



Futures News

February 2024

hillcrest.org.uk/futures



Welcome

Hello and welcome to the first edition of Futures News for 2024.

My name is John Booth, and I am delighted to introduce myself as the new Director of Futures. I feel extremely privileged and honoured to be offered this opportunity to lead the highly regarded and respected Hillcrest Futures.

Having read the articles in this newsletter, I continue to be impressed by everyone's commitment to help the people we support lead better lives. In the coming weeks, I will be looking to visit as many services as I can to introduce myself and meet all of those involved in making such a positive difference to so many.

It has been another busy time for our services and the individuals we support. As you will see in this newsletter, our staff continue to go the extra mile to enable people to live fulfilling lives and create special memories.

Futures News is distributed to a wide range of people throughout Scotland and is your opportunity to let them know what is going on in your service. If you would like to contribute to future editions, please let a member of staff know and they will help you.

For our wonderful staff, do you want the opportunity to showcase the fantastic work you do? If so, then please get in touch with our Communications team by emailing communications@hillcrest.org.uk

Thank you to everyone who has contributed to this edition of Futures News, it is heart-warming to hear of some of the positive work happening in our services.

I hope you enjoy reading this edition.

A handwritten signature in black ink, appearing to read 'John Booth'.

John Booth
Director of Futures



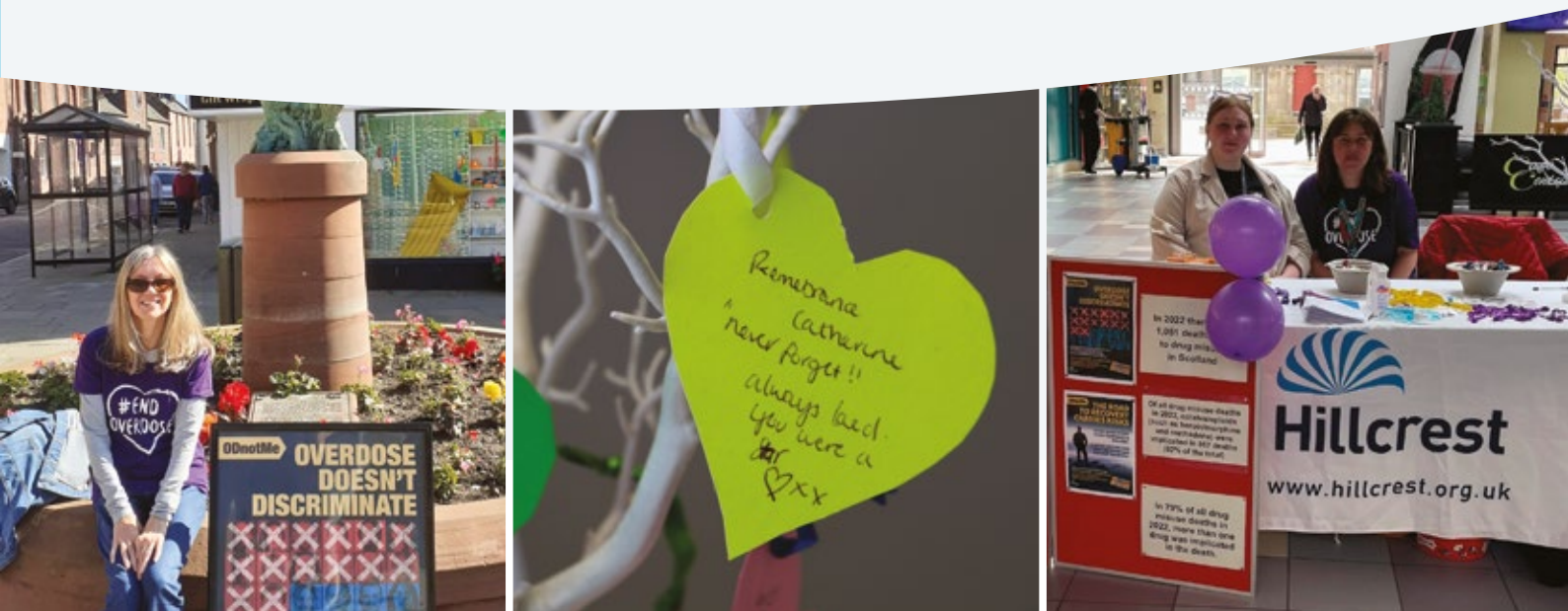
International Overdose Awareness Day 2023

International Overdose Awareness Day (IOAD) is a global event held on 31 August each year.

