

Our futures



Puzzle Corner

Grab a pen and have a go!

NEW!

Moments to celebrate

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Hillcrest
Futures

Welcome

Hello and welcome to the newly refreshed Spring edition of Our Futures.

Thank you to everyone who took the time to complete last year's survey about the newsletter's content and structure. Your feedback has been invaluable. In response, our Communications & Marketing team has introduced a new look and updated format to ensure Our Futures better reflects what you want to see.

One of the changes is the name. We have moved from Futures News to Our Futures to highlight that this is a newsletter shaped by voices from across Hillcrest Futures. Our aim is to create something that feels more connected, collaborative, and reflective of the people who make our work possible.

You'll now find a wider range of stories from across our services, along with fun and uplifting updates from both staff and the people we support. We're also excited to introduce a brand-new interactive section featuring puzzles and brain teasers for you to enjoy.

I'm delighted to share that Kelly Millar, support worker at our Finavon Terrace service, and Michael Smith, who is supported by our Lismore Terrace service, were the lucky winners of our survey prize draw, each receiving a £50 voucher.

Our Futures is shared widely across Scotland and gives us a great opportunity to celebrate the positive work happening throughout our services.

If you would like to contribute to a future edition, please speak to a member of staff who will be happy to help. And to our brilliant colleagues - if you'd like to showcase the fantastic work you do, we'd love to hear from you. You can contact the Communications & Marketing team at communications@hillcrest.org.uk.

A heartfelt thank you to everyone who contributed to this edition. It's inspiring to hear about the amazing things happening across our organisation.

I hope you enjoy reading this issue.



John Booth
Director of Hillcrest Futures



Moments to celebrate



Jim turns **70 years young!**

Jim, who has been supported at our An Cala service for many years, recently celebrated turning 70 years young, marking the occasion with his family and others supported by our service.

He's been part of the An Cala community since the building first opened in 1999 - a place made even more meaningful by the fact that his parents played a key role in fundraising for its creation.

Family remains an important part of Jim's life. His parents, Esther and Arthur, were central figures in his journey, and his cousin Norma, who holds a very special place in his heart, visits regularly to take him out for lunch.



Happy 50th Birthday Morgan!

Morgan, who's supported by our Orchard Way service in Montrose, recently hit a huge milestone - his 50th birthday - and marked it in serious style with a five day London adventure.

The celebrations kicked off aboard the Caledonian Sleeper, where the crew pulled out all the stops with complimentary food, drinks, and even some special goodies just for him. Once in the capital, Morgan wasted no time diving into the fun. He soaked up the energy of Notting Hill Carnival, explored the Transport Museum, visited the Cenotaph and Downing Street, admired Buckingham Palace, and even enjoyed a scenic cruise along the Thames.

He still found time for not one but two West End shows, both instant favourites. But the true highlight of the trip? The buses. Morgan loved spotting them, riding them, and, best of all, getting to sit in the driver's seat.

For a lifelong bus enthusiast, it was the perfect birthday treat.



Hillcrest Futures staff play key role in award-winning substance use support service

Congratulations to the Dundee General Practice Substance Use Team, who have won the Management of Substance Dependency Award at the Scottish Healthcare Awards.

Hillcrest Futures is proud to be a core partner in the service, with Teresa Flynn, Melissa Carlyle and Les Fitchie from our Dundee Community Recovery Team working alongside GPs and a specialist nurse to deliver person-centred support within primary care.

The model has helped reduce stigma, boost patient engagement, lower reliance on opioid substitution therapy, and support people into employment. The team provides regular GP appointments, health checks, same day prescribing, community pharmacy injections, on-call key worker support and home visits.

Thanks to its success, the service will soon expand with an additional Hillcrest Futures practitioner.



Dundee Community Recovery Team celebrates peer mentor training success

Peer workers from Hillcrest Futures' Dundee Community Recovery Team have recently completed our in-house Peer Drug and Alcohol Mentoring Programme, showing real dedication, resilience, and a strong commitment to supporting others in recovery.

