

Skye, Lochalsh and Wester Ross Drug and Alcohol Forum Directory of Resources and Services 2024



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.co.uk or the individual group's website.

This directory is for the use of third sector groups, service providers and key workers. If you would like a copy in Microsoft Word so you are able to use the information contained in this directory for your own leaflets and service users please email jo.ford@slcvo.org.uk

UPDATED March 2024 by Aneurin Ellis, Community Coordinator, Kyle & Lochalsh Community Trust as part of the Community Champion Project funded by Highland Alcohol and Drug Partnership

SLCVO | **Skye and Lochalsh Council for Voluntary Organisations**

Skye and Lochalsh Council for Voluntary Organisations

Tigh Lisigarry, Bridge Road, Portree , Isle of Skye IV51 9ER

www.slcvo.org.uk

info@slcvo.org.uk

01478 612921

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Direct Support for Individuals and families

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.

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk>

0800 9177 650, help@aamail.org

Helpline: 01312252727 (24 hours)

Hourglass

0808 808 8141

The Hourglass mission is to end the harm, abuse and exploration of older people in the UK.

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

Alcohol Focus Scotland

Scotland's alcohol charity, supporting individuals, families and communities.

<https://www.alcohol-focus-scotland.org.uk/alcohol-information/alcohol-and-young-people/>

Beat Eating Disorders

- Helpline Scotland – 0808 801 0432 help@beateatingdisorders.org.uk
- Youthline – 0808 808 0711 studentline@beateatingdisorders.org.uk
- Studentline – 0808 808 0811 fyp@beateatingdisorders.org.uk

<https://www.beateatingdisorders.org.uk/>

Childline

0800 1111

<https://www.childline.org.uk/>

Cruse Bereavement Care

0808 802 6161

<http://www.crusescotland.org.uk/>

Counselling Care: Skye and Lochalsh (CC:SL)

CC:SL is a client focused, counselling and psychotherapy service serving the communities of the Isle of Skye and the area of Lochalsh. We provide quality counselling and psychotherapy services to those in our community affected by mental health issues.

c/o Kyle Medical Practice, Lochalsh Health Centre, Kyle of Lochalsh, IV40 8AE

<https://counsellingcaresl.org>

You can refer to our counselling service by emailing our Referral Co-Ordinator, Karen Haddow on karen@counsellingcaresl.org or by calling Karen on 07979 081 367.

Citizens Advice Bureau Gambling Support Service

<https://www.cas.org.uk/spotlight/gambling-support-service>

01463 237664 / 07788 178204, Mike.Youatt@invernesscab.org

The Citizens Advice Scotland Gambling Support Service support clients directly by providing information on how they can reduce their risk of gambling and help them access support and treatment services.

FRANK

For honest information and advice on drugs.

Talk to Frank - 0300 1236600

<https://www.talktofrank.com/>

Highlife Highland Adult Learning

Portree Community Library, Portree, Isle of Skye, IV51 9ET

<https://www.highlifehighland.com/adult-learning/>

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.

Highlife Highland Youth Services

Portree Community Library, Portree, Isle of Skye, IV51 9ET

<http://highlifehighland.com>

Skye: Roddy.MacLeod@highlifehighland.com

Lochalsh: Paul.Burden@highlifehighland.com

Are you 11 to 26 and interested in taking part in activities and working within your community to make sure young people are listened to. High Life Highland places a qualified Youth Worker in each of the 29 secondary school catchment areas.

Hope UK

Helping young people develop the knowledge and skills they need to be drug free.

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

Kooth

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.

<https://www.kooth.com/>

Living Hope

Road2Recovery: Weekly recovery group for adults with Addiction at 7pm on Wednesdays in Kyle, The Lighthouse Cafe

<http://www.livinghopesl.co.uk>

Stevie Boyle - 07715 435341 contact@livinghopesl.co.uk

Lochalsh and Skye Housing Association

An Independent non-profit housing organisation to develop, manage and maintain housing for rent. Also offering the following services:

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.

Lowri Richards (she/her)

Tenant Engagement and Support

www.LSHA.co.uk 01478612035, info@LSHA.co.uk

Mobile: 07825410116

Mikeysline

The Hive, 19 Academy Street, Inverness, IV1 1JN

<http://www.mikeysline.co.uk/contact/> 01463729000, enquiries@mikeysline.co.uk

TEXTLINE: 07779303303

Mikeysline provides confidential non-judgemental mental health support to adults and young people. Keep up to date with our services updates by visiting www.mikeysline.co.uk

Text-based services

Hours: Sun to Thurs -6pm to 10pm & Fri/Sat -7pm to 7am.