Its purpose is to raise awareness of overdose, reduce the stigma of drug-related deaths and acknowledge the grief felt by families, friends and communities.

Each year has a different theme, and in 2023 the theme was "recognising people who go unseen" to honour those whose lives have been altered by overdose. This includes families and friends grieving the loss of a loved one, spontaneous first responders who offer their help and workers in healthcare and support services.

To mark IOAD, our drug and alcohol services held several events across Dundee, Angus and Perth and Kinross. These events aimed to help raise awareness of the campaign, remember those who have lost their lives to overdose, and encourage people to carry overdose reversal medications naloxone and nyxoid (nasal spray).



New car day!

Gary from our Millview service in Dundee was delighted to pick up his new motability car last year.

Supported by his support worker Maria, he collected his new Audi A1 from the Dundee Audi garage.

Gary was over the moon with his new car, especially because it is red like his favourite Power Ranger! Gary tested out the driver's seat before he and Maria took his new wheels out for a spin.

Gary is looking forward to having more freedom and can't wait for the adventures to begin.





Team Hillcrest completes the Dundee Kiltwalk 2023

In August, Team Hillcrest completed the Dundee Kiltwalk raising over £10,000 for the Hillcrest Foundation, which helps improve people's lives across the communities we operate in.

The 90-member team comprised of staff from across Hillcrest, people they support, as well as friends and families. The Kiltwalkers had a choice of taking on:

the Mighty Stride
20 miles

starting in St Andrews, or

the Wee Wander
4 miles

from Broughty Ferry, both finishing in Slessor Gardens in Dundee.

Well done to everyone who took part!

Over
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for the Hillcrest
Foundation





A magical evening at the Enchanted Forest

Dan and Gary from our Millview service in Dundee had a wonderful evening when they were supported to visit the Enchanted Forest in Pitlochry.

The pair first went out for tea at The Old Mill Inn in Pitlochry, and Gary was very pleased that they served gluten free wood-fired pizza which was cooked fresh.

Dan and Gary then got a bus to the Enchanted Forest. They both enjoyed exploring and chatting about all the different things they saw and finished the evening by toasting marshmallows over a supervised fire with their support staff. They really enjoyed their trip and can't wait to go again.

Eid celebrations at Pitkerro Court

Fatima from our Pitkerro Court service in Dundee enjoyed celebrating Eid with her keyworker Adam, sister Rahat and other support staff from the service.

The sisters put on their bangles and henna, and wore colourful clothes. They enjoyed a buffet and cake, and received a greetings card from staff. They finished their celebrations by flying a kite in the field next to the service.



Share the Warmth

In November we launched Share the Warmth, a campaign collecting donations of warm winter clothing for people in need.

We received hundreds of donations which have been distributed to people who use our services in Tayside, including people on low incomes, homeless people, individuals in recovery from substance use, as well as those experiencing social isolation.

A huge thank you to everyone who donated and helped to keep people safe and warm this winter.



Alexander Street and Lismore Terrace residents go to Blackpool

Some of our Alexander Street and Lismore Terrace residents enjoyed trips away recently. Michael, Carol, Daniel and Shauna, as well as Aaron, Rebekah and Tania all enjoyed short trips to Blackpool along with their support staff.

Everyone stayed at The Bond Hotel and visited many attractions including the zoo, Blackpool Pleasure Beach, Blackpool Dungeons, Blackpool Tower Circus, and karaoke.

Michael had an extra lucky holiday as he won a teddy in the hotel's raffle and also won 'best fancy dress' where he received a voucher entitling him to a free weekend back at the Bond Hotel.





Making new friends across the Tay

Last year, Rodger and Gary from our Pitkerro Court service in Dundee were supported by their keyworkers to purchase new bikes. Since then they have been on numerous days out cycling around Dundee.

Along with support worker Adam, the pair cycled from their service to the V&A Dundee, and then across the Tay Road Bridge to have lunch on the other side. Whilst there, a man on an electric scooter arrived with a cockatoo on his shoulder and pulled up next to Rodger.

The cockatoo, named Shorty, took a liking to Rodger, and jumped onto his shoulder. Rodger gave Shorty a stroke and fed him some of his bacon roll. Rodger and Gary then cycled back over the bridge and cooled off at the fountains near the Dundee Cycle Hub.

Since they have started their cycling trips, Rodger and Gary have explored many different places around Dundee and have met some very interesting and nice people who they've had great conversations with.





When neighbours become good friends!

Lesley and Margaret are supported by our Milnab Street service in Crieff and have been in their Hillcrest home for a while, sharing happy times chatting with neighbours, exchanging Christmas cards, taking in parcels and helping each other out.

