Autumn 2026

Our futures



Puzzle Corner

Grab a pen and have a go!

Moments to
celebrate
Page 03



Voices
of Hillcrest Futures
Page 06

NEWS
from our services
Page 07

Hillcrest Futures

hillcrest.org.uk/hillcrest-futures

Welcome

Hello and welcome to the Autumn edition of Our Futures.

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

This edition highlights some fantastic examples of people achieving their goals, supporting one another and making a positive impact in their communities. I was particularly pleased to read about Diane's fundraising success at Tullideph, the Summer Adventure Programme helping young people build confidence and friendships, and the many activities taking place across our services to promote recovery, wellbeing and inclusion.

From gardening projects and community fundraising to celebrations of recovery and personal achievements, these stories show the difference that can be made when people are given opportunities to thrive and be part of supportive communities.

I hope you enjoy reading this issue.

John Booth
Director of Hillcrest Futures



Easyfundraising: Raise money for Hillcrest Futures while you shop

Did you know you can support Hillcrest Futures every time you shop online, at no extra cost to you?

By signing up to Easyfundraising and choosing Hillcrest Futures as your cause, thousands of retailers will make a small donation whenever you make a purchase. Whether you're booking a holiday, buying groceries or shopping for gifts, those donations quickly add up and help us continue supporting people and communities across Scotland.

Simply scan the QR code to get started. Thank you for helping make a difference!

Spread the word! Share Easyfundraising with friends and family and help raise even more funds for Hillcrest Futures.

Moments to celebrate

A bumper crop
for our green fingered gardeners!

The Gardening Group at our Dundee Activities Hub celebrated their biggest carrot harvest ever this summer.

After planting two varieties of carrots in April, the group spent months watering, weeding and caring for the crop. To help keep pests away naturally, they used companion planting by growing chives alongside the carrots. Just three months later, they enjoyed a fantastic harvest, with plenty to share with family and friends.

Their success was down to teamwork, patience and regular care, resulting in a healthy crop and a gardening achievement to be proud of.



Here's what our green fingered gardeners enjoyed most:



The Portman Street potters

Thanks to funding from Glasgow City Council's Let's Grow Together Fund, people supported by our Portman Street homelessness service have created a thriving garden, growing tomatoes and courgettes.

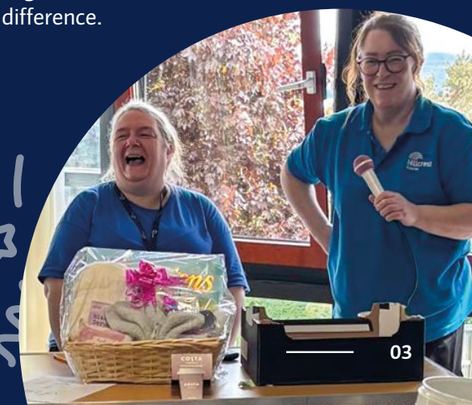
One particularly impressive courgette was even turned into a homemade lemon drizzle cake. The project has helped people build confidence, learn new skills and enjoy the rewards of their hard work.

Dickson Avenue fundraiser brings *community together*

Tenants, families and staff at our Dickson Avenue Housing with Care service in Dundee came together for a successful fundraising event featuring a pop-up clothes shop, cake stall, raffle and refreshments.

The event raised an impressive £253, which will go towards a new TV and DVD player to support future social activities and entertainment within the service.

It's fantastic to see such a strong community spirit at Dickson Avenue, with everyone working together to make a positive difference.



Awards and accreditations!

Student support service achieves

autism specialist

award re-accreditation

Our Student Support Service, which supports students across Dundee, Angus and Perth, has been re-accredited with the National Autistic Society's Autism Specialist Award.

The service provides tailored, person-centred support to help students build independence, improve wellbeing and achieve positive outcomes in higher education. The re-accreditation recognises the team's ongoing commitment to high-quality, autism-informed support.

Congratulations to everyone involved in this fantastic achievement!





Orchard Way

achieves autism accreditation

Following an assessment carried out earlier this year, our service at Orchard Way in Hillside near Montrose was awarded Accredited status, showing that the service meets recognised standards for supporting autistic people.

The accreditation recognises the work of the team in providing person-centred support, helping people build independence, and creating a calm and supportive environment. It also highlights the service's focus on communication, wellbeing and meaningful day-to-day activities.

