Support for your Health and Wellbeing in Oban, Lorn and the Islands – Page 1

OBAN COLLECTIVE

Updated September 2026.

Please share this information widely within your communities

1 Hope Kitchen. Oban-based charity providing a warm, welcoming environment for anyone through friendship and food. Comprising of the New Hope Cafe open 6 days a week (including food parcel service), Green Shoots Garden, and Re_Store Charity Shop. Contact info@hopekitchen.org.uk / 01631 565730 / www.hopekitchen.org.uk

2 ALIenergy is a local charity offering free, confidential and impartial energy advice to all householders and tenants. Email enquiries@alienergy.org.uk or call 01631 565 183.

3 Home Energy Scotland provide free and impartial energy advice, including referrals to government funding for energy efficiency measures and renewables. 0808 808 2282. Website https://www.homeenergyscotland.org

4 TSI - Positive Destinations. Using a tailored programme of individual mentor-supported volunteering to help to reduce barriers that are limiting personal growth and development. BrianGrout@argylltsi,org,uk, 07940 026705 or www.argylltsi.org/positive-destinations/

5 The Poverty Alliance. Scotland's anti-poverty network – supports rural organisations to tackle poverty, network, collaborate and be heard in national policy. The Argyll and Bute citizen's panel increases representation of rural experiences of living on a low income www.povertyalliance.org becky.hothersall@povertyalliance.org

6 Social Security Scotland. Support for people across Argyll and the Islands in a way that works best for them. 0800 182 2222 and ask for help to claim from local delivery. www.socialsecurity.gov.scot to see Scottish Government benefits available.

7 Argyll and Bute Citizens Advice Bureau. We offer support on Housing Debt / Money Advice, Benefits Advice, Patient Advice and Support Service, as well as a whole range of other advice and support.
01546 605 550 (Mon to Fri 10am – 4pm) info@abcab.org.uk argyllandbutecab.org.uk

8 Lomond and Argyll Advocacy Service. Free and confidential advocacy to those over 16. We support people to speak up and have their rights, wishes and opinions heard and respected. Our Argyll office covers Oban, Lorn and the Islands. admin.argyll@laas.org.uk 01546 606056

9 Bute Advice Centre is supporting low income households across Argyll and Bute. Call 01700 502782 for a confidential chat.

10 Smoking Cessation Services self referral. Email: nhsh.absmokefreeservices@nhs.scot
Tel: 08457573077

11 Argyll and Bute Dietetic Service. For support with weight management or any other Dietetic support, contact Voicemail: 01631 789 041 or Email: nhsh.dietitiansdirect@nhs.scot

12 Argyll and Bute Dental Helpline. Monday to Thursday 8.45pm-4.30pm, Friday 8.45am – 4pm. 0300 131 8760. On weekends, public holidays and out of hours on weekdays call NHS 24 - 111
Childsmile www.childsmile.nhs.scot

13 A&B Disabled People's Organisation - hosted by Self Directed Support Scotland. Contact the Community Broker and Development Manager - becs@sdsscotland.org.uk

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14 North Argyll Carers Centre. We provide person-centred emotional and practical support and deliver a broad range of in-person and online groups and activities for unpaid carers, aged 5 upward, living in Oban, Lorn and the Isles. 01631 564422 or info@northargyllcarerers.org.uk For more info www.northargyllcarers.org.uk

15 Community Contacts, Carr Gomm- independent and free SDS (social care) related support, information and advice- becsbarker@carrgomm.org 01546 886285

16 Crossroads North Argyll. Providing respite services for unpaid carers in north argyll 01631 562277 info@crossroadsna.org.uk www.crossroadsna.co.uk

17 Oban Dementia Centre. Support for people living with dementia and their carers/families. Contact the Link Workers on 01631 570614. or 24/7 Alzheimer Scotland helpline on 0808 808 3000 for any queries you may have.

