






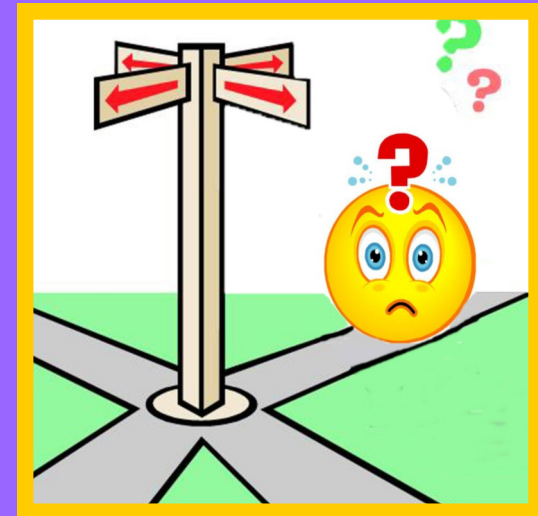


CHILDREN'S RIGHTS	CHILDREN'S RIGHTS	CHILDREN'S RIGHTS
	<p>SCOTTISH CHILD LAW CENTRE. Under 18s call free: Tel: 0800 328 8970 Main Advice Line: Tel: 0131 667 6333 For legal advice by text message: Text 'SCLC' to 80800 with your question www.sclc.org.uk</p> <p> N  </p> <p>Children & Young People's Rights. Children's Rights Officers work with children and young people who have been, or are 'looked after' by the local authority. Tel: 01463 237302</p> <p> H  </p>	
	<p>SCOTTISH LAW. This website provides information which explains legal responsibility the most common offences committed in Scotland. www.police-information.co.uk/legislation</p> <p> N </p>	
& SCOTTISH LAW		

MAY 2011 - ISSUE 4

R U LOOKIN 4 INFO OR ADVICE

Where Can I Go For Support Or Advice?



Inside you will find
 Skye & Lochalsh
 and
 National
 Support and
 Advice Services



OR CAREERS IF U R THEN THIS LEAFLET IS 4 U

ABOUT ILLNESS, DISABILITY, CARING, HOUSING

STUDY, HEALTH, £££ MATTERS

Service Map



This Service Map was produced by:
Skye and Lochalsh Young Carers April 2008
©Copyright Skye and Lochalsh Community Care Forum
Scottish Charity No: SC 027909

