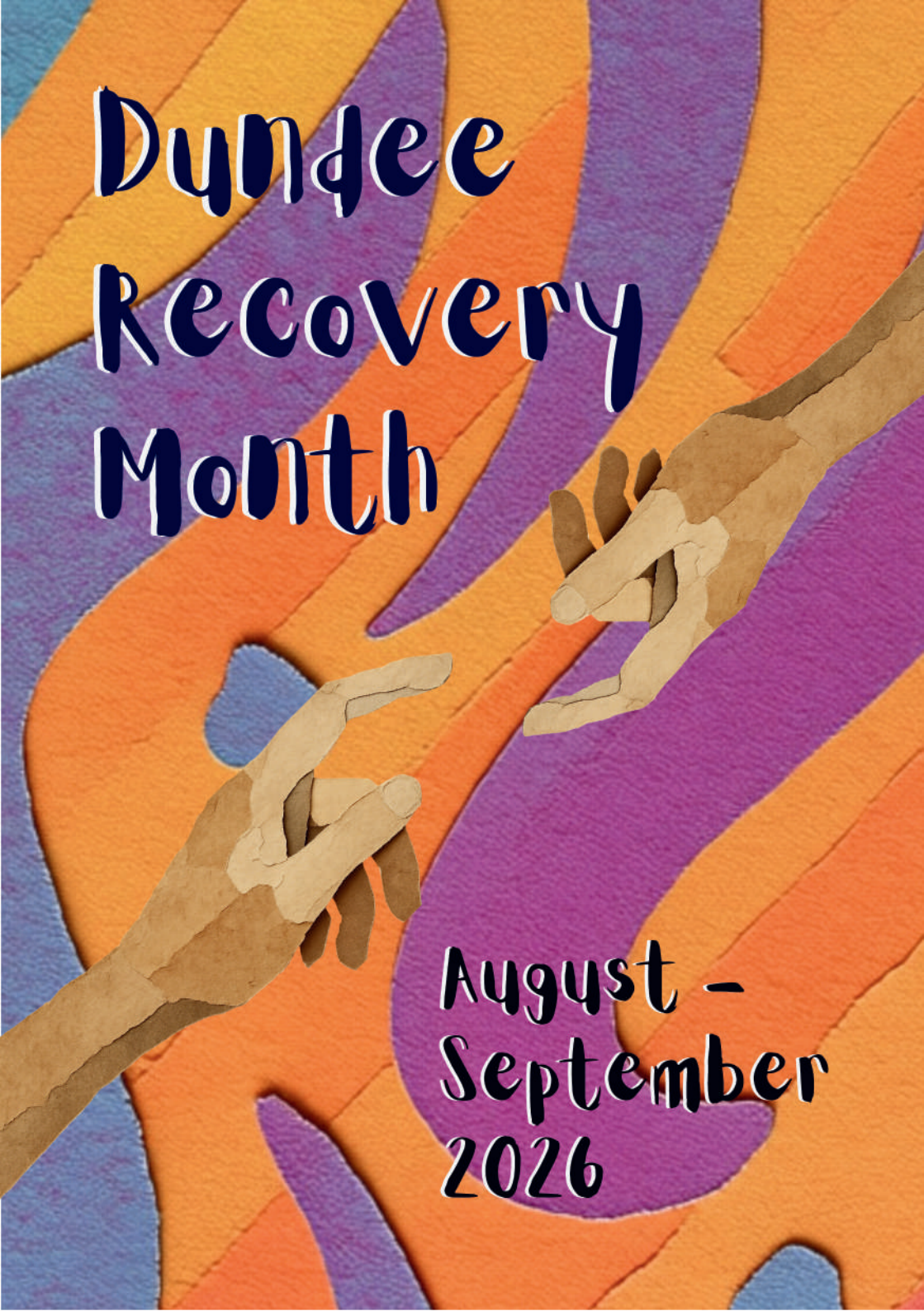


Dundee Recovery Month

The background of the entire image is a vibrant, abstract pattern of wavy, torn-edge shapes in shades of orange, purple, and blue. In the center, two hands made of light brown, textured paper are reaching towards each other. The hand on the left is positioned lower and further left, while the hand on the right is higher and further right, creating a sense of reaching across the frame.

August -
September
2026



Why we celebrate Recovery Month

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.

Recovery Month spans across the end of August (Overdose Awareness Day), all the way through September, and ending the month with the Festival of Hope.

Events

Week One

Mon 31st of August till Sun 6th of September

Overdose Awareness Day event

Mon 31st Aug (10am til 3pm) @ City Square

Join With You, Hillcrest, Positive Steps, TCA, Transform, Access to Industry, Strive, HINT, Street Soccer, Andy's Man Club plus more, to remember the loved ones we have lost, chat to staff, peers and volunteers on the day and get trained in Naloxone.

Recovery Picnic in Baxter Park with Hillcrest

Thurs 3rd (1.30pm till 4pm) @ The Pavillion

Enjoy a relaxed day of activities, entertainment, information stalls, refreshments, and opportunities to share hope, support, and the message that recovery is possible for everyone.

Recovery Volunteer Workshop with Access to Industry

Fri 4th – and every Friday of the month – (11am till 1pm) @ Just Bee, 118 Nethergate, DD1 4EH

Training workshop designed to support people who may be interested in moving into volunteering within recovery roles in the future.

