

Access to Industry: advice and support during our seasonal closure

Access to Industry will close on **Friday 22 December 2023** and re-open on **Wednesday** **4 January 2023**. This time of year can be challenging – if you find yourself in need of ideas to ‘keep busy’, or require specific help or support, here’s our useful guide…

**KEEPING BUSY – OUTDOORS:**

Getting outdoors and maintaining exercise is good for brain and body. If routine is important for you, try having a set time each day for fresh air and movement. You could also connect with a trusted friend, family member or neighbour and try some activities together?

Dundee has lots of wooded areas and hills to explore – try **Law Hill**, **Clatto Reservoir** and the surrounding woods, or **Camperdown Park** and the many walking routes it offers.A walk along the beautiful **Riverside** will be well worth it. Dundee City Council website has a full list of local parks such as **Baxter Park**, **Caird Park**, **Magdalene Green** and the scenic esplanade at **Broughty Ferry**, which can be topped off with a visit to **Broughty Ferry Castle.** The castle is closed Mondays, open Tuesday-Saturday (10am-4pm) and Sunday (12.30pm-4pm) – this may vary on days such as Christmas Day and New Year’s Day, but it’s still worth a visit from the outside. To view the list of local parks visit [Parks and Environment | Dundee City Council](https://www.dundeecity.gov.uk/service-area/neighbourhood-services/environment/parks-and-environment).

Another excellent landmark that may be worth a visit is the **University of Dundee** **Botanic Garden**.Open Monday-Sunday (10am-3.30pm, adults £5/children under 16 free). Opening hours may vary on Christmas Day and New Year’s Day.

Venturing further afield is also great, with the local bus services available (keep an eye on festive timetables). **Arbroath**, **Carnoustie** and **Montrose,** or even **Perth**, are all reachable by bus and provide plenty beach walks, walks along the river, or stunning views from the top of **Kinnoull Hill** in Perth!

**KEEPING BUSY – INDOORS:**

Dundee has lots of indoor options, some free and some have a small fee. The **V&A** museum is free to enter with some paid exhibitions. Open daily (10am-5pm), with the exception of Christmas Day, Boxing Day and New Year’s Day. Hours across the festive period may vary. The **RRS Discovery** is also well worth a visit, open Monday-Saturday (10am-5pm) and Sundays (11am-5pm), closed Christmas Eve, Christmas Day, Boxing Day and 1-2 January (adults £17.50/children 5-16 £9.50/under 5s free) – the entry ticket even lasts a whole year for unlimited visits afterwards! **Mills Observatory**, situated at the top of Balgay Hill, offers stunning views for the city and a chance to look at the stars withfree admission. Opening hours are Monday-Friday (4pm-10pm) and Saturday and Sunday (12.30pm-4pm), closed on Christmas Day, Boxing Day and New Year’s Day. Hours across this period may vary. **McManus Art Galleries** also offers an indoor cosy location to view a fantastic array of art galleries and exhibitions on the city. Free to enter, open Monday-Saturday (10am-5pm) and Sunday (12:30pm-4.30pm), closed on Christmas Eve, Christmas Day, Boxing Day and 1-2 January. For a full list of museums visit [Museums & Galleries | Dundee City Council](https://www.dundeecity.gov.uk/service-area/council-wide/museums-%26-galleries).

The local community centres and libraries will also still be accessible over the festive period with the exception of Christmas Day and New Year ’s Day in most cases. Hours may vary from location to location.

**SUPPORT AND HELP CONTACTS**

**Drug & Alcohol Support**

* **We Are With You Dundee** – closed from **Friday 23 December-Monday 9 January**. If you need assistance please call 01382 206888 or chat online via the [**We Are With You Website**](https://www.wearewithyou.org.uk/).
* You can drop into **Boots Community Hub (94 Albert Street) on 28, 29 and 30 December or 4, 5 and 6 January (10am-3pm)**.

**Dundee City Council Helplines & Crisis Support**

* **Dundee City Council** has a cost of living support page that has information on services available and what to do if you are requiring urgent assistance.
* **Social Work and Drug & Alcohol Service** will be available until 5pm on 22 December [**01382433205**](tel:013822433205).
* From **5pm on 22 December until 8.45am 28 December** Social Work Out of Hours will cover and are contactable on [**01382 307964**](tel:01382307964).
* From **8.45am on 28 December to 5pm on 30 December** normal hours will resume.
* Social Work Out of Hours Service will then take over from **5pm on 30 December to 4 January**. Normal services will then resume from **5 January 2024**.

**Wellbeing support**

* **Street Soccer** will be running activities on Christmas Day (**10am-2pm**). The day will include a drop in, Christmas movies and fun festive activities.
* **Dundee Women’s Hub** will be open Christmas Day (**10am-1pm**) for brunch and a chat. The hub will then be closed 26 and 27Decemver and 1-3 January, with drop-ins running 28 and 29 December (11am-2pm).

**SUPPORT AND HELP CONTACTS**

**Basic Health:**

* **A&E** – get urgent help by presenting at A&E, or calling 999 (ambulance emergency)
* **NHS 111** – call 111 for over-the-phone medical advice and out-of-hours GP services
* **Local Community Pharmacy** – for repeat prescriptions and general advice

**Mental Health – 24hr support:**

* **Samaritans** – 24hr emotional support for those at risk: 116 123
* **Shout** – 24hr mental health support: text ‘SHOUT’ to 85258
* **Dundee Community Wellbeing Centre** – 0800 955 0008 or TEXT 01382 604123

**Mental Health – daily services:**

* **Breathing Space** – advice for depression and anxiety: 0800 83 85 87
* **Campaign Against Living Miserably (CALM)** – crisis helpline: 0800 58 58 58
* **Mental Health Assessment Service** – 24hr emergency assessment: 0131 286 8137

**Food:**

* Visit[**www.faithincommunitydundee.org**](http://www.faithincommunitydundee.org)for all the opening times of local larders and community cafes. Foodbank cafes and opening times also listed here.

**Parents:**

* **Children 1st Parentline** –support for people caring for children: 0800 028 2233
* **NSPCC –** for anyone concerned about a child: 0808 800 5000

**Housing:**

* **Emergency Housing (Edinburgh)** – out-of-hours (CEC): 0800 032 5968
* **Shelter’s Housing Advice** – housing issues/homelessness: 0800 032 5968
* **Lone Parent Helpline**: support for single parents: 0800 801 0323

**Housing Emergencies:**

* **Powercut 105** – call 105 to get help with, or report, a powercut
* **Home Energy Scotland** – energy saving and keeping warm: text ‘WARM’ to 81025

**Substance Use:**

* **Drinkline Scotland** – help on your, or someone else’s, drinking: 0800 731 4314
* **Know The Score** – drugs information and advice: 0800 587 5879
* **Frank** – 24hr drug information helpline: 0300 123 6600, or text 82111