

## A

### **AA: Alcoholics Anonymous**

Meetings are held twice a week, along with an online meeting on a Sunday:

Thursday 7pm King Street Hall, (Garden Room), Kirkwall, KW15 1NN (1 hour meeting)

Saturday 6pm King Street Hall, (Garden Room), Kirkwall, KW15 1NN (90 minute meeting)

Orkney Online International Meeting, Sunday 3pm <https://meet.jit.si/542943194808245> (1 hour)

National Tel Number (24/7 365/year) 0800 9177 650

[help@aamail.org](mailto:help@aamail.org)

### **Al Anon ([www.alanonuk.org.uk](http://www.alanonuk.org.uk))**

Al Anon Highlands and Islands group has a support session online on the 4<sup>th</sup> Thursday of each month:

[Highlands and Islands Thursday - Al-Anon Family Groups \(al-anonuk.org.uk\)](http://www.alanonuk.org.uk)

Tel: 0800 0086 811

### **Dear Albert ([www.dearalbert.co.uk](http://www.dearalbert.co.uk))**

Dear Albert is a service which helps individuals cease taking alcohol and drugs. While based in Leicester, it often works alongside other services to achieve better outcomes for individuals, offering targeted support.

Tel: 0800 830 3646

Text: 07712 707 999

### **Relationships Scotland Orkney: Alcohol and Drugs Services**

This service offers a range of services for both adults and young people (aged 12 years and up) who have been affected by their own or someone else's substance misuse. They also offer a programme of emotional support to help family members cope with the difficulties and stress arising from a loved one's substance misuse.

Individuals can self refer, or be referred. Additionally, they have a Support Service held every Thursday afternoon at King St Halls, Kirkwall from 1.30pm – 4.30pm, with a support group meeting 2.30pm-3.30pm. This latter group is facilitated by the Drug and Alcohol Team.

Tel: 877750

Email: [enquiries@rsorkney.org.uk](mailto:enquiries@rsorkney.org.uk)

**Right There:** see separate entry

### **Scottish Families affected by Alcohol and Drugs ([www.sfad.org.uk](http://www.sfad.org.uk))**

This is a national Scottish charity which supports anybody who is affected by someone else's alcohol or drug use. They can provide information and advice, helping with confidence, communication, wellbeing and helping to link into local support services. They offer four national Family Support Services: Helpline, Bereavement Support, one to one Telehealth support and Holding On.

Call 08080 10 10 11

Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

### **Action for Children (Orkney Emotional Wellbeing Service | Action For Children )**

#### **Emotional Wellbeing Service**

This service works with young children across Orkney aged 8-18 years who are identified as requiring support with their mental health and wellbeing. One aspect of their service, SKIPTA, offers support to young people aged 12-18 years who are negatively impacted by their own or parental substance misuse.

For more information contact:

[caroline.adams@actionforchildren.org.uk](mailto:caroline.adams@actionforchildren.org.uk) or [catherine.macleod@actionforchildren.org.uk](mailto:catherine.macleod@actionforchildren.org.uk)

**Advocacy Orkney** ([www.orkneycommunities.co.uk/ADVOCACYORKNEY](http://www.orkneycommunities.co.uk/ADVOCACYORKNEY))

A free service providing independent, confidential support to Orkney residents to ensure that their voice and opinions are heard and understood. It's a legal requirement of the local authority to be able to provide an independent advocacy service, which can also help support you to challenge decisions made or actions taken which directly impact on an individual. (see also Children and Young Person's Advocate)

Tel: **01856 870111**

email: [info@advocacy.org](mailto:info@advocacy.org)

**Age Scotland Orkney** ( [www.agescotlandorkney.org.uk](http://www.agescotlandorkney.org.uk) )

Their services are for anyone aged over 50 years, and for those younger who would benefit from their support. They offer a range of services:

Here 2 Care service (a care at home service)

Here 2 Help service (a traditional domestic home help service)

Here 2 Hear service (ear wax removal service)

Dementia Service

Foot Care Clinic

Social Hub Sessions

Tel: 872438

46 Victoria Street, Kirkwall, KW15 1DN

Email: [enquiries@agescotlandorkney.org.uk](mailto:enquiries@agescotlandorkney.org.uk)

Age Scotland run a free helpline: 0800 12 44 222 (Monday to Friday, 9am – 5pm)

Age UK also have a free helpline: 0800 678 1602 (Daily, 8am – 7pm) (see [www.agescotland.org.uk](http://www.agescotland.org.uk))

They also provide a free, 24 hour telephone service, The Silver Line: 0800 4 70 80 90 (see [www.thesilverline.org.uk](http://www.thesilverline.org.uk))

Age Scotland also offer free online training courses for carers, individuals and others looking to increase their knowledge and understanding of dementia. Courses can be viewed and booked online:

[www.age.scot/DementiaTraining](http://www.age.scot/DementiaTraining)

**Archie Foundation** ([www.archie.org/bereavement](http://www.archie.org/bereavement))

Archie's Child Bereavement Service provides support to bereaved children and young people. This service is supported by professionals, who are highly skilled and highly trained in supporting children and families. The volunteer responders are recruited, trained and supported so as they can offer effective support to bereaved families. Archie also provides resources and information for families and carers.

