



Islands Living Well Network (Mull and Iona, Tiree, Coll and Colonsay)

31/10/2022

The next 6 months

The Living Well Networks across Argyll and Bute are currently undergoing a 6 month Pilot. The role has changed slightly to have a focus on supporting the Locality Planning Groups.

Kirsty McLuckie is leaving Oban Youth Café and her role as Living Well Network Coordinator for Oban and Lorn Living Well Network. I will be taking on a Caretaker role until the end of March 2023 at which point decisions will be made as to the future of the Living Well Networks.

Date of next meeting

The next Islands Living Well Network Meeting will be on Tuesday 22nd November at 1pm till 3pm, by Zoom.

Newspaper Advertising

In September we organised a 3 page Living Well article/adverts in the Tiree fortnightly paper (An Tirisdeach) and the Mull monthly paper (Round and About). 8 mainland based organisations took out reduced rate adverts - Oban Hospice Dove Centre, Gamcare, ALISS, TEC, Age Scotland, Pain Association Scotland, TSI and Allenergy.

antirisdeach@btconnect.com

editor@roundandabout.scot

Dentist

I Met with MSP Jenni Minto on the Isle of Coll on 20th August and provided her with a 3 page document containing information gathered from Network members. Jenni took the information and more from other people she met with during the Summer and has written again to HSCP.

If you would like more information about the Oban and Lorn Living Well Network or the Islands (Mull and Iona, Tiree, Coll and Colonsay) Living Well Network, please get in touch.

Carol Flett

tcmhwn@gmail.com

07753218327

And now for something different.

Information from Guest Speakers and Network Members at our most recent Islands Living Well Network meeting

Scottish Health Walk Network

Scottish Health Walk Network has been established to support communities to develop and sustain community based **health walks**. A health walk is short, safe, social, local, low level and led by a trained volunteer. It can be 10 to 60 minutes long and is accessible to everyone. Walkers and wheelers welcome. Ideal for local support agencies to signpost too.

Paths for All can provide support, guidance and free health walk leader training for local partners who are SHWN members to set up their own walks. Membership is free and easy to do. To find out more visit the [SHWN page](#) or contact Gill – gill.mcshea@pathsforall.org.uk

We also support members to engage walkers through our website search map. There are already many projects in the area. Visit the Argyll and Bute page [here](#) for full information

Social Security Scotland

On 29th August 2022 Adult Disability Payment replaced PIP (Personal Independence Payment) in Scotland. This is the 12th benefit to be launched and administered by Social Security Scotland. It has been designed with people who have lived experience of claiming PIP and has many improved features including face to face help to claim from a team based within Argyll and Bute. Another main change is there are no medical assessments carried out by private sector companies. Supporting information will be used to make a determination for the majority of clients and consultations, if required, will be carried out by practitioners employed by Social Security Scotland.

The Scottish Child Payment increases to £25 per week per child for those on qualifying benefits and also extends to children up to age 16 from 14th November 2022.

Clients can apply for all our benefits on-line at www.mygov.scot/benefits or get more information at www.socialsecurity.gov.scot including telephone advice or web-chat function.

For help to claim call our Freephone number 0800 182 2222 and ask for help from the Local Delivery team in Argyll and Bute.

Gamcare

Gamcare is an independent charity providing free training for organisations, who may through their work, find that the people they are in contact with are affected by gambling harms – either as a gambler or as an affected other. In addition Gamcare provide free support and treatment to people who are affected by gambling harms.

Gamcare are best known for running the National Gambling Helpline (**0808 8020 133**) and the telephone advisors are increasingly hearing from callers who are talking about how the cost of living is affecting their lives. Advisors have reported that:

- a number of callers on, Universal Credit, are gambling as a way to make extra money to cover their bills but have unfortunately ended up in a worse situation as a result,
- callers who previously felt they had recovered from gambling have relapsed as financial pressures have heightened and have needed to seek more support for their gambling,

- callers have also reported that increasing costs are a barrier to tacking their existing debts through gambling and are struggling to pay them back.

Gamcare provide free training for organisations to help staff identify risk factors that can lead to problem gambling and what impacts it can have on people and feel confident in asking questions about problem gambling and referring people for support.

margaret.maclachlan@gamcare.org.uk

Waverley Care

Waverley Care offers in person and online training, including sessions on Understanding HIV and Hepatitis, Trans Awareness Training and LGBT+ Diversity and Inclusion. These training sessions are free and NHS endorsed. It also has information on our HIV Testing service in Argyll and Bute, it is completely free and we are happy to travel to people who are looking for testing including the Islands. All the information of the services we offer in Argyll and Bute are available [here](#) including links to our free condoms by post service. Any questions or if there is anybody looking for more information then contact Debbie.

07540 716 815

debbie.lees@waverleycare.org

<https://www.waverleycare.org/>

Pain Association Scotland

Self- management for Chronic Pain learning sessions are informal and friendly and I welcome your comments or ideas, on things that you find helpful, which you might like to share with the others in the group. You will find that the support the other members give is hugely valuable, if only to know that you are not alone in living with persistent pain.

If you have any questions, just email me on lhall@painassociation.com

Meetings are held Thursday 1.00 – 3.00pm

Thur 29th Sep	Meaningful Movement	1 – 3 – Online
Thur 20th Oct	Other People & Communication	1 – 3 – Venue
Thur 24th Nov	Flare ups & Planning	1 – 3 - Online
Thur 15th Dec	Building Resilience	1 – 3 - Online

Patient Advice and Support Service

The Patient Advice and Support Service is an independent service which is part of Scottish Citizens Advice Bureau (CAB). We help people to access and understand the health information that is out there, we can explain their and responsibilities in relation to their healthcare. Where appropriate this may mean supporting them to make a complaint, helping them to be heard.

www.patientadvicescotland.org.uk

helpline 0800 917 212

Local CAB 01546 605 550

Oban Hospice Dove Centre

Oban Hospice supports people, their carers and families living with cancer and some life-limiting illnesses through services offered by the Dove Centre and the Cairdeas Befriending and Support Service.

Located at 24, Stevenson Street, Oban and open Monday to Friday (excluding public holidays) 9am to 5pm The Centre supports people with cancer and some life limiting illness.

Services available at the Dove Centre

- Drop On Monday to Friday 9am to 5pm
- For Groups including Bereaved Carers, Parkinsons, Ladies, Mens, Knitters, Blind Vision, monthly zoom - see the website <https://obanhospice.org.uk/dove-centre/groups>
- Therapies – including light touch cancer massage, scar tissue release, pain control and relief / Counselling Sessions / Listening Ear Service/ Reiki/ reflexology
- Bereavement support/ counselling

Cairdeas is Gaelic for fellowship and friendship and is a volunteer befriending service delivered throughout Oban and surrounding areas. The service can make a big difference to the general wellbeing of the people supported. Befrienders provide social and practical support to individuals living with cancer and some long-term conditions, helping them live life to the full.

Email enquiries@obanhospice.org.uk

Website www.obanhospice.org.uk

Facebook: [@obanhospice.org.uk](https://www.facebook.com/obanhospice.org.uk)