Their neighbour Rita gave Margaret shelter in her home when Margaret had forgotten her front door key and had to wait for staff to let her in! Another neighbour, Iona, offered the ladies the use of her outside table and chairs, enabling Lesley and Margaret time to soak up the sun during the summer.

In appreciation of the kindness shown to them by their neighbours, Lesley and Margaret decided to invite them for a tea party. Lesley set about preparing the invitations, carefully decorating them with some of the flowers from her craft kit. Lesley also made a Victoria sponge cake.

"It was a complete success" Lesley said. Rita said she "really enjoyed time chatting over tea and cake". She commented how happy Lesley and Margaret are each time she meets them.

Iona said she was grateful to be given the opportunity to meet neighbours for a chat, usually, she says "it's a quick wave as everyone goes on their way!"

Lesley and Margaret are now planning a buffet for staff and hope to plan many more events in future.



Recovery Month

Recovery Month takes place every September and is a campaign aiming to increase awareness, challenge stigma and celebrate the success of those in recovery.

Throughout Recovery Month, Hillcrest Futures held several events to mark the occasion. Community Recovery Workers and people in recovery went on a 'recovery walk' at Fiddler's Path in Dunkeld. The group had a great time socialising and enjoying the beautiful scenery.

People supported by our community recovery service visited the V&A Dundee design museum to look around their Tartan exhibition which was extremely enjoyable and educational. The group was then served a hot beverage of their choice and finished the visit by taking in the spectacular views of the Tay and Fife from the museum's balcony.



Night out to GlasGLOW

Shauna and Rebekah from our Alexander Street service attended the GlasGLOW event at Glasgow Botanic Gardens.

The pair enjoyed their journey through on the bus and subway, and were supported throughout their trip by support worker Mitchell. Both Shauna and Rebekah said they really enjoyed seeing all the lights and the Ghostbuster's music.

Afterwards they headed into Glasgow for a meal, before heading back home. Both have said they would love to visit again in the future.





Past Present Futures updates

Past Present Futures, Hillcrest Futures' Broughty Ferry-based charity shop, has had a busy past few months. In July, the shop celebrated its third birthday, and then in October, the shop was thrilled to be featured in The Courier's list of 11 best places to buy pre-loved clothing in Dundee.

As part of their review, they said: "Past Present Futures on Broughty Ferry's Gray Street feels more like a luxury boutique than your average charity shop. The store not only smells amazing (weird observation, but it's true) but offers a great array of clothing." You can view the article on The Courier's website by searching for 'Past Present Futures'.

In the same month, Past Present Futures opened a pop-up shop in Exchange Street, Dundee for two weeks. Shoppers had the opportunity to browse a wide range of items including pre-owned clothes, shoes, accessories and bric-a-brac, with everything priced at just £1. Shop manager, Tricia Perrie explained:

"We were thrilled to take our passion for sustainability to Dundee. Our pop-up offered a shopping experience that's kind to both your purse and the planet. Every purchase helps reduce waste and contributes to a greener future."

Then in November, the shop delighted the local community once more with the return of its annual fashion show, Putting on the Glitz 2, held at the Woodlands Hotel in Broughty Ferry. The event, back by popular demand after the success of its inaugural year, drew over 140 attendees eager to experience an afternoon of fashion, entertainment and fundraising.

The event showcased a range of outfits from the shop's latest donated stock through a runway show of volunteer models. Attendees also had the chance to explore a pop-up shop featuring unique finds from Past Present Futures. The fashion show featured live music from local singer Brooke Coventry, and attendees had the opportunity to win fantastic prizes donated by local businesses in a raffle.

The highlight of the afternoon was not just the celebration of pre-loved fashion but also the spirit of giving. Putting on the Glitz 2 was a charity fundraiser raising £3,203 for Hillcrest Futures.

Past Present Futures is located at 104 Gray Street in Broughty Ferry and is open Monday to Saturday from 10am till 4pm. To find out more, follow them on Facebook by searching @PastPresentFutures.

Edinburgh Resource Hub enjoys festive party at Charteris Centre

Around 20 people from Hillcrest Futures' Edinburgh Resource Hub joined other groups from the local community for a festive lunch at the Charteris Centre recently.

Guests were treated to delicious food and festive decorations in a merry and joyful atmosphere. The Resource Hub would like to thank Barbara, the event organiser, and all the staff at the Charteris Centre who put together such a wonderful event; free, welcoming and inclusive to all members of the local community.



