

# Dundee Cancer Support Directory



# CanDu

Dundee Cancer Support Network

Scottish Charity No. SC048313

Working together to support  
cancer patients & their families

# Contents

Page No.

|   |    |
|---|----|
| <b>Mental &amp; Emotional Wellbeing</b><br>1-2-1 and group support services | 2  |
| <b>Keeping Active</b><br>Physical activities tailored to your needs         | 3  |
| <b>Children &amp; Young People</b><br>Activities and specialist care        | 5  |
| <b>Family &amp; Carers</b><br>Caring for the carers                         | 6  |
| <b>Practical Support</b><br>Useful contacts for all your practical concerns | 9  |
| <b>End of Life Care</b><br>Support for families through terminal illness    | 11 |
| <b>Community Support</b><br>General community contacts                      | 12 |

# Mental & Emotional Wellbeing

## Befriending Service

Tayside Cancer Support 01382 740468  
Block C, Room 025, Ninewells Hospital, Dundee, DD1 9SY

## 'Living Well With Cancer' Mindfulness

Kingdom Mindfulness & Tayside Cancer Support 07427 607 380

## Clinical Psychology, Mindfulness & Support Groups

Maggie's Centre  
Ninewells Hospital, Tom McDonald Avenue, DD2 1NH 01382 632 999

## Do You Need To Talk? The Listening Service

GP Surgeries - Alan Gibbon 01382 423 110 Ext. 835504



## Counselling Service

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

## Cognitive Behavioural Therapy

NHS - Living Life Telephone Service 0800 328 9655  
[www.nhs24.scot/our-services/living-life/](http://www.nhs24.scot/our-services/living-life/)

Living Life to the Full [www.llttf.com](http://www.llttf.com)

## Crisis Support

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

## Mental Health Info

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

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

# 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

Macmillan Move More

simon.brady@leisureandculturedundee.com 01382 432407

## Range of activities including gentle exercise

Dundee Healthy Living Initiative

[www.dundeehealth.com/whatson.htm](http://www.dundeehealth.com/whatson.htm) 01382 435824

## Swimming (Ladies only group)

Lochee Swim and Sports Center

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

## Carse of Gowrie Men's Shed

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

Derek Keiller (Chairman) 01382 562638

[www.carseofgowriemensshed.webs.com](http://www.carseofgowriemensshed.webs.com)

## Gardening

Ninewells Community Garden, Tom McDonald Avenue, DD2 1NH

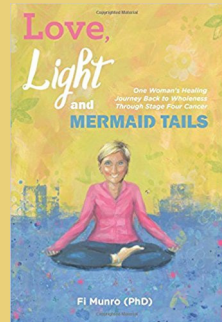
Sarah Griffiths 0754 074 6075

# Fi's Story

In January 2016, at the age of 30, Fi Munro was diagnosed with non-genetic stage four ovarian cancer. In that moment, after months of pain, tests and assurances that it was 'nothing to worry about', her instincts were proved right and her worst fears were realised.

In the months that followed, understanding her diagnosis, recovery and health became her full time job. Using her expertise as a researcher she dedicated her time to understanding everything she could about her diagnosis and subsequent prognosis.

In this honest, open and often tear-jerking account of her journey back to wholeness, Fi openly shares her story from diagnosis with stage four 'terminal' cancer to living an incredible, healthy life full of joy and laughter.



*This book is a guide for anyone, not just those with cancer, who wants to embrace a happier, healthier and more caring approach to their life. May it bring you hope, peace and, above all, joy.*



*To describe Fi Munro as positive is a massive understatement – she has turned a journey which would have broken the strongest wills into a recognition of what is important in life for everyone.*

The Courier

*Using her values as a compass Fi shares a message of hope, not fear, about how you can heal your life even if you can't be cured. A powerful message for us all.*

Lesley Howells  
Consultant Clinical Psychologist & Centre Head  
Maggie's Cancer Care Centre, Dundee

# 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

Confidential informal support

The Corner, Dundee

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

01382 206060

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)

Support and events for young adults

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)



# Family & Carers



## Support for Carers & Families

Dundee Carers Centre

Seagate House, 132-134 Seagate, Dundee, DD1 2HB 01382 200 422

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

## 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

01383 622462

If you or someone you're close to has a terminal illness, we're here to support you. There are a range of ways we can help you, from clear, useful information about living with a terminal illness to expert nursing care in your home.

Contact the Support Line

0800 090 2309

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

Care and support  
through terminal illness





It is not always easy for people affected to talk about cancer, especially with those close to them.

