Western Isles
Community Health and
Social Care Partnership

NHS
Eileanan Siar
Western Isles

Western Isles Older People's Partnership

Directory of Groups, Day Clubs and Services for Older People in the Western Isles

Introduction

Welcome to the Directory of Groups, Day Clubs and Services for Older People within the Western Isles.

This directory will enable you to find the many groups and other useful details of services and facilities in the Western Isles for older people. We hope you find it useful and for easier reference the directory has been split into island and community areas as follows:

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We hope to continue to update the directory in future, so please let us know of any mistakes, changes or additions. The details listed are correct to our knowledge at the time of printing. Any further comments should be addressed to:

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Background

This directory was produced by Western Isles Older Peoples Partnership in conjunction with NHS Western Isles' Health Promotion Department.

A recent Scottish survey funded by Community Food and Health (Scotland) included some information on the wide range of community and voluntary sector activities in the Western Isles. With 23% of the population over pensionable age and the variety of groups and clubs that provide this valuable service for our older population, it is not simply about sharing food together, but above all the volunteers committing time and energy and also provide a continuing source of friendship and kinship. For more information on the report Meals and Messages please contact Community Food and Health (Scotland) by visiting their website: www.communityfoodandhealth.org.uk or telephoning: 0141 226 5261.

Older Peoples Partnership

Lewis

Stornoway

Befriending Service
Day/Time: As appropriate.
Venue: As appropriate.
Contact: Third Sector Hebrides, tel. (01851) 702632.
Details: Offers a befriending service where trained volunteers offer assistance to over 65's with shopping, as well as visiting and socialising over a cup of tea.

Dial-a-Bus Service
Day/Time: Operates five days a week throughout the year.
Venue: Around Stornoway.
Contact: Third Sector Hebrides, tel. (01851) 702632.
Details: Offers a door-to-door service and provides support with getting on and off the minibus with help lifting shopping. A small fee is charged for use of the service.

Lewis Retirement Centre Lunch Club
Day/Time: Every Thursday at 12pm-2pm.
Venue: Lewis Retirement Centre, Bayhead, Stornoway, tel. (01851) 704004
Contact: Pamela Elliot, Ivy Cottage, 36 Upper Aird, Point, tel. (01851) 870853.
Details: Offers members freshly-cooked three course meal followed by refreshments and home-baking for £4 per head. Transport is also provided and is free of charge. Phone to enquire about membership.

Lewis Retirement Centre Wednesday Afternoon Tea
Day/Time: Every Wednesday at 2pm-4pm.
Venue: Lewis Retirement Centre, Bayhead, Stornoway, tel. (01851) 704004
Contact: Pamela Elliot, Ivy Cottage, 36 Upper Aird, Point, tel. (01851) 870853.
Details: Offers members afternoon tea free of charge. Phone to enquire about membership.

Monday Club (Stornoway)
Day/Time: Most Mondays at 10am-1.30pm
Venue: Grianan, Westview Terrace, Stornoway.
Contact: Cathy Masson, Stroke Liaison Nurse, tel. 0776 9932107.
Details: A club of around 10 persons that offers support, socialising, as well as occasional guest speakers and morning out for persons who have experienced a stroke event.

Salvation Army Home League Meeting
Day/Time: Every Thursday at 2pm.
Venue: Salvation Army, Stornoway Corps, Bayhead, Stornoway
Contact: Captains James and Morag Sabiston, tel. 01851 705676.
Details: Offers Christian worship and food. All welcome.

Lewis

Salvation Army Friday Morning Breakfast Club
Day/Time: Every Friday at 8am-11.30am.
Venue: Salvation Army, Stornoway Corps, Bayhead, Stornoway
Contact: Captains James and Morag Sabiston, tel. (01851) 705676.
Details: The Club is open to anyone and offers a choice of cereal, a cooked breakfast or continental style breakfast. Cost is by donation.

Salvation Army Lunch Club
Day/Time: Every Tuesday and Thursday at 12pm-1pm.
Venue: Salvation Army, Stornoway Corps, Bayhead, Stornoway
Contact: Captains James and Morag Sabiston, tel. 01851 705676.
Details: The Club is open to anyone and offers a two-course meal, home-baking and cup of tea. Cost is £2.50 per head.