Well done team!



Tullideph residents raise funds with

Tay Bridge walk

People supported by our Tullideph service in Dundee raised more than £247 through a sponsored walk across the Tay Road Bridge in June.

The challenge was organised by George Ward, who is supported by the service, and was joined by others from Tullideph. The funds raised, together with support from Hillcrest Futures' Enabling Fund, went towards a Scotland-themed celebration featuring a barbecue, games, ice cream and live music.

The event highlighted the enthusiasm and community spirit of everyone involved, while raising funds for future activities at the service. Ivor Lawson, who is also supported at Tullideph and has a keen interest in photography, captured some great moments.

Supporting the community

through *reuse*

As part of the refurbishment of Hillcrest Futures' former Milnab Street service in Crieff, surplus furniture, appliances and household items were redistributed to local charities, community groups and families instead of being sent to landfill.

More than £13,000 worth of items found new homes through local reuse networks. This included an assisted bed for a family with a disabled daughter and a kitchen that was repurposed for a pottery shed after the original was damaged in a storm.

The initiative reduced waste, saved disposal costs and provided practical support to people across the local community.

"I am absolutely delighted to receive the kitchen and shelving for my pottery shed. It's exactly what I needed and will be put to very good use. I am also pleased that it has saved the items from going into landfill." - Elaine





Voices
of Hillcrest Futures



From idea to impact: Diane raises £440 for Tullideph

A prize bingo event organised by Diane Dempsey, who is supported by Hillcrest Futures' Tullideph service in Dundee, raised an impressive £440 for the service's activities fund.

Recently elected as Tullideph's Fundraising Champion, Diane developed the idea through the service's committee meetings and worked with staff to bring the event to life. Around 50 people attended, including friends, family members and people supported by other services. The money raised will help fund future activities and outings for people supported at Tullideph.

"When I was younger, my mum and dad used to take us to Mecca Bingo in town and it was always something I enjoyed. Those memories inspired me to organise this event.

I wanted to raise money so that people at Tullideph can enjoy activities together and build relationships within the service.

It was amazing to see the event come to life. I received lots of positive comments, it was a big 'wow' moment for me. My favourite part of the day was seeing everybody enjoying themselves and feeling happy.

When I found out we had raised £440, it felt awesome and was a real privilege."

Diane



Robbie serves up success at Edinburgh College

Robbie Jenkins, who has lived at Hillcrest Futures' Tollcross View in Edinburgh for the past six years, has successfully completed an Introduction to Catering and Hospitality course at Edinburgh College.

The six-month course helped Robbie develop new skills, grow in confidence and gain valuable experience in the kitchen. Robbie was also named runner-up for Student of the Year, recognising the positive contribution he made throughout the course. He is now working with his key worker to explore part-time opportunities in catering.

"The thing I enjoyed most about the course was meeting new people and learning to cook better. I learned new life skills, including kitchen hygiene and how to prepare food safely.

Going to college four days a week gave me structure and routine, which really helped my mental health.

Being named runner-up for Student of the Year made me feel good. It showed me that people appreciated what I had done and recognised my leadership skills.

I'd like to work part-time in a kitchen and I'm looking forward to meeting new people in a new workplace. My key worker is helping me look for opportunities at the moment."

Robbie

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

Holidays and days out!

David's trip to Edinburgh for the Military Tattoo

David, who is supported by our Houston Court service in Cupar, enjoyed a two-night break centred around his annual visit to the Edinburgh Military Tattoo.

The trip included a ride on his favourite bus, a visit to Pittencrieff Park to see the peacocks, and a stop in South Queensferry to watch the Burryman Procession before heading to Edinburgh Castle for the Tattoo.

Having attended the first Saturday performance for more than 10 years, the Tattoo remains a highlight of David's year. He had a fantastic time and is already looking forward to next year's visit.







Shauna enjoys a sunshine break in Gran Canaria

Shauna, who is supported by our Alexander Street service in Dundee, enjoyed a fantastic holiday to Gran Canaria with support workers Gwen and Maddie.

She spent her time relaxing by the pool, meeting her favourite Disney character Stitch, and taking part in activities including mini golf and a comedy drag show, which was one of the highlights of the trip.

To top it all off, the hotel upgraded her room on arrival, making the holiday even more special. Shauna enjoyed the experience so much that she hopes to see the performers again when they tour the UK.



