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30 January 2026

SUPPLEMENTARY PACK 1

MID ARGYLL, KINTYRE AND THE ISLANDS AREA COMMUNITY PLANNING GROUP - ON A HYBRID BASIS IN THE COUNCIL CHAMBERS, KILMORY, LOCHGILPHEAD AND BY MICROSOFT TEAMS on WEDNESDAY, 4 FEBRUARY 2026 at 10:00 AM

I enclose herewith **item 5(a) (Mid Argyll Community Transport)** which was marked to follow and **items 11(i) (Shopper-Aide) and 11(j) (Public Health)** which were not included on the Agenda for the above meeting.

Douglas Hendry
Executive Director

ITEM TO FOLLOW AND ADDITIONAL ITEMS

5. COMMUNITY FOCUS

- (a) Mid Argyll Community Transport (Pages 3 - 4)

11. PARTNER UPDATES

- (i) Shopper-Aide (Pages 5 - 6)
- (j) Public Heath (Pages 7 - 14)

Mid Argyll, Kintyre and the Islands Area Community Planning Group

Councillor Anne Horn (Chair)

Caitlin McNeill (Vice-Chair)

Contact: Julieann Small, Democratic Services Assistant - 01546 604043



Our story so Far:

In the late 1980s, Ardrishaig experienced a significant change when the local bank and medical surgery closed and were moved to Lochgilphead. While this may have seemed a practical decision at the time, it had an unintended impact on many residents. Elderly and disabled members of the community—especially those without access to a car—found themselves increasingly isolated and struggling to attend medical appointments, carry out everyday tasks, and stay connected with friends and family.

Mid Argyll Transport was created in response to this growing need.

What began as a small service supporting people over the age of 60 has evolved as the needs of our community have changed. Over the past eight years, we have seen a growing number of younger people living with long-term health conditions or do not have use of a vehicle and who also face barriers to accessing transport. As demand increased, we made the difficult but necessary decision to prioritise medical journeys, ensuring our limited resources are focused where they are needed most.

Today, Mid Argyll Transport is a volunteer-led organisation serving communities across Mid Argyll, North Kintyre, Islay, and Jura. We provide a lifeline for individuals who cannot use public transport due to age, we travel to cover medical appointments locally and further afield in Oban, Campbeltown, and NHS hospitals across Glasgow. This also includes non NHS dentist and Optician as well as private hospital appointment

We currently support over 600 registered clients and are proud to be backed by around 32 dedicated volunteer drivers. Between 1 January 2025 and 1 January 2026, our volunteers completed 1,161 journeys—each one representing a person who would otherwise have struggled to access essential healthcare. These included 223 round trips to Oban and 484 round trips to Glasgow hospitals, alongside journeys to dentists, opticians, respite services, and other essential appointments.

In any four-week period, our drivers travel between 7,000 and 12,000 miles, giving their time, compassion, and commitment to ensure neighbours are not left behind.

This year we helped the people of Islay start up the ITV Islay Transport Volunteers and would be happy to help any area who wishes to start this up as we see the need in many areas in Argyll that would benefit for a service like ours

Our story is still being written and some of our stories are funny and some are heart breaking. Our drivers are the back bone of our charity and they go far beyond what is needed to ensure that Mid Argyll Transport Volunteers carry on in an economy that is struggling and give the best we can to help the People of Mid Argyll, North Kintyre, Islay and Jura

Our mission is simple but vital:

To ensure that no one in our community misses a medical appointment or feels isolated due to a lack of transport.

Shopper-Aide Report

Paul Ives, the manager, indicated at the beginning of December that he was leaving to pursue another career in mid-January. Advertising for a replacement was of course, more difficult due to the holidays but initially we had a number of candidates however, several pulled out at the last minute. We are still in the process of appointing someone.

I have made presentations to members of the IJB on Shopper-Aide and to Primary 4 at Castlehill Primary School who are doing a 'Growing Business Project' on 3 Charitable organisations and profits made from an initial £5 each pupil business will be split between each charity.

Shopper-Aide has also been nominated for Community Organisation of the year in the 2nd Spirit of Campbeltown Awards to be held on 28th February.