Throughout the programme, they developed practical mentoring skills, explored professional boundaries, reflected on their lived experience, and grew in confidence as peer led supporters. They fully engaged in discussions, hands-on activities, and reflective practice, gaining the tools to offer compassionate and effective peer support. Well done to everyone involved.





Working together to save lives through overdose awareness training

Staff and volunteers from our Dundee Adult Drug & Alcohol services have recently completed overdose awareness training, delivered as part of a peer-led naloxone initiative in partnership with the Scottish Drugs Forum (SDF).

The session covered how to recognise the signs of an overdose and how to safely administer naloxone, a medication that can temporarily reverse the effects of an opioid overdose and save a life.

The training was led by Emir Taha, a former Hillcrest peer support worker who is now a Training and Development Officer with SDF. Emir is now teaching the very same skills he first learned when he joined us as a peer in 2021 - skills that supported his development and helped him progress into the role he holds today.

Voices of Hillcrest Futures



A fresh start thanks to Hillcrest Futures' Enabling Fund

The Hillcrest Futures Enabling Fund offers small grants that help people supported by Hillcrest Futures access essential items or opportunities that improve daily life.

It's designed to ease financial pressure for those facing disability, mental health challenges, or social isolation, giving people the chance to feel more settled, independent and supported.

One of our Enabling Fund recipients recently shared their experience:

"I've just moved into my new home, and with support from the Dundee Outreach service, an application was made to the Hillcrest Futures Enabling Fund on my behalf. I was awarded £200 to help me buy essential items for my house. Being able to choose things for my new home made such a difference, and I was over the moon with what I picked. What meant the most was knowing that people had thought about me and wanted to help. That kindness really touched me and made settling in so much easier."



How homelessness has affected me by PM

In September 2025, I found myself homeless after a relationship breakdown. I was referred to the North Grimsby service in Arbroath and was accepted. I did not expect to become homeless at my age (66 at the time), but my relationship did not work anymore and I had to leave.

The staff at North Grimsby are fantastic. They made me feel very welcome and helped me with everything I needed help with. They always make time for a cuppy and a chat, and reassure me that I'm doing well, especially on days when I'm not feeling great.

I have several health issues and my mobility isn't the greatest. Staff arranged occupational therapy (OT) equipment for me so I'm safe in my flat. That really meant a lot to me.

I really can't thank staff enough. I will always be grateful for everything they do. At times I still struggle being on my own but I'm getting used to it and I know staff will be here to help whenever I need it.

Share your voice!



We would love to hear from you for our next newsletter. This section is a space for people we support to share their thoughts, experiences and creativity.

You might like to send us an update about something you have achieved, a short quote, a poem, a drawing, or even a short story. If you would like to contribute, please let your support worker know.

NEWS

from our services

Activities Hub Highlights

The last six months have been full of activity at our Activities Hub in Dundee.

With project workers Niamh and Chantelle joining Janet, they've added new groups including Cooking, Baking, Arts & Crafts, Sing Along and Movie Club - all already well loved.

Their regular sessions are going strong too: Boccia, Cuppa & Bingo, Drumming, Dance Group, Gardening, Freestyle Wednesday and the newly renamed Hands Together Group (previously known as the Young People Group). The Hub has been buzzing with music, laughter, bingo calls and the smell of fresh baking.

They have also enjoyed some great events including the Glow Talent Show, Halloween party and Christmas disco, with everyone showing off their dance moves.

The team is excited for the months ahead and looks forward to welcoming new faces.



NEW supported homes in Crieff

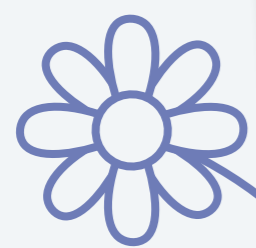
A long and challenging journey has finally reached a happy ending at our Crieff services.

