

Skye and Lochalsh Health and Well-being Directory



2019/20

This directory has been produced by Skye and Lochalsh Council for Voluntary Organisation in partnership with Skye and Lochalsh Drug and Alcohol Forum and the Highland Third Sector Interface.

Funding from the Lochalsh and Skye Housing Association has enabled this to be printed and available for free across Skye and Lochalsh.

The information in this directory is, to the best of our knowledge, correct at the time of publication. For the most up to date information please visit ALISS.org or the individual group's website.

The information in this directory will be checked every 12 months and the document updated at that time. The next publication is due to be produced in the autumn of 2020, if your group would like to feature in this, or be included in ALISS please contact Skye and Lochalsh CVO at:

Skye and Lochalsh Council for Voluntary Organisations

Tigh Lisigarry

Bridge Road

Portree

Isle of Skye

IV51 9ER

Telephone: 01478 612921

Email: info@slcvo.org.uk



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<p>Advocacy Highland 2 Seafield Road, , Inverness, IV1 1SG http://www.advocacy-highland.org.uk/ 01463 233460, info@advocacy-highland.org.uk Advocacy Highland works with people who have mental health problems, including dementia and those with learning disabilities, both older people and children so that they are listened to and respected, involved in making decisions about their care and treatment and are able to contribute to and participate in society. These groups of people are among the most vulnerable, and advocacy aims to redress the balance between service providers and those receiving the services by working alongside a person, enabling them to gain access to information, explore and understand their options and to make their views and wishes heard. People can refer themselves or anyone else can refer them with their permission. Trained advocates can then meet the person at a place of their choice such as a café or drop-in centre or at the person’s home if they are unable to meet elsewhere. The service is free and confidential and is independent of the statutory services.</p>	<p>Rights and Representation</p>
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<p>Alcoholics Anonymous PO Box 1, 10 Toft Green, York, YO1 7NJ https://www.alcoholics-anonymous.org.uk 0800 9177 650, help@aamail.org Alcoholics Anonymous run several peer support meetings throughout Skye and Lochalsh, details are as follows:</p> <ul style="list-style-type: none"> • Dunvegan Community Hall - Closed meeting every Sunday at 15.00 for 1.5 hours, except the 1st Sunday which is an open meeting. Wheelchair accessible. • Broadford Village Hall - Closed meeting every Tuesday at 20.00. Open meetings available on request. Wheelchair accessible. • Arms Centre (MS Therapy Centre), Portree - Closed meeting every Monday at 20.00. Wheelchair accessible. • Church of Scotland, Kensaleyre - Closed meetings Thursday at 20.00. • Portree Altered Attitudes, Meeting Room, Portree Hospital - Closed meeting every Saturday at 18.00. Wheelchair accessible. • Church of Scotland Hall, Kyle of Lochalsh - Closed meeting every Friday at 20.00. Wheelchair accessible. 	<p>Addiction Support</p>
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<p>Alzheimer Scotland Tigh na Drochaid, Bridge Road, Portree, IV51 9ER www.alzscot.org 01478 613450, dianesmith@alzscot.org.uk Alzheimer Scotland organise dementia friendly activities across Skye and Lochalsh. They can also put you in touch with other dementia inclusive activities in your local area. Regular events include a drop in dementia cafe at Dunvegan Hall on every first Thursday of the month and a drop in dementia cafe at Aros on every third Thursday of the Month. If you want more information about any of the groups or other events in your area, please contact Community Activities Organiser, Diane Smith.</p>	<p>Support Neurological Conditions</p>
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<p>Am Fasgadh - Skye and Lochalsh Mental Health Association Wood Park, Dunvegan Road, Portree, Isle of Skye, IV51 9HQ www.slmha.co.uk 01478 613533, admin@slmha.co.uk Drop in Sessions Monday - Wednesday and Friday 9am – 5pm Thursday 12.30pm – 5pm and Saturday and Sunday 9am – 3pm at Am Fasgadh, Portree. Café serving a hot meal at 12 each day for £2.50 and tea and coffee available all day for 50p. Referral not required - just turn up. South Skye drop in centre Tuesdays 10am – 2pm at An Drochaid, Kyle. Referral not required - just turn up. Outreach Support is available by referral through the local Mental Health Team</p>	<p>Mental Health</p>
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<p>Arainn Fhinn, The Fingal Centre Viewfield Road, Portree, Isle of Skye, IV51 9ET www.highlifehighland.com/fingal-centre 01478614819, fingal.centre@highlifehighland.com Portree based health and fitness facility offering a swimming pool, fitness suite, climbing wall, steam room and sauna, sports halls and pitch and a community sports hub. They also have meeting space and a theatre. For details of opening times and individual classes including Disabled swimming sessions and fit plus classes for those with limited mobility. Please see their website for more details.</p>	<p>Physical Activity Social Activity</p>
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<p>Armada Castle, Gardens and Museum of the Isles Armada, Sleat, Isle of Skye, IV45 8RS www.armadalecastle.com 01471 844305, office@armadalecastle.com 40 Acres of woodland gardens with nature trails and dramatic views over the Sound of Sleat. Castle ruin and informative museum telling the story of the Highlands and Islands. Children’s activities and adventure playground, event programme and volunteering opportunities - see website for details.</p>	<p>Creative and Cultural Activity</p>
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<p>Armed Forces and Veterans Breakfast Club Red Brick Cafe, Jans, 6 Broom Place, Portree, Isle of Skye, IV51 9HL Veterans Breakfast in the Red Brick Cafe at Jans at 9am on the first Saturday of every month</p>	<p>Social Activity Support</p>
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<p>Befrienders Highland Suite 2, 1st Floor, Academy House, 42 Academy Street, Inverness, IV1 1JT www.befriendershighland.org.uk 01463 712791, alisoncampbell@befriendershighland.co.uk Provide a distance befriending service across the Highlands for people with mental ill health, memory issues or who are full time adult carers. Contact is made by phone, letter or email. They now also offer face to face befriending in the Skye and Lochalsh area. Self referrals and referrals by medical professionals are accepted. Referrals can be made using the form downloaded from the website or by contacting the office.</p>	<p>Befriending</p>
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<p>Birchwood Highland 59 Tomnahurich Street, Inverness, IV3 3DT www.birchwoodhighland.org.uk 01463 716600, info@birchwoodhighland.org.uk Birchwood provide a dedicated recovery centre open to anyone in the highlands by self referral or referral through other services (e.g. CPN, GP etc.) The centre provides dedicated respite care for people experiencing mental health difficulties with a dedicated team of staff and can accommodate up to 23 single people.</p>	<p>Mental Health</p>
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<p>Broadford and Strath Community Company https://www.broadfordandstrath.org/ mail@broadfordandstrath.org Provides horticultural therapy through gardening and other outdoor activities at the Broadford grower's hub on Tuesdays between 10am and 1pm. Broadford Men's Shed group takes place on Tuesdays at 6pm and Wednesday mornings. Self referrals although an organisation or medical professional may contact Broadford and Strath on an individual's behalf. Alzheimer's Group - Every Tuesday 14:00 - 16:00</p>	<p>Community Activities</p>
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<p>Café Chat 07851 773746, Dave@cafechat.co.uk Café Chat offers a cuppa in a relaxed atmosphere and a chance to meet people for a blether and to share interests and friendships. There are also occasional activities such as talks, crafts, meditation, willow weaving, walks, visits and more. Café Chat is a community programme, so all refreshments and activities are FREE. No need to book, just pop in! We meet every week in different locations in the BROADFORD AND STRATH area. Usually on a Monday, between 13.30 and 15.30. See the West Highland Free Press, monthly posters or the Café Chat Facebook page for more details. For more info - dave@cafechat.co.uk or phone Dave or Judy on 07851 773746.</p>	<p>Social Activity</p>
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<p>Camuscross and Arnisdale Development Trust Barabhaig, Cruard, Isle Ornsay, Isle of Skye, IV43 8QT www.camuscross.org/index.asp The Trusts aim is to develop and support social, cultural, economic and environmental initiatives and to create a resilient, sustainable community where everyone feels welcome and valued For details of their current projects please visit their website.</p>	<p>Community Activities</p>
<p>Carr Gomm Caol Community Centre, Fort William, PH33 7DS https://www.carrgomm.org/ 0300 666 3030 Carr Gomm helps with any area of someone’s life: from small things to being fully involved in all aspects of someone’s life.</p>	<p>Self-Directed Support Respite</p>
<p>Chest, Heart and Stroke Scotland Third Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh, EH12 5EZ https://www.chss.org.uk/ 077416585524, anne.toye@chss.org.uk Rehabilitation support for Chronic Obstructive Pulmonary Disease (COPD), Heart Conditions, people recovering from Stroke in Skye and Lochalsh. Groups run Tuesday, Wednesday and Thursday. Referrals can be made prior to hospital discharge or post discharge by any support professional, family or by self referral.</p>	<p>Physical Health</p>
<p>Childrens Hospice Association Scotland Canal Court, 42 Craiglockhart Avenue, Edinburgh, EH14 1LT https://www.chas.org.uk/ 0131 144900, support@chas.org.uk Provides care for children and their families throughout Scotland, whether they're at home, in hospital, or visiting Rachel or Robin House, CHAS can give you the care and support you need, when you need it. See their website for more details.</p>	<p>Palliative Care</p>
<p>Chip + Birnie Centre, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ https://www.chipplus.org.uk/home info@chipplus.org.uk ,01463 711189 To advance the well-being and education of children and young people up to the age of 25 with additional support needs their parents and families, and those professionals working with them. For more details see their website</p>	<p>Additional Support Needs</p>

