

**SERVICES PROVIDED**  
**IN**  
**LEWIS AND HARRIS**

# Alcohol/Substance Misuse and Mental Health Liaison Service

Support and treatment for those with substance misuse issues to enable them to reduce/abstain from dependency and harmful behaviours. 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: Lewis and Harris  
Referral route: Open access referral  
Recovery stage: 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:

Coleen McLeod, Harm Reduction CPN / Chris Mina Morrison, Community Nurse (Alcohol Misuse), Stornoway Health Centre, Springfield Road, Stornoway, HS1 2PS

Telephone: 01851 763305  
Coleen: 07768 323437  
Chris Mina: 07825 780175

## Bayhead Centre Mentoring Service

Mentoring programme providing 8—18 yr olds with a 1:1 adult mentor to take part in activities and provides positive experiences for the young people using this service.

Service supports young people aged 16—25yrs old who are looking to engage or currently engaging in training and working towards a positive destination and who would benefit from a mentoring relationship.

Referral route: Children and young people can be referred to the programme by anyone as long as they have the young person and the parent's consent.

### Contact details:

Bridge Community Services, Bayhead Embankment, Stornoway, HS1 2DU

Telephone: 01851 702432

Email: [mentoring@bridgecommunitycentre.co.uk](mailto:mentoring@bridgecommunitycentre.co.uk)

Website: <http://www.bridgecommunitycentre.co.uk/>

## Befriending Lewis

Provides supportive, reliable relationships through volunteer befrienders, to people who would otherwise be socially isolated or lonely. Options include face-to-face befriending, telephone befriending or healthier lives befriending. There are regular opportunities to take part in a variety of group befriending activities.

Area covered: Lewis

### Contact details:

Volunteering Hebrides, 30 Francis Street Stornoway

Telephone: 01851 702632

Email: [info@befriendinglewis.org.uk](mailto:info@befriendinglewis.org.uk)

Website: [www.befriendinglewis.org.uk](http://www.befriendinglewis.org.uk)

## Catch 23

Western Isles Association for Mental Health (WIAMH) is a service user led organisation which supports a wide range of people who experience mental illness and also alcohol and substance misuse issues. The drop-in service, Catch 23 provides social and physical activities, recovery based arts activities, free internet and provide a daily healthy meal as well as access to information and signposting, training and volunteering opportunities.

Opening times: Monday—Friday: 12 noon—4pm  
Saturday: 11am—3pm  
Area covered: Lewis and Harris  
Referral route: Self referral or via external agencies  
Recovery stage: All stages  
Age group: Male/Female over 16s. Adult service catering for the full range of mental health illnesses, addictions etc.

### Contact details:

Project Manager, 23 Bayhead, Stornoway, HS1 2DU

Telephone: 01851 704964

Email: [info@wiamh.org](mailto:info@wiamh.org)

Website: [www.wiamh.org](http://www.wiamh.org)

## Crossreach Dochas Project

Visiting support to people experiencing problems with alcohol or drugs, to reduce consumption or to aim for abstinence. The service will provide support to anyone experiencing homelessness or support to live in their own home (life skills, health and wellbeing, managing finances, use of time, etc.)

- Opening times: Monday—Friday: 9am—5pm  
Evenings and weekends by arrangement
- Area covered: Lewis and Harris
- Referral route: Homeless Service, CNES; GP, NHS Alcohol Liaison Nurse; Hebridean Housing Partnership
- Recovery stage: Dochas will work with any individual who wants to change their use of alcohol or drugs.
- Age group: All aged over 16 years.

### Contact details:

Flat 1, 6 Lewis Street, Stornoway

Telephone: 01851 704910

Email: [dochas@crossreach.org.uk](mailto:dochas@crossreach.org.uk)

Website: [www.crossreach.org.uk](http://www.crossreach.org.uk)

## CnES Alcohol and Drug Support Workers

Provides support to people with alcohol and /or drug problems across Lewis and Harris.

Opening times: CnES office hours

Area covered: Lewis and Harris

### Contact details:

Grianan Day Centre, Westview Terrace, Stornoway

Telephone: 01851 822754 /822753

Email: [Kareen.macleod@cne-siar.gov.uk](mailto:Kareen.macleod@cne-siar.gov.uk) (Alcohol worker)

## Crossroads (Lewis)

The service provides practical help to any carer or those living alone, regardless of age, disability or illness. Carers and individuals can receive regular support at a time they choose. The aim is to give carers peace of mind to relax, socialise, attend appointments, etc.