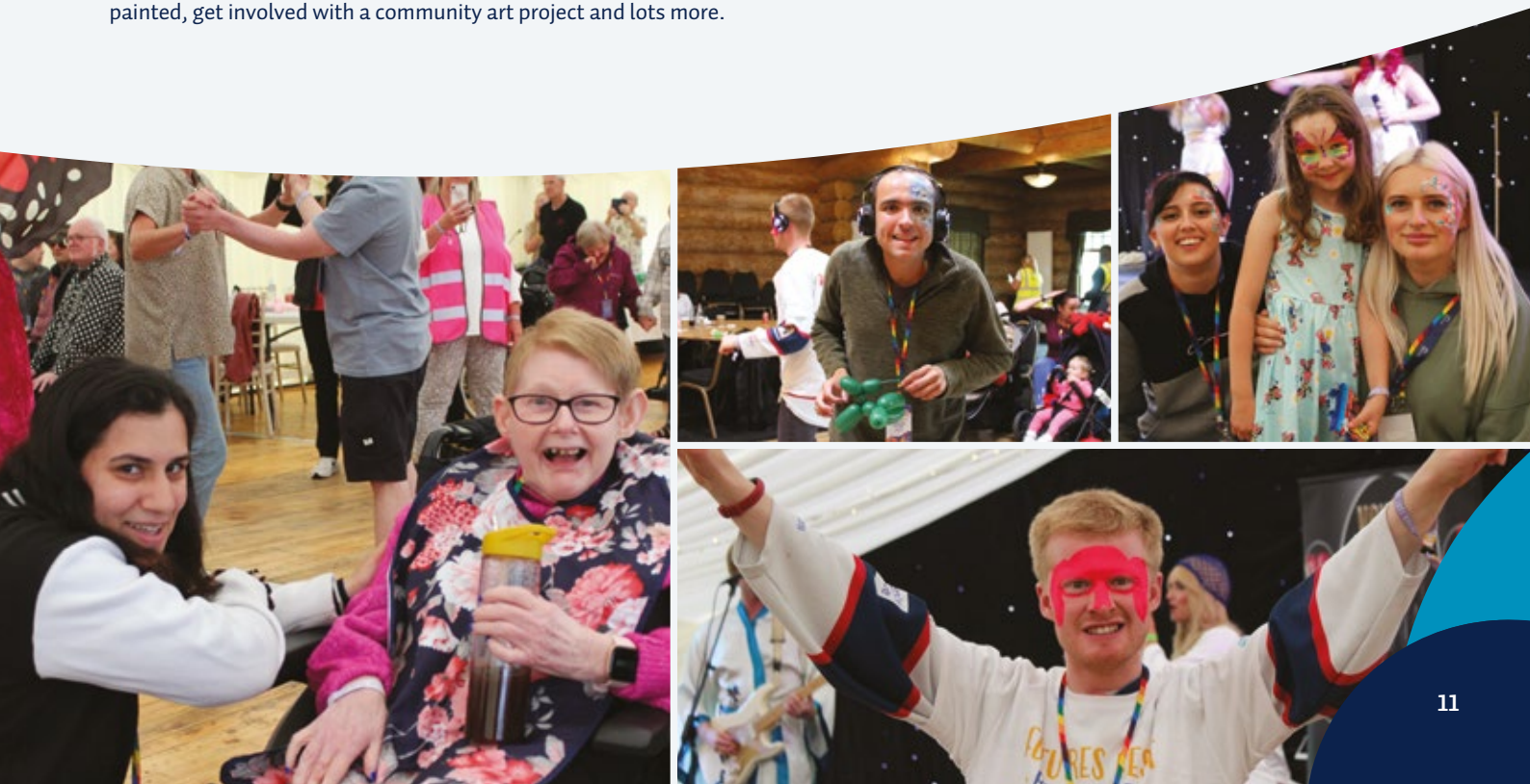
Hillcrest Futures Festival, first of its kind!

Over 300 people supported by and working for Hillcrest Futures experienced Dundee's first all accessible music festival in August.

Angela Linton, Hillcrest chief executive explained: "Over the years staff have supported people to attend some of the well-known Scottish festivals but after a couple of members of staff had the idea to host a festival exclusively for people we support, the idea of Futures Fest was born."

In the beautiful setting of Piperdam, festival goers were not only treated to a range of live music, but had the opportunity to visit a petting zoo, take part in the silent disco, have their face painted, get involved with a community art project and lots more.