<p>Clic Sargent 53 Bothwell Street, Glasgow, G6 1TS www.clicsargent.org.uk 0141 572 5712 CLIC Sargent offers financial, practical and emotional support to children and young people with cancer (up to age 24), in the Highlands and Islands and all over Scotland and the UK. CLIC Sargent has nurses, social workers and play specialists. The charity also has free self catering accommodation close to some treatment centres where parents and children can reside whilst, their child is undergoing treatment. CLIC Sargent campaigns on behalf of families and tries to influence change in policy and practice. There is a nurse and social worker based at Raigmore Hospital, and a clinic is held there every Wednesday. Typically care is shared between Raigmore and the main treatment centres in Glasgow, Edinburgh and Aberdeen.</p>	<p>Cancer Support</p>
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<p>Connecting Carers Glen Orrin House, High Street, Dingwall, IV15 9TF https://connectingcarers.org.uk/ 01463 723560, carers@connectingcarers.org.uk Connecting Carers provides information, support and training courses for adults and young carers, who provide physical or emotional support, due to frailty, physical or mental illness, addiction, disorder or disability and are not paid for providing that care or support. Information on welfare benefits, health and community care services in the Highland area, grants and other support for carers is provided by post, telephone or email, via the website or in person at information days, carers groups/events, etc. A confidential, listening ear and a Carers Information & Support Pack based on substantial knowledge from working with carers in the Highlands. For further details of information days please see their website.</p>	<p>Rights and Representation</p>
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<p>Counselling Care Skye and Lochalsh c/o Kyle Medical Practice, Lochalsh Health Centre, Kyle of Lochalsh, IV40 8AE http://www.spanglefish.com/skyeandlochalshcounselling/index.asp?pageid=223510 Individual counselling sessions by appointment only. Self-referrals can be made or referral can be made by GP's.</p>	<p>Counselling</p>
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<p>Dyslexia Scotland Skye and Lochalsh Dyslexia Scotland, 2nd Floor – East Suite, Wallace House, 17-21 Maxwell Place, Stirling, FK8 1JU www.dyslexiascotland.org.uk 0344 8008484, Ds.skye.lochalsh@gmail.com Dyslexia Scotland aim to inspire and enable everyone to reach their full potential. They provide and promote high quality services to people with dyslexia; Influence and achieve change at a national and local level; give dyslexic people an effective individual and collective voice and support a network of branches, members and partners. Details of events and individual meetings can be found under the events section on their website.</p>	<p>Additional Support Needs</p>
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<p>Fernaig Community Trust 2 Riverside Cottages, Braeintra, Stromeferry, IV53 8UP http://www.stromeferry-and-achmore.co.uk/index.asp 01599 577251, colinandrosy@btinternet.com The trust oversees community ownership of 110 Acres of land (let as agricultural smallholdings to locals); allotments; areas of mixed native woodland; 1.7km of public access footpaths. They also hold occasional events such as work parties, BBQ etc. for details visit their website.</p>	<p>Community Activities</p>
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<p>Friends of Portree Hospital Portree Hospital, Fancy Hill, Portree, Isle of Skye, IV51 9BZ http://www.portreehospital.org.uk/pages/index.php 01470 582257, ardslane@aol.com, 01478 640224, jessica.donaldson@btinternet.com Provides funding for additional care equipment, as required. Requests can be made by direct contact from a medical professional</p>	<p>Fundraising group</p>
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<p>Glenelg and Arnisdale Development Trust The Ceilidh House, Glenelg, by Arnisdale, IV40 8JH http://www.glenelg.co.uk/category/community/gadt/ A group whose aim is to manage community land and associated assets for the benefit of the Community. For details of individual projects please see their website.</p>	<p>Community Activities</p>
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<p>Glendale Trust Glendale Community Hall, Glendale, Isle of Skye, IV55 8WJ https://theglendaletrust.org/ tim@theglendaletrust.org The Glendale Trust's objectives are the promotion, for the public benefit, of rural regeneration in areas of social and economic deprivation, and in particular within the area of Glendale, Isle of Skye. Please see their website for details of individual projects.</p>	<p>Community Activities</p>
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<p>Highland Hospice Ness House, 1 Bishops Road, Inverness, IV3 5SB www.highlandhospice.org generalenquires@highlandhospice.org.uk</p> <ul style="list-style-type: none"> • 24/7 medical/nursing telephone advice service available to all Healthcare Professionals caring for those with complex palliative care needs. • Collaborative working by hospice medical/nursing teams with all local healthcare teams including domiciliary visits and/or inpatient admissions as required. • Partnership befriending service; Skye and Lochalsh Neighbours and Friends 	<p>Palliative care Respite Befriending</p>
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<p>Highlife Highland Portree Community Library, Portree, Isle of Skye, IV51 9ET http://highlifehighland.com 01478 614 832 , catriona.canning@highlifehighland.com Provides learning opportunities and tutoring for over 16s in basic skills such as Maths and English, as well as promoting opportunities in culture, sport, leisure and health and wellbeing.</p>	<p>Lifelong Learning</p>
<p>Key Community Supports – Skye and Lochalsh Tigh Lisigarry, Bridge Road, Portree, Isle of Skye, IV51 9ER www.key.org.uk 01478 611767, skye.sdmekey.org.uk Key supports adults and young people with disabilities and long-term conditions throughout Scotland. They believe that good support is essential for a good life and work alongside each person they support, and their family, to help them live life to the full. For more information see their website.</p>	<p>Housing support</p>
<p>Kyle and Lochalsh Community Trust Old Toll Office, Kyle of Lochalsh, IV40 8AZ https://www.lochalsh.uk/ 01599 534505, development@lochalsh.uk The group works for the benefit of the communities of Lochalsh and some areas of Ross-shire. For details of individual projects see their website.</p>	<p>Community Activity</p>
<p>Kyleakin Community Minibus https://www.kyleakinminibus.com The Kyleakin Community Minibus Group is a voluntary non-profit organisation that operate and maintain a 17-seater Peugeot Boxer Minibus with wheelchair access ramp. The Minibus is based in Kyleakin and a resource primarily for the benefit of the Kyleakin community although also available to the wider community when possible. The Minibus benefits from a lift for wheelchair access.</p>	<p>Transport</p>
<p>LGOWIT (Lets Get On With It Together) c/o Thorfin House, Bridgeend Business Park, Dingwall, IV15 9SL https://www.facebook.com/LGOWIT/ 07454950401, LGOWITKate@highlandhsti.org.uk Let's get on with it together" is a partnership of voluntary organisations, NHS, Local Authority and UHI who collectively want to support people with a long term health condition to self-manage. For more information Please contact Kate Hathaway</p>	<p>Transport</p>