Remembrance Celebration Walk with Hillcrest

Fri 4th (1pm till 3pm) @ 4 S Ward Road, walking out to Broughty Ferry

Join us for a meaningful walk from Dundee to Broughty Ferry as we come together to remember those we have lost to addiction and celebrate the strength, hope, and achievements of people in recovery.

Week Two

Mon 7th till Sun 13th of September

Recovery Art with Resolve & Evolve

Mon 7th (10am till 12pm) @ The Crescent, 71 Lothian Crescent, Dundee, DD4 0HU

Make a piece of art to celebrate recovery and what it means to you. With support from Newfield Community Group and the Community Health Team.

Recovery House Open Day with Aberlour

Tues 8th (10am till 3pm) @ Discovery Grove, 5 Cowan Place, Dundee, DD4 6QL

An open house for the Aberlour Mother & Child Recovery House, where everyone is welcome to visit the house, get a tour of the building, and learn more about residential recovery.

Make a Happy Mess with Dundee Recovery Network

Thurs 10th (1pm till 2pm) @ Hilltown Community Centre, 15 Alexander St, Dundee DD3 7DL

Contribute to a collaborative piece of art for Recovery Month (Drop-in is open from 11am).

Recovery Month Celebration

Thurs 10th (1pm till 3pm) @ The Steeple, Nethergate, DD1 4DG

Join With You, Hillcrest, Positive Steps, TCA, Transform, Access to Industry, Strive, HINT, Street Soccer, Andy's Man club plus more, to celebrate recovery month, activities, meet services and find out what is going on in your community to help support your recovery.

Recovery Volunteer Workshop with Access to Industry

Fri 11th – and every Friday of the month – (11am till 1pm)
@ Just Bee, 118 Nethergate, DD1 4EH

Week Three

Mon 14th till Sun 20th of September

Walk and Talk City Centre Trails with the Health Inclusion Service

Thurs 17th (10am till 12pm + 1pm till 3pm)

@ City Square Fountains

Taster Sessions - Exploring Dundee's Historical Past & Present.

AAAfternoon Tea with AA

Thurs 17th (1pm till 3pm) @ Just Bee Productions,
DD1 4EH

Join the folk from Alcoholics Anonymous for an Afternoon Tea with a twist!

With You's Client Open Day

Thurs 17th (1pm till 4pm) @ With You, The Roundhouse, Lothian Cres, Dundee DD4 0HU .

Come along and join WithYou for our open day meet the team and find out more about your recovery options.

Creative Sessions at Scrap Thursday

Thurs 17th (12pm till 3pm) @ Scrapantics, Wellgate, Top Floor

Signposting, Creative activities (memory box, jewellery, and keyring making). Letter writing to our future selves.

Celebrating Recovery Event with Transform

Friday 18th (10am till 2pm) @ Transform Community Development, 95 Douglas Street, Dundee, DD1 5AZ

Food, Naloxone Training, Therapy treatments, T-Shirt Printing, Service Information and Volunteering Opportunities.

Recovery Volunteer Workshop with Access to Industry

Fri 18th – and every Friday of the month – (11am till 1pm) @ Just Bee, 118 Nethergate, DD1 4EH

Sober Disco with Peace 'N' Jam

Sat 19th (4pm till 9.30pm) – @ Sankalpa Centre, 51 Cowgate, Dundee, United Kingdom, DD1 2JF

Dundee's only sober disco for people aged 16+. Ticket price includes a wee piece n jam, a handmade samosa, an ice pole and a soft drink. Other refreshments available to buy throughout the evening. This is not a free event.

Week 4

Mon 21st till Sun 27th of September

Resolve & Evolve presents

With support from Newfield Community Group and the Community Health Team

A Banner making workshop

Mon 21st (10am till 12pm) @ The Crescent, 71 Lothian Crescent, Dundee, DD4 OHU

Make a recovery focused banner to celebrate recovery and go on a community walk around Whitfield.

And Whitfield Recovery Walk

Mon 21st (1pm till 3pm) @ The Crescent, 71 Lothian Crescent, Dundee, DD4 OHU

A walk to celebrate recovery around Whitfield.

Open Day with Crossreach

Tues 22nd (10.30am till 3pm) @ The Friary, Tulideph rd, DD2 2PN

Memorial seed planting + decoration hanging, recovery group (11.30am + 2pm), cupcake decorating, and birdwatching with RSPB.

Recovery Volunteer Workshop with Access to Industry

Fri 25th – and every Friday of the month – (11am till 1pm) @ Just Bee, 118 Nethergate, DD1 4EH

Festival of Hope with DVVA + Parish Nursing

Fri 25th (11am till 3pm) @ The Steeple, Nethergate, DD1 4DG

A Festival to celebrate recovery across Dundee, featuring creative workshops, free lunch and refreshments, and a “Creativity in Recovery” Exhibition. This will feature art from individuals and local recovery groups.

Our Partners

We would like to thank Linda Bee Draws Dundee, for allowing us to use her fantastic designs for the Recovery Month logo!

<https://www.lindabeedrawsdundee.com/about>



**CHANGE
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