



**DUNDEE UNITED
COMMUNITY TRUST**

**PARA-SPORTS CLUB
2021 IMPACT REPORT**

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WELCOME

It gives me great pleasure to welcome you to the Dundee United Para Sports Club 2021 Impact Report and I'm sure you'll agree, we've achieved a lot since our 2020 report.

Our innovative and unique Para Sports Club is a vital part of our work and we're incredibly proud of each and every one of the participants, parents and carers, coaches and partners. I'm particularly grateful to Paul Dow and everyone at Kingspark School for embracing Ryan Alexander and the Community Trust within the school environment.

2021 was another ground-breaking year for the Para Sports Club as we continued to overcome barriers to provide increased opportunities for people living with a disability in our communities.

Ryan Alexander joined the Charity as our first full-time Para-Sports Development Officer and has done a great job in continuing to build on the foundations Connor Moyes laid previously.



JAMIE KIRK
CHIEF EXECUTIVE

We explored new sports as we champion equality of opportunity in our communities, adding a Boccia Club for children, young people and adults as well as a new Athletics programme for children and young people with a disability. These sessions have proved extremely popular and give us real inspiration to push on further to create even more opportunities in different sports.

As well as growing our weekly programme offering, we also delivered what we believe to have been the most diverse summer holiday sports programme in the Region; and possibly beyond.

Thanks to the summer of play funding from the Scottish Government, we delivered 7 weeks of a huge variety of sports and activities; supporting 186 participants across 8 different types of activity including racket sports, athletics, boccia, football, powerchair football and multi-sports. I'm so proud that the team pushed the boundaries to offer these free opportunities and I'm really grateful to the funder, and the participants and their families for buying into this ambitious timetable.

We held really high ambitions for this project when it launched in 2019 but I couldn't have imagined how far we would come in such a short space of time and that's testament to everyone involved. I hope you enjoy reading more about the projects involved.

INTRODUCTION

I am exceptionally proud and humbled at what Dundee United Para-Sports Club has achieved since its launch as Dundee United Para-Football Club in February 2019. What started with three projects and around twenty participants engaged more than 300 people with a disability and their families each week across our many sports projects and our work with Kingspark School.

Despite the challenges we have all faced due to the Covid-19 pandemic, the Para-Sports Club has grown significantly however this would not have been possible without the support of our partners, our members and their families, and our staff and volunteers, who have all embraced and championed the work of Dundee United Para-Sports Club.

It remains clear that there is still a lack of opportunities for people with a disability to access sports, physical activities, education and employment which people without a disability can access with relative ease and, unfortunately, the effects of Covid-19 has in most cases amplified this marginalisation.

We remain as committed as ever to breaking down these barriers and providing opportunities for people living with a disability to support them in reaching their potential, be it in a sporting, educational, employment, or social environment.

Thank you to everyone who has helped us on our journey so far. We have some very exciting plans for Dundee United Para-Sports Club that we hope will enhance both the number and quality of opportunities available, and we look forward to sharing these plans with you in due course.

As ever, we're always keen to hear from stakeholders so please contact us should you wish to discuss Dundee United Para-Sports Club.



PAUL WILSON
HEAD OF COMMUNITY
DEVELOPMENT

DUNDEE UNITED COMMUNITY TRUST VISION & MISSION

The Trust is currently utilising a 5 year strategic plan, which guides our work through until the end of 2024. Our mission is to work with Dundee United Football Club to improve the lives of people in Dundee and the surrounding areas. Our vision is to be the most innovative and impactful Community Trust of its kind in Scotland, recognised as a key player in sport and community development locally and a prime example of best practice in sport for change.

THE YEAR IN NUMBERS

2021 has been a strong year for Dundee United Community Trust, despite the complications brought about by COVID. Below are a selection of the feats we have achieved this year and confirmation of whether these stats have increased or decreased from that recorded in the 2020 Annual Report.



OF PEOPLE WE ENGAGED LIVE IN THE 15% MOST DEPRIVED PARTS OF SCOTLAND - THAT'S NEARLY 1 IN 3



DUNDEE UNITED PARA-SPORTS CLUB PROJECTS ACCOUNTED FOR ...