<p>Living Hope Kyleakin Church Hall, Meuse Lane, Kyleakin, IV41 8PH 07715435341 Road2Recovery: Weekly recovery group for adults with Addiction at 7pm on Wednesdays in Kyleakin Church Hall.</p>	<p>Addiction Support</p>
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<p>Lochalsh and Skye Housing Association Morrison House, Bayfield, Portree, IV51 9EW www.LSHA.co.uk 01478612035, info@LSHA.co.uk An Independent non-profit housing organisation to develop, manage and maintain housing for rent. Also offering the following services:</p> <ul style="list-style-type: none"> • The Handyerson Service: a free service aimed at helping people over the age of 65 and disabled people with minor repairs and tasks around the home. The Handyerson Service can also arrange for aids, adaptations and Telehealthcare to be installed in your home. They are also approved to carry out a home check service to see if there are any works which can be done straight away to make your home safer. • Care and Repair Service: If you are disabled or aged over 65 they can help you with repairs, adaptations and improvements to your home. They can: arrange for your needs to be assessed, help you indentify/prioritise repair works, help you to identify finance for works and project manage works on your behalf. • Energy Advice Service: A free service for all households in Lochalsh, Skye and Raasay. Trained advisers can check if your house is insulated, give advice about draught proofing, and give advice about heating systems, tariffs and how to reduce your heating bills. • Tenant Advice: Free to all LSHA tenants, the Tenant Adviser is available to provide advice and information on a wide range of topics such as benefits, personal budgeting, signposting and referrals to free advice agencies. 	<p>Housing</p>
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<p>Lochalsh Leisure Centre Douglas Park, Kyle of Lochalsh, IV40 8AB http://www.lochalshleisure.org.uk/ 01599 534848 Lochalsh Leisure Centre is located in Kyle of Lochalsh and is an independent health and fitness facility which has a service level agreement with The Highland Council. They offer: An indoor heated swimming pool; Spa Bath; Sauna; Steam Room; Fitness Suite and Free Weights Room. Their website includes the swimming pool timetables, information on prices and some background on the centre plus latest news items.</p>	<p>Physical Activity Social Activity</p>
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<p>Lochalsh Youth Community Trust The Old Police Station, Isle Ornsay, Isle of Skye, IV43 8QR www.lochalshyouth.org 01471 833463, ashford@legalisp.net High School Youth Club – Every Friday 7-9.30pm in the Wee Den at Kyle Village Hall. All High School Ages Welcome. £1 entry – Hot food and Tuck Shop Available. Drop In and Games – Every Tuesday – 6.30-8pm in the Wee Den at Kyle Village Hall. All High School Ages Welcome. No Charge. Hot Drinks Available. High School Girls Group – Thursday Nights at the Wee Den in Kyle Village Hall. For all young woman in S1-S6. No Charge. Hot Drinks Available</p>	<p>Youth Group</p>
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<p>Lucky2be Here Bank of Scotland Buiding, Somerled Square, Portree, Isle of Skye, IV51 9EH https://www.lucky2bhere.org 01478 611522, info@lucky2bhere.org The main activity of Lucky2BHere is to place defibrillators and deliver emergency life support training to communities throughout Scotland. Communities can take any form from sports clubs, villages, schools, churches, businesses and many more.</p>	<p>AED Provision Skills and Training</p>
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<p>Macmillan CAB Partnership Zone 6, Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ https://www.macmillan.org.uk/ 01463 706 178, macmillancab@raigmorehospitalcab.casonline.org.uk The Macmillan CAB Partnership offers advice and assistance for people living with cancer and their families and carers. They cover the Highlands apart from Lochaber which has its own Macmillan CAB service based at Lochaber CAB (01397 709095 or christine.donnelly@lochabercab.casonline.org.uk)</p> <p>The advice and assistance offered includes:</p> <ul style="list-style-type: none"> • full benefit check and application for appropriate benefits • grant and benevolent fund advice and application • money advice • insurance, housing and employment advice • representation at appeals, advocacy • advice on wills, power of attorney etc • Bereavement and industrial injuries benefits/compensation. <p>Referrals can be made by any health care professional or directly by the client or family member/carer. Clients are referred to a Rights Worker who will deal with all of the issues they have. Issues are dealt with either over the 'phone, on the hospital ward or by home visiting depending on the clients circumstances. Opening hours are Monday to Friday, 9.00am to 5.00pm although appointments can be arranged out with these hours if required.</p>	<p>Rights and Representation</p>
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<p>Macmillan Service – Skye and Lochalsh Dr Mackinnon Memorial Hospital, High Road, Broadford, Isle of Skye, IV49 9AA www.macmillan.org.uk 01471 822913, barbarah.macdonald@nhs.net Support and advice for people with cancer and other progressive conditions within the Isle of Skye, South Wester Ross and Lochalsh area. The service works closely with Highland Hospice who provide outreach support to patients and Healthcare Professionals. End of Life care can be provided by local community nursing and care at home staff, or the local community hospital. Macmillan nurses also administer chemotherapy (including palliative treatment) in the local community hospital.</p>	<p>Palliative Care Cancer</p>
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<p>Maggies Highland Raigmore Hospital, Old Perth Road, Inverness, IV2 9TF www.maggiescentres.org 01463 706306, highlands@maggiescentres.org Maggies Highland offers a service to anyone affected by cancer. The nearest Maggies Centre is in the grounds of Raigmore Hospital right beside the Oncology Department, opposite the MacMillan Oncology Suite. It is a warm, welcoming space where you can meet people who are experiencing the same things you are. You will find groups specific to your needs, and can receive advice and information from our professional staff. Our Cancer Support Includes: Cancer treatment information; Cancer site-specific support groups; Help with understanding and claiming benefits; Exercise and Nutrition groups; Support for family and friends; Bereavement Support and Relaxation and Stress Management. You don't need an appointment and all of our support is free. Just come in for a visit when you're at Raigmore The centre is open Monday – Friday 09:00 -17:00 Find out more about Maggies on our website.</p>	<p>Cancer Support</p>
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<p>Mikeysline The Hive, 19 Academy Street, Inverness, IV1 1JN http://www.mikeysline.co.uk/contact-us/ 01463729000, enquiries@mikeysline.co.uk. TEXTLINE: 07779303303 Mikeysline run two services, a text line, as well as the Hive in Inverness City Centre. They aim to: Help fight the Highland wide problem of chronic loneliness; Provide a light in the dark for those in the depths of depression; Offer a distraction from thoughts leaning towards self-harm and Tackle head on the staggering rate of suicide in the Highlands</p>	<p>Support</p>
