

**FUN**  
**INTERACTIVE**



**COMMUNITY**  
**BASED**

**FREE**



**If you'd like to be part of the  
STEP programme or for more  
information, please contact  
Gavin on:**



**T - 01382 561822 EXT -248 or  
07436530643**



**E - [gavinnicol@positivesteps.org.uk](mailto:gavinnicol@positivesteps.org.uk)**



**@PositiveStepsPartnership**



**@PositivSteps**



[www.positivesteps.org.uk](http://www.positivesteps.org.uk)



**A new and fun approach to  
adult learning!**



**STEP is a nine week lifestyle programme  
consisting of 1 session per week for 2 hours. The  
workshops are FUN,  
INTERACTIVE, COMMUNITY BASED and FREE.**

The Positive Steps Partnership (Positive Steps) is a  
Registered Scottish Charity No.SC02852

# What is STEP?

**STEP** (Shared Thinking Empowerment Project) is a 9 week self-development programme.

Each week we meet for 2 hours to discuss and learn about different issues that adults are faced with, such as, addictions, healthy eating and money management.

# How does it work?

We encourage the individual to use the information that's been learned and try to apply it to their own lives.

This could be anything from, making small changes to ones diet to accessing a service that helps tackle addictions.



# Where and when?



**STEP** runs in various locations throughout Dundee. Once we have your information, we will try our best to assign you to a group near your preferred location.

We will also take your availability into account, so you can attend a group that fits around your lifestyle.



# Want to volunteer with us?

Volunteering is one of the most rewarding things you can do. And thinking about volunteering is a good start to finding an opportunity that's right for you.

We require a flexible pool of volunteers to act as befrienders. As a befriender, we would be looking for you to commit 2-3 hours of your time each week to build relationships, assist with any note-taking and encourage individuals to participate in group work sessions.

