

# Oban and Lorn and the Islands Living Well Network

07/08/2023

## Recent Highlights

Thursday 11<sup>th</sup> May 2023 - Oban and Lorn Living Well Network Meeting - 15 of us met at Oban Community Fire Station for a really productive morning of meeting and networking.

Tuesday 20<sup>th</sup> June 2023

# Living Well in Oban, Lorn and the Islands Part 1

Please share this information from our Living Well Network Members as widely as you can within your communities - Thankyou

Self referral to Smoking Cessation services Email: [nhsh.absmokefreeservices@nhs.scot](mailto:nhsh.absmokefreeservices@nhs.scot)  
Tel: 08457573077

For support with weight management or any other Dietetic support, contact Argyll & Bute Dietetic Service. Voicemail: 01631 789 041 or Email: [nhsh.dietitiansdirect@nhs.scot](mailto:nhsh.dietitiansdirect@nhs.scot)

Macmillan Cancer Community Support Workers Argyll  
Chris 07866146475 Chris.Holden@nhs.scot, & Jennifer 07866 146499 jennifer.o'hara1@nhs.scot

Screening Engagement Officer - free training sessions for professionals and volunteers aiming to increase the uptake of NHS Screening among people likely to miss out. 2023 focus is Cervical & Bowel Screening. 07779 996 420 or [Angela.Anderson@nhs.scot](mailto:Angela.Anderson@nhs.scot)

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](http://www.painassociation.co.uk) 0800 783 6059

Versus Arthritis- Visit [www.versusarthritis.org](http://www.versusarthritis.org) to find out more about supported self-management, information, exercises and volunteering. Or email [LiveWell@versusarthritis.org](mailto:LiveWell@versusarthritis.org)

North Argyll Carers Centre - support to unpaid carers from 5yrs upwards in the OLI area. 01631 564422 or [info@northargyllcarers.org.uk](mailto:info@northargyllcarers.org.uk)

## Living Well in Oban, Lorn and the Islands Part 2

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It helps to talk! Relationships Scotland Couple Counselling Argyll. 0300 111 0031  
or [info@argyllcouplecounselling.org](mailto:info@argyllcouplecounselling.org) [www.argyllcouplecounselling.org](http://www.argyllcouplecounselling.org)

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](mailto:manager@homestartlorn.org.uk) or 01631566749