Email: [acbs.highlands@archie.org](mailto:acbs.highlands@archie.org)

Tel: 07563 396 55

Facebook: @childbereavementgrampian

**AtaLoss** ([www.ataloss.org](http://www.ataloss.org) )

AtaLoss.org is a bereavement signposting and information website. They provide a central point for those who are bereaved, including self-help, assistance for those offering support and wellbeing for employees. It is regularly updated and includes a national directory of support in local areas.

**Autistic Knowledge Development** ([www.autisticknowledgedevelopment.org](http://www.autisticknowledgedevelopment.org))

Autistic Knowledge Development are led by experienced, autistic and neurodivergent professionals. They have developed Embrace Autism, Scotland's main adult autism pre and post diagnostic support service. This fully funded programme is free to access, and offers peer support, information and resources to help those with autism to understand their autism and to live fulfilling lives through using the tools and resources provided. Their support is for

both those newly diagnosed and self-identified with autism.

They also offer a range of one to one support options, including mentoring and coaching, HR support, transitions/job seeker and business support. This can be accessed via self-funding or through Access to Work.

Additionally, they also support children and young people via their Aim High programme, a mentoring programme for neurodivergent young people.

## **B**

### **Beat Eating Disorders ([www.beateatingdisorders.co.uk](http://www.beateatingdisorders.co.uk))**

Beat is the UK's eating disorder charity, giving sufferers and their loved ones a place where they feel listened to, supported and empowered. They offer phone and email helplines, one to one webchat, and online support groups. Regionally, there is a Scottish helpline and email address:

Tel: 0808 801 0432 (3pm – 8pm, daily)

Email: [Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

### **Orkney Blide Trust ([www.blidetrust.org.uk](http://www.blidetrust.org.uk))**

A charity which provides support and practical help for those who are experiencing mental ill health. They provide a scope of support:

Therapeutic Blide

Active Blide/Out & About

Purposeful Blide

Young People's Project

Befriending

Drop-In – this is open daily, 365 days a year (10am – 4pm weekdays, noon – 4pm Saturdays, 11am – 2pm Sundays)

Distress Brief Intervention, in collaboration with Penumbra (referrals only from Police, Scottish Ambulance Service, A&E Dept)

Laura Grimmond House, 54 Victoria Street, Kirkwall, KW15 1 DN

Tel: 874874

Email: [admin@blidetrust.org](mailto:admin@blidetrust.org)

## **C**

### **Crossroads and Orkney Carers Trust ([www.crossroadsorkney.co.uk](http://www.crossroadsorkney.co.uk))**

Crossroads Care Orkney supports those who provide unpaid care, the elderly and adults with disabilities. They provide a respite care scheme, alongside a Carers Centre. They also have a service for children and young people, providing parents/carers with respite by taking the child/young person out to an activity of their choice. Additionally, they also manage Orkney Young Carers. ([www.orkneyyoungcarers.org.uk](http://www.orkneyyoungcarers.org.uk))

Contact: Sheila Ritch, Crossroads Care Orkney, Kirkwall Travel Centre, West Castle Street, Kirkwall, KW15 1GU

tel: **870500**

email: [carers@crossroadsorkney.co.uk](mailto:carers@crossroadsorkney.co.uk)

### **Carent's Room ([www.carents.co.uk](http://www.carents.co.uk))**

This is a website specifically for those caring for elderly parents, the term carent being used instead of carer. Although referencing some benefits and other areas within England, it is still a valuable resource with lots of advice and other information relevant to anybody finding themselves caring for their parents.

### **Children and Young Person's Advocacy**

Advocacy Orkney now provide an advocacy service for children and young people. For further information, please

contact them as below:

Tel: **01856 870111**

email: [info@advocacy.org](mailto:info@advocacy.org)

**Orkney Citizens Advice Bureau** ([www.orkneycommunities.co.uk/CAB](http://www.orkneycommunities.co.uk/CAB))

Orkney CAB is independent and offers free confidential advice, as well as information on a variety of subjects affecting those living in Orkney, including employment rights, financial/benefits advice and support, housing and other areas. Orkney CAB operates an appointments only service, and can be contacted on the following:

Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1 HR

Tel: 875266

Email: [bureau@orkneycab.ucasonline.org.uk](mailto:bureau@orkneycab.ucasonline.org.uk)

**CLAN** ([www.clancancersupport.org/locations/northern-isles/orkney](http://www.clancancersupport.org/locations/northern-isles/orkney))

CLAN provides both emotional and practical support to anybody affected by a diagnosis of cancer, including family and close friends. Their wellbeing services are specifically tailored to make sure needs are taken care of throughout an individual's cancer journey.