12%
OF DUCT'S
TOTAL UNIQUE
PARTICIPANTS

11%
OF DUCT'S
TOTAL
ENGAGEMENTS

15%
OF DUCT'S
TOTAL
SESSIONS

15%
OF DUCT'S
TOTAL DELIVERY
HOURS

OUR STORY SO FAR

2019

Dundee United Para-Football Club was launched as a new Dundee United Community Trust project in February 2019.

The Trust appointed its first Para-Football Development Officer in Connor Moyes.

In partnership with NHS Tayside, a Dundee United team entered the Scottish FA's Mental Health & Wellbeing League for the first time.

Started working with Kingspark School, the largest additional support needs school in Tayside, and delivered a lunchtime football club and their first ever after school football club.

Partnered with the successful Tayside Dynamos to provide an introductory powerchair football session.



20

My Home Team was launched and navigated the Covid-19 pandemic so that all activity be delivered online rather than in person.

A mental health hotline and support was established that saw Trust staff make an impact to support 618 people.

Our first Para-Football Holiday Camp was held as restrictions eased.

Kingspark School became the first official school club. School, which saw the Trust's first Para-Football Development Officer based in the school this year.

Dundee United Para-Football Club was named Best Para Football Project in Scotland.



20

ed to help the community
idemic. This saw physical
rather than face-to-face.

check-in service was set up
d receive 2,000+ phone calls

ay Camp was delivered when

e Trusts first Official Partner
s Para-Football Development
ree days per week.

Club was announced as the
the East Region.



2021

DUPFC was rebranded to Dundee United Para-Sports Club to reinforce its commitment of providing opportunities for people living with a disability to participate in sport and physical activity, and not just in football.

Ryan Alexander joined the Trust as its first full time Para-Sports Development Officer.

The Trust grew into new sports, with its Boccia Club for juniors and for adults and Para-Athletics Club for children and young people.

Seven-weeks of free sports and physical activity was delivered during the summer holidays.

Dundee United Dynamos joined the Scottish Powerchair FA and took part in their first ever match.



DUNDEE UNITED AUTISM FOOTBALL CLUB

- ✓ Confirmed ASD diagnosis/awaiting ASD diagnosis
- ✓ Asperger's Syndrome
- ✓ RETT Syndrome

Launched in November 2021, Dundee United Autism FC provides opportunities for young people living with ASD or a similar disability to take part in organised team football.

Players will have the opportunity to play for Dundee United in the 2022 Scottish Autism Football League.

WHAT A PARENT SAID ...

"My son struggled to make friends and fit in at some mainstream clubs. By attending Autism FC, he now has made some friends who meets with outwith the clubs. His teachers have noticed he is more confident in school, and he has also developed technically at football."

"My wife and I just want him to be happy and enjoy his childhood. He has had many obstacles to overcome in his life and the DUCT groups he attends allows for our wishes to come true."

2021 IN NUMBERS:

 **8 unique members**
(+8 - new project)


 **26 engagements**
(+26 - new project)

 **4 sessions**
(+4 - new project)

Age range breakdown



 **4 hours of delivery**
(+4 - new project)

 **25%** of members
come from
SIMD 1-3 backgrounds



dundeunitedct.co.uk/para-sports-club

DUNDEE UNITED BOCCIA CLUB

✔ Anyone with a disability, regardless of severity or complexity

Launched in October 2021, Dundee United Boccia Club has two sessions - an adults session and a child's session - which offers anyone with a disability the chance to take part in the totally inclusive Paralympic Sport in a safe environment with their peers, regardless of their skill level or the severity or complexity of their disability.

WHAT A PARENT SAID ...

"Before getting involved with Dundee United Para-Sports Club, Hugh's life was empty with very little to do."

"Hugh has always attended Boccia Club and absolutely loves it. Its a big part of his life and he enjoys the interaction with everyone there, and the travel up and back to the session too."


"With it starting up again, it brings in another part of his life and the social aspect back again."



