

DUNDEE RECOVERY MONTH

SEPTEMBER 2025



Recovery month is an opportunity for us to come together and celebrate people's recovery journeys, challenge stigma and raise awareness of what's out there for people in Dundee.

Throughout September we will be bringing our communities together to foster hope and kindness while building connections and raising both the visibility and accessibility of recovery locally.

For this year's Recovery Month we've got a packed programme of events happening across the city, including RSPB nature workshops developing the recovery garden at the Friary, the Healing Through Craft exhibition at the V&A and many more.



Alongside the many activities being run by groups and services, we have three events looking to bring together as many people as possible to learn, celebrate and build our community together.

On 5th September there will be a celebration of nature and recovery at Douglas Community Centre.

On the 19th Street Soccer will host a family gala day at the Change Centre.

On the 26th people will be sharing their recovery journeys and stories at the Steeple Church in the city centre.

We hope to see as many people as possible at these events and look forward to seeing you there.



EVENTS & ACTIVITIES

Every Monday and Wednesday 10am-1pm

The Centre on South Ward Road

Remembrance conversation cafe with
remembrance tree and minute's silence with
Hillcrest Futures

Monday 1st, 8th, 15th, 22nd 10.30am-12.30pm

DVVA, 10 Constitution Road

Preparing for employment with Access To
Industry

Opening Tuesday 2nd

V&A Dundee

Healing Through Craft exhibition by Dundee
Community Craft with local community groups

Thursday 4th 10am-12pm

The Friary, Tullideph Road

Mini-biobliz plants workshop with RSPB

Thursday 4th 1pm-3pm

The Friary, Tullideph Road

Mini-biobliz insects workshop with RSPB



Friday 5th 11am-3pm

Douglas Community Centre, Balmoral Avenue
Nature Recovery Day with East End
Empowerment Team and others

Friday 5th 1pm-4pm

Boots Hub, Albert Street
Games Day with Withyou

Thursday 11th 1.30pm-3.30pm

The Friary, Tullideph Road
Artist Workshop - Poetry and Place with RSPB

Friday 12th 1pm-4pm

Boots Hub, Albert Street
Coffee and Catch Up with Withyou

Friday 12th 2pm

Meet at The Centre, South Ward Road
Remembrance walk to the law with Hillcrest
Futures

Thursday 18th 11am

Meet at Hilltown Community Centre
Walk up the law with Dundee Recovery Network



Thursday 18th 1.30pm-3.30pm

The Friary, Tullideph Road

Artist Workshop - Poetry and Place with RSPB

Thursday 18th 2pm-7pm

Meet at The Centre, South Ward Road

Family and Friends Open Day with Hillcrest
Futures

Friday 19th 11am-3pm

The Change Centre, South Road

Families Gala Day with Street Soccer and
others

Tuesday 23rd 9.30am

Meet at The Centre, South Ward Road

Women's group remembrance visit to Edinburgh
with Hillcrest Futures

Thursday 25th 1.30pm-3.30pm

The Friary, Tullideph Road

Artist Workshop - Poetry sharing with RSPB

Thursday 25th 6pm-8pm

Just Bee, Meadowside St Paul's Church,

Dryve Night



Friday 26th 10am

Meet at The Centre, South Ward Road
Riverside to Ferry remembrance walk with
Hillcrest Futures

Friday 26th 11am-3pm

The Steeple, Nethergate
Recovery journeys and how to tell your story
with Parish Nursing and others

Friday 26th 1pm-4pm

Meet at Boots Hub, Albert Street
Walk and talk round Baxter Park with Withyou

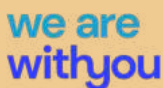
Saturday 27th 11am

King's Park, Stirling
National Recovery Walk

A huge thank you to lindabeedrawsdundee for
letting us use their art for this flyer.



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