After months of planning, building and teamwork, nine new supported accommodation homes were completed, and the residents have now been happily settled in for a few months.

The story began back in 2021, when the people supported by our Milnab Street service had to leave their homes late at night because a nearby chimney was close to collapsing.

Work then began on creating brand new, safe and comfortable homes. These new homes include accessible features, a secure courtyard, and space for staff to provide support at all times. Residents chose their own carpets and a feature wall colour to personalise their homes.

Now, a few months on, everyone has settled in well. The houses are being enjoyed as warm, safe and welcoming places to live, and those who live there are delighted to finally have a permanent home.



Spotlight on:

Dundee Outreach

Dundee Outreach is a care at home and housing support service for people with complex alcohol and drug related issues.



How we support people:

We support people in their own homes with tasks such as

- > Personal care
- > Emotional support
- > Nutrition and meals
- > Medication support
- > Household tasks

The service is provided with 2 to 1 staffing, ensuring people get the level of support they need.

From the Service Manager

Service Manager Mel Doig said:

"My team always goes the extra mile for the people we support and are often faced with very stressful situations. I'm proud of the hands-on care and dedication they give to make sure people are treated with dignity and supported to live their life."

Feedback from people we support

"Your team are fantastic, they have helped me so much."

Katie's new car



Katie from our Millview Service had an exciting day when she visited Barnetts Toyota in Dundee with her keyworker, Danielle, to collect her brand-new Motability car.

This is a huge milestone for her, and it will give her even more independence in her day-to-day life. She can now sit up front, enjoy the journey and fully embrace her role as a passenger princess.

A big thank-you goes to Nathan at Barnetts Toyota for helping Katie choose the perfect car and for making the experience extra special with a beautiful bouquet of flowers and a pack of Diet Coke to celebrate.

Katie's new car will open up lots of opportunities for her to get out and about, explore Scotland and create many new memories.



The difference

our funds are making

In 2025, Christmas looked different across Hillcrest Futures thanks to a

£10,000 award from the Hillcrest Foundation.

Around 800 people across more than 40 services received support through Christmas gifts, meals and activities. Funding was used to provide personalised presents, gift hampers, vouchers, warm clothing and essential toiletries. Many services organised festive meals and parties, helping people come together over Christmas and New Year. For many, these gifts and meals were the only ones they received.

Alongside this seasonal support, Hillcrest Futures' Enabling Fund and Service Improvement Fund continue to provide practical help throughout the year. The funds are generated from a percentage of profits from our charity shop, Past Present Futures.

Grants of up to £250 for individuals and £300 for service improvements have funded a wide range of items and activities including beds and furniture, clothing, study equipment, art materials to support wellbeing, community trips, group activities and improvements to shared spaces.

Grants of up to

£250

for individuals

+£300

for service improvements

Supporting

800

people

Across

40+

services



Celebrating style, community and sustainable shopping



Community donations create **free boutique for women in Leith**

Our Lauriston in Leith service has opened a free clothing boutique for women living in supported accommodation, thanks to amazing generosity from the local community.

After staff posted a request for donations on the I Love Leith Facebook group, more than 100 people responded, offering clothes, accessories and even clothing rails. An unused cupboard at the service has now been transformed into The Scorpio Boutique, a name chosen by the women themselves.

The boutique gives women who have experienced homelessness the chance to choose clothes in a private, welcoming space. Many arrive with very few belongings, so having access to good quality clothing makes a big difference. Staff say the boutique has boosted confidence and created a positive, dignified experience for the women who use it.



Past Present Futures

Many of you will already know our charity shop, Past Present Futures, based at 104 Gray Street in Broughty Ferry. For those who have not visited recently, it is well worth a look.

Past Present Futures offers a wide range of good quality pre-loved clothing and accessories, along with a selection of unique and vintage pieces. The shop plays an important role in supporting the work of Hillcrest Futures, with income helping to fund services and create more opportunities for the people we support.