Drop-In service: 10am – 4pm weekdays (not Fridays)

Monthly Men's Group: 3<sup>rd</sup> Tuesday each month 10.30am – 12.30pm

Westray Outreach: Last Thursday each month, Hofn Youth Centre, 9.30am – 2.00pm

Tel: 873393

Email: [orkney@clancancersupport.org](mailto:orkney@clancancersupport.org)

Their Haven bed and breakfast service remains open to those who are undergoing cancer treatment at Aberdeen Royal Infirmary, or relatives/friends who are accompanying an individual. To make a reservation or to find out more about Clan Haven please contact the Haven Team on **01224 651030** or email [haven@clancancersupport.org](mailto:haven@clancancersupport.org).

**CONNECT** ([www.vaorkney.org.uk/youth-services/connect](http://www.vaorkney.org.uk/youth-services/connect))

The Connect Project works with young people aged between 15-21, who are unsure of what steps to take next, or are not ready to move on to employment or further training. Project staff work with the young people to develop a personal and flexible programme that meets learning needs and builds the skills and confidence to move on to their chosen area.

Young people have the opportunity to get involved with the [SALTIRE Awards](#) through volunteering experiences in the community. There are also other recognised qualifications that can be achieved while on the programme.

For further information please email [connect@vaorkney.org.uk](mailto:connect@vaorkney.org.uk)

**CRUSE Bereavement Care** ([www.crusescotland.org.uk](http://www.crusescotland.org.uk))

Cruse supports those who have been bereaved, whether recently or in the past. While they no longer have a local branch, they can be contacted on the national helpline number. They also offer services for bereaved children and young people.

Cruse Scotland Helpline: 0808 802 6161

**D**

**Daylight** ([Daylight](#))

Daylight is an NHS recommended digital treatment which uses CBT to address worry and anxiety, and is free to access for anybody aged 18+ years in Scotland. After signing up, the app can be downloaded from online.

**Downs Syndrome Scotland** ([www.dsscotland.org.uk](http://www.dsscotland.org.uk))

This is the only national charity dedicated solely to supporting those with Downs Syndrome, their families and carers. They provide 'all through life' support throughout Scotland, and have regional branches as well.

Down's Syndrome regional advisor:

Shona Robertson : Family Support Service Officer (highlands, Islands, Moray & Orkney)

Tel: 01463 237 489

Email: [shona@dsscotland.org.uk](mailto:shona@dsscotland.org.uk)

**Dial-a-Bus: see Orkney Disability Forum**

**E**

**ENABLE Scotland**

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ENABLE Scotland provide services to adults who have a learning or physical disability in Orkney. They provide Care at Home and housing support through a variety of flexible support services for home and community life. They also have a care home for those with a learning disability. Their services are flexible and designed to be tailored to each person's unique needs.

Service Manager Contact Name: Hannah Penman

Contact Number: 07922385440

Contact Email Address: [Hannah.penman@enable.ore.uk](mailto:Hannah.penman@enable.ore.uk)

Office Contact Number: 01856 870080

**F**

**Farmstrong Scotland** ([www.farmstrongscotland.org.uk](http://www.farmstrongscotland.org.uk))

This is a relatively new venture to support farmers, crofters and their families through the highs and lows of farming and crofting through a peer-to-peer led programme. As well as sharing information and advice, it offers a wellbeing hub.

Email: [hello@farmstrongscotland.org.uk](mailto:hello@farmstrongscotland.org.uk)

**Fishermen's Mission** ([www.fishermensmission.org.uk](http://www.fishermensmission.org.uk))

The Fishermen's Mission is the only national charity which works solely to support current and former fishermen and their families. They also support sea going staff in the aquaculture industry and migrant fishermen working on UK vessels. As well as offering advice and support, they can also provide financial support through grants.

Tel: 0800 634 1020

Email: [enquiries@fishermensmission.org.uk](mailto:enquiries@fishermensmission.org.uk)

**G**

**GamCare** ([www.gamcare.org.uk](http://www.gamcare.org.uk))

GamCare offers information, advice and support to anybody affected by gambling. They provide a range of treatment services both in person as well as online and over the phone. These services are available to gamblers and their family and friends who have been affected by the impact of the gambling. They also operate the National Gambling Helpline.

Call: GamCare Scotland 0131 2615 220

Live Chat: [www.gamcare.org.uk](http://www.gamcare.org.uk)

Email: [Scotland@gamcare.org.uk](mailto:Scotland@gamcare.org.uk)

National Gambling Helpline: 0808 8020 133

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## H

### **Home Start Orkney** ([www.homestartorkney.org.uk](http://www.homestartorkney.org.uk))

Home-Start Orkney works with families experiencing additional challenges to those of daily parenting including, poor mental/physical health, postnatal depression, financial worries, loneliness/isolation and others. The support their staff team offers includes:

Home- visiting Service – staff and volunteer support

Weekly Group Support sessions:

Family Group      Thursdays 10.00 – 11.30am

Peedie Sprouts   Mondays & Wednesdays 11.00am – 12.30pm (pregnancy and baby)

Wellness sessions (monthly)

HENRY (in collaboration with NHS Orkney)

PIMHS (Perinatal and Infant Mental Health)

Bluebell Perinatal Counselling

Mellow Parenting

Baby Massage

Contact: Tel 07938 634 075 (Fiona Carlisle, Manager)

Tel 01856 700052 (Home-Start Orkney office)

Email: [admin@homestartorkney.org.uk](mailto:admin@homestartorkney.org.uk)

Visit: Thickbigging House, Finstown, KW17 2EG

### **Home Energy Scotland**([www.homeenergyscotland.org](http://www.homeenergyscotland.org))

Home Energy Scotland helps people in Scotland create warmer homes, reduce their energy bills, and lower their carbon footprint. They are funded by the Scottish Government and managed by Energy Saving Trust.

