

Shopping and Prescription Support

Dundee Volunteer and Voluntary Action has now started a voluntary shopping and prescription service, thanks to the wonderful volunteers helping to provide this.

If you would like a volunteer to do your shopping for you, you can arrange this either by completing the form online at: www.getlocalsupport.org or by calling the Dial-OP line, weekdays between 9am and 5pm on 305757.

It has set up an invoicing system to allow you to pay for your shopping after it has been delivered in response to people telling them they were worried about running out of cash at home and having to go out to withdraw money in order for volunteers to do their shopping for them. This is an alternative for the people who are no longer able to pay with cash and hope that this will allow them to continue to get the shopping in that they want without having to leave the house or put themselves at more risk.

DUNDEE VOLUNTEER & VOLUNTARY ACTION



SHOPPING & PRESCRIPTION SUPPORT

Need help to get in your shopping or get a prescription collected? Contact us and we will put you in touch with a volunteer.

**No cash at home to pay for your shopping?
No problem as we have a range of payment options to suit your needs.**

Working with partners and volunteers from **GetLocalSupport.org**; Midlin Day Care; The Food Train; Ferry Time; Camperdown and Lochee Ministry; Royal Voluntary Service and others.

Call Dial OP weekdays 9am - 5pm on 01382 305757 or you can arrange direct at www.getlocalsupport.org



Dundee Volunteer and Voluntary Action is a Registered Charity (No SC000487) and a Company Limited by Guarantee (No SC093088) Registered address: 10 Constitution Road, Dundee DD1 1LL

[Funding opportunity for older peoples' groups](#)

Older People Engaging Needs funding – closing date of Friday 21st February :



Older People Engaging Needs

Funding for
older peoples
groups in their
communities

The OPEN project awards funding to older peoples groups so that they can get tutors for activities that improves older people's health or reduces isolation. Groups have received funding for activities such as:

PHOTOGRAPHY

IT TUITION

PAINTING

TAI CHI

AROMATHERAPY

ZUMBA

If you would like to apply for OPEN funding,
please contact us at **OPEN@dundeecity.gov.uk**
for an application form.

If you need help with the form,
contact the Older Peoples Services
Development Officer on
01382 305745.

This funding is
awarded by
Older People for
Older People.



Boccia Festival – a great event for the over 50s!

From Dundee Voluntary Action :

The Boccia Festival is taking place tomorrow – Monday – between 10.30am and

1.30pm at DISC.

If you have never played Boccia before, come along and have a go! Suitable for beginners. Boccia can be played standing up or sitting down and ramps can be provided if you have a limited strength or range of movement.

Remember, we have OPEN Funded Boccia equipment available for loan to over 55s, so this would be a good opportunity to learn how to use it. We are also keen to start a new Boccia League for interested people.

Individuals and teams of 3 welcome. You can register in advance or just come along on the day, but come along a little earlier so we can get you registered. We need to know your name and age and if you consent to photos.

If you require transport, please get in touch on 305745 first thing tomorrow. Refreshments and lunch provided.

**Free
Fun Day for
+50yrs**

Boccia Festival

Monday 12th August 2019

10.30am - 1.30pm

in Dundee International Sports Centre (DISC),
DD4 7AA

'Come and Try' Sessions

Teams of 3

All welcome

Similar to Boules or Petanque, Boccia is a game of attack and defence where each side tries to score as many points as possible by placing their own coloured balls closest to the jack (white) ball.

Suitable for *all abilities* - you can play standing up or sitting down and can play with the assistance of a ramp if your range of mobility is limited.

Come along and learn to play.

The day will consist of fun challenges to test your skill and finish with some competitive matches.

3 players will form a team on the day. Individuals and organisations welcome.

Individuals will be allocated to a team on the day.



Refreshments provided and transport if required

To book a place or for any queries contact:
Nicola on 01382 305745 or Darren on 01382 436963/
darren.thomson@leisureandculturaldundee.com

leisure & culture DUNDEE

DUNDEE
Third Sector Interface

DVA
Dundee Voluntary Action
Charity Number SC000487
Company Number 02000000

[Dundee Voluntary Action – new website](#)

DVA Dundee Voluntary Action
Supporting • Developing • Connecting

Dundee Voluntary Action has launched a new mobile friendly website you can access [here](#).

Here you will find information about DVA's work and the support services it provides to the third sector in Dundee.

There will soon also be a members' area and an online system for booking rooms and resources at Number Ten, DVA's base at 10 Constitution Road.