TEXT 07786 20 77 55 or contact us via Facebook Messenger, Twitter, WhatsApp or live web chat at www.mikeysline.co.uk.

The Hive Centre, Inverness – face to face support

Appointments - 6.15pm and 7.00pm (any evening excluding bank/public holidays) – to book an appointment please email us at enquiries@mikeysline.co.uk.

Drop -in: You can drop-in to the Hive for support every evening from 7.45pm to 9.45pm - Sun to Thurs or until 10.45pm on Fri & Sat.

MIND

List of organisations who offer support for recreational drug and alcohol addiction, including organisations who can help if you are supporting someone else.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>

<p>National Debtline 0808 808 4000 https://www.nationaldebtline.org/</p>
<p>NHS 24 https://www.nhs24.scot/ NHS 24 Dial: 111 Breathing Space – 0800 83 85 87 Living Life – 0800 328 9655</p>
<p>MSK Helpline – 0800 917 9390</p>
<p>NHS Inform https://www.nhsinform.scot/ 0800 22 44 88</p>
<p>Quit Your Way Scotland advice 0800 84 84 84</p>
<p>Samaritans Scotland 116 123 https://www.samaritans.org/ Self help app https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/self-help/</p>
<p>Scottish Families Affected by Alcohol and Drugs Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone affected by someone else’s alcohol or drug use in Scotland. https://www.sfad.org.uk/</p>
<p>Skye and Lochalsh Young Carers 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. Victoria Cottage, Hedgefield Road, Portree, Isle of Skye, IV51 9GF www.slyc.org.uk 01478 613617, skye.lochalshcarers@gmail.com</p>
<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</p> <p>Opening Hours : 10am – 1pm, 2pm – 4.30pm Monday – Thursday 10am – 1pm Wednesday</p> <p>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.</p>

Skye and Lochalsh Mental Health Association

Am Fasgadh - Wood Park, Dunvegan Road, Portree, Isle of Skye, IV51 9HQ

www.slmha.co.uk

01478 613533, admin@slmha.co.uk

Portree Drop in Sessions Monday - Wednesday and Friday 9am – 5pm
Thursday 12.30pm – 5pm and Saturday and Sunday 9am – 3pm at Am Fasgadh,

South Skye drop in centre Tuesdays 10am – 2pm at An Drochaid, Kyle.

Referral not required - just turn up.

Change Mental Health

Community Link Workers are based in GP practices they support people with a variety of social, financial, mental health and practical issues.

<https://changemh.org/>

Sarah Cardno

Senior Community Link Worker

07568 225744

S-Cardno@supportinmindscotland.org.uk

Young Minds

An online guide for young people about the facts on drugs and alcohol, how they can affect mental health, and advice on what to do if they need support.

<https://www.youngminds.org.uk/>

Reporting Criminal & Antisocial Behaviour

Crimestoppers

An independent charity that gives people the power to speak up and stop crime – 100% anonymously

<https://crimestoppers-uk.org/>

0800 555 111

Fearless

Fearless is the dedicated youth service of Crimestoppers. Fearless is a site where you can access non-judgemental information and advice about crime and criminality. With information and guides for young people, parents/guardians and professionals

<https://crimestoppers-uk.org/fearless>

0800 555 111

Highland Council Anti-social Behaviour

Anti-social includes everything from dog fouling and littering to substance abuse and serious harassment. It damages people's quality of life, and it damages our communities.

Find more information about this and how to report it on the Highland Council Website

https://www.highland.gov.uk/info/997/housing_advice/222/antisocial_behaviour

Police Scotland

- Always dial 999 in an emergency
- By phone – 101 for non-emergencies
- Online – for issues of a non-serious nature use the [Contact Us form](#)
- In person – Find your local [Police Stations](#) and check the [Public Counter opening hours](#)
- Text Relay - 18001101 for deaf, deafened, hard of hearing or speech-impaired callers
- [Support for British Sign Language users/speakers](#)
- In writing – to PO BOX 2460, Dalmarnock, Glasgow, G40 9BA

Victim Support

Victim Support are independent from the police, and our support is free and confidential. They are there to help anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved. It doesn't matter when the crime took place, or whether you've reported it to the police. You can get help at any time, 24 hours a day, seven days a week.

<https://www.victimsupport.org.uk/>

08 08 16 89 111

Resources and Training

Citizens Advice Bureau Gambling Support Service

<https://www.cas.org.uk/spotlight/gambling-support-service>

01463 237664 / 07788 178204, Mike.Youatt@invernesscab.org

The Citizens Advice Scotland Gambling Support Service has been funded to offer free training sessions to organisations and frontline workers who work with clients who may experience – or be at risk of experiencing – personal difficulties through their own or somebody else's gambling behaviour.

