



Access to Industry: Wellbeing and Support during our seasonal closure – Dundee

Image by our PAGE (Photo Arts Group Empowerment) group

Access to Industry will close at 5pm on **Tuesday 24th December 2024** and re-open at 9am on **Monday 6th January 2024**. 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...

WELLBEING ADVICE AND 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.

Dundee has lots of wooded areas and hills to explore – try **Law Hill**, **Clatto Reservoir**, **Templeton Woods**, or **Camperdown Park** and the many walking routes it offers. There is also a beautiful walk along the **Riverside**. 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 **free** to visit, open Tuesday-Saturday (10am-4pm) and Sunday 12:30pm-4pm). These will likely 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](#).

Another excellent landmark that may be worth a visit is the **Botanic Garden**. Open Monday-Sunday (10am-3:30pm). Adults cost £5, children under 16 go free. Opening hours may vary on Christmas Day and New Year’s Day.

Venturing further afield is also easy 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 of options for beach walks, walks along the river, or stunning views from the top of **Kinnoull Hill** in Perth.

WELLBEING ADVICE AND KEEPING BUSY – INDOORS:

Dundee has lots of indoor options, some free and some have a small fee to enter. The **V&A** museum is **free** to enter (with some paid exhibitions often running). Open every day (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 well worth a visit, the admission for adults is £17.50 and children aged 5-16 £9.50 (under 5s free) – the ticket lasts a whole year for unlimited visits afterwards! Open Monday-Saturday (10am-5pm), Sunday (11am-5pm),

closed Christmas Eve, Christmas Day, Boxing Day and 1-2 January. **Mills Observatory**, situated at the top of Balgay Hill, offers stunning views for the city and a chance to look at the stars with **free** admission. Opening hours are Monday-Friday (4pm-10pm) and Saturday (6:30pm-10pm). Closed on Christmas Day, Boxing Day and New Year's Day (hours across this period may vary). This link shows full festive opening times for various locations in Dundee: [Opening Hours | Leisure & Culture Dundee](#).

McManus Art Galleries also offers an indoor cosy location to view a fantastic array of art galleries and exhibitions in 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](#).

Drug & Alcohol Support

With You Dundee – call 01382 206888 or chat online via the [We Are With You Website](#)
Drinkline – free call if concerned about you or a loved one's drinking 0800 731 4314
Know the Score – free support if you or a loved one is considering using 0800 587 5879
Frank – 24hr drug information helpline 0300 123 6600, or text 82111

Crisis Support

Hope Point – 24/7 support, phone 0800 955 0008 or text 01382 604123
Samaritans – 24hr emotional support for those at risk 116 123
Shout – 24hr mental health support, text 'SHOUT' to 85258

Health

A&E – get urgent help by presenting at A&E, or calling 999 (ambulance emergency)
NHS 24 – call 111 for over-the-phone medical advice and out-of-hours GP services

Mental Health

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

Many of the local larders and community cafes are open this festive period, including Christmas Day and New Year's Day: [Dundee Community Food Network – Faith in Community Dundee](#).

Parents

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

Housing

Shelter's Housing Advice – housing issues/homelessness 0800 032 5968
Lone Parent Helpline: support for single parents 0800 801 0323