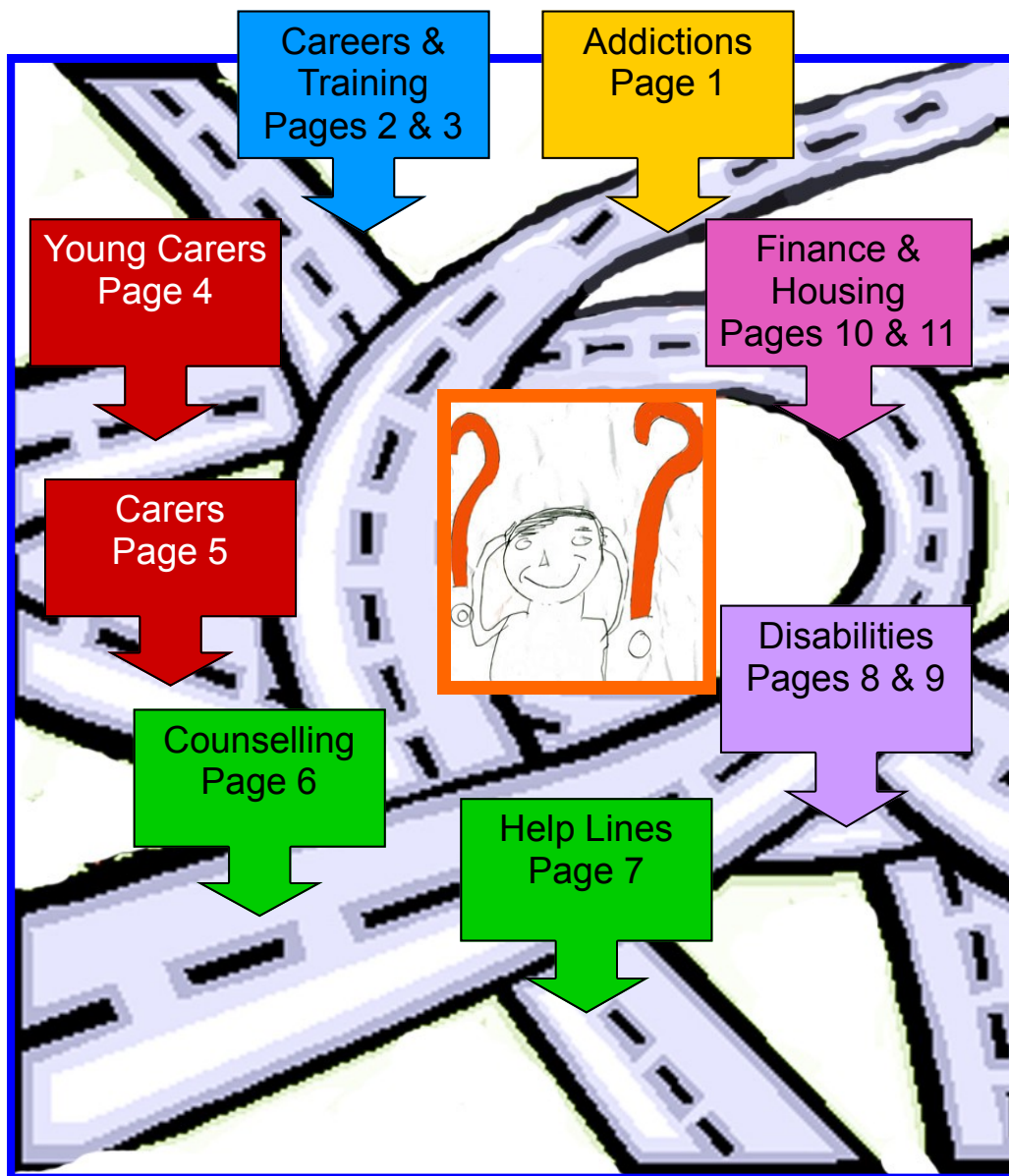
OTHER USEFUL LINKS & INFORMATION:

Traveline Public Transport Info: Tel: 0871 200 2233
www.travelinescotland.com

The Driving Theory Test: You can access The Driving Theory Test online for free: www.theorytestpro.co.uk

Emergency: The emergency number worldwide for a mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you. 112 can be dialled even if the keypad is locked.

How To Disable Your Mobile Phone If It Is Stolen: To check your mobile phone's serial number, key in the following digits on your phone: *#06# A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen you can phone your service provider and give them this serial number. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it.



Contact Details: Skye & Lochalsh Young Carers
Victoria Cottage, Hedgefield Road, Portree,
Isle of Skye, IV51 9GF Tel: 01478 613617
Email: mjagger@slccf.fsnet.co.uk
Web site: www.skyeyoungcarers.co.uk

Art work and direction: Young Carers
Presentation design by: Young Carers Staff

Every care has been taken to ensure information given is accurate and current. Skye and Lochalsh Community Care Forum cannot accept any responsibility for claims arising from error or misinterpretation.



Sexual Health

BROOK HELPLINE.

Advice on contraception, pregnancy and sexual health for young people.
FREEPHONE: 0800 0185 023. Monday to Friday 9.00 am to 5.00 pm
Online information and advice www.brook.org.uk



G.U.M CLINIC. Help and advice on sexual health. **Tel: 01463 704 202**



SEX AND YOUNG PEOPLE

Online information from NHS on a wide variety of sexuality and sexual health topics.
www.nhs.gov.uk/livewell/sexandyoungpeople



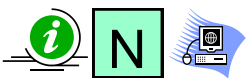
SEX AND RELATIONSHIPS.

