



Oban and Lorn and the Islands Living Well Network

16/10/23

Oban, Lorn and the Islands Living Well Network Coordinator Carol, continues to engage with appropriate people in HSCP, Argyll and Bute Council and relevant third sector organisations to try and promote work in the Living Well Network's 3 chosen priorities for this year, Signposting, Community and Patient Transport and the ADP Funding.

Recent Highlights

Wednesday 16th August 2023 – Living Well on Coll Event – 14 Network members joined me on the lovely Isle of Coll for a fantastic day of networking where we shared information with the local community at An Cridhe Community Centre. Both mainland visitors and Island residents thought it to be a very worthwhile day. Those attending included We are With You, GamCare, Lomond and Argyll Advocacy Service, CarrGomm – Community Contacts, Alzheimer Scotland, Police Scotland, Screening Engagement, North Argyll Carers Centre, Social Security Scotland and Argyll and Bute Council – Child Poverty, Violence Against Women and Girls, Community Justice.

Wednesday 23rd August 2023 – Oban Lorn and the Islands Network Meeting by Zoom where we discussed 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. We decided to distribute the funds through Grant Funding to groups/organisations who will be running projects that support one of the 4 Alcohol and Drug Partnership priorities. The funding of up to £5,000 per group will soon be available to apply for through an on line application process supported by the TSI. Contact Carol Flett tcmhwn@gmail.com for further information.

Coming soon

Wednesday 29th 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).

Coming in 2024

Spring 2024 – **Living Well Network Meeting in Oban** followed by a **Living Well in Oban and Lorn Networking Event** where everyone will be welcome to come along and gather information about support that is available.

Summer 2024 – **Living Well on Tiree event**. Mainland based organisations, charities etc. will be welcome to come to Tiree for the day to share information about the support they provide to people on Tiree.

Please e-mail 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



A&B Transforming
HSCP Together
Argyll & Bute Health & Social Care Partnership



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
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

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

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 0800 783 6059

Versus Arthritis- Visit www.versusarthritis.org to find out more about supported self-management, information, exercises and volunteering. Or email 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 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

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

Shannon Morrison, **Technology Enabled Care** Technician 01546 605517 or 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



A&B Transforming
HSCP Together
Argyll & Bute Health & Social Care Partnership



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

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

It helps to talk! **Relationships Scotland Couple Counselling Argyll**. 0300 111 0031
or info@argyllcouplecounselling.org 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 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 or 01631 565730 www.hopekitchen.org

Ali Martin, **MECOPP** Support and Development worker with the Gypsy Traveller Community, Mid and North Argyll. 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, 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 to see Scottish Government benefits available.

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)

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