Opening times: Monday—Friday: 9am—1pm  
Referral route: Self referral, GP, SWD, Specialist Nurse,  
Community etc.  
Recovery stage: All stages  
Age group: All ages

### Contact details:

Grianan Centre, Westview Terrace, Stornoway, HS1 2LD  
Telephone: 01851 705411  
Email: [crossroads.lewis1@btinternet.com](mailto:crossroads.lewis1@btinternet.com)  
Website: <http://crossroadslewis.co.uk/>

## Crossroads (Harris) Care Attendant Scheme

Crossroads (Harris) serves Harris and Scalpay. It provides respite care in the home to carers of ill, elderly and people with disabilities. It also provides care and support to elderly people living alone. The support provided is flexible and geared to the user's needs.

### Contact details:

Morag Munro, Co-ordinator The Old Primary School, Tarbert, HS3 3DB  
Telephone: 01859 550254  
Email: [morag.rothach@hotmail.co.uk](mailto:morag.rothach@hotmail.co.uk)

## First Steps

First Steps is a 16 plus service, offering a person centred approach to young people to guide them to a positive destination, using a variety of different programmes catering for individual need.

Opening times: No set opening hours; person specific  
Referral route: Referral can be made via school and other agencies including self-referral

### Contact details:

Karen Afrin, Support Worker, Sandwich Hill Learning Centre

Telephone: 01851 822747

Email: [karen.afrin@cne-siar.gov.uk](mailto:karen.afrin@cne-siar.gov.uk)

## Harris Voluntary Service

To represent and support the voluntary sector, to assist organisations in coming together for common purposes. Provides advice and information, signposting to appropriate services, befriending and mentoring programmes.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Harris  
Referral route: Self referral  
Age group: Male and female, all ages

### Contact details:

The Old Primary School, Room 15, Tarbert, HS3 3BG

Telephone: 01859 502171

Email: [paul@harrisvs.org.uk](mailto:paul@harrisvs.org.uk)

Website: [www.harrisvs.org.uk](http://www.harrisvs.org.uk)

## Heb Alpha Therapeutic Employment

Provides part time therapeutic work for people with alcohol and / or drug problems or people in recovery.

Opening times: Monday—Friday: 8am—4.30pm  
Area covered: Lewis and Harris

### Contact details:

The Old Casting Shed, Rigs Road, Stornoway  
Telephone: 01851 705054  
Email: [rsinclair@hebridesalpha.co.uk](mailto:rsinclair@hebridesalpha.co.uk)  
Website: [www.hebridesalpha.co.uk](http://www.hebridesalpha.co.uk)

## Hebridean Independent Living and Learning Service (HILLS)

Offers support to adults who are not yet ready to go into the work-place but have the potential to do so.

### Contact details:

Anne Blythe, Education Development Centre, 6 Kenneth Street,  
Stornoway, HS1 2DR  
Telephone: 01851 822714  
Email: [g.miller@cne-siar.gov.uk](mailto:g.miller@cne-siar.gov.uk)



## Needle Exchange

A full needle exchange service is available locally.

### Contact details:

KJ MacDonald Pharmacy, 29-31 Cromwell Street, Stornoway, HS1 2DD

Telephone: 01851 703331

Opening hours: Monday—Friday; 2—4pm

## 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: Lewis and Harris

Referral route: Via GP/Consultant Psychiatrist. OOH service  
via NHS 24/Police

Age group: Over 18s

### Contact details:

Stornoway Health Centre, Stornoway

Telephone: 01851 703069

Email: [debbiemacrae@nhs.net](mailto:debbiemacrae@nhs.net)

# Pointers Drop-in Service

Drop in centre for 12—25 year olds and Youth Cafe

Opening times:

## Drop in

Wednesday: 4pm—6pm

Friday: 1.30pm—4pm(term time only)