Stornoway Free Church O.A.P. Fellowship
Day/Time: Every second Friday at 2.30pm-4pm.
Venue: Rev. M.A. Macleod Memorial Hall (next to Stornoway Free Church), Kenneth Street, Stornoway
Contact: Angus Smith, tel. (01851) 704873.
Details: The fellowship offers socialising, refreshments and home-baking, as well as regular guest speakers and precenters. Meets during September to May, and closed during summer. All welcome and transport can be arranged.

Broadbay

Cairdean Og Allt Nan Gall Club (Aignish, Knock, Swordale, Garrabost and Bayble)
Day/Time: First Tuesday of each month at 2.30pm.
Venue: Ionad Stoodie, Garrabost, Point.
Contact: Willie Munro (Chair), 10 Knock, Point, tel. (01851) 870 550.
Details: An afternoon club for the over 60's offering socialising, refreshments and home- baking, as well as occasional guest speakers, days out and events.

Cairdean (Tong Day Club)
Day/Time: Every second Tuesday at 2pm-4pm.
Venue: Tong Community Hall
Contact: Nora MacDonald, tel. (01851) 705388.
Details: Group meets for tea and cakes and listening to guest speakers. Also offers days out, lunches and even short breaks away.

Cairdeas (Back Senior Citizens' Club)
Day/Time: Every second Wednesday at 2pm-4pm.
Venue: Community Hall, Back.
Contact: Ms Catriona MacLeod, 10 Coll, Back. Tel. (01851) 820618
Details: The Club offers refreshments, home-baking and conversation. Also offers occasional speakers, Christmas Meal, as well as a local and annual mainland trip. Closes during Summer.

Lewis

Recreation Society (Tong)
Day/Time: Meets fortnightly on a Wednesday at 1.30pm.
Venue: Tong Community Hall
Contact: George Moody, 9 Tong. Tel. (01851) 703593.
Details: The Club offers socialising and refreshments, as well as occasional guest speakers, meals out and other activities.

Tolsta's Golden Age Group
Day/Time: Every second Wednesday at 2pm.
Venue: To be confirmed.
Contact: Mary Maciver, 44 North Tolsta. Email: jm.maciver@hebrides.net or tel. (01851) 890267.
Details: The Club offers socialising and refreshments, as well as occasional guest speakers and local lunch trips.

Young At Heart Club
Day/Time: Every second Thursday at 2pm-3.30pm.
Venue: Aird Community Hall, Point.
Contact: Mrs Zena Rodger (Treasurer), 18a Portvoller, Point. Tel. (01851) 871209.
Details: The Club offers refreshments (for a small fee), home-baking and conversation. Also offers occasional speakers, Christmas Meal, as well as a local and annual mainland trips. Closed during summer.

Lochs

Cairdean Cordail Ceann a Loch (Kinloch Day Club)
Day/Time: Every second Tuesday at 2pm-4pm.
Venue: Balallan Hall, Balallan.
Contact: Mrs Etta MacDonald, 10 Tomair, Balallan, Lochs. Tel. (01851) 830216.
Details: The group offers socialising, refreshments, and home-baking, as well as ocasional guest speakers and watching a DVD. As well as ocassional dinner and lunch trips dining out locally, the group also has an annual mainland trip and also have trips to meet other Older People's groups in the Western Isles.

Lochs Afternoon Lunch Club
Day/Time: Every second Wednesday at 1pm.
Venue: Ravenspoint, Kershader, South Lochs.
Contact: Dave Phillips (Chair), 3 Garyvard, South Lochs. Email: davegv@tiscali.co.uk or tel: (01851) 880251
Details: The Club offers fresh homemade soups, desserts, home-baking and refreshments to those over 65 on a fortnightly basis. They also have an annual mainland trip. Closes during summer.

Lewis

Ravenspoint
Day/Time: Every Saturday at 2pm-4pm.
Venue: North Lochs Community Centre, Leurbost.
Contact: Mrs Maclennan, Kershader. Tel. (01851) 880236.
Details: Old school building owned by the community Pairc Cooperative. Offers community shop, café hostel, local history museum, Angus Macleod archive, and history of area. Books for sale.

Silver Darlings
Day/Time: Every Saturday at 2pm-4pm.
Venue: North Lochs Community Centre, Leurbost.
Contact: Mrs Pat MacLeod, 71 Leurbost. Email patricia.macleod1@btinternet.com or tel. (01851) 860371.
Details: Group for over 60's

Westside

ABC Club (Active Bodach & Cailleach Club) (over 60 Club)
Day/Time: Every Wednesday at 2pm-4pm.
Venue: Community Hall, Breasclete.
Contact: Mrs Chrissie MacIver (Chair), Riverdale, Breasclete. Tel. (01851) 621218, or Chrisetta MacDonald (Treasurer), 10 Garynahine, tel. 621 245.
Details: The group regularly meets for socialising, refreshments and home-baking. They also have occasional guest speakers, days out and an annual holiday.