There are lots of ways you can get involved – you can shop with us, donate good quality items, spread the word to friends and family, or follow and share our social media posts. Every action helps raise awareness and strengthen the impact of the shop.

Catwalk for a Cause

In November 2025, we were proud to host our Catwalk for a Cause fashion show. The event raised nearly

£19,000

to support services across Hillcrest Futures.

It was an afternoon that brought together staff, the people we support, families, partners and members of the local community.

A highlight of the day was seeing individuals supported by Hillcrest Futures take to the runway. Their confidence and enthusiasm reflected the positive outcomes that our services help to achieve. Guests enjoyed a charity auction, raffle and the opportunity to shop exclusive pieces from Past Present Futures.

Thank you to everyone who attended, volunteered, sponsored, donated or helped organise the event.



Looking ahead

Planning is already underway for our next fashion show, which will take place later this year. We look forward to sharing more details soon and hope you will join us again to celebrate the work we do together.

Follow Past Present Futures on social media to keep up with the latest news and updates.

@PastPresentFutures

@PPFBoutiqueBF

STRIVE

supporting young people to feel heard and strong

STRIVE is a partnership between Hillcrest Futures and The Corner Dundee supporting young people aged 12–21 in Dundee with their mental health and wellbeing, including those affected by substance use. They work alongside families too, helping everyone feel more informed, confident and supported.

STRIVE has recently refreshed its resources to make sessions more engaging and accessible. The team has visited schools and community events, using games, sensory items and positive messages to connect with young people. Breathing necklaces support young people who want to reduce or stop vaping or smoking by encouraging calm, controlled breathing. Fidget rings help with focus, stress and emotional regulation. Colouring books and journals promote self-care and positive coping skills. These small tools can make a big difference.



There is exciting news for families too. A STRIVE team member has completed SMART Recovery Family and Friends and SMART Facilitator training. The aim is to develop a new support group for families and friends of young people affected by substance use.

Finally, a big thank you to Lee's Tees and Keys in Dundee, who kindly offered STRIVE discounted branded hoodies for staff after learning more about the service and its partnership with NHS Tayside. The new hoodies help promote STRIVE and the support available for young people across Dundee.



New Student Support POOL LEAGUE

Our Student Support service provides tailored support to students with additional needs, including learning disabilities, autism or mental health challenges, to fully access further and higher education.

This includes practical help with travel, organisation, meeting deadlines, communications and building social connections.

After settling into their new Semester 2 timetables, students have been on the lookout for fun ways to make the most of their lunch breaks. Stepping up to the challenge, Rhys and Adyan have launched a mini pool league – bringing people together, sparking friendly competition, and helping to build positive friendships across the group.



Rangers star helps make a birthday wish come true

A big thank you to Rangers FC player Lyall Cameron for stopping by our Tullideph Outreach office to sign a Rangers top for Douglas' birthday.

Douglas receives support from our Tullideph learning disability service in Dundee, and support worker Ellie went out of her way to make this surprise happen.

This is just one example of the care and commitment our Hillcrest Futures teams bring to the people they support every day to help make special memories.

Bowling fun for Didi and Dylan

Didi and Dylan from Birkdale Service brightened up a miserable Tuesday with a trip to the bowling alley.

They both enjoyed some friendly competition with staff, and Dylan got second place!



Scottish rugby players officially open The Beacon

Scottish Rugby players Matt and Zander Fagerson officially opened The Beacon in November last year.

The event, held during Men's Mental Health Awareness Month, highlighted the importance of breaking down stigma and encouraging men to talk openly about their wellbeing.

The brothers spoke about the power of support, reminding attendees that mental health affects everyone and that open conversations can make a real difference. They were joined by representatives from Angus Council, Angus Health and Social Care Partnership, and Hillcrest Futures for the ribbon-cutting ceremony.

Since opening in April 2025, The Beacon - Angus's Community Wellbeing Centre in Arbroath - has

supported more than 780 people through over 4,000 sessions.