Susan Paterson

Director

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Argyll & Bute Community Planning
Partnership
Area Community Planning Group
Partnership update
Date: February 2026



Public Health Partner update

Mental Health and Suicide Prevention training (see attached poster for more details)

<u>Scottish Mental Health First Aid (SMHFA)</u>	<ul style="list-style-type: none"> • <u>February 19th and 20th – Oban</u> • <u>30th and 31st March- Helensburgh</u>
<u>First aid for youth Mental Health</u>	<ul style="list-style-type: none"> • <u>February 10th, 11th and 17th - Online</u> • <u>March 3rd, 4th and 10th March - Online</u>
<u>Applied Suicide Intervention Skills (ASIST) Training</u>	<ul style="list-style-type: none"> • <u>January 14th- January 15th (Campbeltown)</u> • <u>24th and 25th February Lochgilphead</u> • <u>March 25 - March 26 (Oban)</u>
<u>Safe Talk Training</u>	<ul style="list-style-type: none"> • <u>January 22nd - Helensburgh</u>

Speakeasy online bitesize sessions (see attached poster for details on how to book)

Keeping Children Safe Wednesday 18th February 2026 6.30-8pm

The Online World Tuesday 3rd March 2026 6.30-8pm

Sessions for those with older children

Healthy Relationships, Consent & The Law Wednesday 21st January 2026 6.30-8pm

The Adolescent Brain Tuesday 3rd February 2026 6.30-8pm

Young People & Pornography Thursday 26th February 2026 6.30-8pm

Young People, Sex & Technology Wednesday 11 March 2026 6.30-8pm



Argyll and Bute Alcohol and Drug Partnership

Work continues on the ADP Strategy 2025-2027 and Implementation Plan, which focuses on the three pillars of Prevention, Recovery Orientated Systems of Care (ROSC) and a Public Health Approach to Justice.

The ADP Support Team published their Winter Bulletin highlighting areas of work delivered by partners. The Winter Bulletin can be accessed here: [ADP 3 Winter Bulletin 2025](#)

Prevention



Argyll and Bute Youth Voices Conference

The Planet Youth team hosted a Youth-led Conference in Kilmory Chambers in November 2025. This event provided an opportunity for young people in Argyll and Bute to meet directly with decision makers and have their voices heard. There was an empowering talk by Brian Costello from Head Strong Minds, followed by group discussions facilitated by adults and led by the young people. Conversations centred around: Families, Peer Groups, Leisure, Local Community/ Contextual safeguarding, School / Positive Destinations. The Q&A panel included: Pippa Milne (Argyll and Bute Council Chief Executive), Amanda Ward (Children's Services), Tony McGloin (Scottish Fire and Rescue), Laura Stephenson (Alcohol & Drugs Partnership), Wendy Brownlie (Head of Education – Learning and Teaching) and Zahra Hedges (Winning Scotland).

Planet Youth Residential

Members of the Public Health team attended a two-day Planet Youth course, which brought together a small group of representatives from organisations across Argyll and Bute including: Scottish Fire and Rescue, Third Sector, Children's Services, Health, Education and Young Carers. Those attending the course were encouraged to think boldly, work collaboratively, and lead differently in pursuit of identifying systems that universally support children and young people at its core. Barriers to achieving the goal were identified with the group discussing methods which could be implemented to removing these barriers through working collectively, aligning ambition, investment and action across services and sectors.

Recovery Orientated System of Care (ROSC)

Recovery Oriented Systems of Care (ROSC) is a framework adopted by the Argyll & Bute Alcohol and Drug Partnership (ADP) to build a holistic, person-centred, community-anchored support system for people experiencing issues with alcohol and drugs. It emphasises multiple needs (health, housing, education and social inclusion), trauma-informed practice, and connections across services. With the support from the Community Development team

the first local ROSC meetings across Argyll and Bute started in October 2025. These meetings, attended by a variety of partners, set out the actions for going forward.

Bute Connect

With You, a third sector organising specialising in alcohol and drug support commissioned to provide recovery supports within the community, have been renovating a building in Bute. The building will be used as a space within the community for drug and alcohol support and health and wellbeing. In December partners were invited to view the completed renovations and consider how this asset can support recovery and wellbeing on the island.

Training

39 people attended *Volatile Substance Use* training delivered by *Re-solve* in each locality in November 2025. Attendees reported an increase in knowledge of gas and solvents following the training and felt more confident discussing these issues with their clients.

Certificated CPR training from *Heartstart*, which was offered throughout December in four localities, received very positive feedback. This provided attendees with both the theory and practical skills required to save a person's life.

19 people from across A&B attended a two day online training in *Community Reinforcement and Family training*, an evidence based, non- judgemental programme for practitioners to use with family members and carers affected by someone else's alcohol or drug use.

30 people, from organisations across A&B, attended *REACH Advocacy* online workshops on the Charter of Rights for People Affected by Substance use and Advocacy in November.

