

Award leaves organisers feeling 'over the moon'



HEALTH AND WELLBEING AWARD

MANY lifelong habits are made at a young age, which is why the work of the Dundee Fun and Food programme is so important for the development of our kids.

The programme, partly funded through the charity Cash for Kids, aims to provide youngsters living in some of the city's more deprived communities with wholesome meals and fun activities outside of school term time — at no cost.

Since launching in the summer last year, more than 22,000 meals have been dished up for kids in hard-up areas alongside a variety of activity days for them to take part in, alleviating holiday boredom and forging strong community ties.

The programme is set to continue this year, with plans to establish it as a fully fledged charity down the line.

Gillian Kelly, administrator of the Fun and Food Programme, said receiving the award was "so unexpected", adding: "We're

absolutely over the moon. We had very stiff competition. The fact we won is amazing recognition. This is one of the biggest projects of its kind in the UK."

■ THE Dundee International Women's Centre was nominated for the work it does with its members to not only integrate into their communities but also improve families' health.

Many of its users are immigrants who have arrived in the city from other countries and who rely on the support of the centre to improve their prospects in Dundee.

The centre provides general health advice for parents and children, and even ran a two-week health fair in conjunction with the NHS and local community groups.

■ THE Heart Space Yoga & Bodyworks community space in the city centre was nominated for its community-oriented spin on maintaining a healthy lifestyle. As well as hosting paid sessions for private customers, the team of yoga instructors hold free classes for kids and toddlers with additional support needs, as well as low-cost classes for mothers and babies.

Free classes are provided for the Women's Rape and Sexual Assault Centre and the Dundee Association for Mental Health, making use of yoga's positive effects on mental health to their full potential.



Gillian Kelly (top) receiving the Fun and Food Programme's award and (above) representatives from nominees Dundee International Women's Centre (left) and the Heart Space Yoga & Bodyworks community space.



Recognition for cafe volunteers



The Main Street Cafe Volunteers.



GROUPS like the Main Street Cafe Volunteers aren't just recognised for what they do — but also for the inspired impact they have on their communities.

The cafe may have only been running for two years in Coldside Church but in a short space of time it has transformed the lives of many of the customers who pay a visit on Wednesdays and Thursdays every week.

Operating on a "eat what you like, pay what you can" model, the volunteers dish up all manner of delicious homemade soups, paninis, cakes and toasties, and offer up

fresh fruit and veg to take home. Its volunteers work long and hard to keep the cafe going and dish food up without judging, with a smile on their faces, and while dealing with an ever-rising number of customers each day.

Rev Tony Thornthwaite, of Coldside Church, said: "It feels amazing, but the work goes on."

"This would all be impossible without our volunteers, so this is for them."

■ BEAUTIFICATION group Bonnie Dundee was nominated for its efforts to make the city more beautiful with more than 50 planters and thousands of saplings and bulbs in place across the city to help it naturally flourish.

■ THE Dundee International Women's Centre picked up their second nomination this year in this category. The group has 500 members with an emphasis on helping ethnic minority women become more active in their area.

■ SPECTRUM, the after-school, holiday and youth club group for children with autism, was shortlisted for the opportunities it provided for kids and parents who, until the club existed, had few other places to go.

■ THE Brae Riding for the Disabled centre has provided therapeutic horse-riding sessions since 2008, and was nominated for the work its volunteers do to support disabled adults and children.



Members of the Bonnie Dundee group (above) and the Dundee International Women's Centre (left).



Representatives of Community Group of the Year finalists Spectrum (above) and the Brae Riding for the Disabled centre (right).