18 Pain Association Scotland meets monthly online, introducing people living with chronic pain to self-management skills, creating practical, positive change leading to an improved quality of life. www.painassociation.co.uk 0800 783 6059

19 Arthritis UK. Visit www.arthritis-uk.org to find out more about supported self-management, information, exercises and volunteering. We also meet fortnightly online and deliver regular information sessions email us to join at LiveWell@arthritis-uk.org

20 Macmillan Cancer Community Support Worker Argyll
Chris 07866146475 chris.holden@nhs.scot

21 GamCare. Affected by Gambling – need Help? Call 0808 8020 133 (24hrs a day)

22 Argyll and Bute Rape Crisis. Confidential support and advocacy service to anyone dealing with sexual violence whether recent or historic. We have an office based in Oban email: jo@ab-rc.org.uk or phone: 01631 567 190

23 MISS - Miscarriage Support. MISS are a Scottish Miscarriage Charity supporting those who have been impacted by early pregnancy loss. oban@miss-support.org.uk

24 Home-Start Lorn. One-to-one support, friendship and group work for families in Oban, Lorn and the Isle of Mull. manager@homestartlorn.org.uk or 01631566749

25 Oban Youth Cafe Project. Supporting young people in the Oban area from S1 up to the age of 24. Contact us by email: hello@obanyouthcafe.org by phone: 01631 567399 or use our messenger page on FB

26 Healthy Options. Need help to improve your health and wellbeing through physical activity and wellbeing support? Healthy Options is here to help. Self-refer https://www.lornhealthyoptions.co.uk/elevate

27 Technology Enabled Care Technician. Oban & Lorn, Shannon Morrison, Mid Argyll, Mull, Coll, Colonsay & Tiree, Jonathan (Jon) Else. supporting people to self-manage their health through Telecare and stay happy, safe and independent in their own homes. 01546 605517 or telecare@argyll-bute.gov.uk

28 Age Scotland Helpline. A free, confidential service for older people, their carers and families in Scotland. 0800 12 44 222

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29 Oban Hospice Dove Centre supports people with cancer, their families and carers. Assists people with Multiple Sclerosis, Parkinson's Disease and Motor Neurone Disease. 01631 561315

30 Dove Outreach & Befriending Service. Social and emotional support to people in Oban and surroundings living with cancer or life limiting conditions. 01631 561315

31 Carr Gomm housing support service provides drop in support in Oban for help with a range of issues including housing, homelessness and welfare benefits. Hsoban@carrgomm.org 01631 563375

32 With You. Support for people worried about their own or someone else's alcohol or drug use.
Freephone 0800 652 1944 07870 919 275

33 Mull Safe and Sound supports over 16s, emphasising a safe and confidential space for anybody suffering with mental health struggles, social isolation, loneliness, and or social anxiety to come along have a chat over a cuppa in a safe space. mullsafesoundgroups@gmail.com 07704381255

34 Change Mental Health, Distress Brief Intervention (DBI). An immediate connected compassionate response to an individual presenting to frontline in distress for a period of 14 days. DBI provides emotional and practical support by working on skills and tools to help manage distress now and in the future. Individuals within the Highland area can be referred from their GP or NHS24

35 Change Mental Health, Suicide Bereavement. Free, confidential one-to-one support service for anyone in Highland and Argyll & Bute affected by suicide, offering compassionate emotional and practical support by phone, video or face to face for as long as needed. 0800 471 4768 (Please leave a message.) https://changemh.org/sbs/
Suicidebereavementsupport@nhs.scot

36 Breathing Space. Free, confidential phone and webchat serviced for anyone in Scotland aged 16 and over experiencing low mood, depression, or anxiety. The number to call is 0800 83 85 87. More information can be found at www.breathingspace.scot

37 Samaritans listening service available 24/7, no pressure or judgement, just a safe and confidential space to talk through how you are feeling. Call 116 123

38 Linking Lives UK. Supports churches to create local befriending schemes in which volunteers visit or telephone the lonely or socially isolated. We run regular online and face to face Good Conversation training for any volunteers in community settings to Improve Conversation/Listening Skills & Safeguarding. www.linkinglives.uk

39 Relationships Scotland Couple Counselling Argyll. It helps to talk! 0300 111 0031
or info@argyllcouplecounselling.org www.argyllcouplecounselling.org

40 ABCAN (Argyll and Bute Climate Action Network) We support Argyll and Bute communities to lead local climate action and build a fair and sustainable, climate-resilient future.
Contact Details. jo@act-now.org.uk www.act-now.org.uk

41 Argyll and Bute Council Community Development - Support for local community groups and voluntary organisations to overcome a range of challenges, including developing new projects, securing funding and exploring new ways of working. kirsty.mcluckie@argyll-bute.gov.uk

New members with an interest in helping to build healthier communities are always welcome. If you would like more information about the Oban, Lorn and the Islands (including Mull and Iona, Tiree, Coll and Colonsay) Health and Wellbeing Network, if you have information you would like to share with the network or if you would like receive information to share among your community, contact the Network Coordinator Carol Flett
hwn@obancollective.org

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