



## MESSAGE FROM THE EDITORS.

Welcome to the 7th edition of our Newsletter.



- In this issue meet Kate and the two Claire's.
- Remember! - Our Gathering on The 11th June 2004.



## CHANGES ON THE COMMITTEE

We have to announce that two of our committee members have resigned. Teresa Anderson, who has been on the committee for 2 years and Radley Geekie, our secretary, who has been with us from almost the beginning of Circles Around Dundee.

We thank them for their commitment, hard work and their supportive roles on the committee.

Although they have resigned from the management committee we are pleased to say that they have been good enough to continue their respective involvements



## PEOPLE WANTED TO HELP CIRCLES AROUND DUNDEE

We would like to welcome new members on to our Management Committee

If you: -

- ☺ Would like to meet new people.
- ☺ Have an interest and would like to know more about the work of Circles Around Dundee and its projects - Dreamcatchers and Dreamtime.
- ☺ Want to learn new skills.

Have a look on our website at [www.circlesarounddundee.org.uk](http://www.circlesarounddundee.org.uk).  
If you would like to speak to someone, please contact us, our contact details are on the back page.

"We really would like you to get in touch".



## Claire Cumming's Story of Circles of Support



My name is Claire Cumming, I have been involved with Dreamcatchers for about two and a half years. I have had a Circle of Support for just over one year now and lots of things have changed for me in that time. Before my circle I didn't go out much but now life is very different for me.

I would like to share with you some of the things that I have been doing since I have had my Circle.

One of my dreams is to own my own florist shop. I have had two, six week, placements in flower shops. Unfortunately the shops were not looking for a permanent member of staff at the end of my placement so I am still looking for a job. It was a great experience and it helped me learn more about flowers and flower arranging.

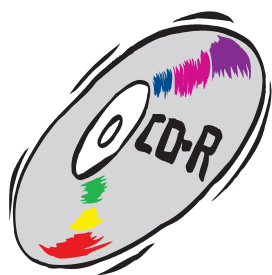


I have also been going to an evening class to learn about floral art since October but now it is finished – so if anyone out there knows of any similar jobs or classes please get in touch with the Dreamcatchers office.

Over a year ago I started going to a self-advocacy group at Advocating Together (Dundee). This has helped me feel a lot more confident than I used to. I now have a paid part time job working with the SAY Project and part of that job is visiting people to listen to their views on lots of different things that matter to them.



Recently I did a presentation to tell people about what Partners in Advocacy work is about. I was very nervous but it went really well.



What with being involved with Circles and Advocating Together (Dundee), working on CD ROMS, Newsletters, Gatherings and Committees how do I fit anything else in? I t's great!!



Friends

Most recently I have applied to volunteer to gain more experience of working with people. This is very new, scary and exciting.



This is one of the most important parts and what life is all about.



### New Kids On the Block!

Claire Mackay and Kate Keillor joined the Dreamcatchers Team in September and November 2003 respectively.



Here is their story so far:

Up to now we have had a fantastic journey - A journey that is helping us look outside the frame at the bigger picture.



When we are at school we are taught that the three R's are important:

Reading  wRiting  & aRithmetic.



Our journey has shown us that while the three R's are important there are things that are more important in enabling us to have a good life.

The three C's for example -



- ⇒ having the **Confidence** to **Communicate** our feelings, thoughts and ideas to others and listen to theirs.
- ⇒ having **Consideration** for our families, friends and neighbours is another important skill we develop whilst building positive relationships.

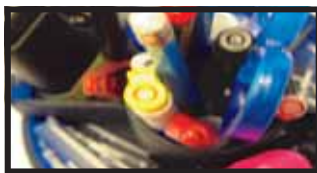


Working at Dreamcatchers has reminded us that we are all responsible for each other, to support one another through life's ups and downs and that, at the end of the day, is what Dreamcatchers is all about.

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## CAN YOU TELL WHAT IT IS YET?

Just for fun!



Please check out our updated website at:-

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

We have a discussion board and would really like to hear your views, ideas and suggestions. [Join in and log on!](#)

## YOU CAN ALSO CONTACT US

### by letter:

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