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<p>Minginish Community Bus 28 Fiscavaig, Carbost, Isle of Skye, IV47 8SN minginishbus@gmail.com. The Minginish Minibus is a community bus used primarily in the Minginish area for local activities such as pensioner’s lunch clubs and shopping trips, school outings and sports events. It is also available for private hire throughout the Isle of Skye. It is a 16 seat bus with places for up to 4 wheelchairs and an electric ramp</p>	<p>Transport</p>
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<p>Minginish Community Hall 5B Fernilea, Carbost, Isle of Skye, IV47 8SJ http://www.spanglefish.com/minginishcommunityhall/calendar.asp Minginish Community Hall are involved in many community projects including the Fairy Pool Carpark. For details of individual projects visit their website.</p>	<p>Community Activities</p>
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<p>Paths For All www.pathsforall.org.uk 01463 729997, info@pathsforall.org.uk Paths for All have walking group meetings throughout Skye and Lochalsh. Details as follows: Portree - A weekly walk meeting Fridays at the Somerled Square bus shelter. However, during last week of EACH month, the walk takes place on Thursday and NOT a Friday. The group meets at 1pm (12 noon start for December & January). The walks are 1 - 2 hours long if you would like to join the group for refreshments afterwards then please take some change with you. Dunvegan - A weekly walk meeting every Friday 10.30am at Dunvegan's Central Car Park. The walk usually lasts 1 hour and if you'd like to stay for tea and coffee at the end, then the group usually go to a local cafe in the summer for refreshments or fellow walker's homes in the winter so please bring some change if you'd like to join for a cuppa. Waternish - A weekly walk meeting every Monday just before 3.15pm at varying locations from November until the end of January. Thereafter the walk starts at 3.30pm. Please contact one of the following Walk Leaders, Madeline Jones 01470 592346 or David Porter 01470 592304 or Catherine Leach 01470 592705 for start point details. The walk is for 1 hour although there is an occasional extended walk (by common consent) for 2 hours. Occasionally the walk ends with refreshments so change for a cuppa should be taken. Lochalsh and South Skye - A weekly walk meeting every Thursday 10.30am at varying locations. Please phone Walk leader Ron Porter 01599 566281 for start point details. The walk lasts up to 2 hours.</p>	<p>Physical Activity Social Activity</p>
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<p>Portree and Braes Community Trust Office 5, Jans, 6 Broom Place, Portree, Isle of Skye, IV51 9HL https://www.portreeandbraes.org/ 07570 652953, info@portreeandbraes.org A group whose objective is to promote the development and regeneration of Portree and Braes, assisting people who are at a disadvantage due to their social and economic circumstances. For a list of their current projects please see their website.</p>	<p>Community Activities</p>
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<p>Portree Angling Association c/o Tigh Lisigarry, Bridge Road, Portree, Isle of Skye, IV51 9ER http://www.portreeanglingassociation.co.uk/ info@slcvo.org.uk Portree Angling Association controls most of the angling in the North East of the Island of Skye, including the rights for the Storr Lochs, along with many rivers and other waters. There are Association boats on the Storr Lochs and these include a boat for disabled access. For more information please see their website.</p>	<p>Physical Activity</p> <p>Social Activity</p>
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<p>Raasay House Raasay, By Kyle, IV40 8PB https://www.raasay-house.co.uk/ 01478660300, info@raasay-house.co.uk Raasay House offer activity holidays and short breaks where you will find a welcoming and friendly atmosphere awaiting you amongst people who share your passion for the outdoor activities and have a love of beautiful places. For more details please visit their website.</p>	<p>Physical Activity</p> <p>Social Activity</p>
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<p>Raasay House Community Company 5 Mill Park, Raasay, Kyle, IV40 8PA The company runs Raasay House, Raasay Walled Garden and other Community activities.</p>	<p>Community Activities</p>
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<p>Raasay Walled Garden Raasay, By Kyle, IV40 8PB https://www.facebook.com/RaasayCommunityGardens/ 07939 106426, raasaywalledgarden@gmail.com Supplies local businesses and the community with fresh produce and has made the garden an enjoyable space to visit. Please see their Facebook page for details of events and opening times.</p>	<p>Physical Activity</p> <p>Social Activity</p>
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<p>Rag Tag and Textile Ltd Broadford Industrial Estate, Broadford, Isle of Skye, IV49 9AP www.ragtagskye.org, 01471 822043, hello@ragtagskye.org</p> <ul style="list-style-type: none"> • Protected Craft Workshops at Tigh na Drochaid Tuesdays and Fridays 10am to 4pm and Broadford Tuesdays, Wednesdays and Fridays referral by CPN, GP, Social Work or Self referral - all forms available on website. • Open Craft Workshop at Tigh na Drochaid Wednesdays 10am to 1pm - Anyone can drop in • Craft Workshops for skills teaching. Open to the public for free at Tigh na Drochaid and Broadford by application to rag tag - Occasional events. All of these services are also available in Broadford. • Crumz Craft Club open to the public Thursdays in Broadford, 11am to 3pm with coffee, tea and cake. Access to the computer and internet for official letters and forms. 	<p>Mental Health</p> <p>Social Activity</p>
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<p>Rape and Sexual Abuse Service Highland www.rasash.org.uk/index.php 03330066909, info@rasash.org.uk RASASH provide free, confidential, person centred emotional and practical support, information and advocacy for survivors of sexual violence and abuse aged 13+, their non-abusing partners, family and friends. They also provide consultation, information, guidance and training to staff from other agencies who work with survivors of sexual violence.</p>	<p>Support</p>
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<p>Sense Scotland www.sensescotland.org.uk 0300 330 9292, info@www.sensescotland.org.uk Sense Scotland works with children, young people and adults who have communication support needs due to deaf blindness, sensory impairment, learning or physical disability. Services are designed to provide choice and continuity across age groups and They work closely with families and with colleagues from health, education and social work.</p>	<p>Support</p>
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Senior Citizens Lunch Clubs