They work with people and organisations to help tackle fuel poverty and the climate emergency – both key priorities for Scottish Government (and humans in general).

They do this through a network of regional advice centres covering all of Scotland, which offer local knowledge and expert advice on:

- saving energy and keeping warm at home
- funding options including Scottish Government grants and interest free loans
- installing renewable energy at home
- greener travel including electric vehicles and ebikes
- cutting water waste.

To get in touch [use their online form](#), call free on **0808 808 2282** or message via social media.

## I

### **IESO Online Therapy** ([www.iesohealth.com](http://www.iesohealth.com))

Ieso treats a range of common mental health issues, including anxiety and worry, depression, PTSD, OCD, phobias, sleep problems and stress. This online service is free for NHS Orkney patients, and involves typed therapy with a qualified therapist from within the UK.

For further information please see the website.

### **Improving the Cancer Journey** ([Improving the Cancer Journey \(ICJ\) | NHS Orkney](#))

This service is offered by NHS Orkney in conjunction with MacMillan Cancer Support, and offers those who have received a cancer diagnosis the option to have support from an ICJ Link Worker. The Link Worker can support the individual from initial diagnosis, through all the stages of their treatment/journey, helping to access services for any non-clinical needs.

Tel: 01856 888084

Email: [ork.icj@nhs.scot](mailto:ork.icj@nhs.scot)

**Inclusive Orkney** ([www.facebook.com/inclusiveorkney](https://www.facebook.com/inclusiveorkney))

This local charity supports children with additional support needs and their families. Their key aims include working with different people in Orkney to provide fun and varied opportunities for children with additional support needs, which allow them to engage with others in the wider community.

They also work with a range of agencies to provide robust signposting for families and provide a support network for families and children. Their long-term aim is to establish an indoor and outdoor space where children and families can come to socialise, support each other and, most importantly, have fun in a safe and welcoming space. Find out more via their Facebook page.

Email: [inclusiveorkney@gmail.com](mailto:inclusiveorkney@gmail.com)

**Island Wellbeing Project** ([Island Wellbeing Project - VAO Orkney \(vaorkney.org.uk\)](http://Island Wellbeing Project - VAO Orkney (vaorkney.org.uk)))

The Island Wellbeing Project is a partnership between Voluntary Action Orkney and the Development Trusts of Hoy, Stronsay, Sanday, Shapinsay, Rousay, Egilsay and Wyre. Each of these employs a Community Wellbeing Co-ordinator, who develop new projects and groups for the islands, such as community cafes, health walks and chair based dance sessions. They also connect residents with services and find people and groups in the community which can enhance islanders' wellbeing.

For contact details for each of the individual islands, please see Voluntary Action Orkney's webpage.

## **L**

**All Age Learning Disability Service**

This service provides support for those who have learning disabilities, autistic spectrum disorders and others who struggle to understand information, learn skills and cope independently.

This support can include developing skills and confidence, finding a training course, work placements, help to find jobs, on the job support and other aspects.

Contact Danny Oliver or Stuart Prestwell: 01856 873535 (Danny's extension 2737; Stuart's extension 2688)

**The Learning Link** ([The Learning Link \(orkney.gov.uk\)](http://The Learning Link (orkney.gov.uk)))

The Learning Link is a free service which is dedicated to helping adults to gain new skills and increase their self-confidence. The benefits of developing these skills and having the confidence to use them can be far reaching and life changing. It can also improve health and well-being.

They can support with improving reading, writing, spelling and grammar; understanding maths and everyday numbers; learning how to use laptops and digital media; increasing job prospects; getting ready for further education

Email: [thelearninglinkenquiries@orkney.gov.uk](mailto:thelearninglinkenquiries@orkney.gov.uk)

Call: 879200

## **M**

**Marie Curie** ([www.mariecurie.org.uk](http://www.mariecurie.org.uk))

Marie Curie provide care for any individual with a terminal diagnosis. Referrals for support are made to Marie Curie through the Community Nurses, with support provided from early in the journey. The local team currently comprises of 3 members, and they can provide care anywhere within Orkney.

Marie Curie also offers a Companion Service, which provides peer support via befriending, this again being available to anyone affected by a terminal illness.

Additionally, they provide a bereavement support service, and an information and support line.

Support Line: 0800 090 2309

Online Chat: [www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)

Energy Support Officer: 0800 090 2309

**Mikeysline** ([www.mikeysline.co.uk](http://www.mikeysline.co.uk))

Mikeysline offers text, online and telephone support for anybody struggling with mental health issues in the Highlands, Islands and Moray.