Funded by the Hillcrest Foundation, ticket prices were kept to a minimum to allow people attending to purchase the custom-made merchandise available on the day.



Dundee bar receives life-saving overdose awareness training

In a bid to reduce drug-related deaths, Frankie Davie from Hillcrest Futures' Tayside IEP Harm Reduction service delivered training to staff from the Bowbridge Bar in Dundee around overdose awareness and Naloxone administration.

Naloxone is a medication used to temporarily reverse the effects of an accidental opioid overdose. Project worker, Frankie explains:

"During 2023's International Overdose Awareness Day, the Bowbridge Bar staff approached us to request this life-saving training as they had wanted to be able to help in the event of a potential overdose situation. This is a fantastic community response and we would encourage other local bars, cafes, etc to get in touch so we can offer the same life-saving skills to your teams."

"Naloxone now comes in the form of a nasal spray so is even easier and quicker to use in the event of an emergency, and should be an extension of every first aid kit in our communities."

Naloxone training is available to anyone and only takes around one hour to complete. Attendees are taught how to identify the signs and symptoms of an overdose, how Naloxone works and how to administer it.

To request training or more information, please email Fiona, Service Manager for Harm Reduction on fholt@hillcrestfutures.org.uk





Oxgangs Street's rising star: Nelson's Fringe Performance

Nelson from our Oxgangs Street service in Edinburgh performed at the Edinburgh Festival Fringe, the world's largest performance arts festival.

The event Nelson took part in was the Opening Fanfare. He got involved through the charity Tinderbox Collective, which has a community orchestra and recording facilities. Nelson was invited to an open session and they were impressed with his rapping so asked him to perform alongside them at the Fringe.

Nelson had quite short notice, so wrote the lyrics for his part of the performance in the week leading up to the event. The show took place at the Ross Bandstand in Princes Street Gardens where several groups of performers, dancers, choirs and musicians were performing individually before all coming together for a collaborative piece which Nelson took part in. The collaborative piece broke the record for the most performers to ever be on stage at once at the Ross Bandstand. Nelson said:

"I was feeling nervous beforehand as it was the biggest performance I've ever done, but I was grateful for the opportunity and excited to be a part of it. Afterwards my confidence was boosted and it opened my eyes to future possibilities for my rapping."



World Homeless Day

World Homeless Day is a campaign highlighting the issues faced by people without a permanent home in our communities. We contributed to the campaign by sharing testimonials from people who access our homeless support services in Edinburgh.

Trevor* from our Tollcross View supported accommodation service told us how he has overcome challenges in life, and his hopes for the future.

“Hello, my name is Trevor*. I was in prison for 15 years and released in April 2023. I’ve had substance use issues in the past but have thankfully managed to abstain for the past 13 years. I was made homeless after leaving my previous address which was only temporary. I currently volunteer on a boat twice weekly, speaking to people who have had issues with substance use and other issues with their mental health.”

“Living at the Hillcrest Futures homeless service in Tollcross has helped me greatly. The support workers have helped me in areas such as accessing support for my mental health and also debt management. Having this support, even if it’s just someone to talk to is really beneficial. They have also helped me to gain access to foodbanks which has helped me to deal with the cost of living situation.”

“I feel optimistic about my future as I plan to gain some qualifications or take on some work supporting others with the various issues that have occurred in my life, such as homelessness and substance use. I hope to use my knowledge and understanding of these issues to assist others who are going through similar things. I’m glad to have the support of Hillcrest Futures who will help me to achieve these goals.”

*Please note that names have been changed to maintain confidentiality.

To find out more, search for “World Homeless Day” on www.hillcrest.org.uk

Tenpin Bowling Fun!

Hillcrest Futures' Activities Hub's Young People's Group had a brilliant time at the newly opened Tenpin bowling in Dundee recently.

The Activities Hub gives people with support needs access to a wide range of creative and life enhancing workshops and group activities.

Follow their Facebook page to find out more and keep up to date with what they get up to at facebook.com/HFActivitiesHub





Christmas celebrations at our Housing with Care services

Residents from our Sidlaw House, Dickson Avenue, Magdalen Yard Road and Finavon Terrace Housing with Care services throughout Dundee had a wonderful time over the festive season, enjoying Christmas parties arranged by the staff at the services.

The parties consisted of buffets and drinks, party games, entertainment by Tayside musician Paul Sullivan, and gifts from support staff. Our Finavon Terrace service also enjoyed a trip to Dundee's new Tenpin bowling.

Our Housing with Care services support people by enabling them to live independently within sheltered housing sites across Dundee.



Helping people live better lives

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