2021 IN NUMBERS:

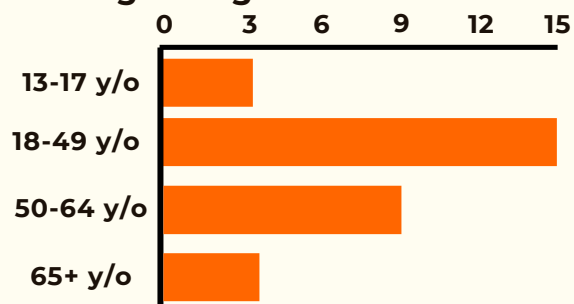
 **30 unique members**
(+30 - new project)


 **94 engagements**
(+94 - new project)

 **10 hours of delivery**
(+10 - new project)

 **10 sessions**
(+10 - new project)

Age range breakdown



 **47%** of members come from SIMD 1-3 backgrounds

dundeeguardians.co.uk/para-sports-club

CHILDREN'S PHYSICAL DISABILITY FOOTBALL

- ✔ Lower/upper limb amputee
- ✔ Spinal cord injuries
- ✔ Cerebral Palsy
- ✔ Mobility issues
- + many other types of physical disability

Launched in February 2019 as Cerebral Palsy Football, Children's Physical Disability (CPD) Football is a fun football programme that provides weekly football sessions for people aged 4-10 years and 11-18 years living with a physical disability the opportunity to play football in a safe environment with their peers.


WHAT A PARENT SAID ...

"We were looking for a group that met Dylans needs. After trying other clubs and not enjoying them due to the difference in abilities, we nearly gave up on sports until we attended a festival the Trust done at D&A College.


"Joining the group has helped bring on Dylans confidence. It also gave him the opportunity to make new friends with a similar ability and interests. Dundee United Para-Sports Club has given Dylan something to look forward to every week."



2021 IN NUMBERS:

 **18 unique members**
(+6 from 2020)


 **439 engagements**
(+147 from 2020)

 **78 sessions**
(+39 from 2020)

Age range breakdown



 **78 hours of delivery**
(+39 from 2020)

 **17% of members**
come from
SIMD 1-3 backgrounds

dundeunitedct.co.uk/para-sports-club

DUNDEE UNITED DYNAMOS POWERCHAIR FOOTBALL CLUB

✔ Any wheelchair user, either electric or manual, regardless of whether they have played the game before.

The Trust formed a partnership with the successful Tayside Dynamos PFC in October 2019 with the aim of expanding the local powerchair football provision by creating an all-new beginners' powerchair football session. Since then, the powerchair football pathway now includes a beginner session and a Championship team, with Tayside Dynamos at the elite end of the pathway playing in the Premiership.

WHAT A PARENT SAID ...

"Kristin has always had a love for sporting activities, and being dependant on her wheelchair is always looking for a new challenge.


"She is ambitious, wants to play well, and be competitive but worries she will not be able to maintain a level of fitness that will allow her to compete at a higher level. Joining Dundee United Dynamos has helped build her confidence in her own abilities and self belief that she is a valued member of the team."




2021 IN NUMBERS:

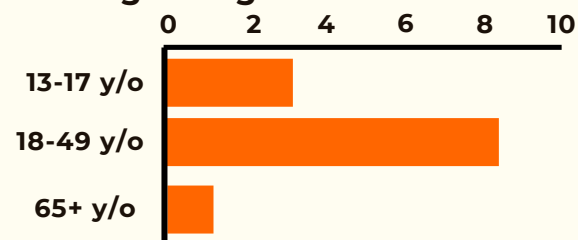
 12 unique members
(+5 from 2020)


 79 engagements
(+61 from 2020)

 14 hours of delivery
(+8 from 2020)

 7 sessions
(+3 from 2020)

Age range breakdown



 33% of members
come from
SIMD 1-3 backgrounds

dundeeunitedct.co.uk/para-sports-club

WIL'S STORY



Dundee United Community Trust formed a partnership with Tayside Dynamos to allow new players to have a pathway in powerchair football. Dundee United Dynamos was launched to provide an entry point for powerchair football and now it competes in the national Championship League, with Tayside Dynamos competing in the national Premiership League.

Wil Ritchie first attended Dundee United Para-Sports Club in summer 2021 when he joined our Powerchair Football holiday camp. Thanks to funding from Dundee City Council, we provided 7-weeks of Para-Sports Camps free of charge.