Textline: 07786 207 755

Webchat: [www.mikeysline.co.uk](http://www.mikeysline.co.uk)

WhatsApp: 01463 729 000

**MND Scotland** ([www.mndscotland.org.uk](http://www.mndscotland.org.uk))

MND Scotland not only provide funds for research into MND, but also support those living with MND and their families. This can be through grants, accessible holidays or advocating on their behalf.

6<sup>th</sup> Floor, Merchant Exchange, 20 Bell Street, Glasgow, G1 1LG

Tel- 01413323903

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

MS & MND Advisor: The Balfour, Foreland Road, Kirkwall, KW15 1NZ

01856 888032 [ORK.neurology@nhs.scot](mailto:ORK.neurology@nhs.scot)

### **MS in Orkney**

MS & MND Advisor: The Balfour, Foreland Road, Kirkwall, KW15 1NZ

01856 888032 [ORK.neurology@nhs.scot](mailto:ORK.neurology@nhs.scot)

Can be accessed via GP referral:

NHS neurological physiotherapy

NHS nutrition and dietetics

NHS SALT

**Occupational Therapy** – via Duty worker for community care services: 01856 873535

### **Orkney Multiple Sclerosis Therapy Centre**

**This currently remains closed.**

The Crafty, Junction Road, Kirkwall, KW15 1AR

### **Orkney MS Society**

The MS Society locally offer a range of support for those living with MS. This includes provision of financial grants, financial aid in acquiring Power of Attorney and wills, physiotherapy, reiki (both of these undertaken in partnership with local practitioners), a fatigue management course, outings and a weekly exercise class, run by Scottish Ballet, offering gentle movement.

For further information, contact:



George Hannah  
Hannatoft  
Holm Road  
Kirkwall  
Orkney KW15 1RX

Tel: [01856 872479](tel:01856872479)

Email: [georgecath@aol.com](mailto:georgecath@aol.com)

**MS Society** ([www.mssociety.org.uk](http://www.mssociety.org.uk))

This is the parent body of the Orkney branch, and alongside information, advice, fundraising, they also fund world leading research and campaign on behalf of those with MS and their families.

Helpline 0808 800 8000 weekdays 9 am – 7pm

**MS TRUST** ([www.mstrust.org.uk](http://www.mstrust.org.uk))

The MS Trust also supports those diagnosed with MS, providing advice, support and other services. They too have a helpline : 0800 032 3839

**Memory Cafe**

The Young at Heart Memory Cafe aims to give support and friendship to people struggling with memory and their carers, particularly those still living at home. They meet every second Thursday at the Life Centre in Kirkwall.

For further details, call:

Lorna: 871118  
Elizabeth: 781345

**O**

**Orkney Care and Repair** ([Orkney Housing Association Limited \(OHAL\) — About Us - Orkney Care and Repair](#))

Orkney Care and Repair provides advice, information and practical assistance to enable people to continue living independently within their own homes via repairs, improvements or adaptations. They can also provide practical assistance with grant applications and co-ordinating repairs, as well as offering their own Small Repairs Service.

While initially targeted at elderly, disabled and low income groups, the service is offered to all those living in privately owned or rented properties.

The Small Repairs Service is available to any private home owner or private tenant who is aged over 60 years and/or disabled.

For further information, please contact:

Email: [admin@orkneycareandrepair.co.uk](mailto:admin@orkneycareandrepair.co.uk)  
Tel: 873369

Or visit their premises at 39a Victoria Street.

They also offer a weekly drop in at the Selbro Resource Centre at Hatston: Wednesday 2-4pm

**Orkney Charitable Trust** ([www.octtrust.org.uk](http://www.octtrust.org.uk))

Raises and distributes funds to help people under 25 who live in the Orkney Islands. Their funds are available to young

people in times of ill health, disability, hardship or disadvantage.

### **ORKNEY CHILDREN'S TRUST**

Distributes grants to children who are disadvantaged due to any kind of disability, additional support needs, living with financial hardship, illness, distress, abuse or neglect.

Contact Hilary Morrell: [morrell@19linden.co.uk](mailto:morrell@19linden.co.uk)  
Mrs Hilary A Morrell, Treasurer, Orkney Children's Trust,  
Linden, Dounby, KW17 2HS

### **Orkney Disability Forum ([www.orkneycommunities.co.uk/ODF](http://www.orkneycommunities.co.uk/ODF))**

Dial-a-Bus is a demand responsive community transport service operated by the charity, Orkney Disability Forum. Their service can be used to those who are disabled, with mobility problems, with mental health problems and others with conditions such as arthritis, failing eyesight etc.

Once a membership form is completed, individuals can call Dial-a-Bus to book journeys. Dial-a-Bus also offers those in possession of a National Entitlement Card 3 free return trips per month.

They also have a range of mobility scooters and wheelchairs for hire, as well as other services, including the Tuesday Club, a social activity club for disabled young adults.