READY, SET, *RACE!*

Tullideph Enjoys Go-Karting Adventure!

Some of the people at our Tullideph service enjoyed an action-packed day at TeamSport Dundee, taking part in an exciting go-karting experience.

With guidance and encouragement from the TeamSport staff, everyone had the opportunity to race safely and confidently. Others came along to cheer from the sidelines, helping to create a fun and supportive atmosphere throughout the day.

A special congratulations goes to George, who sped to a well-deserved first-place finish!

A fun trip to explore

Dynamic Earth

People supported by Hillcrest Futures' Kinloss Park and Houston Court services in Cupar recently took a day trip to Edinburgh to explore Dynamic Earth.

The group started the day with a packed lunch before taking in the spectacular new eclipse show in the planetarium. Afterwards, everyone explored the interactive exhibits, discovering their favourite parts of the attraction.

Before heading home, the group enjoyed tea and cake in the café, where the Dynamic Earth staff made them feel especially welcome. It was a fantastic day out, with plenty of fun, learning and laughter for everyone involved.





A mini-break for

Kathleen

Kathleen from our Millview service in Dundee recently enjoyed a relaxing cabin getaway with staff.

During her trip, she spent time unwinding in the hot tub and enjoyed a lovely visit to the zoo.

Kathleen particularly loved the hot tub experience and had a fantastic time trying new things and making special memories.



Tea, sandwiches and a trip

along the canal

Six people supported by Hillcrest Futures' Tollcross View service in Edinburgh recently enjoyed a memorable canal boat trip to Ratho.

Before setting sail, the group made their own sandwiches and then relaxed with tea and coffee provided on board. During the 90-minute cruise, they spotted kayakers, admired the scenery and even discovered a wooden crocodile along the canal route.

The trip was supported by staff members Ria Iyer and Unmisha George and organised by Seagull Trust Cruises, a charity that provides free canal cruising experiences for disabled, older and/or disadvantaged people across Scotland.

Everyone had a fantastic day and thoroughly enjoyed their time on the water.



"It was nice to spend time and do stuff with the other guys outside of the project. I enjoyed seeing different parts of Edinburgh that you don't get to see when you're in the centre of the city. "

George

"It was nice to get out for the day, and the staff were there to give us support. The Seagull Trust volunteers answered our questions and made us feel very welcome"

Gordon



A birthday lunch

for Aileen

Aileen, who is supported by our service at Longfield Drive in Dundee, celebrated her 65th birthday on 2 September. To mark her special day, Aileen enjoyed a lovely lunch with her family and then danced the night away at a disco that evening. Aileen had a very happy day.

Birthday celebrations!

Birthday fun at Codona's

Aaron from our Alexander Street service in Dundee recently celebrated his birthday with a trip to Codona's Amusement Park in Aberdeen. Joined by friends Shauna and Rebekah, along with support workers Hayley and Ross, Aaron enjoyed a fantastic day out filled with fun, laughter and plenty of rides.



Fun in the Summer!







Picnic in the park welcomes

400

for Summer fun

Around 400 people enjoyed a free afternoon of family fun at Picnic in the Park, hosted by Hillcrest Futures' Angus Young People's Services at Steele Park, Forfar.

Funded by the Hillcrest Foundation, the event featured inflatables, arts and crafts, football, a colour run, mascots and emergency service vehicles, with free packed lunches kindly provided by Tayside Contracts.

The event offered families a fun, inclusive day out during the summer holidays while helping to reduce financial pressures and bring the community together.

FAMILY FUN



Summer adventure programme builds

confidence and friendships

Young people supported by Hillcrest Futures' Angus Young People's Services enjoyed a fun-filled summer programme packed with outdoor adventures, creative activities and opportunities to make new friends.

Highlights included a trip to SOEC Belmont, where they took part in activities such as abseiling, archery and high ropes challenges. They also enjoyed pizza making, den building, tie-dye crafts, bird box making and other hands-on activities closer to home.

The programme, funded by Angus Council's Holiday Food & Fun, brought together young people preparing to start high school, helping them build confidence, develop friendships and gain independence in a supportive environment. One participant even used their skills to help guide a younger person during an activity, showing great leadership and teamwork.

The programme received fantastic feedback from both young people and parents, with one participant saying: "I loved the whole experience and wished it could happen more often."