"Wil was a keen able bodied sports person before an accident in 2020 left him with a considerable brain injury and physical mobility issues."

Wil is able to walk with the assistance of crutches meaning he could not keep up with others in a game of football. We used the summer holidays as a great opportunity to try the sport. Wil instantly loved it, getting to be part of a team and being able to keep up with everyone else."

Since then, Wil joined the Dundee United Dynamos and regularly attends training. He has quickly

"As a family we have a much more positive outlook, and Wil's happiness since joining the Dynamos is a brilliant thing to see."

become an intergral part of the team that competes in the Championship League. Wil's Mum gave us her thoughts on her son joining Dundee United Para-Sports Club:

"Without a doubt joining the club has helped in many ways. It has provided Wil with an opportunity to enjoy training alongside others. It has allowed him to learn about football tactics and how to apply them using the power chair. He feels part of a team, enjoying the social interaction which he was missing since his accident. The club promotes so many positive values, is so inclusive, and sessions are led in such a friendly manner yet challenge all involved."

Wil had a huge void not being able to play rugby in which he excelled at, and it was difficult for him to come to terms with how his life had changed. We were struggling to even talk about sport of any kind with Wil. He now can't wait for training sessions and thrives each week after attending."

Sport is so much more than just keeping fit, the benefits are limitless. Our Para-Sports Club provides opportunities for people to take part in sport and physical activity in a safe, engaging environment, and Wil is a prime example of this.

FOOTBALL THERAPY

✔ **Supporting those with lived experience of mental ill health, both diagnosed and undiagnosed.**

Launched in 2019 as Mental Health and Wellbeing FC, Football Therapy is delivered in partnership with NHS Tayside and provides a safe, non-judgemental, and supportive environment for those aged 18+ to come along and play football with likeminded people, regardless of your footballing ability. Football Therapy also takes part in the Scottish FA's Mental Health and Wellbeing League.

WHAT A PARTICIPANT SAID ...

"After being diagnosed with a brain tumour and receiving cancer treatment I struggled with anxiety. COVID then prevented me leaving the house as I was shielding.

"Once things eased off, I started with Football Therapy. I believe it has helped my social confidence and gave me a sense of purpose. Its helped me keep active and improve my health after being left with mobility problems from brain surgery. Having Football Therapy to keep me motivated has helped with my independence."

2021 IN NUMBERS:



19 unique members
(+5 from 2020)



638 engagements
(+396 from 2020)



72 sessions
(+66 from 2020)

Age range breakdown

0 3 6 9 12 15

18-49 y/o

50-64 y/o



108 hours of delivery
(+44 from 2020)



32% of members
come from
SIMD 1-3 backgrounds



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KINGSPARK PARTNER SCHOOLS PROJECT



Kingspark School, Tayside's largest ASN school, became the Trust's first Official Partner School in November 2020, with the project seeing the Trust's Para-Sports Development Officer being based in the school three days per week.

The partnership has three main aims:

- To grow the opportunities for pupils to take part in curricular and extra-curricular sport.
- Strengthen the link between school sport and community sport.
- Support the transition of senior phase pupils through creative curricular enrichment activities and employability support.

Paul Dow, Head Teacher at Kingspark School, commented: *"The partnership with Dundee United Community Trust offers the school a unique opportunity to enhance the learning and life experiences we offer to all our pupils."*

"As the Trust is so embedded within the wider community, this partnership will further provide a greater chance for our pupils to be included and meaningfully engaged in community living."

"The partnership has enabled opportunities for both our children and our families that had previously not existed."

With nearly 200 pupils registered at the school, the partnership sees Ryan Alexander, the Trust's Para-Sports Development Officer, work with the pupils to provide them with a unique learning experience tailored to their needs and one which enhances their capabilities, including delivering the Trust's Tackling Schoolwork project which uses disguised learning and various departments within a football club to improve pupils numeracy, literacy, communication and confidence.

Paul continued, *"Since the partnership launched we have firmly established lunchtime football clubs, after school football club and are currently developing an after school SOMA club for those children and young people with the most profound complex needs."*

"Working with DUCT has enabled us to provide children with complex ASN an opportunity to be more active, socialise and provide much needed respite for families."