Contact: 871515 (Dial-a-Bus)  
870340 (Orkney Disability Forum)

### **Orkney Men's Shed**

The Orkney Men's Shed is a place where men can pursue practical interests in a safe, friendly and inclusive environment. It's open to all men aged 18 years and over, with spaces to participate in a range of activities, including photography, computing, woodwork, or simply enjoying a cuppa and a yarn.

Old Herring Factory, Garson Park, Stromness, KW16 3BL  
Tuesdays and Thursdays 10-4pm.  
Wednesday evenings: 7pm – 9pm  
Saturdays: 10am – 2pm

Contact Morgan Marcus (Chair): 751362  
Facebook: [ORKNEY MEN'S SHED | Facebook](https://www.facebook.com/ORKNEYMENSSHED)  
Tel: 01856 850218

### **ORSAS ([www.orkneyrapecrisis.scot](http://www.orkneyrapecrisis.scot))**

Orkney Rape & Sexual Assault Service provides free and confidential information, advocacy and support to anyone in Orkney (age 13 and over) affected by any form of sexual violence. This includes survivors of sexual violence and their friends, partners and families.

They also provide advice and support to staff in other agencies who are working with survivors.

As well as supporting survivors and others, they aim to prevent sexual violence by raising awareness, challenging myths and campaigning. They are part of [Rape Crisis Scotland](#) and the network of local rape crisis centres across Scotland and comply with the [service standards](#) for RCS member centres. Centres across Scotland offer many different services. Being part of this network allows ORSAS to put people in touch with other member centres for support, for example attending a High Court or forensic services outwith Orkney.

All rape crisis centres and the RCS Helpline are staffed by fully-trained paid and unpaid women workers.

Phone: **01856 872298 (Monday to Thursday 9.30am – 4.30pm)**

**Outwith these hours, please call 08088 010302 for support (Rape Crisis Scotland Helpline) (6pm – midnight, daily)**

If you are Deaf or hard of hearing and use British Sign Language you can access a free online BSL interpreter to get in touch.

You can access this from [contactScotland-BSL](#)

Email: [contact@orsas.scot](mailto:contact@orsas.scot) or fill in the form below.

To refer someone for support please [download the support referral form](#).



## P

### **Pain Concern** ([www.painconcern.org.uk](http://www.painconcern.org.uk))

Pain Concern is a UK charity working to support and inform all those living with chronic pain in the UK. They offer peer support, online pain management sessions, an online community and a telephone support line. They can also support family members and professionals working with those living with chronic pain.

Helpline: 0300 123 0789

Email: [help@painconcern.org.uk](mailto:help@painconcern.org.uk)

### **Papyrus** ([www.papyrus-uk.org](http://www.papyrus-uk.org))

Papyrus UK is a charity dedicated to the prevention of suicide and promotion of mental health and positive wellbeing in young people. Their suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers. This is a free and confidential call, text and email service available 365 days a year.

Tel: 0800 068 41 41

### **Parkinson's Orkney**

Parkinson's Orkney are a non-profit organisation who aim to provide information, support, events and to connect those with a Parkinson's diagnosis. They offer a Parkinson's Beat Class, provided by Orkney Dance and Fitness Ltd. Bookings for this can be made online at [www.orkneydanceandfitness.com/service-page/parkinson-s-beats](http://www.orkneydanceandfitness.com/service-page/parkinson-s-beats)

Follow their Facebook page for more information and updates: [Parkinson's Orkney | Facebook](#)

### **Perennial** ([www.perennial.org.uk](http://www.perennial.org.uk))

This is a support charity for anyone who works in, or has worked in, horticulture. They can support people with concerns in regards to finance, health, career options and other areas. Individuals are welcome to contact Perennial themselves, or can be referred by family, professionals or friends, provided the individual is aware of this. They also offer a helpline.

Helpline: 0800 0938543 (9.00am – 4.30pm, weekdays bar Wednesdays 10.00am – 4.30pm)

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

### **Phio** ([www.phio.eqi.ai](http://www.phio.eqi.ai))

Phio is a clinically led, free to use, interactive assessment physiotherapy service. It can be accessed online or via an app with direct support from qualified physiotherapists. Phio is available 24/7 and is available to all patients registered with a GP surgery across Orkney. It has a range of features designed to assist patients in managing their musculoskeletal conditions.

## R

### **Relationships Scotland Orkney** ([www.rsorkney.org.uk](http://www.rsorkney.org.uk))

Relationships Scotland Orkney offer a range of support services:

- Relationship counselling
- Individual counselling
- Family or individual support
- Family mediation

- Child Contact Centre
- Parenting Apart
- Theraplay for young children
- Alcohol and Drug services

Contact: 877750

E-mail: [enquiries@rsorkney.org.uk](mailto:enquiries@rsorkney.org.uk)

#### **Right There** ([www.rightthere.org](http://www.rightthere.org))

Right There supports young people to realise their potential and create a safe, supportive space to call home. They provide tailored support to help young people feel happier, safer and more confident to live their lives. Locally, they offer:

- Counselling for young people aged up to 25 years
- 24/7 supported accommodation, with wraparound practical and emotional support
- Youth work for young people affected by alcohol or drug use within their family (Routes programme)
- Wellbeing support for adults who are living with substance addiction
- Older Group Drop-in on Tuesday evenings 4pm – 7pm, Routes Base, 18 Queen Street, Kirkwall (food is included)

For further details, please contact:

Counselling: [counsellingorkney@rightthere.org](mailto:counsellingorkney@rightthere.org)

Accommodation: 879958

Wellbeing: [wellbeingorkney@rightthere.org](mailto:wellbeingorkney@rightthere.org)

Routes: [wellbeingorkney@rightthere.org](mailto:wellbeingorkney@rightthere.org) or 07990 079744

#### **RSABI** ([www.rsabi.org.uk](http://www.rsabi.org.uk))

RSABI provides emotional, practical, and financial support to individuals and their families across the agricultural sector including farming and crofting.