Friday :7.30pm—11pm

Saturday: 1.30pm—5pm

## Young mums group for mums and their children up to the age of 25

Tuesday: 10.30am—12noon

**Young Carers Group for S1-S6** Tuesday: 3.45pm—6pm

**Young Carers group P4-P7** one Saturday per month

**Harris Young Carers group S1-S6** once per month

**Battle of the Bands** Friday: 3pm (mainly term time only)

## Contact details:

14-16 North Beach St, Stornoway

Telephone: 01851 822713 / 700963 or 07920 722198  
(the cafe is open during drop-in times)

Email: [pointers@cne-siar.gov.uk](mailto:pointers@cne-siar.gov.uk)

Website: <https://www.cne-siar.gov.uk/schools-and-learning/learning-and-development/community-learning-and-development/pointers-drop-in-centre/>

# Sports Centres and Swimming Pools

## **Stornoway—Ionad Spors Leodhais**

Regional sports facility with: 25m pool; health suite; climbing wall; games hall; gym; dance studio; squash courts; athletics track and 3G sports pitch.

Services Offered: G.P. Exercise Referral Scheme—clients referred by GPs for specialist advice and support. Slainte Math—family and unlimited membership; unlimited use of facilities at every sports centre; free classes.

## **Lionel**

12.5m pool

## **Shawbost**

12.5m pool

## **Tarbert—Ionad Spors Eilean na Hearadh**

16.5m swimming pool; sauna/spa and gym

Opening times: Monday, Tuesday, Thursday, Friday: 7.15am—10pm

Wednesday: 8am—10pm (Pool from 10am)

Saturday: 8.15am—8pm

Area covered: Lewis and Harris

Referral route: GPs

Recovery stage: This would depend on the opinion of the GP and/or relevant support services

Age group: Generally adults over 16.

### **Contact details:**

**Ionad Spòrs Leòdhais:** Tony Wade, Sports Facilities Services Manager, Springfield Road, Stornoway

Telephone: 01851 822780

Email: [twade@cne-siar.gov.uk](mailto:twade@cne-siar.gov.uk)

Website: [www.cne-siar.gov.uk/isl/](http://www.cne-siar.gov.uk/isl/)

Facebook: Lewis Sports Centre

Twitter: @ISLsport

### **Lionel**

Telephone: 01851 822885

### **Shawbost**

Telephone: 01851 822879

### **Ionad Spors Eilean na Hearadh**

Telephone: 01859 502944

## STARAN Community Project

Practical and therapeutic employment of maintenance and repair of boats/ furniture, during evening and weekends, for those dealing with alcohol and/or drug problems and people in recovery.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Lewis  
Referral route: Staran Referral form (available from Staran)  
Recovery stage: All stages  
Age group: Over 16s

### Contact details:

Support Worker, 30 Francis Street, Stornoway, HS1 2ND

Telephone: 01851 702632

Email: [info@staran.co.uk](mailto:info@staran.co.uk)

Website: <http://staran.co.uk/>

Facebook: [facebook.com/Staran](https://www.facebook.com/Staran)

## The Shed

**The Well** and **The Ark** drop in are safe supportive communities that enable people to make positive social connections in a recovery-oriented environment. It seeks to help individuals in all aspects of recovery, gain peer support, help develop resilience and support individuals and their families with any issues or problems on the recovery journey.

Opening times: **The Well**  
Monday: 10am—5pm; Friday: 7pm—9.30pm  
**The Ark**  
Friday: 10am—12noon

Area covered: Lewis and Harris

Referral route: Self referral or through any agency

Recovery stage: All stages

Age group: The Well Drop in: 18 and over  
The Ark Drop in: Females only, 18 and over

### Contact details:

Martins Memorial Church, 11 Francis Street, Stornoway  
Telephone: 01851 704557  
Email: [admin@theshedproject.org.uk](mailto:admin@theshedproject.org.uk)  
Website: [www.theshedproject.org.uk](http://www.theshedproject.org.uk)  
Facebook: The Shed Stornoway

## Volunteering Hebrides

Provides support to local voluntary sector organisation by providing assistance and advice around a range of issues.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Lewis

### Contact details:

30 Francis Street, Stornoway, Lewis  
Telephone: 01851 703035  
Email: [hmacleod@tshebrides.org.uk](mailto:hmacleod@tshebrides.org.uk)  
Website: <https://vhscotland.org.uk/members/third-sector-hebrides/>  
Facebook: Volunteering Hebrides