"Dundee United Community Trust has been a tremendous asset to Kingspark School."

LEARNING DISABILITY FOOTBALL

- ✔ ADHD
- ✔ Autism Spectrum Disorder - diagnosed or awaiting diagnosis
- ✔ many other types of learning disability
- ✔ Downs Syndrome

Launched in November 2019, Learning Disability (LD) Football is a fun football programme that provides weekly football sessions for people aged 4-9 years, 11-14 years and 15-20 years living with a learning disability the opportunity to play football in a safe environment with their peers.

WHAT A PARENT SAID ...

"My son is autistic and wanted to be like the other boys in his class and go to football but it's very difficult taking him anywhere where he isn't made fun of and made to look stupid as he didn't understand the game."

"Thanks to finding Dundee United Community Trust and their Learning Disability Football he loves it."

"He looks forward to it and is learning about the game, making friends, and being accepted."




2021 IN NUMBERS:

 **30 unique members**
(+14 from 2020)

 **597 engagements**
(+312 from 2020)


 **110 hours of delivery**
(+32 from 2020)

 **110 sessions**
(+32 from 2020)

Age range breakdown

0 4 8 12 16 20



 **14%** of members
come from
SIMD 1-3 backgrounds

[@ dundeunitedct.co.uk/para-sports-club](https://dundeunitedct.co.uk/para-sports-club)

OLLIE & CAMS STORY



Ollie & Cam are members of Learning Disability Football and Para-Athletics Club. Their mum Elaine shared her thoughts on the projects delivered by Dundee United Community Trust and the benefits they have had on her two sons.

"Both Ollie and Cam really loved sports but struggled to find a club that would accept them due to needing some additional support. The council put us in touch with Dundee United Community Trust when we were looking for opportunities. At that point, there was only the physical football class. We tried it but our boys were the only ones there that had a learning difficulty too, so the pace wasn't quite right for them."

It was around this time the Trust expanded its then Para-Football Club to include new sessions that were suitable for children and young people living with a learning disability. The Para-Football Club continued to grow and was eventually rebranded as Para-Sports Club as additional sports, such as athletics and boccia, were introduced.

Elaine continued, *"Dundee United Para-Sports Club has helped as the boys are now able to access not just a club but several clubs as they attend LD Football and Para-Athletics."*

"It is also great to have a choice in sports as opposed to having to attend the only sport on offer. The introduction of holiday provision has been a very welcome change for us as a family as we have no other options for out of school care. Both boys have benefitted in many ways since joining Dundee United Para-Sports Club."

"Physically, we have noticed their fitness improve and their weight has also improved. Their confidence and independence have also been developed - their previous classes required us to stay in the room which inhibited their attention and personal responsibility. Their footballing skill is developing week on week as is their attention when following instructions."

"Finally, they are developing great relationships with peers in the club. All of this is down to the staff and volunteers involved in the sessions."



PARA-ATHLETICS CLUB

- ✓ Learning disabilities
- ✓ Physical disabilities
- ✓ Sensory impairments

Launched in September 2021 off the success of the Paralympics and our 2021 Para-Sports Summer Camps, Para-Athletics Club provides children living with a disability or additional support needs the opportunity to take part in activities that will improve basic motor skills such as running, jumping, and throwing.

WHAT A PARENT SAID ...


"Para-Athletics Club has given Lizzy the opportunity to take part in a group-based sports activity she would otherwise not have been able to.

"She enjoys going as she will name it and smile and comes away from the club energised at the end of the session. Ryan and the team have been so fantastic and we've been particularly impressed with how they've been building up their relationship with Lizzy and really trying to connect with her and understand her needs."

2021 IN NUMBERS:

 **22 unique members**
(+22 - new project)

 **171 engagements**
(+171 - new project)

 **23 hours of delivery**
(+23 - new project)

 **23 sessions**
(+23 - new project)

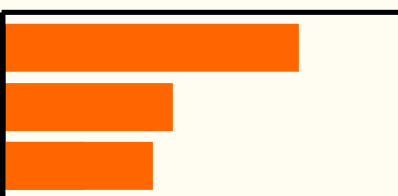
Age range breakdown


0 3 6 9 12 15

5-12 y/o

13-17 y/o

18-49 y/o



 **14%** of members
come from
SIMD 1-3 backgrounds



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AMY'S STORY



“Best sport sessions we have found in 15 years. She came away from them with a big smile and rosy cheeks.”