Medically Assisted Treatment Standards Experiential Programme 2025-2026

As part of the Scottish Governments Medically Assisted Treatment (MAT) Standards for drug use, Argyll and Bute ADP have commissioned Scottish Drugs Forum (SDF) to carry out interviews with people who have experience of accessing MAT in Argyll and Bute, their families and service providers. The findings of this work will be reported to the Scottish Government in April and inform service development. If you would like to participate in the interviews or find out more about this work please contact samanthas@sdf.org.uk.

For any further information on the ADP update, please contact:

laura.stephenson2@nhs.scot.

Screening Inequalities event in Campbeltown



REPORT AUTHOR AND CONTACT

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FREE MENTAL HEALTH AND SUICIDE PREVENTION TRAINING



*Free training is available for everyone living or working in Argyll and Bute.
Build your confidence to recognise when someone is struggling and learn how to help.*

SUPPORT MENTAL HEALTH AND WELLBEING



Scotland's Mental Health First Aid provides general information about mental health problems, helping you learn how to recognise someone is struggling, offer help, and guide them towards the right support.

Register for: [Scotland's Mental Health First Aid](#)

LEARN HOW TO ASK AND TALK ABOUT SUICIDE



Free suicide prevention training is available to help you spot when someone might be struggling, start a conversation, and guide them towards support.

Suicide is preventable — and talking about it saves lives.

Register for: [Applied Suicide Intervention Skills Training \(ASIST\)](#)

Register for: [safeTALK](#)

Register for: [ASK, TELL Workshops](#)

SUPPORT YOUNG PEOPLE'S MENTAL HEALTH



Youth Mental Health First Aid training is free for anyone supporting young people in Argyll and Bute.

Learn how to recognise when a young person is struggling, listen without judgement, and guide them to help.

Register for: [First Aid for Youth Mental Health](#)



YOU CAN BOOK A COURSE THROUGH [TURAS LEARN](#). HERE'S HOW:

1. Sign up for [Turas](#) | [My Turas](#) | [Home](#) (if you haven't already)
2. Go to the [Public health zone](#) | [Turas](#) | [Learn](#)
3. Choose a training category: [Mental health and wellbeing](#) or [Suicide prevention](#)
4. Pick a course, choose a date, and book your place.



nhsh.ab-sptraining@nhs.scot



<https://www.ablivingwell.org/mental-health-and-suicide-prevention-training>

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Free bite-size Speakeasy online sessions

Speakeasy sessions are relaxed and interactive and is for anyone caring for a child in Argyll & Bute. The sessions help parents and carers build on what they already know about growing up, relationships and sex.

Taking part in a Speakeasy course can:

- Support young people dealing with body changes, safety and relationships
- Give you the confidence to discuss these subjects with young people in a fun and relaxed way

We have created 8 online sessions, 4 for those with children at primary school and 4 for those with children at secondary school. **As the sessions are interactive, they will work better through a laptop or computer, rather than a mobile phone.**

Click on the individual session(s) below to book a place:

Sessions for those with younger children

Culture & Influence

Tuesday 13th January 2026 6.30-8pm

Answering Questions

Thursday 29th January 2026 6.30-8pm

Keeping Children Safe

Wednesday 18th February 2026 6.30-8pm

The Online World

Tuesday 3rd March 2026 6.30-8pm

Sessions for those with older children

Healthy Relationships, Consent & The Law

Wednesday 21st January 2026 6.30-8pm

The Adolescent Brain

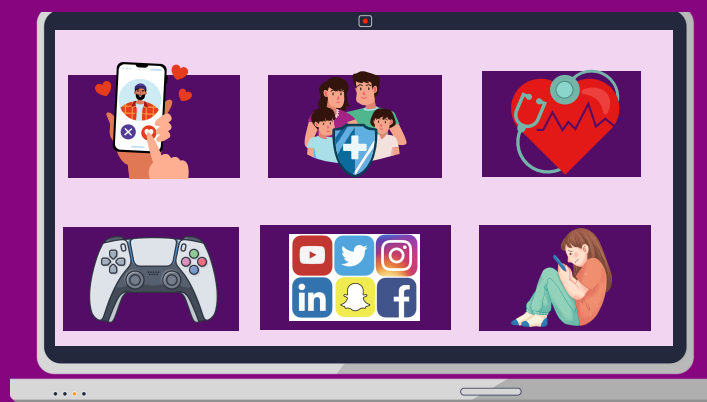
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