Cairdeas Lochalsh Group: - Meets Alternate Wednesdays from 2.30pm – 4.30pm at the Free Church Hall, Kyle of Lochalsh. Contact Jane Camp on 01599544246 for more information.

Carbost and Portnalong Lunch Club: - Meets on a Wednesday at Donald John's Café, Satran from 12:30pm – 2pm in Winter and at Wednesday craft days in Minginish Hall in the Summer.

Dornie Lunch Club: - The lunch club is a group open to anyone in the Dornie area who wants to come along at 12.00 on Wednesdays in Dornie Community Hall for company and some food. Charge £5 for the food, tea/ coffee and a game of bingo if that appeals. For more information contact Fay MacKenzie 01599555369 fay.mackenzie@btconnect.com

Dunvegan & District Senior Citizens Club: - Meets alternate Mondays for a social get together and 2 course lunch at The Old School Restaurant in Dunvegan from 12 noon till approx. 2pm. This time will change during winter months to 1pm. till approx. 3 pm. People over 55 are all welcome if they reside in the Dunvegan and Struan areas and transport is available for those that require this. Cost for regular lunch is £5 per head and a nominal charge for the minibus if required Contact Richard or Jayne on 01470 521456 for more information.

Glendale over 60 Lunch Club: - Meets fortnightly on a Monday at 12:30 in Glendale Community Hall. Cost of main meal, dessert and tea/coffee £4.50. Contact Jan on 01470 511324 for more information.

Loch Duich Lunch Club: - Meets Wednesdays from 12.30pm-3pm at Inverinate and Loch Duich Community Centre. Contact Agnes Stoddart on 01599 511287 for more information.

Minginish Natters: - Meets on the 3rd Thursday of every month, (Sept-April) – social get-together plus talks, demonstrations etc. A craft group meets on the other Thursdays. Contact: Jess Donaldson on 01478640224 for more information.

Plockton Lunch Club: - Meets Alternate Wednesdays at 12 noon in the Plockton Hotel.

Portree Lunch Club: - Meets every Wednesday from 12.15pm to 1.30pm at the Royal Hotel, Portree (except Games Day, Christmas Day and New Years Day)

Raasay Community Lunch Club: - Meets on the 3rd Wednesday of every month from 12.30pm 3pm at the Raasay Community Hall. Lunch club is open to the whole community not solely for older people. Contact Ann Oliphant on 01478660388 for more information.

Sleat Lunch Club: - (from October to end March): Meets every Thursday in the Ardvasar Hotel from 12 – 2 p.m. two-course meal. Transport available.