Amy heard about the Trusts work in para-sports through local autism and learning disability support groups on Facebook and after reading the information and positive reviews posted from families in similar situations, decided to book Fern, her 14 year old daughter, on our 2020 summer camp.

“We managed to catch the end of the summer camps and the opportunity to try with no initial cost was perfect. We may not have went otherwise as adapting to new environments and changes to routines can be overwhelming but my daughter, 14, loved the sessions immediately.

“Fern had tried many other activities in the past however usually had to give them up which was demoralising all around. There may be more disability awareness in sport these days, however, we have felt embarrassed, helpless and excluded many times. We have been told swimming lessons were totally unsuitable and often had instructors say an activity just wasn't for us.

“Para-Athletics Club and LD Football offered by Dundee United Community Trust definitely is for us! The coaches are knowledgeable, helpful and approachable, and feedback has quickly been acted on to better meet need and demand.

“I have seen a real difference in my daughter: she changes in to her kit independently, carries her bag and looks forward to going. She is engaged and motivated and is developing confidence in her ability. My daughter has made friends and, to my surprise, instead of the usual me nagging while she drags her heels, she even decided to sprint for a bus after one session.

“The location is great for us too. We can use public transport pretty much door to door, and it has proven to be more affordable and convenient than trying to attend clubs closer to home – we live in north east Fife. We have relations in Dundee so Sunday lunch has become a regular thing too.

“From chatting to other parents I have found out about various sources of support. My daughter now attends a Youth Group that supports young adults with learning disability – this would not be possible had we not linked up with another family to travel directly their from the Trust's Para-Athletics Club on Mondays. All of this is vital for our wellbeing particularly after lockdown put a stop to so much, it saves my sanity.

“I've also noticed some participants have now started developing their skills and growing their independence by taking part in coaching and mentoring programmes. It is such a fantastic example to set as it inspires and encourages parents and carers too.”

PARA-SPORTS CLUB HOLIDAY CAMPS

- ✓ Learning disabilities
- ✓ Physical disabilities
- ✓ Sensory impairments

Para-Sports Club Holiday Camps offer children and young people living with a disability the opportunity to take part in sports and activities during holidays, whilst giving parents and carers peace of mind and respite. Funding from Dundee City Council's Summer Play Fund allowed the Trust to deliver 7 weeks of free summer holiday camps.


WHAT A PARTICIPANT SAID ...

"Shane was always so happy after camp, he enjoyed all aspects of it but especially enjoyed the football and meeting a couple of Dundee United FC players. After not being to activities for so long and feeling a bit nervous he couldn't wait to get back each day.

"It was clear the staff put him at ease. It was the first time he had been to a camp and it surpassed our expectations - Ryan always told me how Shane got on and always seemed so friendly and great with all the kids at camp."




2021 IN NUMBERS:

 **186 unique members**
(+172 from 2020)

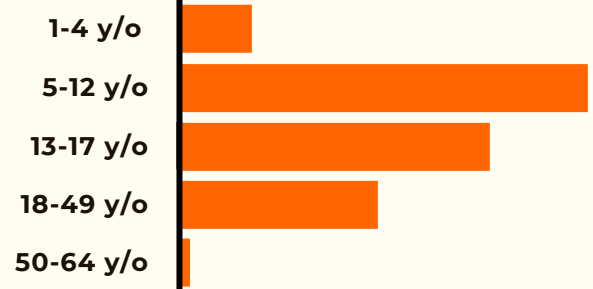
 **522 engagements**
(+465 from 2020)