Open daily from 12 noon to midnight, it offers compassionate, person-centred support for anyone aged 16+ experiencing emotional distress. Support is available in person, by phone, text, email, or social media.



The Beacon



WE'RE OPEN!




Contact The Beacon

The Beacon is located at Kirk Square, Arbroath, DD11 1DX, and you can call 0800 135 7899 or text 07418 632 399.

Follow The Beacon on social media to find out more:

 @TheBeaconAngus

 @TheBeaconAngus

Strengthening connections at Tayside IEP

Over the past few months, our Tayside Injecting Equipment Provision (IEP) team in Dundee has been spending more time in the community, finding simple ways to connect with people and offer support.

Alongside their regular clinics, the team has been having open, friendly conversations with anyone who comes through the door. Even if someone is not using the service themselves, there is usually something we can offer, such as naloxone training, a food bank referral, welfare support or a link to an NHS specialist nurse.

Spending time at the recovery cafe at The Centre in South Ward Road has been another important step. Being a familiar face makes it easier for people to come to us when they are ready. Through these conversations, we have been able to help people get essentials like clean underwear, period products, toiletries and warm clothing, as well as support around homelessness and other services.

Thanks to donations, including new women's underwear from charity Let's Get Our Knickers in a Twist, the team keeps a small supply of items to hand out when needed. Many have already been gratefully received.

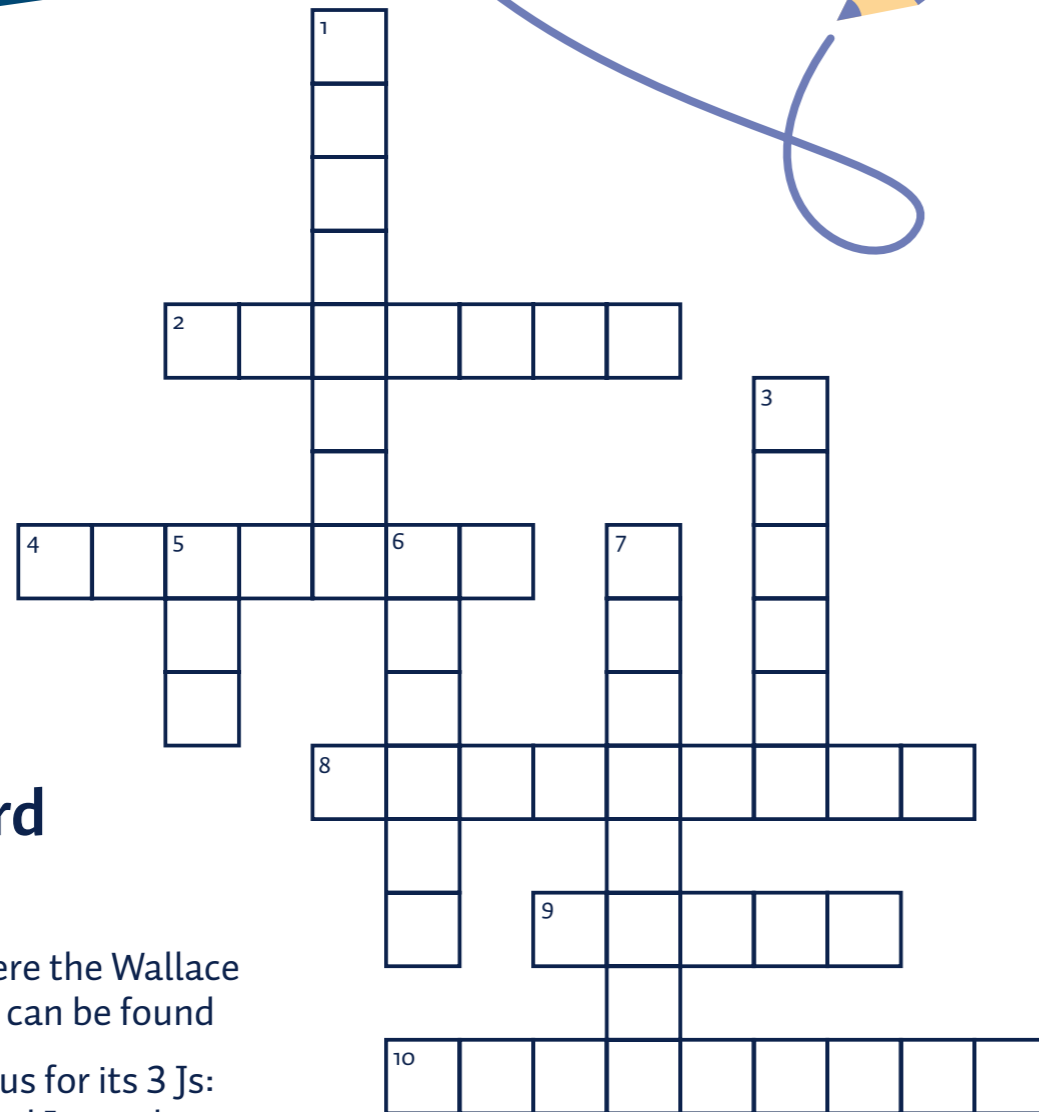
Feedback has been very positive, with one woman saying:

