



The Scottish Parliament
Pàrlamaid na h-Alba

Office of Tess White MSP

M2.20

Edinburgh

EH99 1SP

Tess.White.MSP@parliament.scot

0131 348 6218

Roy O’Kane FRSA
Chief Officer
Kanzen for Life
21-23 Mains Loan
Dundee
DD4 7AB

BY EMAIL

6th June 2025

Dear Chief Officer,

Letter of Support –Kanzen for Life Centre Project

I am writing to you in my capacity as a Member of the Scottish Parliament for the North East Region to offer my full support to the Kanzen for Life Centre project, as it seeks to secure facilities for a dedicated community hub in Dundee.

Kanzen for Life is a Dundee-based charity with a proven track record of building better lives through physical activity, education, and wellbeing. Founded in 2009, the organisation has grown into a widely recognised social enterprise and an important part of the regional support network, serving thousands of children, families, and adults across Dundee, Angus, and surrounding areas.

In recognition of the charity’s impact in the community, Kanzen for Life has won several accolades, including Dundee Social Enterprise of the Year and Community Impact at The Courier Business Awards.

Building upon this work, the Kanzen for Life Centre project aims to create opportunities and tackle inequalities through collaboration by bringing together public, third sector, and charitable organisations under one roof. The project hopes to empower communities by providing new jobs, while also offering values-based physical activity programmes, leadership and employability training, targeted interventions for mental health and wellbeing, volunteering opportunities, and meaningful pathways into further education or employment.

As a second dan black belt in karate, I know the mental mindset and resilience required to take on a project like this and fully support the evolution you and the Board are taking with the development of the Kanzen for Life Centre.

Yours sincerely,

Tess White MSP
MSP for North East Region