BBQs to *Celebrate*

the Summer months

Service Manager Yvonne Donaldson took on the grill and cooked a fabulous BBQ for everyone at Tollcross View in Edinburgh, including sausages, hamburgers and vegan burgers. Everyone had a great time and luckily, the weather was nice.

Our Longfield Drive service enjoyed a fantastic BBQ in August, joined by family, friends and guests from our Lismore Terrace service. Although the weather wasn't on their side, the celebrations carried on, with tables and chairs moved indoors while John and Stratos kept the BBQ going outside. The afternoon featured good food, music and a lively singalong. Despite the rain, a great time was had by all.







Promoting
Community, health and wellbeing



International Overdose Awareness Day (IOAD)

31 August 2026

Services across Hillcrest Futures marked IOAD with events focused on remembrance, recovery, harm reduction and community connection.

Activities took place across Dundee, Perth, Angus, Edinburgh and Glasgow, helping to raise awareness and promote access to potentially life-saving support.



Dundee councillors join naloxone awareness event

Staff welcomed local councillors and members of the public to Dundee City Square for naloxone training and overdose awareness activities, helping raise awareness of how to respond to an opioid overdose while promoting local recovery services.

Perth event brings community together

Our Perth Drug & Alcohol Service hosted an event at Perth Civic Hall, creating a space for people to remember loved ones, connect with support services and celebrate recovery within their community.

Angus Well Bean Cafés support awareness

The Well Bean Cafés in Angus marked IOAD by offering naloxone training and sharing information about overdose prevention, highlighting their role as welcoming spaces where people can access support and build connections.

Creative reflection at Lauriston in Leith

Staff and people supported by our Lauriston in Leith service in Edinburgh came together for a creative afternoon, making illuminated wish jars and purple bracelets as symbols of hope, remembrance and personal aspirations.

Homelessness services mark the day

People supported by our homelessness services in Glasgow and Edinburgh joined staff to remember those lost to overdose, hear an inspiring recovery talk from Stuart Patterson and take part in naloxone training and a memorial gathering.

Catwalk for a Cause



This year's Catwalk for a Cause was a huge success, raising almost

£25,000

to support the work of Hillcrest Futures.

Sponsored by Robertson Construction Tayside, Bancon Construction, Campion Homes and CHAP, the event brought together supporters, volunteers and local businesses for an afternoon of fashion, entertainment and fundraising. Guests enjoyed performances from Lucky and the Dragettes, browsed pre-loved treasures from Past Present Futures, and took part in a raffle, tombola and auction.

The highlight of the day was a fantastic line dancing performance by people supported by Hillcrest Futures, who stole the show with their energy and enthusiasm. A huge thank you to everyone who attended, volunteered, donated prizes or supported the event, helping to raise vital funds that will make a real difference across our communities.



Looking ahead

Planning is already underway for our next fashion show, which will take place in 2028. We look forward to sharing more details 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

Bruntsfield House outdoor gym

revitalised

with Balfour Beatty support

An outdoor gym at our Bruntsfield House service in Edinburgh has been transformed thanks to support from Balfour Beatty, making the space fully accessible and usable once again.

The gym, used by people supported at our homelessness service, had become overgrown and difficult to access. Through Balfour Beatty's volunteering programme, the area was resurfaced and restored, with the project team

contributing more than 200 volunteer hours, delivering social value worth £5,567.

The improved space now provides residents with a safe and welcoming place to exercise, supporting their physical health and wellbeing. The project demonstrates the positive impact of partnership working in improving facilities and opportunities for the people supported by Hillcrest Futures.

Before



After





Summer of

Hope

events celebrate recovery and community

Throughout the summer, Hillcrest Futures' Perth Drug & Alcohol Services took part in a range of events as part of Perth and Kinross Alcohol and Drug Partnership's Summer of Hope programme, celebrating recovery, promoting wellbeing and strengthening community connections.

Colleagues and members of our Dundee Community Recovery Service walking group joined the Walk in Hope event in Perth, while the team also attended HopeFest Gala Day, connecting with local organisations and community members. During the event, they distributed 39 naloxone kits and provided overdose awareness information and training. The Summer of Hope Art Exhibition also showcased creative work from recovery projects across Perth and Kinross, highlighting the positive role creativity can play in supporting wellbeing and building confidence.

The summer programme concluded with the 10th anniversary Forth Valley Recovery Olympics, where Hillcrest Futures colleagues competed as part of the Unity Community team and helped secure an impressive second-place finish.