Contact 0808 1234 555 (open 24 hours)

Email: [helpline@rsabi.org.uk](mailto:helpline@rsabi.org.uk)

## **S**

#### **Safer Orkney** ([www.saferorkney.com](http://www.saferorkney.com))

This is a website run by the Orkney Partnership for Action Against Gender Based Violence and Abuse, providing contact details for organisations and services both nationally and locally which provide public protection advice, assistance and information.

#### **SANDS and Simba** ([www.facebook.com/OrkneySandspage](https://www.facebook.com/OrkneySandspage)) ([www.simbacharity.org.uk](http://www.simbacharity.org.uk))

Sands supports anybody who has been affected by the death of a baby before, during or after birth. They offer a free national helpline for parents, families, carers and health professionals. They have a wide range of resources, and also offer an online forum for bereaved families. Locally, the Orkney branch now offer a befriending service which can offer either one to one peer support, or meeting in small groups periodically.

Email: [Orkney@sandsvolunteer.org.uk](mailto:Orkney@sandsvolunteer.org.uk)

Helpline (national): 0808 164 3332 (weekdays 10am – 3pm, Tues & Thurs evenings 6pm-9pm)

[helpline@sands.org.uk](mailto:helpline@sands.org.uk)

Simba also operates locally, providing the hospital with memory boxes for bereaved families and maintaining the Tree of Tranquility in the garden opposite W Shearers in Kirkwall. Families can have a copper leaf engraved and welded to the tree, which is situated in a quiet area of the garden, which includes a shelter.

## **Scottish Autism**

Scottish Autism is an organisation dedicated to enriching the lives of autistic people. They are the largest provider of autism-specific services in Scotland and a leading authority and advocate for good autism practice.

Orkney Service  
7 - 13 Laing Street, Kirkwall KW15 1NW

Call: Debbie Tsotsi (07821 637 164) or Duncan Drever (877969)  
Email: [Orkney@scottishautism.org](mailto:Orkney@scottishautism.org)

## **Sensory Impairment Services**

This service is linked to Orkney Health and Care, providing a service to those with loss of sight and/or hearing. They provide home based assessments and can provide information, advice, and equipment to meet specific needs. They are based at the Selbro Resource Centre at Hatston.

Contact: Anne & John Donnelly  
Call: 873535 ext 2668

## **Sleepio (Onboarding Sleep Test - Sleepio)**

Sleepio is an NHS recommended treatment which uses CBT to address poor sleep and insomnia, and is free to access to adults aged 18+ years across Scotland.

Email: [hello:sleepio.com](mailto:hello:sleepio.com)

## **Social Security Scotland** ([www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot))

People across Orkney can now access face to face support when applying for Scotland's benefits at a time and place that best suits them. Specially trained Client Support Advisers are available to answer any queries about Social Security Scotland benefits, help populate paper or online forms, and provide application support.

To book an appointment with a Client Support Adviser in Orkney please call the Social Security Scotland Freephone telephone number on 0800 182 2222.

Webchat: [www.socialsecurity.gov.scot/contact](http://www.socialsecurity.gov.scot/contact)

## **Soma's Light (Soma's Light SCIO | Facebook)**

This local charity was set up in the wake of personal tragedy, and seeks to raise funds and awareness for suicide prevention locally.

## **Suddenly Single** ([www.facebook.com/suddenlysingleorkney](https://www.facebook.com/suddenlysingleorkney))

This group was set up to enable those who have been left suddenly single through relationship breakdown or when a partner/loved one dies. It provides peer support and understanding, and a safe space where folk can share or simply enjoy the company of others. They meet on the second Friday of each month in the Breakfast Room of the Albert Hotel from 7.30pm to 9pm.

For further information, contact: Les Cowan 988137

## **Suicide Orkney Support app (Suicide Orkney Support - Home)**

This locally developed app aims to help those in need to manage and put in place helpful strategies to cope in times of crisis. It contains a variety of local and national support services which people can access via the inbuilt links in the app.

