 11 Castle Street, Dundee, DD1 3AA 01382 434019  
[www.dundeecanforum.org.uk/keep-independent/help-at-home.html](http://www.dundeecanforum.org.uk/keep-independent/help-at-home.html)

Living Aids & Adaptations  
Dundee Independent Living Centre (DCC & NHS Tayside)  
Unit T, Charles Bowman Avenue,  
Claverhouse West Industrial Estate, Dundee. DD4 9UB  
[www.dundeecity.gov.uk/DILC](http://www.dundeecity.gov.uk/DILC) 01382 307631  
  
[www.dundeecity.gov.uk/housing/adaptations](http://www.dundeecity.gov.uk/housing/adaptations) 01382 434135 or  
01382 434364

Home From Hospital Support  
Royal Voluntary Service  
Jan Bell 01382 642930  
[www.royalvoluntaryservice.org.uk/get-help](http://www.royalvoluntaryservice.org.uk/get-help)

Loan of Mobility Aids  
Red Cross  
51 Cowgate Dundee. DD1 2JF 01382 200084  
[www.redcross.org.uk/Forms/Service-forms/](http://www.redcross.org.uk/Forms/Service-forms/)

Patient Transport  
Scottish Ambulance Service 0300 123 1236  
[www.scottishambulance.com/whatwedo/booking.aspx](http://www.scottishambulance.com/whatwedo/booking.aspx)

Royal Voluntary Service  
[www.royalvoluntaryservice.org.uk/get-help](http://www.royalvoluntaryservice.org.uk/get-help) 01738 633975

Community Cars  
[www.dundeecommunitycars.org](http://www.dundeecommunitycars.org) 01382 305721

CANDU  
Discretionary bus passes 01382 525395

## Motability Scheme

[www.motability.co.uk](http://www.motability.co.uk)

## Blue Badge Scheme

[bluebadge.direct.gov.uk/directscotapply.html](http://bluebadge.direct.gov.uk/directscotapply.html)

01382 438335

## Let the bus driver know your needs!

Thistle Assistance Card

Dundee Central Library

The Wellgate, Dundee DD1 1DB

01382 431500

[www.tactran.gov.uk/documents/ThistleCardComplete.pdf](http://www.tactran.gov.uk/documents/ThistleCardComplete.pdf)

## Care For Your Pets

Pet Fostering Service Scotland

Bob Sinclair

[www.pfss.org.uk](http://www.pfss.org.uk)

0844 811 9909

## DCC Assisted Refuse Collection

[www.dundee.gov.uk/forms/wastemgt\\_assisted.php](http://www.dundee.gov.uk/forms/wastemgt_assisted.php)

01382 432 777

## Financial Assistance

Macmillan & DCC Welfare Rights Officers

01382 431190

01382 431165

[welfare.rights@dundee.gov.uk](mailto:welfare.rights@dundee.gov.uk)

[www.dundee.gov.uk/socialwork/welfarerights/](http://www.dundee.gov.uk/socialwork/welfarerights/)

Maggies Dundee Benefits Advisor

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH

01382 632 999

Roy Castle Lung Cancer Grants

[www.roycastle.org/how-we-help/services-for-you/patient-grants](http://www.roycastle.org/how-we-help/services-for-you/patient-grants)

Macmillan Grants

0808 808 00 00

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## NHS complaints & legal advice

Citizens Advice Bureau

Wellgate Centre, DD1 1DB

01382 307494

[www.dundeeab.org](http://www.dundeeab.org)

## End of Life Care



Specialist Palliative Care (By Referral - Speak to your GP)

Roxburgh House

Victoria Hospital, Jedburgh Road, DD2 1SP

Macmillan Daycare (By Referral - Speak to your GP)

Roxburghe House

Victoria Hospital, Jedburgh Rd DD2 1SP

01382 423170

Drop-In Support & Bereavement Group

Maggies

Ninewells Hospital, Tom McDonald Avenue, DD2 1NH

01382 632 999

[www.maggiescentres.org/our-centres/maggies-dundee/](http://www.maggiescentres.org/our-centres/maggies-dundee/)

Marie Curie

[mariecurie.org.uk](http://mariecurie.org.uk)

0800 090 2309

Bereavement

Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

0845 600 2227

[www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)

Bereavement Advice Centre

[www.bereavementadvice.org](http://www.bereavementadvice.org)

0800 634 9494.

Will writing

Citizens Advice Bureau

Wellgate Centre, DD1 1DB

01382 307494





Care and support  
through terminal illness

## In your community



**We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.**

In Tayside:

**Care at home** Our nurses provide hands-on care for people in their home or at the place they're staying. Your District Nurse can refer you. [mariecurie.org.uk/nurses](https://mariecurie.org.uk/nurses)

**Helper volunteers** Our trained Helper volunteers visit people to offer a helping hand and friendly ear when needed. [mariecurie.org.uk/helper](https://mariecurie.org.uk/helper)

**Online Information** Visit our website for information that's clear and easy to understand. [mariecurie.org.uk/support](https://mariecurie.org.uk/support)

**Support Team** Our trained team are here to listen and give you the practical and emotional support you need. Open weekdays 8am to 6pm and Saturdays 11am—5pm  
**0800 090 2309**