Social Activity

<p>Skye and Lochalsh Access Panel Strathisla, Bayview Crescent, Broadford, Isle of Skye, http://skyeandlochalshaccesspanel.org.uk 01471 822902, skyeandlochalshaccesspanel@gmail.com The Access Panel is one of fifty Access Panels in Scotland and consists entirely of volunteers, several of whom have expertise in a variety of fields, including qualification as an Access Auditor. A close working relationship with relevant bodies, such as Highland Council, NHS Highland and various other agencies has been fundamental in helping to meet our objectives. The Access Panel aims to work with people by listening, discussing ideas, offering advice, giving appropriate information and promoting good practice. Membership of the Access Panel is open to everyone and welcome communication from anyone who wishes to highlight an access issue that they may be unaware of, who wants advice in order to improve accessibility, or who would like to know more about the work of the Access Panel generally.</p>	<p>Rights and representation</p>
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<p>Skye and Lochalsh Association for Disability (Kyleakin Connections) Old Primary School, Kyleakin, Isle of Skye, IV41 8PH http://kyleakinconnections.co.uk/ 01599 534752, woodpeckers53@yahoo.com Kyleakin Connections is a resource centre working to encourage independent living for people with learning disabilities, to develop their independence and help them to lead ordinary, fully inclusive lives within the community. They offer a place where people can come together to learn new skills and improve existing skills. They operate their own Nice Café & Bookshop which enables access to training and job opportunities. Activities include: outdoor & indoor activities; IT Skills; cookery; gardening; music and drama; arts & crafts; social skills training and exercise and participation in sporting activities. The Centre is open three days a week, Wednesday, Thursday and Friday, from 10am to 4.30pm. The café and bookshop is open every Wednesday (excluding holidays) 11am to 2.30pm.</p>	<p>Support Skills and Training</p>
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<p>Skye and Lochalsh Citizens Advice Bureau Bridge Road, Portree, Isle of Skye, IV51 9ER https://www.slcab.org.uk 01478 612032, adviser@slcab.org.uk Provides free and confidential advice and information. Common areas of inquiry include: Benefits advice, debt and money advice, help with consumer issues, help with work related problems, advice on housing and advice on relationship issues. Regular attendance at Lochalsh Healthcare Centre – check with the CAB for times and dates.</p>	<p>Rights and Representation</p>
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<p>Skye and Lochalsh Crossroads Care Kings House, The Green, Portree, Isle of Skye, IV51 9BS http://www.crossroads-skye.co.uk 01478 612399, office@crossroads-skye.co.uk Supports people of all ages with a range of conditions to live their lives as independently as possible. Offering adult care, care for children, 24 hour care etc. available. Other services available are: Companionship, food preparation and serving, help with shopping, cancer care, palliative care, dementia and elderly care.</p>	<p>Support</p>
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<p>Skye and Lochalsh Council for Voluntary Organisations (SLCVO) Tigh Lisigarry, Bridge Road, Portree, IV51 9UP www.slcv.org.uk 01478 612921, info@slcv.org.uk Supporting the start-up and development of community groups and projects, including;</p> <ul style="list-style-type: none"> • Volunteering promotion and matching services • Support with constitutions and connecting the local third sector to respond to local priorities through partnership working and collaboration; • Ensuring there is a strong third sector voice at a strategic level within local planning structures • Consultancy • Room Hire • Admin 	<p>Support Group Volunteering</p>
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<p>Skye and Lochalsh Friends of A.R.M.S Unit 8b Industrial Estate, Lisigarry Place, Portree, Isle of Skye, IV51 9BD https://www.msntc.org.uk/find-a-centre/skye-and-lochalsh-friends-of-arms/ 01478 612984, iansmart667@btinternet.com Skye and Lochalsh Friends of A.R.M.S offer High Density Oxygen Treatment to clients living with MS and non MS medical conditions. Services are delivered out of the centre at Unit 8b Industrial Estate, Lisigarry Place, Dunvegan Road, Portree. Sessions last about one and half hours and prior appointments are essential.</p>	<p>Bariatric Chamber</p>
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<p>Skye and Lochalsh Foodbank Portree Parish Church Hall, Portree, Isle of Skye, IV51 9DY https://skyefoodbank.co.uk/ info@skyefoodbank.co.uk Service can be accessed through the Citizens Advice Bureau (CAB), The Green, Portree and the CAB outreach service in Kyle. The Portree CAB office is open on Mondays, Tuesdays and Thursdays 10 am to 1 pm and 2 pm to 4.30 pm and on Wednesdays from 10 am to 1 pm. CAB phone number is 01478 612032.</p>	<p>Foodbank</p>
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<p>Skye and Lochalsh Neighbours and Friends Tigh Lisigarry, Bridge Road, Portree, Isle of Skye, IV51 9ER www.slcvo.org.uk 01478 612921, volunteerofficer@slcvo.org.uk Fortnightly one to one befriending visits in clients homes. Self referrals can be made as well as referrals by medical professionals.</p>	<p>Befriending</p>
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<p>Skye and Lochalsh Young Carers Victoria Cottage, Hedgefield Road, Portree, Isle of Skye, IV51 9GF https://www.skyeyoungcarers.co.uk 01478 613617, skye.lochalshcarers@gmail.com Providing support, respite and guidance to young people (under 18) who care for a family member. Referral can be made via the referral form found on their website or by a medical professional.</p>	<p>Family Support</p>
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<p>Skye Cancer Care Cumbria, 8 Budhmoor, Portree, Isle of Skye, IV51 9DJ http://www.skyecancercare.org 07377 885156 Skye Cancer Care was set up in 2011 to "support and facilitate the provision of hospice-type care in Skye for persons with incurable life-limiting disease (especially, but not limited to, those with cancer) by raising funds for the establishment of facilities for such care" at the local cottage hospital and in the community.</p>	<p>Fundraising Group</p>
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<p>Skye Old Peoples Welfare 4 Drumuie, by Portree, Isle of Skye, IV51 9NA ardslane@aol.com Voluntary Transport provider for Pensioners and those with a disability in North and West Skye and the Isle of Raasay. They operate a Minibus "Shopping Bus", all drivers are volunteers and are provided by the areas or groups using the bus. There is a 6 month rota and the bus is available for use by other areas and groups with similar aims. They also provide transport to Portree Lunch Club every Wednesday with volunteers using their own cars.</p>	<p>Transport</p>
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<p>Skye Stroke Friends maryannmacfarlane@btinternet.com Weekly meetings every Wednesday 1 - 3 at Tigh na Drochaid to provide support and activities for individuals who have suffered a stroke. Individuals can self refer by simply attending one of the meetings on a Wednesday or a Doctor can contact Mary Ann Macfarlane to discuss further.</p>	<p>Support</p>
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<p>Skye Talking Newspaper Tigh na Drochaid, Bridge Road, Portree, IV51 9ER 01478 613113, Katherine.millington1@nhs.net Free Press on Memory Sticks free to visually impaired people.</p>	<p>Talking Newspaper</p>
<p>Sleat Community Trust Trust Office, Armadale, Sleat, Isle of Skye, IV45 8RS http://www.sleat.org.uk/ 01471 844773, office@sleat.org.uk Sleat Community Trust aspires to improve the quality of life for the residents of the Sleat peninsula through supporting economic development and maintaining the high quality environment. For details of individual projects please see their website.</p>	<p>Community Activities</p>
<p>Staffin Community Trust Church of Scotland Annexe, Staffin, Isle of Skye, IV51 9JX https://staffin-trust.co.uk/ staffin.lido@gmail.com The Staffin Community Trust was formed by local residents to improve the economic prospects of the rural district which has crofting and Gaelic at its heart. The SCT works with and for the community. For details of individual projects please visit their website.</p>	<p>Community Activities</p>
<p>Step it up Highland gillonskye@btinternet.com, briardsnz@btinternet.com The group meet on Monday & Thursdays, they set off from the Broadford Hall at 10am and usually have a 1 hour walk on Thursdays. After the walk there is tea and coffee in the hall accompanied by biscuits</p>	<p>Physical Activity</p>
<p>Tha Seo Math Dhuibh - Good for You Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU www.cleas.org.uk/tha-seo-math-dhuibh 01478 613649, iseabail@aros.co.uk Community Arts programme run by Cleas for Skye and Lochalsh aimed at reducing isolation and increasing creativity among people of all ages and abilities. There are monthly relaxed film screenings for people living with Dementia at the Aros centre and workshops throughout the area fo groups, day centres and care homes. They also provide workshops, as well as offering drop-in activities at the Aros centre to all.</p>	<p>Creative and Cultural Activities</p>