**NB: This is not a replacement for professional help and it is recommended to seek further support from a health professional.**

**THAW Orkney** ([www.thaworkney.co.uk](http://www.thaworkney.co.uk))

THAW Orkney is a charity which aims to work for all households across Orkney to reduce levels of fuel poverty and

achieve affordable warmth. They can offer:

- Information and advice on energy efficiency
- Tariff switching support
- Assistance with debt and low income
- Assistance with national grant funded programmes
- Advocacy and third party support
- Cosy Home Packs and Electricity vouchers, when available

Contact:

THAW Orkney  
12-14 Queen Street  
Kirkwall  
United Kingdom

01856 878388

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

**Tommy's** ([www.tommys.org](http://www.tommys.org))

Tommy's is the largest UK charity researching the causes and prevention of pregnancy complications, miscarriages, stillbirth and premature birth. They also offer a Pregnancy Line, in which expectant parents can speak with midwives to address any concerns. Their website also contains information on pregnancy, and they have recently launched a new, free digital health and wellbeing programme – this is free to anybody who has suffered a miscarriage (any loss before 24 weeks of pregnancy).

More information can be found on their website.

Helpline: 0800 0147 800 (non-urgent advice line)

Email: [midwife@tommys.org](mailto:midwife@tommys.org)

### **Touched by Suicide**

This group is for those adults whose lives have been affected by suicide, and offers understanding, compassion and a space to talk, or just to listen.

It meets at Papdale House, Berstane Road, Kirkwall on the 3<sup>rd</sup> Thursday of each month, from 6.30pm – 8.00pm.

Contact Eleanor McBeth: 07715 962 505 or Ibolya Sandor via Soma's Light Facebook page:

[www.facebook.com/groups/714199216758095](https://www.facebook.com/groups/714199216758095)

## **V**

### **Versus Arthritis**

Orkney's local Versus Arthritis meets monthly, and also offer a range of physical activity classes in Kirkwall. These consist of gentle exercises which can improve balance, flexibility and muscle strength, reducing pain and stiffness.

### **Visually Impaired Group (V.I.P)**

This is a group for people with some degree of visual impairment. They meet monthly in the St Magnus Centre, providing peer support, advice and talks/games.

Monthly meeting, last Wednesday of each month: 2-4pm

Contact: Lynda Miller 851509

**Vital Talk** ([www.orkneycommunities.co.uk/vitaltalk](http://www.orkneycommunities.co.uk/vitaltalk))

This is a small local charity, which has the support of several local Church organisations, which provides counselling. You don't have to be a Christian or of faith to receive counselling from them. They provide trained, qualified counsellors to anybody aged 16 years and over.

For more information, visit their website or contact:

Email: [secretary@vitaltalk.onmicrosoft.com](mailto:secretary@vitaltalk.onmicrosoft.com)

Tel: 07510 927 444

**Virtual Village Hall** ([www.virtualvillagehall.royalvoluntaryservice.org.uk](http://www.virtualvillagehall.royalvoluntaryservice.org.uk))

The Virtual Village Hall is a free online activity hub and community, designed by Royal Voluntary Service, to help people stay mentally and physically active, socially connected and to have fun.

There are over 2500 online sessions to try, from exercise and dance, to crafts, cooking and creative writing. Sessions take place live on weekdays via Facebook and YouTube and are led by expert tutors. New sessions are added regularly, and a weekly timetable available. This is free to all.

Facebook: @VirtualVillageHall

**W**

**Warm Works** ([www.warmworks.co.uk/orkney](http://www.warmworks.co.uk/orkney))

Orkney Islands Council has contracted Warmworks as its Managing Agent to deliver the Energy Efficient Scotland: Area-Based Scheme (EES: ABS) in Orkney. EES: ABS aims to help homes become warmer and more energy efficient through the installation of energy-saving improvements.

Contact: 01856 881 513 or Freephone 0800 038 6022

Email: [Orkney@warmworks.co.uk](mailto:Orkney@warmworks.co.uk)

You can also visit Warmworks' office in Kirkwall at the following address, you don't need an appointment:

33 Junction Road, Kirkwall

**Women's Aid Orkney** ([www.womansaidorkney.org.uk](http://www.womansaidorkney.org.uk))

Womens Aid Orkney is a specialist domestic abuse charity providing free, confidential information, support and refuge accommodation.

They can offer women:

- Confidential 1-2-1 support
- Safety planning
- Children & Young People's Service
- Outreach support
- Information on legal rights, housing options, finance, contact & residence
- Refuge accommodation

The service is available Monday to Friday 9am to 4pm.

Contact:

email: [info@womensaidorkney.org.uk](mailto:info@womensaidorkney.org.uk)

Telephone: 877900

Visit: Phoenix House, Kirkwall

Domestic Abuse Helpline: 0800 027 1234

**Roosa** - [roosa.orkney@gmail.com](mailto:roosa.orkney@gmail.com)

<https://www.facebook.com/Roosa-108468528505287>

Group for women with somewhere to meet friends, make new friends, have a cup of tea and try a fun activity.

**Childline:** 0800 1111

**Bullyline:** 0800 168 9111

**Y**

**YGam** ([www.ygam.org](http://www.ygam.org). )

YGam are the UK's leading charity dedicated to preventing gaming and gambling harms among young people. They provide free resources and training, including for parents, which highlight these harms and their website also offers information, advice and further details of support.

Tel: 0203 837 4963