



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



Living Well Network Members who will be at the Living Well in Oban, Lorn and the Islands Event to share information with members of the public.

**This is a drop in event from 1pm till 2.30pm at the Rockfield Centre, Oban on May 14th
Everyone is welcome, please share as widely as possible.**

Pain Association Scotland - Louise Hall

Professionally led, supported, self – management for those living with chronic pain. We offer a positive way forward that can be especially helpful when people have reached the limits of what medicine can do for them.

Healthy options - Jakki Spicer

Healthy Options is a charity working with people who have, or are at risk of developing, life-long health conditions. We deliver a specialist service which supports people to learn the skills and tools to self-manage their health and wellbeing.

Community Link Worker – Michael Ashman

The Community Link Worker for Dalmally, Taynuilt and Connel GP Surgeries.

Age Scotland - Jo Cowan

National charity Age Scotland offers a wide range of information and advice guides, resources, and activities to help boost older people's health and wellbeing.

TSI - Petra Pearce

Argyll and Bute TSI support grass roots community organisations and volunteers in Argyll and Bute by offering capacity building, funding advice, training, and networking opportunities.

NHS Public Health - Jennifer Dryden, Health Improvement Lead

A range of public health resources relating to screening, smoking cessation and self-management

Oral Health Team - Danielle Muir

Providing support for individuals of any age on their dental journey by delivering the four Nationally funded public health programs, Childsmile, Caring for Smiles, Open Wide, Smiles for Life/ Mouth Matters.

Technology Enabled care - Shannon Morrison

Technology enabled care is used to help people self-manage their own health, and stay happy, safe and independent in their own homes. It involves using different systems such as alarms, sensors which are used in your own home and connect you directly to health services providers.

Waverley Care - Debbie Lees

Waverley Care are here to support people with their sexual health across Argyll and Bute.

Argyll Wellbeing Hub - Lorraine King

A local charity supporting Mental Health including Men's Peer Support Group, Women's Peer Support Group, Walking Groups and much more.

Breathing Space - Lisa Jane Dock

Scotland's free phone line and webchat service for anyone aged 16 and over experiencing mental health difficulties.

We Are With You - Yvonne, Kenny and Laura

Free confidential support with alcohol, drugs or mental health

Linking Lives - Michelle Candlish

Linking Lives support churches to create befriending schemes linking in with Health & Social Care to reduce loneliness and isolation in older people. We also run affordable training for any volunteers in community settings on 'Good Conversations' and offer advice on reaching older communities.

North Argyll carers Centre - Mairi Fleck

North Argyll Carers Centre provides support and advice to unpaid carers, aged 5 – 100, throughout North Argyll and the Islands.

Crossroads North Argyll

We have many years' experience in delivering a respite service to unpaid carers across Oban, Lorn and the Isles. Our main aim is to provide respite at an early stage to prevent unpaid carers reaching a crisis situation.

MECOPP - Ali Martin

Support for Ethnic Minority Carers and development worker, working on the Gypsy Traveller Project in Mid and North Argyll

Hope Kitchen – Rachel Heald

A local charity based in Oban, comprising of the New Hope Community Cafe, Green Shoots Community Garden and Re_store Community Shop. Hope Kitchen aims to provide a welcoming environment for all through food, friendship and fellowship.

ALLenergy - Rachel McNicol

ALLenergy works to promote sustainable energy use and renewable energy generation, to address fuel poverty and reduce carbon emissions.

Social Security Scotland - Veronica McAlister, Client Support Adviser

Support to access our benefits in a way that works best for you and importantly, at a time and place that is convenient for you, such as from their home, a local community venue, by video appointment or by telephone. Veronica can help clients with supporting information or answer any questions about any of our benefits, including Child Disability Payment and Adult Disability Payment.

Argyll and Bute Council, Welfare Rights - Irene Boyd

The Welfare rights team provide advice on claiming benefits, we will do benefit checks to ensure you are getting all that you are entitled to and can help to complete application forms. We can also provide representation at benefit appeal Tribunals.

Service Improvement Officer, Children and Families - Mandy Sheridan

I work as a Service Improvement Officer for the HSCP and concentrate on the key areas of tackling child poverty, children's rights and violence against women and girls.

Oban Youth Café - Jackie Buchanan

Good quality Youth Work Provision for the young people in our community.

Argyll and Bute Befrienders - Arlene Colewell

Argyll and Bute Befrienders aims to provide social and emotional support to isolated children and young people by matching them with an adult volunteer who they can build a positive relationship with.

MCR Pathways - Laura McKechnie

MCR Pathways supports young people, including those who are care-experienced or have experienced instability, to help them realise their full potential through education. We match our young people with a volunteer mentor to help them find, grow and use their talent.

Home-Start Lorn – Kelly MacColl and Rebecca MacLennan

Home-Start Lorn is a local charity that provides free one-to-one and group-based support and friendship to families with children aged 5 and under.

For more information contact Oban, Lorn and the Islands Living Well Network Coordinator at tcmhwn@gmail.com