Online information and advice and support for young people covering sexual health, relationships and wellbeing. www.thesite.org

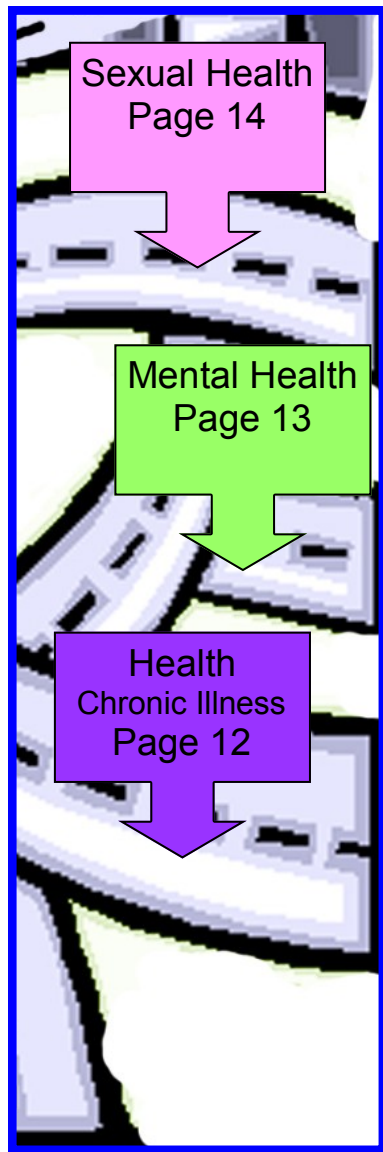


YOUNG PEOPLE'S SEXUAL HEALTH.

Online information and advice for young people. www.yפש.net



CUT



How This Leaflet Works









You can find the information you need by using this leaflet in different ways.

- 1 The service map opposite directs you to the page and section you need.
- 2 Colour coded page numbers are at the bottom centre of each page.
- 3 Each section tab is colour coded for you to find things quickly.
- 4 Each Service is listed with a key telling you how to access the Service and if there are charges.

CUT

KEY

The following key gives you quick access to the information you want about each listed service. A list of what each key means is outlined below:

-  Information
-  Local support and/or advice
-  Highland support and/or advice
-  National support and/or advice
-  Telephone. (For help lines we have indicated costs for call charges, but please note some mobile networks may also charge when dialling (FREEPHONE NUMBERS))
-  WEB address
-  Support group/ drop In
-  Service provider



Mental Health

COMMUNITY PSYCHIATRIC NURSE. Local.
Portree Hospital, Fancy Hill, Portree, IV51 9BZ **Tel: 01478 614 216**

HUG. Highland
Highland Users Group is a network of users of mental health services who live in the Highlands. **Tel: 01463 723 560. www.hug.uk.net**




DEPRESSION ALLIANCE. Information and support services for those experiencing depression. For an information pack call **Tel: 0845 123 23 20** (**Cost of call:** calls from a landline will be charged at a local rate, mobile charges will vary). Online information and advice www.dascot.org.

SKYE & LOCHALSH MENTAL HEALTH ASSOCIATION. (Am Fasgadh) Local
Support, information, advice and drop in centre. **Tel: 01478 613 533**

      Online information and advice www.slmha.co.uk

MENTAL HEALTH CARE.
Information on all aspects of mental illness for those experiencing it and for their carers. Online information and advice www.mentalhealthcare.org.uk

TAG. TRAINING AND ADULT GUIDANCE. Local.
Provides training, guidance and supported placement services for unemployed adults who have experienced mental health problems. **Tel: 01478 613 535**

Chronic illness

ALZHEIMER SCOTLAND. Local.

Support, advice and information for people with dementia and their carers. Local contact **Tel: 01478 613 450** Online: www.alzscot.org
24hour Dementia Helpline FREEPHONE: 0808 808 3000



CHEST HEART AND STROKE SCOTLAND. Local.