Alcohol facts and figures – Alcohol Focus Scotland [Alcohol facts and figures | Alcohol Focus Scotland \(alcohol-focus-scotland.org.uk\)](#)

Local authority profile – Alcohol Focus Scotland [Highland LAP May 2023 \(alcohol-focus-scotland.org.uk\)](#)

Drugs Research Network for Scotland (DRNS)

Drugs Research Network for Scotland (DRNS) aims to develop collaborative research across disciplines, organisations and countries to generate high-quality evidence that will inform developments in policy and practice. Their websites includes funding opportunities, research updates and news.

<https://drns.ac.uk/updates/>

CAMHS are working closely with the Highland Alcohol and Drug Partnership (HADP), Drug and Alcohol Recovery Service (DARS) and the Youth Action Team (YAT) to develop ways of offering increased access to evidence based psychological intervention to support improved long-term outcomes for young people who are struggling with their mental health AND co-morbid substance use difficulties.

01463 705597

nshhighland.phoenixcentre@nhs.scot

For more information visit <https://www.camhs-nshhighland.com/drugs-alcohol>

- Children Harmed by Alcohol Toolkit – Alcohol Focus Scotland [Working with children and young people | Alcohol Focus Scotland \(alcohol-focus-scotland.org.uk\)](#)

OpenLear by the open University all OpenLearn courses are free to study. We offer nearly 1000 free courses across 8 different subject areas [Free courses - OpenLearn - Open University](#)

The Daniel Spargo-Mabbs Foundation

[Daniel Spargo-Mabbs Foundation \(dsmfoundation.org.uk\)](#)

Works with young people, parents, teachers and professionals in schools, colleges and community groups using our evidence-based, multi-component drug and alcohol programme, developed in line with best practice for the most effective outcomes.

The Highland Substance Awareness Toolkit for professionals, parents/carers and young people

This online library provides information in relation to substances in Highland. Topics covered include Tobacco, Alcohol, and Drugs, including New Psychoactive Substances (NPS, previously known as 'legal highs'), Caffeine, and also information about Blood Borne Viruses (BBV).

<https://www.highlandsubstanceawareness.scot.nhs.uk/>

<https://www.highlandsubstanceawareness.scot.nhs.uk/substance-awareness-toolkit/young-people/young-people-drugs/>



<https://www.highlandsubstanceawareness.scot.nhs.uk/records-catalogue/young-people-A-Z/>

The Highland Substance Awareness Toolkit

Stimulant Overdose Awareness e-learning <https://evemacleod.typeform.com/to/PGfx6o>

This stimulant overdose awareness e-learning course aims to:

- 1) Enhance knowledge of stimulants and their effects
- 2) Raise awareness of situations and behaviours that increase the risk of overdose
- 3) Outline current advice to reduce harm
- 4) Clarify the main signs of overdose and options for responding

This course should take 15-30 minutes to complete.

Highland Alcohol and Drugs Partnership

<https://www.highland-adp.org.uk>

01463 704603

info@highland-adp.org.uk.

HADP is the multi-agency strategic partnership whose purpose is to achieve improved outcomes for individuals, families and communities by preventing and reducing drug and alcohol related harm in Highland. As a multi-agency partnership, HADP is responsible for setting the overarching alcohol and drugs strategy and action plan for Highland.

- E-Learning - A series of online modules for front-line clinicians and other practitioners
<https://www.highland-adp.org.uk/elearning-modules>
- Services for Young People <https://www.highland-adp.org.uk/services-for-young-people>
- Services for Adults <https://www.highland-adp.org.uk/services-for-adults>
- General Information <https://www.highland-adp.org.uk/>
- Publications and Resources [Publications and Resources \(highland-adp.org.uk\)](https://www.highland-adp.org.uk/publications-and-resources)

NHS Highland Health Improvement Training

The Health Improvement team aim to build and strengthen the capacity of staff and partners to improve health and tackle health inequalities. You do not need to work for NHS Highland but will require a Turas Learn account. Courses currently include:

- Alcohol Brief Interventions (ABI)
- Introduction to Mental Health and Wellbeing
- Smoke-free hospital sites
- Suicide Intervention and Prevention Programme (SIPP)

<https://www.nhshighland.scot.nhs.uk/staff-and-partners/training/health-improvement-training>

NHS Highland Drug and Alcohol Recovery

<https://www.nhshighland.scot.nhs.uk/your-services/all-services-a-z/drug-and-alcohol-recovery/>

Scottish Drug Forum E-Learning

SDF training is for people working and living in Scotland, there is a wide range of courses including:

