

**SERVICES PROVIDED
IN
UIST AND BARRA**

Advocacy Western Isles Uist and Barra

Independent Advocacy service to support people to speak up for themselves, uphold their rights, ensure they are listened to, their voice is heard and that they are involved in decisions that are made about them. Priority is given to those experiencing mental health issues, the elderly, learning disabilities and children and young people.

- Opening times: Monday—Friday: 9.30am—5pm
Area covered: Uist and Barra
Referral route: Contact can be made by the person, professional or other person on their behalf.
Recovery stage: Advocacy is entered in to on a voluntary basis and is ended when the service user feels issues are resolved and or empowered to continue independently.
Age Group: Adult advocacy:- Any age group
Children and young people advocacy:- 0—18 years

Contact details:

277 Daliburgh Isle of South Uist, HS8 5SS

Telephone: 01878 700000

e-mail: office@advocacywi.co.uk

Website: www.advocacywi.co.uk

Caraidean Uibhist

Caraidean Uibhist is an all inclusive charity providing free and confidential support to anyone aged over 16 yrs. Our aim is to reduce loneliness and social isolation by providing one to one visits, one to one telephone calls and group activities.

Area covered: Uist Community: Eriskay-Berneray

Contact details:

23 Winfield Way, Balivanich, Benbecula

Telephone: 01870 603233

Email: admin@caraideanuibhist.org

Facebook: Caraidean Uibhist

Cobhair Bharraigh

Provides a home based support service and day care centre. In partnership with Alzheimer Scotland, Action on Dementia and affiliated with Crossroads Caring Scotland.

Opening times: Monday-Thursday: 9am—3pm
Area covered: Barra and Vatersay
Referral route: Self, family and friends or statutory bodies
Age group: Any

Contact details:

Kentangaval, Castlebay, Barra,
Telephone: 01871 810906
Email: cobhairbharrigh@btconnect.com
Website: www.isleofbarra.com/cobhairbharrigh.htm

Cothrom Ltd.

Community learning facility and provision of a work programme. The service offers support and guidance to any individual affected by an addiction through drop-in support group sessions in Lochboisdale. Therapeutic sessions are also offered along with training and mentoring at the Ormiclate Learning Centre. A Recovery Cafe also offers peer support.

Opening times: Monday-Friday: 9am—5pm
Area covered: The Uists
Referral route: Self referral, Job Centre Plus, criminal Justice, Mental Health and Well Being services, Social Work
Recovery stage: All stages
Age group: Open to all individuals that have drug or alcohol dependency

Contact details:

Community Learning and Development Centre, Ormiclate, South Uist, HS8 5SB
Telephone: 01878 700910
Email: enquiries@cothrom.net or kirsty.maccormick@cothrom.net
Website: www.cothrom.net
Facebook: Cothrom-Learning-Centre

Garadh a Bhagh a Tuath [Garden Project]

Garadh a Bhagh a Tuath [SCIO] (The Garadh) is a therapeutic garden and cafe project offering volunteering, work placements and training for all people including those with additional support needs.

Opening times: Monday—Friday: 9am—4pm
Area covered: Barra
Referral route: Self and any agency
Recovery stage: All stages
Open to all individuals that have drug or alcohol dependency
Weekend befriending support service for those with alcohol related issues
Recovery
Age group: Male and female, over 16s

Contact details:

Peigi Maclean, Bothan, Bayherivagh, Northbay, Barra
Telephone: 01871 890765
Email: Peigi.maclean@garadh.org

NHS Alcohol Misuse Community Nurse

Support and treatment for those with substance misuse issues, to enable them to reduce/abstain from dependency and harmful behaviours. Hospital a. Hospital liaison and community support. Supportive alcohol detoxification in the community and multi agency working to enable lifestyle changes.

Opening times: Monday—Friday: 9am—5pm
Area covered: Uist and Barra
Referral route: Open access referral
The service covers all stages, from initial contemplation to active recovery leading to maintenance of lifestyle change - using collaborative working as necessary.
Age group: Adults over 18 years of age

Contact details:

James Mackay, 46 Winfield Way, Balivanich, Benbecula
Telephone: 01870 603279
Email: jamesmackay1@nhs.net

NHS Community Mental Health Team

Community support for people suffering mental health difficulties.

Opening times: Monday—Friday: 9am—5pm
(OOH service via NHS24: 5pm—9am)

Area covered: Uist and Barra

Referral route: via GP/consultant psychiatrist, OOH services, NHS 24, Police Scotland, self referrals, family or concerned person (with the patient's consent)

Age group: Over 18s

Contact details:

46 Winfield Way, Balivanich, Benbecula

Telephone: 01870 602918

Email: nmacritchie@nhs.net

Sports Centres and Games Hall

Castlebay

Fitness suite, games hall and swimming pool

Lionacleit—Sgoil Lionacleit Sports Centre

25m swimming pool, fitness suite, games hall, sauna, football pitch, running track

Contact details:

Castlebay School and Games Hall

Telephone: 01871 810100

Sgoil Lionacleit Sports Centre

Telephone: 01870 603693

Substance Misuse Partnership for Uist and Barra

Support for those with substance misuse issues to enable them to reduce/abstain from dependency and harmful behaviours, the provision and development of treatment, counselling, support and aftercare arrangements to substance misusers. We offer 1-2-1 support along with drop-in support groups.

Opening times:	Monday-Friday: 9am—5pm
Area covered:	Uist and Barra
Referral route:	Open referral system, self-referral, health and social care professionals, family members
Recovery stage:	Open to any individual who wants to address their substance misuse issues
Age group:	Open to all individuals who have substance misuse problems

Contact details:

Uists: 23 Winfield Way, Balivanich, Benbecula, HS7 5LH

Barra: Castlebay, Isle of Barra, HS9 5XD

Telephone: 01870 603060 (Uist); 01871 810184 (Barra)

Email: angela.macvicar@nhs.net

Website: www.uistbarrasupport.org.uk/

Tagsa Uibhist

Offering 1:1 support and information to help individuals manage their mental health and wellbeing.

Opening times:	Monday—Friday: 9am—5pm
Area covered:	The Uists
Referral route:	Self referral, health and social care professionals, family member
Recovery stage:	All stages as appropriate
Age group:	Men and Women over 18 years (dual diagnosis)

Contact details:

East Camp, Balivanich, Benbecula, HS7 5LA

Telephone: 01870 603881 / 602111 or 07825 942766

Email: tumhs@tagsauibhisttrading.co.uk

Website: www.tagsa-uibhist.com

Uist Council of Voluntary Organisations (UCVO)

Support and representation for third sector organisations in the Uists.

Contact details:

41 Airport Road, Balivanich, Benbecula, HS7 5LA

Telephone: 01870 602117

Voluntary Action Barra and Vatersay

Develops and delivers activities that contribute to the long term social, economic and environmental vitality of our islands.

Opening times: Monday—Friday

Area covered: Barra and Vatersay

Contact details:

Eoin MacNeil, Development Manager, Castlebay, Isle of Barra, HS9 5XD

Telephone: 01871 810401 / 07772 425854

Email: eoin@vabv.org.uk

Website: www.vabv.org.uk