



# Circles Around Dundee

Spring/Summer

2008

## Message from the Editor .....

Welcome to Issue 4 of the joint Dreamtime/Dreamcatchers newsletter.

'Nothing stays constant but change' - and that is certainly true for us as, unfortunately, we will be on the move again because our lease here at Roseangle ends in October. We are on the look out for new premises so any ideas please give us a ring. We seem to be living up to our name these days and literally 'Circling Around Dundee'! Thanks to everyone at Carolina House Trust for making us welcome.

In this edition of the newsletter you will read about the expanding Dreamtime project and, how the ever evolving Dreamcatchers is making plans to add more inventive ideas to the project and to the service they offer.



## Committee News

We are pleased to welcome 4 new members to our Management Committee which takes us up to 10. However, we are keen to encourage more focus people and their families so, if you would like to get involved please get in touch.

## Catherine's New Life



Catherine says, " My new house is great. It's changed my life. All the staff are there to help me but I decide what to eat, when to eat, when to go to bed and when to get up. I love cooking breakfast, lunch and tea for myself. I miss my mum, I miss the company, but now I am making new friends in the flat's common room. Sometimes I'm on my own and that is when I get my cleaning done. I like the peace and quiet. Now that I am in my new house I am going to start work as a volunteer and help out with the craft class and centre art work with Dundee International Women's Centre."



# Dreamtime

## Latest News.....



Janie Mitchell



Kim Christie



Vicky Renton



Paula Dodds

The Dreamtime team now has 4 members of staff with Vicky and Paula joining Janie and Kim from January, 2008, - a warm welcome to them both.

This has been a very busy, productive and successful period for the project. Seven **new** circles have started in Brackens, St.Luke's & St.Matthews, Craigiebarns, & Glebelands primary schools and Menzieshill, Harris and Morgan Secondary schools.

We have continued facilitating our current circles, met new focus people and their families and delivered class lessons which raise awareness of ability, friendship and inclusion. We are now at capacity for the 7 to 11 age group and have started a waiting list, but we are working to secure further funding for this age group as soon as is possible.

## Positive Impact!! - Feedback from Parents and Teachers

"With your input and support, our child has been able to establish his circle of friends."



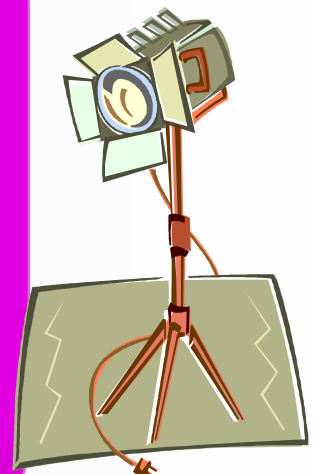
"The work done by Dreamtime has benefited the whole school community. We are extremely grateful to them for all they offer to the school."

"The content of the class lessons was excellent and suited all youngsters in the class. I would recommend any S1 class to go through these sessions in Social Education."

"The facilitators were very good at engaging with the children. They were positive and showed a warmth with the children. The children enjoyed working with them."

## Amy in the Spotlight

Eleven year old Amy Brown and her Circle of Friends, "The Crazy Friends Forever" were delighted to be chosen by The Big Lottery Fund to be interviewed for an article which was published in The Evening Telegraph in March.



# Dreamcatchers



## Dreamcatchers Update

from Gwen Auchterlonie  
Project Coordinator

The Dreamcatchers team have had an active few months with Michelle and Claire busy working alongside focus people and families and Gwen working on sourcing funding for the project.

With our current project funding ending in October this year we have taken the opportunity to look at what we currently offer and what else we might do to support people to be more connected and included in their community and to develop friendships.

We made good use of our social work student, Lynn, who carried out a consultation of focus people and family carers at the start of the year. The outcome of the consultation has encouraged us to include two new approaches to compliment our current activities, volunteer befriending and a supported friendship scheme. We have included these in our funding application. We hope to introduce these exciting new ventures in 2009.

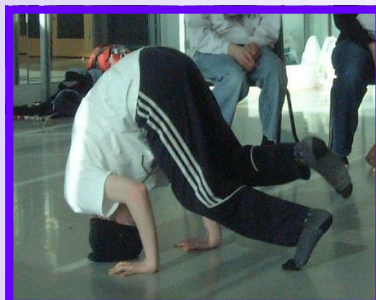
## My time at Dundee College

By Grahame Lapham

On Monday morning we get to work on different projects at the library, these are all about the history of Dundee. It is stimulating. I am learning about a slave call Joseph Knight who fought for his freedom against his master, John Wedderburn of Ballindean.

I am learning new things and gaining new skills and I am not always in the same place all the time.

My favourite session at college is Capoeira which is an Afro-Brazilian blend of martial arts, game and culture. It was devised by slaves as a way of training for combat.





## Louis takes a Dip

Anything is possible now.



Sub Aqua Diving and sailing, that's what Louis Fraser asked his circle members to support him with, when he co-facilitated his circle meeting.

With the enthusiastic support of all his circle members, family and friends, his PA, the assistance of local organisations, Dundee British Sub Aqua Club (BSAC) & Carolina House Trust, Louis had a fabulous experience achieving his dreams, having a great time learning new skills, making new friends, and learning to overcome obstacles and fears.



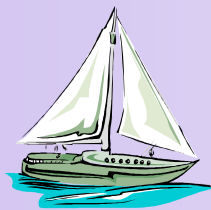
Circles Around Dundee are indebted to both Dundee Sub Aqua Diving Club and Carolina House Trust Skipper for the most fantastic, amazing, exciting experience possible.



Life on the ocean waves.....



We'd like to thank Dundee City Council for the award of £1000 to buy resources for the Dreamtime project and, to Marie Traynor and Dundee United for the donation of 2008/2009 season tickets.



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