



## Oban and Lorn and the Islands Living Well Network

07/08/2023

### Recent Highlights

**Thursday 11<sup>th</sup> May 2023** - Oban and Lorn Living Well Network Meeting - 15 of us met at Oban Community Fire Station for a really productive morning of meeting and networking.

**Tuesday 20<sup>th</sup> June 2023** – Oban, Lorn and the Islands Network Meeting by Zoom, focussing on Patient and Community Transport. Challenges discussed have been taken to Locality Planning Group.

### Coming soon

**Wednesday 16<sup>th</sup> August 2023 – Living Well on Coll Event** – 14 Network members are joining me on the lovely Isle of Coll for the day where we will be sharing information with the local community at An Cridhe Community Centre.

**Wednesday 23<sup>rd</sup> June 2023** – Oban Lorn and the Islands Network Meeting by Zoom to discuss how we might best spend **£15,000 of Alcohol and Drug Partnership funding** which is to be spent supporting people and their families with Alcohol, Drug and Gambling addictions. Please contact Carol if you are interested in attending this meeting.

**Wednesday 29<sup>th</sup> November 2023** – Oban, Lorn and the Islands Network Meeting by Zoom supporting the Network priority of **Signposting**. Network members will be invited to share information about the work they do and the support they provide across the area. A great chance for members to share information, network and find any common ground for joint working. Carol will give an update on the work she is undertaking to try and get more information about the support that is available to the right people in our communities across Oban, Lorn and the Islands (Signposting). This work includes:-

- **Community Posters** – ‘Living Well in Oban, Lorn and the Islands – Part1 and 2’ (see below)
- Living Well in Oban, Lorn and the Islands **Article in the Oban Times** and the Island papers
- **Facebook** – hopefully combining the 2 previous facebook pages
- **Living Well on Coll** Event on 19<sup>th</sup> August – see above

Please e-mail [tcmhwn@gmail.com](mailto:tcmhwn@gmail.com) if you would like to hear more about the Oban, Lorn and the Islands Living Well Network.

Carol Flett

Living Well Network Coordinator

07753218327



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## Living Well in Oban, Lorn and the Islands – Part 1

Please share this information from our Living Well Network Members as widely as you can within your communities - Thankyou

Self referral to **Smoking Cessation services** Email: [nhsh.absmokefreeservices@nhs.scot](mailto:nhsh.absmokefreeservices@nhs.scot)  
Tel: 08457573077

For support with weight management or any other Dietetic support, contact **Argyll & Bute Dietetic Service**. Voicemail: 01631 789 041 or Email: [nhsh.dietitiansdirect@nhs.scot](mailto:nhsh.dietitiansdirect@nhs.scot)

### **Macmillan Cancer Community Support Workers Argyll**

Chris 07866146475 Chris.Holden@nhs.scot, & Jennifer 07866 146499 jennifer.o'hara1@nhs.scot

**Screening Engagement Officer** - free training sessions for professionals and volunteers aiming to increase the uptake of NHS Screening among people likely to miss out. 2023 focus is Cervical & Bowel Screening. 07779 996 420 or [Angela.Anderson@nhs.scot](mailto:Angela.Anderson@nhs.scot)

**Pain Association Scotland** meets monthly online, introducing people living with chronic pain to self-management skills, creating practical, positive change leading to an improved quality of life.  
[www.painassociation.co.uk](http://www.painassociation.co.uk) 0800 783 6059

**Versus Arthritis**- Visit [www.versusarthritis.org](http://www.versusarthritis.org) to find out more about supported self-management, information, exercises and volunteering. Or email [LiveWell@versusarthritis.org](mailto:LiveWell@versusarthritis.org)

**North Argyll Carers Centre** - support to unpaid carers from 5yrs upwards in the OLI area. 01631 564422 or [info@northargyllcarers.org.uk](mailto:info@northargyllcarers.org.uk) [www.northargyllcarers.org.uk](http://www.northargyllcarers.org.uk)

Gemma Mckie, **Dementia Advisor for Alzheimer Scotland**, Oban. Provides support for people living with dementia and their carers/families. 01631 570614 or [gmckie@alzscot.org](mailto:gmckie@alzscot.org)

Need help to improve your health and wellbeing through physical activity and wellbeing support? **Healthy Options** is here to help. Self-refer [www.lornhealthyoptions.co.uk/thrive](http://www.lornhealthyoptions.co.uk/thrive)

Shannon Morrison, **Technology Enabled Care** Technician 01546 605517 or [telecare@argyll-bute.gov.uk](mailto:telecare@argyll-bute.gov.uk) supporting people to self-manage their health through Telecare and stay happy, safe and independent in their own homes.

New members with an interest in helping to build healthier communities are always welcome. If you would like more information about the Living Well Network, if you have information you would like to share with the network or if you would like to receive information to share among your community, contact the Oban, Lorn and the Islands Living Well Network Coordinator Carol [tcmhwn@gmail.com](mailto:tcmhwn@gmail.com)



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## Living Well in Oban, Lorn and the Islands – Part 2

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It helps to talk! **Relationships Scotland Couple Counselling Argyll**. 0300 111 0031  
or [info@argyllcouplecounselling.org](mailto:info@argyllcouplecounselling.org) [www.argyllcouplecounselling.org](http://www.argyllcouplecounselling.org)

**Home-Start Lorn**- one-to-one support, friendship and group work for families in Oban, Lorn and the Isle of Mull. [manager@homestartlorn.org.uk](mailto:manager@homestartlorn.org.uk) or 01631566749

**Hope Kitchen**, a local charity serving Oban, Lorn and the Isles comprises New Hope Community Café and Green Shoots Community Garden. Contact [obanhopekitchen@gmail.com](mailto:obanhopekitchen@gmail.com) or 01631 565730 [www.hopekitchen.org](http://www.hopekitchen.org)

Ali Martin, **MECOPP** Support and Development worker with the Gypsy Traveller Community, Mid and North Argyll. [ali@mecopp.org.uk](mailto:ali@mecopp.org.uk) 07398830408

**Samaritans** listening service available 24/7, no pressure or judgement, just a safe and confidential space to talk through how you are feeling. Call 116 123

**Transforming Loss in the Highlands and Islands of Scotland**, Rachel Gwilym, Grief Recovery Specialist, End of Life Planning Facilitator and Funeral Celebrant. [www.rachelgwilym.com](http://www.rachelgwilym.com), 01879 555 220

**Social Security Scotland** support for people across Argyll and the Islands in a way that works best for them. 0800 182 2222 and ask for help to claim from local delivery. [www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot) to see Scottish Government benefits available.

[enquiries@alienergy.org.uk](mailto:enquiries@alienergy.org.uk) or call 01631 565 183 to get free, confidential and impartial energy advice and access to financial help with energy bills from local charity **Alienergy**.

**Argyll and Bute Council Welfare Rights service**. Irene Boyd, Oban Lorn and Islands Welfare Rights Officer 01631 572182 for benefits advice and help with completion of some application forms.

**Bute Advice Centre** is supporting low income households across Argyll to access a cash grant through the Flexible Food and Fuel Fund. Call 01700 502782 for a confidential chat.

**GamCare**, Affected by Gambling – need Help? Call 0808 8020 133 (24hrs a day)

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