Pony therapy

brings smiles

to Canning Place

People supported by Hillcrest Futures at Canning Place in Dundee recently enjoyed a visit from therapy ponies Flicker and Winston.

Paul, Chris, Harry, John and Tamara spent time with the gentle pair and thoroughly enjoyed the experience. Organised by support worker Carole Stewart, the session gave everyone the chance to interact with the ponies, whose calm and friendly nature made for a relaxing and enjoyable afternoon.



Learning, creating *and connecting* at Oxgangs





People supported by our Oxgangs homelessness service in Edinburgh have been enjoying a variety of creative and social activities together.

Using recycled materials, the group built a garden table and created artwork from donated cardboard. They also took part in puzzles, model making and cooking sessions, exploring dishes from around the world.

The activities have helped people develop new skills, build confidence and strengthen connections, creating a positive sense of community.

NEW SKILLS



St John's Hill celebrates PRIDE MONTH

People supported by our St John's Hill service in Edinburgh came together to celebrate Pride Month with an afternoon of fun, creativity and learning.

Although the weather meant plans for a Pride picnic had to move indoors, everyone enjoyed a Pride-themed quiz, with supported people taking all three top prizes ahead of the staff team. The celebration also included pizza, music, snacks and rainbow flag-making, creating a welcoming space to celebrate diversity and inclusion.

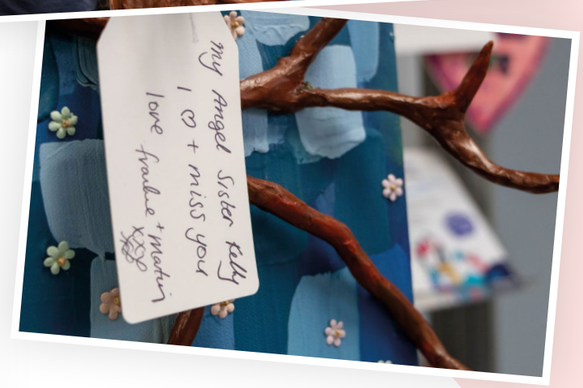
Freshers learn *life-saving skills*

Our Tayside Harm Reduction Service and STRIVE teams attended Dundee & Angus College Freshers' Fairs, speaking to students and staff about substance use, harm reduction and the support available.

The Harm Reduction team delivered naloxone training, raised awareness of opioid overdose signs and distributed 49 naloxone kits across the college's campuses. Meanwhile, the STRIVE team used interactive resources, including drug awareness boxes and beer goggles, to encourage conversations about substance use and promote the education and support they provide.







The *Recovery Tree*

A new memorial tree at The Centre in South Ward Road is providing a lasting place for remembrance and reflection for people supported by Hillcrest Futures.

The tree was designed by peer support worker Euan Rutter and created with members of our Family Support Group during a series of workshops at the Recovery Café. Featuring colourful artwork, flowers and personal messages, it honours loved ones who have been lost while celebrating connection, recovery and hope.

Angus Mental Health Peer Support service

at Forfar Academy Medical Centre open day

Our Angus Mental Health Peer Support service enjoyed a fantastic day at the Forfar Academy Medical Centre open day, connecting with local people and highlighting the support available across the community.

The event brought together a wide range of organisations, showcasing local services, activities and opportunities while demonstrating the value of partnership working. Popular attractions included miniature ponies, guide dogs and dance performances.

Thank you to everyone who stopped by to chat with the team. It was a great opportunity to meet new people and be part of such a positive community event.