Support groups in Portree and Broadford. **Tel: 01471 822 520**



MACMILLAN NURSE. Local

Contact Cancer Care. **Tel: 01478 613 029**



MARIE CURIE.

Website is for people with cancer and other conditions; and their carers, families, partners and friends. www.mariecurie.org.uk **Tel: 0131 456 3700**

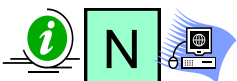


MULTIPLE SCLEROSIS THERAPY CENTRES.

Website with a wide range of information, advice and contacts.
www.mstherapycentres.org.uk



NHS DIRECT. Website with a wide range of information and advice relating to physical and mental health. www.nhsdirect.nhs.uk



OCCUPATIONAL THERAPIST. Local. Contact for aids and adaptations in the home. Service also offers information and advice **Tel: 01478 612 943**



Addictions

A guide to services for those suffering from addiction to alcohol, drug or substances.

ALCOHOLICS ANONYMOUS.

Information and advice on alcohol addiction. **Tel: 0845 7697 555.**
(**Cost of call:** calls charged at a local rate, mobile rates will vary).
Online information and advice www.alcoholics-anonymous.org.uk



COMMUNITY PSYCHIATRIC NURSE FOR ADDICTIONS. Local

Portree Hospital, Fancy Hill Portree, IV51 9BZ **Tel: 01478 614 216**



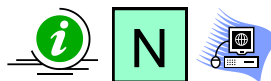
COUNCIL ON ALCOHOL- SKYE AND LOCHALSH. Local

Counselling service for people with alcohol addiction. **Tel: 01478 612 633**



DRY OUT NOW.

Online help, information and advice www.dryoutnow.com **Tel: 0845 370 0203**



Addictions

A guide to housing.

CALMAN TRUST.

Free and confidential services to young people aged 16 to 25 years .

Tel: 01463 248 630.

www.calman.org or www.leavinghomeinthehighlands.org



HANDY PERSON SERVICE. Local.

For help with small jobs in and around the home, can assist any elderly or disabled household in Skye and Lochalsh. **Tel: 01478 612 035.**

Online information www.lsha.co.uk



HIGHLAND COUNCIL. Local.

If you have any queries about housing, contact Housing and Property Services, Portree. **Tel: 01478 613806.** www.highland.gov.uk

Homeless: If you are homeless or threatened with homelessness you can contact: **Highland Housing Advice Line.** This is a free telephone service (although some mobile networks may charge).

FREEPHONE: 0808 801 0804 Monday to Friday 9.00 am until 8.00 pm Saturday 10.00 am until 2.00 pm.

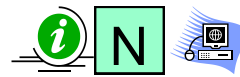
Homeless out of hours Housing Emergency Line is 0845 700 2005



HOME SAFETY

Provides advice and guidance about housing as well as Information on how to live safely in your home. Online information

www.direct.gov.uk/en/HomeAndCommunity/InYourHome



LOCHALSH & SKYE HOUSING ASSOCIATION. Local.

Open 9.00 am—5.00 pm Monday to Friday. **Tel: 01478 612 035**

Online information www.lsha.co.uk



A guide to employment

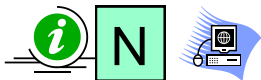
CAREERS ADVICE PORTREE. Local. Kings House, The Green, Portree IV51 9BZ. Career advice and information. **Tel: 01478 612 328**



CAREERS SCOTLAND.

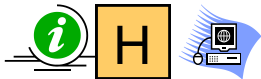
Website providing career advice and information.

www.careers-scotland.org.uk



HIGHLAND GOVERNMENT JOBS.

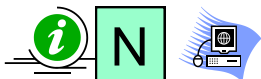
Website lists job vacancies by area, job and type. www.highland.gov.uk



JOB CENTRE.

Website providing information, help and advice on job hunting.

Tel: 0845 6055 255 www.jobcentreplus.gov.uk



A guide to Finance

CARER SCOTLAND.