 **447 hours of delivery**
(+432 from 2020)

 **94 sessions**
(+84 from 2020)

Age range breakdown

0 15 30 45 60 75



 **32%** of members come from SIMD 1-3 backgrounds

dundeunedct.co.uk/para-sports-club

PARTNERS



Dundee United
Football Club



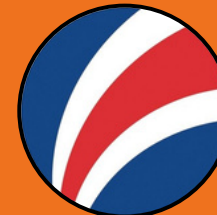
Kingspark
School



Bank of
Scotland Foundation



Barnardos



Boccia
UK



Downs
Syndrome
Scotland



Dundee
& Angus
College



Dundee
Carers
Centre



Dundee
City
Council



Dundee
Active
Schools



Dundee City
Disability
Sport



Dundee
Volunteer &
Voluntary Action



Goalball
UK



NHS
Tayside



Scottish
Disability
Sport



Scottish
FA



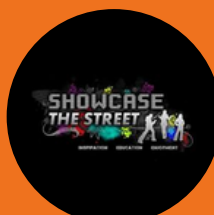
Scottish FA
Mental Health &
Wellbeing League



Scottish
Para-Football



Scottish
Powerchair
FA



Showcase
the
Street



Sported



Tayside
Dynamos



Team United



The Northwood
Charitable
Trust

A LOOK AHEAD

As exciting as the last 3 years has been while developing these activities, we genuinely believe we have only scratched the surface and have much more we want to do.

We've started to see the development of team activity within the Para-Sports Club with matches already taking place for our Learning Disability Football groups, as well as having teams compete in the Scottish FA's Mental Health and Wellbeing League and the recent introduction of Dundee United Dynamos in the Powerchair Championship. We certainly hope to provide further opportunities for people with a disability to represent Dundee United, and indeed themselves, in organised competition more in the future.

While organised team sport and competition is a key next step, we have ambitious plans to further increase the amount and frequency of opportunities to take part in sport and physical activity recreationally. In the immediate future we plan to introduce regular sessions in badminton and multi-sport as well as introducing our first activities for those living with a sensory impairment, with new opportunities planned for those with hearing impairments and visual impairments.

We couldn't mention our plans for the future without referencing our fantastic partnership with Kingspark School. We thoroughly enjoy being embedded in the school week and believe there is so much more we can achieve together for the children, young people and families connected to the school. Our collective ambitions include the development of skills and employability through the lens of sport as well as further connecting the pupils and families within the local community through the provision of regular sport and physical activity. We're also excited to branch out into primary schools in the region too, to ensure we do our bit to make sport and physical activity accessible for all.



HOW TO GET INVOLVED

There are many ways in which you can get involved with Dundee United Para-Sports Club and support the impact its projects has on people living with a disability.

COME AND TRY ONE OF OUR SESSIONS

It is completely free to try any of our sessions! Just e-mail our Para-Sports Development Officer on ryan.alexander@dundeeunitedct.co.uk or go to dundeeunitedct.class4kids.co.uk to book in now.

VOLUNTEER WITH US

We rely on the support of volunteers throughout the year to help deliver our projects and we're always looking to welcome new faces to our team, regardless of experience or area of interest.

MAKE A DONATION

Donate today and help us to improve the lives of people in need throughout Dundee and the surrounding areas. As an independent charity, we rely on donations to deliver our projects. You can make a one-off donation, monthly donations or donate in memory of a loved one.

FUNDRAISE FOR US

Much of our work is only possible thanks to people's fundraising efforts. You could organise your own event like a sponsored cycle, take part in a well known event like the Kiltwalk, or even fundraise at work by hosting a bake sale.

Without the help of volunteers and the donations and fundraising efforts of our supporters, projects like Dundee United Para-Sports Club would not be possible to deliver.

If you'd like to find out more about how to get involved please contact us:

 enquiries@dundeeunitedct.co.uk

 www.dundeeunitedct.co.uk

 01382 833 166

     @dundeeunitedct   @dundeeunitedpsc

 Tannadice Park, Tannadice Street, Dundee, DD3 7JW





Registered Address: **Dundee United Community Trust,
Tannadice Park, Tannadice Street, Dundee, DD3 7JW**

Telephone: **01382 833 166**

E-mail: **enquiries@dundeeunitedct.co.uk**

Website: **www.dundeeunitedct.co.uk**

Social media: **@dundeeunitedct**

Scottish Charity Number: **SC039922**