<p>The Macular Society Broadford Hotel, Torrin Road, Isle of Skye, IV49 9AB https://www.macularsociety.org/groups/skye-lochalsh-support-group 01470511291/07711133733, info@macularsociety.org Support group meets on the fourth Wednesday of every month 2pm - 4pm at Broadford Hotel. The meetings are open to anyone affected by central vision loss. Family, Friends and Carers welcome.</p>	<p>Support</p>
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<p>The Way Forward Group Unit 8b industrial estate, Lisigarry Place, Portree, Isle of Skye, IV51 9BD 01470 521808 The Way Forward is a group for physically disabled or chronically ill men or women aged 18 to 70. They meet on alternate Thursdays at the ARMS Centre in Portree. The aim of the group is to have fun and help and support one another. Something different is organised for each meeting. If you would like to join them, go along and share the fun and laughter.</p>	<p>Support</p>
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<p>Trust Housing Shulishadder Beag, Portree, IV51 9EX https://www.trustha.org.uk/ 01478 612933, info@trustha.org.uk Trust Housing provides Housing Support Services by way of Sheltered Housing and Amenity Housing. Sheltered Housing is provided at Shulishadder Beag, Portree. It consists of 18 cottages plus a main block of 6 flats. Communal facilities include a lounge, laundry and guest bedrooms. Amenity Housing is provided at Drum na Pairc, Portree. It consists of 14 cottages with no communal facilities. The Local Representative visits once a week for a welfare check.</p>	<p>Housing</p>
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<p>West Highland College UHI Portree Campus: Portree College Centre, Struan Road, Portree, Isle of Skye, IV51 9EG Broadford Campus: Parc nan Craobh, Broadford, Isle of Skye, IV49 9A www.whc.uhi.ac.uk Portree: - 01478 611 310 Broadford: - 01471 822 622 College providing courses and training locally and online from introductory courses and SVQs, up to degree and masters.</p>	<p>Education and Training</p>
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<p>Womens Aid Top Floor Office, 3 Douglas Row, Portree, Isle of Skye, IV51 9DD www.rosswa.co.uk 01478 613365/01349 863568, info@rosswa.co.uk Domestic Abuse support service in Skye and Lochalsh. They provide: one to one support by telephone, text or in person, group support, information on rights, advocacy and safe accommodation. If you need information, support, a safe place to stay or just someone to listen they can help. Monday to Friday 10.00 - 16.00 (24 hour Answering Machine) CYP Service: 07848023277</p>	<p>Support</p>
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Viewfield Garden Collective

Viewfield Road, Portree, Isle of Skye, IV51 9EU

<http://www.spanglefish.com/viewfieldgardencollective/map.asp>

viewfieldgarden.collective@gmail.com

Therapeutic gardening project providing a supportive work environment and training in horticulture for excluded groups of adults, particularly those suffering from mental health problems; the advancement of citizenship and community development by restoring and maintaining natural landscapes, access paths and community gardens which are open to the general public; advancement of health through providing opportunities for social interaction and physical exercise through gardening activities.

Referrals are accepted from agencies, GP's and health professionals. Individuals may self refer.

Volunteer Support for the project is welcomed. Open Tuesday-Friday from 10:00 - 15:00.

Mental Health**Physical Activity****Social Activity**

Police Stations

Portree Police Station
Somered Square
Portree
Isle of Skye
IV51 9EH

Kyle Police Station
Main Street
Kyle of Lochalsh
IV40 8BY

For emergencies contact: 999. For non-emergency calls contact 101

Fire Stations

Portree Fire Station
5 Martin Crescent
Portree
Isle of Skye
IV51 9DW

Uig Fire Station
Sheader Road
Uig
Isle of Skye
IV51 9XX

Staffin Fire Station
Trotternish Avenue
Staffin
Isle of Skye
IV51 9JU

Dunvegan Fire Station
Lonemore
Dunvegan
Isle of Skye
IV55 8GU

Broadford Fire Station
Harrapool
Broadford
Isle of Skye
IV49 9AQ

Raasay Fire Station
Inverarish Terrace
Raasay
Kyle
IV40 8NS

Kyle Fire Station
Stoney Road
Kyle of Lochalsh
IV40 8BP

For emergencies contact: 999. For non-emergencies contact: 01478 612793

Lifeboat Stations

RNLI Portree Lifeboat Station
Quay Street
Portree
Isle of Skye
IV51 9DE

RNLI Kyle Lifeboat Station
Fishery Pier
Kyle of Lochalsh
IV40 8AJ

01478 613610

01599 534 796

Hospitals

Portree Hospital Fancy Hill Portree Isle of Skye IV51 9BZ 01478 613200	Dr MacKinnon Memorial Hospital High Road Broadford Isle of Skye IV49 9AA 01471 822491
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GP Surgeries

Portree Medical Centre Fancy Hill Portree Isle of Skye IV51 9BZ 01478 612013	Dunvegan Medical Practice Health Centre Dunvegan Isle of Skye IV55 8GU 01470 521203
Carbost Medical Centre Carbost Village Carbost Isle of Skye IV47 8SR 01478 640202	Broadford Medical Practice High Road Broadford Isle of Skye IV49 9AA 01471 822460
Sleat Medical Practice Kilmore Sleat Isle of Skye IV44 8RF 01471 844 283	Kyle Medical Practice Healthcare Centre Station Road Kyle of Lochalsh IV40 8AE 01599 534257
Glenelg Health Centre Allt Ruadh Glenelg Kyle IV40 8JD 01599522272	
For out of hours medical issues contact NHS24 on 111. For emergencies contact 999	

Dentists

Portree Dental Clinic
Sraid an Eorna
Portree
Isle of Skye
IV51 9TU

01478 614218

Skye and Lochalsh Dental Practice
Station Road
Main Street
Kyle of Lochalsh
IV40 8AE

01599 534552

The Old Sick Bay
Station Road
Kyle
IV40 8AE

01599 534726

For Dental Emergencies out with practice hours please contact NHS24 on 111.