Speaking to an independent Befriender can make all the difference.

Anyone in Tayside can contact us for support.

Like to find out more?  
Call us in confidence.

**01382 740468**

**[amanda.stulka@nhs.net](mailto:amanda.stulka@nhs.net)**

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





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)

# 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

**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.city.gov.uk/forms/wastemgt\\_assisted.php](http://www.dundee.city.gov.uk/forms/wastemgt_assisted.php) 01382 432 777

### Financial Assistance

Macmillan & DCC Welfare Rights Officers 01382 431190  
01382 431165  
[welfare.rights@dundee.city.gcsx.gov.uk](mailto:welfare.rights@dundee.city.gcsx.gov.uk)  
[www.dundee.city.gov.uk/socialwork/welfarerights/](http://www.dundee.city.gov.uk/socialwork/welfarerights/)

### 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)

### NHS complaints & legal advice

Citizens Advice Bureau  
Wellgate Centre, DD1 1DB 01382 307494  
[www.dundee.cab.org](http://www.dundee.cab.org)

Scottish Public Services Ombudsman 0800 377 7330  
[www.spsso.org.uk](http://www.spsso.org.uk)

# End of Life Care



Specialist Palliative Care (By Referral)  
Roxburgh House  
Victoria Hospital, Jedburgh Road, DD2 1SP

Macmillan Daycare (By Referral)  
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/)

Bereavement  
Cruse Bereavement Care 0845 600 2227  
[www.cruse.org.uk](http://www.cruse.org.uk)

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

Bereavement Advice Centre 0800 634 9494.  
[www.bereavementadvice.org](http://www.bereavementadvice.org)

Will writing  
Citizens Advice Bureau  
Wellgate Centre, DD1 1DB 01382 307494  
[www.dundecab.org](http://www.dundecab.org)

# Community Support

## Community Centres in Dundee

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

**Lifegate Community Cafe** 07949901334

Lifegate Church, 50 Haddington Crescent, Dundee, DD4 0NA  
office@lifegate-dundee.org.uk www.lifegate-dundee.org.uk

**Dundee International Women's Centre** 01382 46205

Unit 9, Manhattan Business Park, Dundonald Street, Dundee, DD3 7PY  
mail@diwc.co.uk www.diwc.co.uk

**Tayside Council for Alcohol** 01382 456012

The Wishart, 50 Constable Street, Dundee, DD4 6AD  
enquiries@alcoholtayside.com www.alcoholtayside.com

**Cairn Centre** 01382 200 532

12 Rattray Street, DD1 1NA  
www.cairscotland.org.uk

**Dundee Blind and Partially Sighted Society** 01382 227101

Thomas Herd House, 10-12 Ward Road, Dundee DD1 1LX  
www.dundeeblindsociety.org.uk

**Dundee Foodbank** 01382 226 372

Full Gospel Church, 58 Constitution Street, Dundee, DD3 6NE  
info@dundee.foodbank.org.uk www.dundee.foodbank.org.uk

**Tayside Deaf Hub** 01382 201077

The Old Mill, 23 Brown Street, Dundee, DD1 5EF  
info@taysidedeafhub.org.uk www.taysidedeafhub.org.uk

If you have any suggestions for local services that should be included in the next directory please get in touch by e-mailing [info@cancerdundee.org](mailto:info@cancerdundee.org).

## 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 [movemore@dundeecity.gcsx.gov.uk](mailto:movemore@dundeecity.gcsx.gov.uk)

## 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 For free, confidential advice and support**

# We want to hear from you...



If you have been affected by cancer, and wish to help support others in their journey with cancer, we would love to hear from you.

We are a patient-led group working with local support organisations to improve services and develop new initiatives.

Contact us now for more information or to find out how you can get involved with the work of the Cancer Dundee Support Network.

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

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

CanDu Directory Sponsored by...

# ALLARDYCE HEALTHCARE

your local independent healthcare supplier

specialists in seating,  
mobility and  
healthcare supplies...



Free Home  
Assessments

Lift &  
Recline  
Chairs From  
**£599**



mobility  
with style...



Lounge  
Chairs From  
**£395**  
INC. VAT



**10% OFF**

purchases of  
**£50 and over**

(excluding existing Special Offers)

please bring this advert to  
validate discount

*Customer Care...*

For first class Servicing and  
Repairs call in the experts at...

**ALLARDYCE HEALTHCARE  
SERVICE DEPARTMENT**

Tom Johnston Road, Dundee  
Telephone 01382 773600

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