



Phosphorus processes in catchments



Health & Wellbeing Guide

Dundee City Region
CONVENTION BUREAU
WORKING WITH YOU FOR YOU

Contents

Contents.....	2
Your health and wellbeing are important to us	3
Covid-19 Safety Policy.....	3
Healthcare in Scotland for Overseas Visitors	3
When carrying medication abroad	4
Travelling.....	4
Future changes to travel advice	4
Conference Help Desk	4
Conference and Social Venues	4
Travel in and around Dundee	5
Self-Guided Walks.....	5
Health and Relaxation.....	5

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Your health and wellbeing are important to us

If you feel unwell at any time during your stay, you should:

- Contact the trained first aiders at the venue or in your accommodation
- Call the NHS on 111 for urgent but not emergency care 24 hours a day, for more information visit the [NHS24 website](#) (link opens in new window)
- Call the NHS on 999 for emergency calls only – for serious illness or injury or where life is at risk

Most accident and emergency (A&E) hospital departments are not currently accepting walk-in patients who are not serious emergencies, so you should always call the NHS on 111 or 999 (emergency). They will decide if you need an ambulance, an appointment at A&E or an appointment with a local doctor or health clinic.

Covid-19 Safety Policy

Attendees should not attend if they have tested positive for COVID or are feeling unwell and displaying COVID symptoms.

For those attending the conference:

- Mask wearing will not be mandatory, however can be worn at individual discretion.
- Most venues will have sanitisation stations; however, we encourage you to bring your own hand sanitisation.
- The conference venue and accommodation partners have increased ventilation, improving fresh air circulation. They have also enhanced all cleaning measures, with a focus on high touch point areas.

Healthcare in Scotland for Overseas Visitors

In Scotland, most health care is provided by the National Health Service (NHS).

If you are coming to Scotland, you may have to pay for any health care you need while you are here and should get travel insurance with medical cover before your trip.

[NHS Inform](#) tells you about the health care you may be able to get free from the NHS if you become ill or have an accident. Including information about:

- Can I get free NHS care while I am visiting Scotland?
- What happens if I need treatment?
- Is all healthcare free for NHS patients?
- Will I need to pay if I need transport with medical support to get home?
- What can I do if I run out of my medicines while I am in Scotland?
- What to do if you're feeling unwell.

When carrying medication abroad

- You are advised to carry your medication in your hand luggage in non-breakable containers and if, in liquid form, with no more than 100ml in each
- Please ensure you have a signed copy of your prescription and a doctor's letter outlining your need for treatment
- Please keep your medication in its original packaging with labels left intact and name clearly defined

Travelling

You can find guidance on travelling safely in Scotland and around the UK from these information sources:

UK Government guidance – [Travelling safely to the UK](#) (link opens in new window)

Scottish Government

No COVID-19 travel rules apply for entering Scotland. If you're visiting Scotland from another country, [normal travel rules](#) apply. This means that you do not need to complete a Passenger Locator Form, take any COVID-19 tests or self-isolate after you arrive.

When returning home or travelling to other countries outside Scotland, you should check your own government's travel advice for further help. Even though Scotland does not have COVID-19 travel rules, other countries may.

Future changes to travel advice

New COVID-19 travel rules in Scotland, or any other country, may be brought in at short notice. You should always check the latest advice for each country you're planning to travel to before booking your trip and before you go.

Conference Help Desk

If you are looking for assistance or should anyone require first aid during the conference, please contact one of our members of staff/volunteers who will be happy to assist you or alert the First Aider.

Conference and Social Venues

Our venues support the national [Covid Sense campaign](#).

- The conference is being held at the **Dalhousie Building, University of Dundee**, an approx. 12-minute walk to the city centre.
View the [Dalhousie Building on Google Maps](#) (link opens in new window)
- The Icebreaker/Civic Reception is being held at **Discovery Point**, an approx. 13 minute walk from the conference venue.
View [Discovery Point on Google Maps](#) (link opens in new window)

- The Conference Dinner is being held at **Errol Park, Perthshire** an approx. 22-minute drive from the conference venue.

View [Errol Park on Google Maps](#) (link opens in new window)

Travel in and around Dundee

Dundee is a compact city with many hotels and venues within walking distance to the conference venue reducing the need for the use of buses/taxis.

Self-Guided Walks

Looking to get out for a walk and fresh air?

- **Howff Walk** – The Howff was gifted to the town in 1564 by Mary Queen of Scots. The name 'Howff' means 'meeting place' and the cemetery was used by the Nine Trades of Dundee for that purpose. 1 mile | 20 minutes | Grade 1 [View Walk Trail](#) (pdf document)
- **Discovery Walk** - Dundee has been home to an amazing variety of people who have contributed to science and society in many important and exciting ways. A series of plaques explaining their achievements are set into the walkway at Slessor Gardens. [Visit website](#)
- **Dundee Maritime Trail** - a 2km / 1.5mile walking trail around the Central Waterfront and City Quay area of Dundee. Start your exploration on the [Trail Guide Page](#).
- **Dundee Heritage Walks** - Take a walk through Dundee's past. Experience rich & diverse culture. [Visit their website to view their walks](#)
- **Dundee Women's Trail** - celebrates just a few amazing women whose lives touched this city. View the [Trail smartphone guide](#)
- **Dundee Architectural Trail** - Buildings form the city and their use gives each city its distinctive character. Whether they are historic or contemporary, public or private, every structure has its own tale to tell. [Download the pdf leaflet](#)
- **Riverside Walk** - Up to 3miles long (5km), this walkway and cycleway runs parallel to Riverside Drive, connecting between Discovery Point and Riverside Nature Park. The Riverside Nature Park, created from a landfill site has been planted to provide wildlife habitats and provides views over the River Tay and Invergowrie Bay. [View the trail leaflet here](#)
- **The must-do activity** is to see the view from the top of [Dundee Law](#), 572 feet above sea level. 3.5 miles | 1.5 hour | Grade 3 [View the trail](#) (pdf document)

Health and Relaxation

Dundee is host to a number of health, gym and spa facilities as well as fitness and relaxation classes to help you take care of your mind and body. You may also be staying at a hotel which provides health and leisure facilities.

- [Institute of Sport and Exercise](#) – University of Dundee campus
- [Pure Gym](#) – 152 West Marketgait, Dundee, DD1 1NJ
- [JD Gyms](#) – Wellgate Shopping Centre, Victoria Road, Dundee, DD1 2DB
- [Yu Spa](#) – Apex City Quay Hotel & Spa, 1 West Victoria Dock Road, Dundee, DD1 3JP
- [Sun Flower Room](#) – 20 South Tay Street, Dundee, DD1 1PD

- [The Landmark Hotel & Leisure Club](#) – Kingsway West, Dundee, DD2 5JT
- [The Tranquility Zone](#) – 2 William Lamond Crescent, Monifieth, Dundee, DD5 4LZ
- [Tai Chi Dundee](#) - Nilupul Centre, 51 Reform Street, Dundee, DD1 1SL
- [Tai Chi / Yoga classes](#) – Dundee West Church, 130/132 Perth Road, Dundee, DD1 4JW
- [Nomad Yoga](#) – Unit GF5, Old Mill Complex, Brown Street, Dundee, DD1 5EF
- [Heart Space Body & Yoga Works](#) – 9-11 Scott Street, Dundee, DD2 2AH
- [Holistic Essences](#) – Ingleside House, 310 Broughty Ferry Road, Dundee, DD4 7NJ
- [David Lloyd, Dundee](#) – Ethiebeaton Park, Monifieth, Dundee, DD5 4HB