Opticians

JM MacDonald Opticians
Kings House
The Green
Portree
Isle of Skye

01478 612644

Craig R. Campbell Opticians
Main Street
Kyle of Lochalsh
IV40 8AB

01599 530022

info@crcampbellopticians.co.uk

Skye Mountain Rescue

Stac Lee
Glen Brittle
Isle of Skye
IV47 8TA
info@skymrt.org

Highland Council

<p>Portree and Raasay Service Point Tigh na Sgìre Park Lane Portree Isle of Skye IV51 9GP</p> <p>Registrations: - 01478 613850 Service Point: - 01349886606</p>	<p>Broadford Service Point Old Corry Road Broadford Isle of Skye IV49 9AP</p> <p>Registrations: - 01349 781230 Service point:- 01349 886606</p>
<p><u>Housing and Property Services</u> 01349 886 606</p> <p><u>Welfare Support team</u> Call for an appointment or to make an enquiry (Appointments available in Portree, Dunvegan and Broadford. Home visits are also available for those who are House bound)</p> <p>0800 090 1004 welfare.support@highland.gov.uk</p> <p><u>Emergency Contacts (out of hours)</u> Roads, Parks, Flooding and Street Lighting 01349 886690</p> <p>Homeless Team 01349 886 602 homeless.prevention@highland.gov.uk</p>	

Village Halls

<p>Ardvasar Hall Sleat Isle of Skye IV51 8DS</p>	<p>Broadford Hall Broadford Isle of Skye IV49 9AD</p>
<p>Braes Village Hall Camusmore Gedintailor Braes IV51 9NJ</p>	<p>Breakish Village Hall Breakish Isle of Skye IV42 8PY</p>
<p>Dunvegan Community Hall Dunvegan Isle of Skye IV55 8WA</p>	<p>Edinbane Community Hall Edinbane Isle of Skye IV51 9PY</p>

<p>Elgol Village Hall Atlantic View Elgol By Broadford Isle Of Skye IV49 9BJ</p>	<p>Glendale Community Hall Glendale Isle of Skye IV55 8WJ</p>
<p>Glenelg and Arnisdale Community Hall Glenelg By Kyle IV40 8JR</p>	<p>Kilmuir Hall Trotternish Isle of Skye IV51 9UB</p>
<p>Kyle Village Hall Main Street Kyle of Lochalsh IV40 8BY</p>	<p>Kyleakin Hall Kyleakin Isle of Skye IV41 8PQ</p>
<p>Minginish Community Hall Portnalong Isle of Skye IV47 8SL</p>	<p>Church of Scotland Hall York Drive Portree</p>
<p>Skye Bible Church Portree Fellowship Church Centre Bayfield Road Portree IV51 9EL</p>	<p>Raasay Hall Raasay By Kyle IV40 8PA</p>
<p>Skeabost Memorial Hall Alutgrishan Kensaleyre Portree Isle of Skye IV51 9XE</p>	<p>Staffin Hall Stenscholl Staffin Isle of Skye IV51 9JS</p>
<p>Tarskavaig Community Hall 1 Tokavaig Teangue Isle of Skye IV44 8QI</p>	<p>Uig Community Hall 5 Rha Bank Uig Isle of Skye IV51 9YL</p>
<p>Waternish Community Hall 10 Halistra Waternish Isle of Skye IV55 8GL</p>	<p>Stromeferry and Achmore Village Hall 6 Forestry Houses Achmore IV53 8UN</p>
<p>Dornie Community Hall Dornie IV40 8DR</p>	<p>Inverinate and Loch Duich Community Centre Inverinate IV40 8HD</p>
<p>Plockton Village Hall 36 Harbour Street Plockton IV528TN</p>	
<p>Many activities take place at village halls. Please check with your local hall for individual activities.</p>	

Other Useful Contacts

Action on Elder Abuse	0808 808 8141 https://www.elderabuse.org.uk/
Adult Health and Social Care Services	01471 820174 Out of hours - 08457 697 284 socialwork.outofhoursteam@highland.gov.uk
Adult Support and Protection Helpline	01349 886606 0800 9020042 (out of hours)
Allied Health Professionals Advice Line	0778547768
Beat Eating Disorders	Helpline – 0808 801 0677 Youthline – 0808 8080711 Studentline – 0808 8080811 https://www.beateatingdisorders.org.uk/
Care and Learning Children’s Services	Early – 01478 612947 Schools – 01478 613697 Care and Protection – 01478 612825 Out of hours - 08457 697 284 socialwork.outofhoursteam@highland.gov.uk
Childline	08001111 https://www.childline.org.uk/
Community Nurses	Portree – 01478 612590 Dunvegan – 01470 521216 Carbost – 01470521216 Kyle – 01599 530 931
Community Psychiatric Nurse	Portree - 01478 614 216 Kyle - 01599 530933
Cruse Bereavement Care	0844 477 9400 http://www.crusescotland.org.uk/
Dental Helpline	0845 6442271
Gas Freephone	0800 11999
Jobcentre Plus	0800 169 019
National Debtline	0808 8084000 www.nationaldebtline.co.uk/scotland
NHS - www.nhs24.scot	NHS24- 111 Breathing Space – 0800 838587 Living Life – 0800328365 MSK Helpline – 0800 9179390 NHS Inform - www.nhsinform.scot/ 0800 224488 Quit Your Way – 0845 757 3077

Occupational Therapist	01471 820174
Samaritans	116123 https://www.samaritans.org/
SANEline	0300 3047000 http://www.sane.org.uk/home
Scottish Families affected by Alcohol and Drugs (SFAD)	0808 0101011 helpline@sfad.org.uk https://www.sfad.org.uk/
Scottish Water	0800 778 778 https://www.scottishwater.co.uk/
SEPA Floodline	0345 9881188 https://www.sepa.org.uk/
SEPA Pollution Hotline	0800 807060 https://www.sepa.org.uk/
Young Minds	Parents Helpline – 0808 8025544 https://youngminds.org.uk/

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