"I think this is a great idea! Especially for young women as everything is so expensive today."



Puzzle corner

Take a break and give your brain a workout in our Puzzle Corner! Grab a pen, have a go and see how many you can solve.



Crossword

Down:

1. A town where the Wallace Monument can be found
3. A city famous for its 3 Js: Jam, Jute and Journalism
5. The birthplace of Scotland's national poet
6. An island famous for its prehistoric village
7. Scotland's oil and gas capital

Across:

2. A borders town known for Rugby Sevens
4. Scotland's biggest city
8. Where a mythical monster lives in a loch
9. Scotland's 'fair' city
10. Scotland's capital city

Word Search

Y S V V D B F L O R C H A R D W A Y S J
 P I T K E R R O C O U R T T Z U B H A F
 B A E Y C Z D O O C O T P A R K B C N Q
 L C N F Z B I R K D A L E W Z T A T G Y
 O H A G D S Q E A K P V F P O N Q Z U A
 N K Q P U U I N N E O L M L K X K P S W
 G Z C R E S K L A X N N L M S H V N O W
 F N L R W L H J V S M C V Q L I M C U K
 I C V N V S M O C E R A Y H Y K A N T M
 E U K F I S K K M O R S N B V C R G R E
 L F K O F B U A S E Y W A Q H L T J E L
 D U Q R V Q I S T R C Z A U N E I U A C
 D E S Q B A V H I N H A Q Y N K N H C P
 R Q X R O I J B N W I G R V S Y G A H M
 I K A X E Q L B F X R A R E R C A C Y P
 V X Y W J P J W O H X D G J T N L Z N E
 E W L G L I E P Y S L E X X L E E S Q Z
 D B M N N O Y U N O R T H G R I M S B Y
 X B R U N T S F I E L D K D B O J E Q I
 Q S T U D E N T S U P P O R T K C M E A

Words to find:

- ANGUS HOMECARE
- ANGUS OUTREACH
- BIRKDALE
- BRUNTSFIELD
- DOOCOT PARK
- LONGFIELD DRIVE
- MARTINGALE
- NORTH GRIMSBY
- ORCHARD WAY
- PITKERRO COURT
- SILVERWAY
- STUDENT SUPPORT
- TOLLCROSS VIEW

Sudoku

			7		6			
8		3	9	4				5
5	7	6			2			
6		9	2		7	3		8
	1	7		3		4		
3	8				9			2
		4			8			9
9	5						4	
					4	5		1

Want to check your answers?

Email us at:

communications@hillcrest.org.uk
 and we'll be happy to send them to you.



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