Bernera Community Club (Day Club & SAS Club : Soup & Sandwiches)
Day/Time: Every Saturday at 1pm-3pm.
Venue: Bernera Community Centre, Bernera.
Contact: Joan MacAulay, 15 Kirkbost, Bernera. Tel. (01851) 612309
Details: The club offers a soup and sandwiches lunch in the Bernera Community Centre café. They also have cccasional guest speakers.

Cairdeas Group (Uig)
Day/Time: Every Wednesday at 1.30pm-3pm.
Venue: Uig Community & Heritage Centre, Crowlista.
Contact: Mrs Chrissie Maclean. Tel. (01851) 672239.
Details: The group meets for socialising, home-baking and refreshments. They also have occasional guest speakers and occasional local trips and lunches out, and a Christmas lunch.

Lewis

Carloway Sunshiners

Day/Time: Every Wednesday at 1.30pm-3.30pm (in school term).

Venue: Carloway Day Centre.

Contact: Millie Morrison (millie.morrison@hebrides.net), tel. (01851) 643 245, or Peggy Macaulay (margaret.macaulay@hebrides.net), tel. 643 238

Details: A club for the over 60's covering Tolsta Chaolais to Dalbeg. Offers regular speakers and musicians to entertain as well as crafts and other pastimes. The last Wednesday of every month the group visits the Doune Braes Hotel for a 3 course lunch which is donated by the proprietor. There is also an annual week long trip to the mainland. Minibus can collect members, and to book tel. 643 382.

Harris

Caraidean (Harris House)
Contact: Mrs Flora A Morrison, Fairwinds, West Tarbert, tel. (01859) 502 067
Details: Outside support and staff for users and family of users.

Crossroads (Harris) Care Attendant Scheme
Contact: Mrs Catherine Morrison (Chair), 12 Seilebost, tel. (01859) 550 205, or Mrs Morag Munro (Coordinator), Old Hostel, Tarbert, tel. (01859) 502 171.
Details: Charitable organisation that gives respite care to carers confined to the home who look after elderly or disabled relatives. Also provides be-friending service for elderly people living on their own. 2010 Scottish Charity of the Year award. 25 years in existence.

Harris Disability Access Panel
Contact: Miss Lucy MacDonald, 4 Finsbay, tel. (01859) 530 273.
Details: Works with local community and businesses to encourage access opportunities for the people with disabilities: physical access, information or education access. www.harris disability access panel.org.uk

Harris Disabled Group
Contact: Mrs Chirsty C Macleod (Chair), 2 Tarbert, tel. (01859) 502 055.

Leverburgh Day Club
Day/Time: 1st Thursday of every month at 2pm.
Venue: Church of Scotland Hall, Leverburgh.
Contact: Mrs Maggie Macleod, tel. 01859 520348 or Mrs Morag Mackenzie, 17 Strond, tel. 01859 520379
Details: The club offers socialising and refreshments, as well as activities, entertainment, guest speakers, slides and outings.

Tarbert Day Club
Day/Time: Every second Wednesday at 2pm.
Venue: Tarbert Day Centre/Community Centre, Tarbert.
Contact: Mrs Johan Morrison, Bank House, Tarbert, tel. (01859) 502078
Details: Offers socialising and refreshments with activities, entertainment, guest speakers, slides and regular bus trips. There is also a meal out at Christmas and a meal in the Summer.

Scalpay

Scalpay League of Friends
Contact: Mrs Morag Cunningham (Chair), 12 Scalpay, tel. (01859) 540 281, or Mrs Mary Holmes (Secretary), Scorabhaig, Scalpay, tel. 540 440
Details: Calls on the elderly in Scalpay at home periodically. Daily visit to Scalpay Care Unit to provide tea and coffee.

Uists

North Uist & Berneray

Bayhead & Sollas Senior Citizens Club
Day/Time: Every second Friday at 1.30-3.15pm.
Venue: Venue to be confirmed.
Contact: Mrs Mary Stewart, Cnoc Sitheil, Sollas. Tel. (01876) 560214
Details: The Group offers socialising, refreshments and home-baking, as well as guest speakers.

