



# FRIENDS OF DUDHOPE PARK NEWSLETTER

Welcome to the Friends of Dudhope Park Newsletter!

There's been a few things going on in the park over the winter time so this is a little update to what's going on. Don't forget, our annual AGM is on Monday 30th March so please come along!

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**Friends of Dudhope Park AGM - Monday 30th March at 6.30pm, Dudhope Centre St Mary Place. Dundee.**

Come along for an update on the group's activity and how you can get involved. For more information please contact Elaine Pratt on 433444 Email: [elaine.pratt@dundeecity.gov.uk](mailto:elaine.pratt@dundeecity.gov.uk)

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## Gardening Leave Project

Work will be starting shortly on the new "Gardening Leave" project which is being developed on the old bowling green site in the park. The charity will be providing horticultural therapy for veterans in the area. The group has gardens in many parts of Britain including Ayrshire, Erskine, and the Royal Hospital Chelsea and plan to have their latest garden in shape for the opening in June. We were fortunate to have a talk at one of our recent meetings from Gardening Leave explaining the work that they do with war veterans, you can find out more at [www.gardeningleave.org](http://www.gardeningleave.org)

Pictured left: Members of the organisations involved gathered to break the first ground in Dudhope Park.

MAXimising a Community's Potential by Feeling well, Being well and Doing well

**The MAXwell Centre**

**GARDEN CLUB**

Easter Holidays: 6/4/15 – 16/4/15  
Summer Holidays: 6/7/15 – 13/8/15  
(excluding the week beginning 27<sup>th</sup> July)  
October Holidays: 12/10/15 – 22/10/15

Monday-Thursday 10am-3pm

**Booking Essential!**  
Call 01382 802628 or  
Drop into the centre for a permission slip.

## Maxwelltown Information Centre & Every1's Garden.

Maxwelltown Every1's edible garden provides the opportunity to learn how to grow your own food either at home or using our training allotments. Their "Environment Champions" are there to support the community to become more self reliant and to make small changes to their lives leading to big changes in the environment. These include looking at waste and how we can compost, recycle and reuse; as well as the distance required for food to travel and the packaging we could save by growing our own. It has been really successful and hopefully continues to be a great asset to the area.

The people in the centre are wide and varied with regard to age, gender, race, ethnicity, financial status and ability.

We accept everyone as they come and the staff are happy to support you in any way possible. Please drop by and say hello anytime. Mon-Fri 9am-5pm • Tel: 01382 802628 • Email: [maxinfocentre@gmail.com](mailto:maxinfocentre@gmail.com)

## Come and share a meal with us at the Soul Garden Community Kitchen

*A place to eat, a place to chat*

Money, or the lack of it, should be no barrier to getting good food, and sharing should be what community's all about. We believe in solidarity, not just charity, and we hope you do too.

The food is free, but if you enjoy your meal, and would like to leave a tip or a donation, we can use it to feed more people, or ask about volunteering with us. Thank you!

### Dudhope Community Centre

5 St Mary Place (behind the multi at the top of Polepark)

**every Thursday between 11 and 2**

or find us anytime at [facebook.com/soulgardendundee](https://www.facebook.com/soulgardendundee)



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The park has always been a popular place to exercise your dog. Here are some of our regular visitors - Hugo, Bella and Bell can be seen having fun and meeting up with their friends every day, no matter the weather.



## Find us online at:

[friendsofdudhopepark.com](http://friendsofdudhopepark.com)

[facebook.com/friendsofdudhopepark](https://www.facebook.com/friendsofdudhopepark)