- **Drug awareness and introductory course (free)** This course lays the foundation for all our other e-learning courses and is a great place to start! After you complete this course, you will recognise different patterns of drug use and be able to name commonly used drugs in Scotland. You will also learn vital harm reduction techniques that you can immediately put into action.
- **A workers tool kit for New Psychoactive Substances (free)** Have you been in contact with someone who uses New Psychoactive Substances (NPS)? This course has been designed to give you an overview of NPS and how to support people who use NPS. By the end of this course, you will be able to recognise different patterns of use, you will have a deeper understanding of two types of NPS in Scotland and learn harm reduction techniques for people who use NPS.
- **Cocaine and psychostimulants (free)** Did you know that cocaine and psychostimulant use is increasing in Scotland? These substances are widely available and easy to access. Sadly, deaths

where cocaine has been implicated are on the rise. By completing this course, you will learn vital harm reduction information.

<https://www.sdftraining.org.uk/e-learning>

Skye and Lochalsh Council for Voluntary Organisations

Chair and management of the Drug & Alcohol Forum SLWR

SLWR D&A Forum Chair and SLCVO Chief Officer

Jo.ford@slcvo.org.uk

01478 612921

Scottish Alcohol Counselling Consortium

The Scottish Alcohol Counselling Consortium is a small, member-led organisation of councils on alcohol and local, voluntary alcohol and addiction support agencies. Our member organisations all provide alcohol counselling or one to one support as part of their services.

They can help connect Forum to national networks, provide training for volunteers, continued professional training

Vivienne Brown

SACC Co-ordinator

vivienne.brown@scotacc.org

Mob : 07934 295047

www.scotacc.org

NHS Services and GP Surgeries

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)

Community Nurses

- Portree – 01478 612590
- Dunvegan – 01470 521216
- Carbost – 01470521216
- Kyle – 01599 530 931

Community Psychiatric Nurse

- Portree - 01478 614 216
- Kyle - 01599 530933

Occupational Therapist

01471 820174

<p>Broadford Medical Practice High Road, Broadford, Isle of Skye, IV49 9AA 01471 822460</p>
<p>Carbost Medical Centre Carbost Village, Carbost, Isle of Skye, IV47 8SR 01478 640202</p>
<p>Dunvegan Medical Practice Health Centre, Dunvegan, Isle of Skye, IV55 8GU 01470 521203</p>
<p>Glenelg Health Centre Allt Ruadh, Glenelg, Kyle, IV40 8JD 01599522272</p>
<p>Kyle Medical Practice Healthcare Centre, Station Road, Kyle of Lochalsh, IV40 8AE 01599 534257</p>
<p>Portree Medical Centre Fancy Hill, Portree, Isle of Skye, IV51 9BZ 01478 612013</p>
<p>Sleat Medical Practice Kilmore, Sleat, Isle of Skye, IV44 8RF 01471 844 283</p>

Highland Council Services

<p>Care and Learning Children’s Services</p> <ul style="list-style-type: none"> • Early – 01478 612947 • Schools – 01478 613697 • Care and Protection – 01478 612825 • Out of hours - 08457 697 284 • socialwork.outofhoursteam@highland.gov.uk
<p>Emergency Contacts (out of hours) Roads, Parks, Flooding and Street Lighting 01349 886690</p>
<p>Housing and Property Services 01349 886 606</p>
<p>Homeless Team 01349 886 602 homeless.prevention@highland.gov.uk</p>
<p>Welfare Support team Appointments available in Portree, Dunvegan and Broadford. Home visits are also available for those who are House bound 0800 090 1004 welfare.support@highland.gov.uk</p>

Ward 5 - Wester Ross, Strathpeffer and Lochalsh Councillors

Councillors represent the views and opinions of individuals. It is also their responsibility to help those with difficulties which the council could help solve

- Chris Brit Chris.Birt.cllr@highland.gov.uk
- Isabelle (Biz) Campbell isabelle.campbell.cllr@highland.gov.uk
- Liz Kraft Liz.Kraft.cllr@highland.gov.uk
- Patrick Logue Patrick.Logue.cllr@highland.gov.uk

Ward 10 - Eilean a' Cheò Councillors

Councillors represent the views and opinions of individuals. It is also their responsibility to help those with difficulties which the council could help solve

- John Finlayson john.finlayson.cllr@highland.gov.uk
- Drew Millar Drew.Millar.cllr@highland.gov.uk
- Calum Munro calum.munro.cllr@highland.gov.uk
- Ruraidh Stewart Ruraidh.Stewart.cllr@highland.gov.uk

Highland Council Wards 5 and 10 management

- Willie MacKinnon Ward 10, Community Development Manager West and Mid Highland
Willie.Mackinnon@highland.gov.uk
- Lewis Hannah Ward 5, Community Development Manager lewis.hannah@highland.gov.uk