Wide range of information and advice including information on financial help for carers. Online, information and advice www.carerscotland.org.



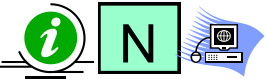
CITIZENS ADVICE BUREAU. Local.

Free confidential and impartial advice service. Tel: 01478 612 032. Online, information and advice www.cas.org.uk



NATIONAL DEBT LINE

Free, confidential and impartial telephone helpline for people with debt problems. Also free downloads. Tel: 0808 808 4000



MONEY ADVICE.

Free, confidential, impartial advice and information on debt solutions and debt problems. **FREEPHONE: 0800 090 1004**
Online information and advice www.highland.gov.uk/livinghere/consumeradvice/moneyadvice



DEPARTMENT FOR WORK AND PENSIONS.

Can provide specific information, services and benefits for carers and people with disabilities. Online, information and advice www.dwp.gov.uk



A guide to training

Careers & Training

HIGHLANDS AND ISLANDS ENTERPRISE.

Information on business and training. Kings House, The Green, Portree IV51 9BZ. Tel: 01478 612 841 www.hie.co.uk



INVERNESS COLLEGE.

College website providing information on courses and application process. Tel: 01463 237 000 www.inverness.uhi.ac.uk



THE PRINCE'S SCOTTISH YOUTH BUSINESS TRUST.

Useful web site if you are considering setting up a business. www.psybt.org.uk



SABHAL MÒR OSTAIG. Local.

College website providing information on courses and application process. Tel: 01471 888000 www.smo.uhi.ac.uk



WEST HIGHLAND COLLEGE Local.

Website providing information on courses and training opportunities. Tel: 01478 614833 & 01599 566775 www.whc.uhi.ac.uk



A guide to services

Young Carers

SKYE AND LOCHALSH YOUNG CARERS. Local.

Support, skill development, information, respite and advice for young carers in Skye & Lochalsh from 5 to 17 years of age.

Tel: 01478 613 617 Monday to Friday 9.30 am to 5.30 pm

www.skyeyoungcarers.co.uk



PRINCESS ROYAL TRUST FOR YOUNG CARERS.

Online information and support for Young Carers. www.youngcarers.org



RD4U.

Information and support for young people who have been affected by death.

FREEPHONE: 0808 808 1677. Helpline Monday to Friday 9.30 am to

5.00 pm www.rd4u.org.uk



CROCUS CHILD BEREAVEMENT SUPPORT SERVICE.

Based at Raigmore Hospital provides a service for young people (aged 6 to 12 years) affected by death. **Tel: 01463 704000 ext 6029**

www.crocusgroup.co.uk



SKYE & LOCHALSH ACCESS PANEL. Local.

Helps and advises people regarding service, buildings or information barriers.

Tel 01478 612 035 www.access-panel.org.uk



BRITISH RED CROSS. Local.

Medical equipment service and First Aid training.

TEL: 01599 530 150 www.redcross.org.uk



CEREBRAL PALSY — SCOPE.

Information, advice and support service to disabled people and their families.

FREEPHONE: 0808 800 3333 www.scope.org.uk



DIRECT GOV.

Online information about existing legislation and rights. www.disability.gov.uk



CAPABILITY SCOTLAND.

Works with children, adults and families living with disabilities.

Tel: 0131 337 9876. Text phone: 0131 346 2529

Online information and advice www.capability-scotland.org.uk



THE WAY FORWARD GROUP. Local.

Meets every fortnight in Portree. The support group is for adults under the age of 65, with physical disabilities or chronic illness, and their carers

Tel: 01470 521243



A guide to services for those with sensory impairment/s

HIGHLAND SOCIETY FOR THE BLIND.

Advice, information and support to visually impaired children and adults, their parents and families, provision of equipment.

Tel: 01463 233 663

www.highlandsocietyforblindpeople.co.uk



DEAF SOCIETY.

