

## Q&A panel session – assisting children with type 1 diabetes



I am pleased to have been advised that Diabetes UK is running a virtual Q&A panel session tomorrow (Thursday 28th January) between 7pm and 8.30pm to assist parents and carers of children with type 1 diabetes.

It will include parents of type 1 children, who will talk about how they've managed their biggest challenges, and they'll reflect on how they keep positive.

You can ask them any questions you like, no matter how big or small.

This is aimed at parents/carers of children & young people with type 1 diabetes, aged up to 18 years.

You can register at <https://eu.eventscloud.com/esurvey/index.php?surveyid=200042039>

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## Big Energy Saving Month

# Let's SAVE YOUR ENERGY

Just a reminder that Dundee Citizens Advice Bureau is taking part in with this year's Big Energy Saving Month campaign, which seeks to help people save time, money and energy through everyday actions.

Energy bills are a real struggle for many people. Figures released by the Scottish Government last year revealed 1 in 4 households in Scotland, over 600 000 people, find themselves in fuel poverty and official estimates suggest this could rise to 29 per cent of households as a result of the pandemic.

This issue is a real problem for those already struggling with energy bills, with inefficient and expensive heating systems or those who are unable to access discounts and support online.

The nationwide campaign will run until next Sunday – 31st January – and encourages people to get energy advice, and focuses on five key consumer groups :

- People on electric only heating
- People on prepayment meters
- People struggling with energy bills

- Those who frequently turn off the heating to save money
- People who can't access deals and support online

Big Energy Saving Month is looking to raise public awareness of the simple changes people can make to help them save this winter. It looks to support people to save energy, reduce their bills and access any entitlements that they are due.

For further details, please go to [www.cas.org.uk/BESM2021](http://www.cas.org.uk/BESM2021).

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## [Weekly Road Report – West End Ward](#) [#dundeewestend](#)



REPORT FOR WEST END WARD –

**WEEK COMMENCING MONDAY 25 JANUARY 2021**

Hawkhill – traffic control for up to one week for street lighting column removals.

Strawberrybank – closed on Thursday 28 January for Scottish Water mains repair works.

### **Forthcoming Road Works**

A991 West Marketgait (Hawkhill to Guthrie Street) – northbound nearside lane closure on Monday 8 February for roof inspection works.

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# [Blether Tay-Gither – Storytelling in Dundee](#)



Blether Tay-Gither is the Dundee Storytelling Group.

**From Sheila Kinninmonth, Blether Tay-Gither's secretary :**

Hope you can join us for our January Blether on Zoom

Tuesday 26th January – 7pm to 9pm

With a nod to the bard and legend Robert Burns, our theme is poetry.

Many stories were once told in poetry form by the bards of old, as many were sung as ballads. Bring a poem this month or a story about poetry, or a story that includes a poem. Or a story that is a poem, or perhaps a poem that has a story. Or just come to listen if you want.

Come along and join us, in the virtual format.

Event link:

<https://us02web.zoom.us/j/88956592545>

Meeting ID: 889 5659 2545

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[Ninewells Community Garden – latest blog update #dundeewestend](#)



Ninewells Community Garden has an excellent blog and you can read the latest update – “Take a walk in the park” – [here](#).