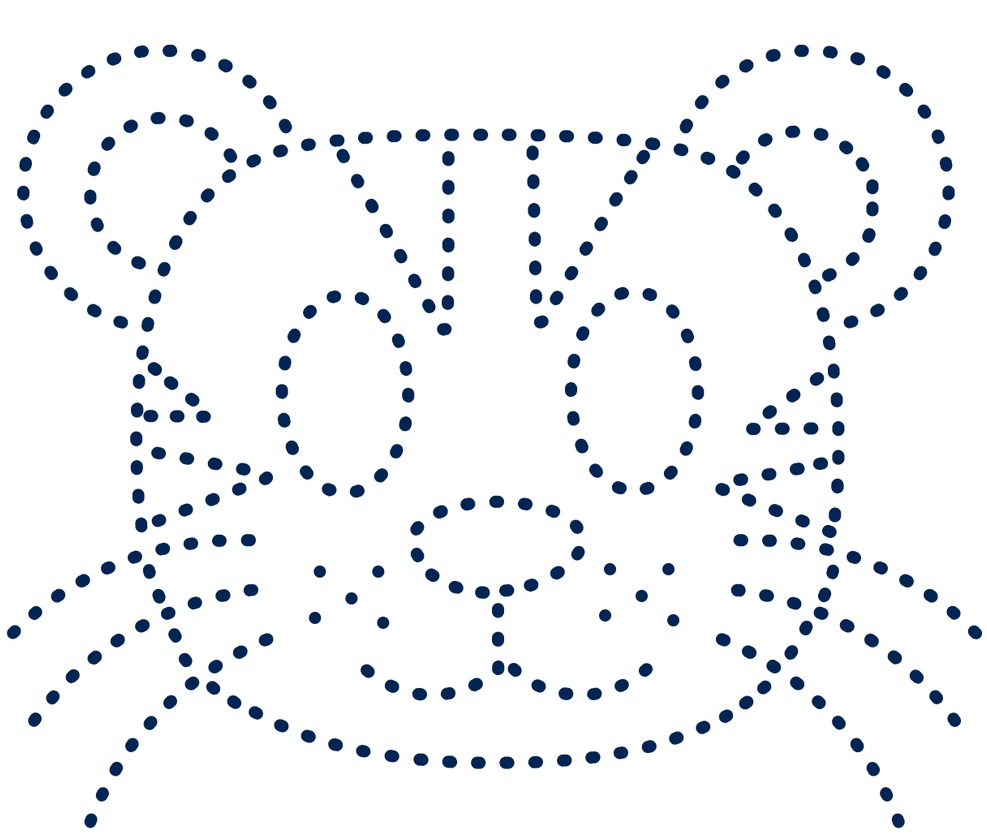
Puzzle corner

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.

Trace, colour and share

Follow the dots to complete the picture, then bring it to life with your favourite colours.

Once you're finished, send a photo or scan of your masterpiece to communications@hillcrest.org.uk and we'll feature a selection of entries in the next edition of Our Futures.



Fruit salad word search

How many fruity words can you find?

Search carefully to spot all the hidden fruits, which can be found horizontally and vertically throughout the puzzle.

Want to check your answers?

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

b	o	r	a	n	g	e	p	a	y	a
a	n	a	p	a	r	p	a	r	p	n
l	k	i	p	s	a	c	c	a	e	e
y	i	w	l	e	p	h	h	s	b	c
c	g	r	e	a	e	e	a	p	a	t
h	a	p	b	c	s	r	n	b	n	a
e	l	p	a	e	t	r	a	e	i	r
e	m	a	n	g	o	y	r	r	n	i
s	t	r	a	w	b	e	r	r	y	n
e	o	r	n	k	i	w	i	y	e	e
g	n	a	a	n	l	e	m	o	n	y

Words to find:

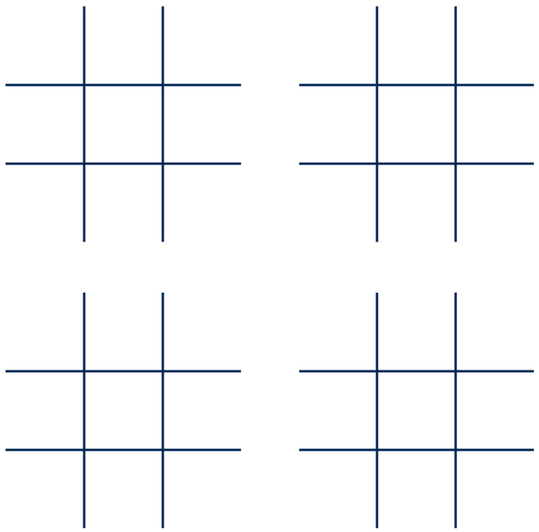
apple
banana
cherry
grapes
kiwi
lemon
lychee
mango
nectarine
orange
raspberry
strawberry

Tic tac toe

Challenge a friend, family member or support worker to a game of Tic Tac Toe!

Use the templates on the right to take turns placing your Xs and Os, and see who can get three in a row first.

It's quick, fun and a great way to spend a few minutes together. Good luck!





Helping people live better lives

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