Advice, information and support. Tel: Head office 0131 556 3128. Text: 0131 557 0419. Sign language interpreting service for NHS and Highland Council appointments contact **Highland Communication Support Service:**

Tel/Text: 01463 250204 . Web site with useful information, advice and contacts : www.deafsociety.org



SUPPORT FOR THE DEAF. Local.

Information and advice for the people who are hard of hearing or deaf.

Tel: 01478 613 113



SKYE & LOCHALSH MS THERAPY CENTRE. Local.

Friends of Multiple Sclerosis.

Tel: 01478 612 984. www.mstherapycentres.org.uk



SKYE & LOCHALSH MULTIPLE SCLEROSIS GROUP. Local.

Meet in the Kyle Medical Centre. For further details & information

Tel: 01471 822 076 / 01471 820 380



Carers

CROSSROADS CARE. Local.

Support to help give carers a break.

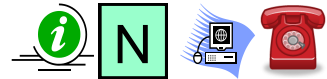
Tel: 01478 612 399. www.crossroads.org.uk



CRUSE BEREAVEMENT CARE.

Online and telephone information and support for anyone who has been affected by death. The national telephone helpline is open for calls from 9am to 5pm on working days. Tel: 0844 477 9400

www.crusebereavementcare.org.uk



CONNECTING CARERS.

Information, advice and a voice for adult and young carers.

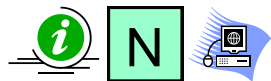
Helpline open Monday & Friday during working hours. Tel: 01463 723 561

www.hccf.org.uk



PRINCESS ROYAL TRUST FOR CARERS.

Online information and support for adult carers. www.carers.org



Carers

A guide to telephone help lines and internet online support for those who need to talk to someone.

BREATHING SPACE.

Free confidential phone line open 6.00 pm to 2.00 am.
Freephone: 0800 83 85 87.
 Information and advice. www.breathingspacescotland.co.uk



CHILDLINE.

For any young person with any problem **Freephone: 0800 1111.**
 Helpline open 24 hours. www.childline.org.uk



GOVAN LAW CENTRE.

Provides advice regarding education, debt and benefits. **Tel: 0141 440 2503**
www.govanlc.com **Email: m@govanlc.com**



NATIONAL COUNSELLING SERVICE SKYE & LOCHALSH. Local.

A Christian counselling service and is available to anyone in need regardless of religion, faith, gender, sexual orientation or financial circumstances
Tel: 01599 530 011 www.spanglefish.com/skyeandlochalshcounselling



EIGHTEEN AND UNDER.

Helpline for young people under the age of eighteen who have experienced any type of abuse. **Freephone: 0800 731 4080** www.18u.org.uk



SAMARITANS.

Confidential, emotional support.
 24hr helpline. **Tel: 08457 90 90 90.**
Cost of call: up to 3 pence per minute from a landline. Information and advice:
www.samaritans.org



SANELINE.

Emotional support and information for people affected by mental health problems. **Tel: 0845 767 8000.** Helpline open 6.00 pm to 11.00 pm. **Cost of call:** calls from a landline are charged at a local rate, charges for calls from mobile phones will vary. www.sane.org.uk



SCHOOL NURSE. Local.

Portree: Tel: 01478 613 484
Plockton: Tel: 01599 534 878



HIGHLAND COUNCIL YOUTH SERVICE

Portree: Tel: 01478 614059/0779 582 5573
Plockton: Tel: 0774 810 5520

SOCIAL WORK SERVICES. Local.

Portree. Tel: 01478 612943 **Broadford Tel; 01471 820 174**



TALK DON'T WALK.

Support and advice for young people who have run away from home or are thinking of running away from home or care.
Telephone: 01925 246 910 www.talkdontwalk.org.uk



YOUTH 2 YOUTH.

Telephone, online or e-mail support, run by young people for young people aged 11-19 **Tel: 020 8896 3675** . Monday and Thursday 6.30 to 9.30 pm. **Cost of call:** If you provide your number they will call you back to save you the cost of the call. www.youth2youth.co.uk