Eaval Club (Cancer Support Group)
Day/Time: First Monday of the month at 2pm-4pm.
Venue: Trianaid Care Home in Tighe Ceilidh, Carinish.
Contact: Mrs Anne Rabbitts, 6 Carinish, Lochmaddy. Tel. (01876) 580328
Details: Support group for cancer patients and their friends and families. General health related speakers.

Urachadh Uibhist
Venue: Claddach Kirkibost Centre.
Contact: (01876) 580390.
Details: Café.

Benbecula

Benbecula Church of Scotland Taigh Ceilidh
Day/Time: Every second Wednesday at 2pm.
Venue: Church of Scotland Hall, Benbecula.
Contact: Alasdair MacGillvary, 28 Muir of Aird, Benbecula. Tel. (01870) 602240. Email: ayagill@orpheusmail.co.uk
Details: Offers over 60s speakers, outings, crafts, workshops, afternoon tea. Christian fellowship and worship. Open to all.

Benbecula Church of Scotland Guild
Day/Time: Meet on a Monday twice a month.
Venue: Benbecula Church of Scotland.
Contact: Mrs Annie MacGillivray, 28a Muir of Aird, Benbecula. Tel.(01870) 602240.
Details: Meet on a Monday twice a month as intimated in the Church Bulletin at: www.benbeculaparishchurch.org

Caraidean Uibhist
Contact: Mrs Sheena Stewart, East Camp, Balivanich. Tel. (01870) 603233
Details: Befriending service through volunteer befriending, one to one or group, visit in own homes or take them out to library, or for cup of tea.

Uists

East Camp Horticultural Project

Contact: Mrs Sue MacDonald. Tel. (01870) 603345

Details: The project encourages anyone, but particularly people with various stages of disability, to come and volunteer to help with the gardening, keeping site tidy, and maintaining two polytunnels

East Camp Riding School

Contact: Ms Elizabeth Spark, tel. (01870) 602 880

Details: Provides riding instruction and support for the disabled. Open to anyone who wants to get involved with looking riding or looking after the horses, etc.

Tagsa

Contact: Mrs C MacKinnon, East Camp, Balivanich. Tel. (01870) 602111.

Details: Offers a shopping service with transport, and assistance if necessary, provided. Also has 'lunch groups' dotted throughout the Uists, which include games, etc. and transport again provided. Tagsa also provides home care, palliative care and respite care.

Barra

Cobhair Bharraigh

Contact: Kentagaval, Castlebay, tel. 01871 810906.
Details: Provides a Day Care Service, Home Support for Carers and a Holiday Respite Service.

Bus Barraidh

Day/Time: As appropriate.
Venue: As appropriate.
Contact: Voluntary Action Barra. Web: www.isleofbarra.com
Details: Bus Barraidh offers community transport during day and evening and is run by Voluntary Action Barra for all age groups complimenting the public bus service. The service charges a nominal fee and operates on a daily basis.

Pensioners Club / Tuesday Club

Day/Time: Every Tuesday at ??pm.
Venue: Cobhair Bharraigh, Castlebay.
Contact: Mary Bell Galbraith. Tel. (01871) 890 272.
Details: Offers refreshments, cakes and bingo. Provides a day trip to Uist and Christmas party once a year.

Further Support

Local Support

Older People's Partnership		???
Western Isles Community Care Forum		Tel. (01859) 502588
Citizens Advice Bureaux	- Lewis	Tel. (01851) 705727
	- Harris	Tel. (01859) 502431
	- Uists	Tel. (01870) 602421
	- Barra	Tel. (01871) 810608
Crossroads	- Lewis	Tel. (01851) 705422
	- Harris	Tel. (01859) 502171
Tagsa Uibhist		Tel. (01870) 603881
Cobhair Bharraigh		Tel. (01871) 810906
Alzheimer Scotland (Lewis)		Tel. (01851) 702123
Western Isles Hospital		Tel. (01851) 704704
Uist & Barra Hospital		Tel. (01870) 603603
St. Brendan's Hospital		Tel. (01871) 812021
Stornoway Health Centre		Tel. (01851) 703545
Balivanich Community Clinic		Tel. (01870) 602266
Comhairle nan Eilean Siar		Tel. 0845 6007090

UK Wide Support Networks

Age UK	Tel. 0845 8330200

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