**Can the clubs and organisations you are part of help to improve end of life experiences in your community?**

Contact Marie Curie's Community Engagement Officer to discuss collaboration ideas: [helen.macgregor@mariecurie.org.uk](mailto:helen.macgregor@mariecurie.org.uk) / 07515 134 910

Charity Reg. No. 207994 (England and Wales), SC038731 (Scotland)

# Other Sources of Support...

## ALISS

A Local Information System for Scotland  
[www.aliss.org](http://www.aliss.org)

## Community Centres

<https://www.dundee.gov.uk/communitycentres>

## Dial Op & Go Morning Call & Blether Buddies 01382 305705

Volunteer Dundee, 7 Luna Place, Dundee, DD2 1XF  
[volunteer@volunteerdundee.org.uk](mailto:volunteer@volunteerdundee.org.uk) [www.volunteerdundee.org.uk](http://www.volunteerdundee.org.uk)

## HOPE (Helping Older People Engage) 0300 1232640

Maureen on 07452916337  
[mmclay@hillcrestha.org.uk](mailto:mmclay@hillcrestha.org.uk)

## Dundee Drop In's 01382 825351

Faith in Community Dundee  
[jacky@faithincommunitydundee.org](mailto:jacky@faithincommunitydundee.org)

## Lifegate Community Cafe 07949901334

Lifegate Church, 50 Haddington Crescent, Dundee, DD4 0NA  
[office@lifegate-dundee.org.uk](mailto:office@lifegate-dundee.org.uk) [www.lifegate-dundee.org.uk](http://www.lifegate-dundee.org.uk)

## Dundee Foodbank 01382 226 372

Full Gospel Church, 58 Constitution Street, Dundee, DD3 6NE  
[info@dundee.foodbank.org.uk](mailto:info@dundee.foodbank.org.uk) [www.dundee.foodbank.org.uk](http://www.dundee.foodbank.org.uk)

## Tayside Council for Alcohol 01382 456012

The Wishart, 50 Constable Street, Dundee, DD4 6AD  
[enquiries@alcoholtayside.com](mailto:enquiries@alcoholtayside.com) [www.alcoholtayside.com](http://www.alcoholtayside.com)

## Cairn Centre 01382 200 532

12 Rattray Street, DD1 1NA  
[www.cairscotland.org.uk](http://www.cairscotland.org.uk)

## Recovery Dundee 07432024158

[sharonbrand.hub@gmail.com](mailto:sharonbrand.hub@gmail.com)

**Peer Recovery Network** 07719957849  
 Volunteer Dundee, 7 Luna Place, Dundee, DD2 1XF  
[PennyLorimer@volunteerdundee.org.uk](mailto:PennyLorimer@volunteerdundee.org.uk)

**Wellbeing Works Dundee** 01382 227 288  
 Mental Health Support  
[hello@wellbeingworksdundee.org.uk](mailto:hello@wellbeingworksdundee.org.uk) [www.wellbeingworksdundee.org.uk](http://www.wellbeingworksdundee.org.uk)

**Dundee Healthy Minds Network** 01382 305743  
 Dundee Voluntary Action, 10 Constitution Road, Dundee, DD1 1LL  
 Lynsey McCallum

**Mental Health Info**  
 Mind.org.uk [info@mind.org.uk](mailto:info@mind.org.uk) 0300 123 3393

**AMINA Muslim Womens Resource Centre** 01382 787450  
 1/3, 6 Whitehall Cres, Dundee DD1 4AU  
[info@mwrc.org.uk](mailto:info@mwrc.org.uk) [www.mwrc.org.uk](http://www.mwrc.org.uk)

**Alternatives Dundee** 01382 221112  
 10 Constitution Rd., Dundee, DD1 1LL Textline: 07599 955231  
[info@alternativesdundee.co.uk](mailto:info@alternativesdundee.co.uk)

**Dundee Womens Aid** Support Line: 01382 207099  
 Top Floor, Enterprise House, 45 N Lindsay St, Dundee DD1 1PW  
[www.dundeewomensaid.co.uk](http://www.dundeewomensaid.co.uk) [support@dundeewomensaid.co.uk](mailto:support@dundeewomensaid.co.uk)

**Dundee International Women's Centre** 01382 46205  
 Unit 9, Manhattan Business Park, Dundonald Street, Dundee, DD3 7PY  
[mail@diwc.co.uk](mailto:mail@diwc.co.uk) [www.diwc.co.uk](http://www.diwc.co.uk)

**Dundee Blind and Partially Sighted Society** 01382 227101  
 Thomas Herd House, 10-12 Ward Road, Dundee DD1 1LX  
[www.dundeeblindsociety.org.uk](http://www.dundeeblindsociety.org.uk)

**Tayside Deaf Hub** 01382 201077  
 The Old Mill, 23 Brown Street, Dundee, DD1 5EF  
[info@taysidedeafhub.org.uk](mailto:info@taysidedeafhub.org.uk) [www.taysidedeafhub.org.uk](http://www.taysidedeafhub.org.uk)

Suggestions for services that should be included here? Please get in touch.

