



# Adult Services Directory

April 2018

# Contents

- ◆ **Homecare/Practical domestic help(3-6)**
- ◆ **Equipment/Adaptations(7-10)**
- ◆ **Health & wellbeing/Fitness(11-17)**
- ◆ **Advocacy/Information(18-21)**
- ◆ **Mental health/Counselling(22-24)**
- ◆ **Transport(25)**
- ◆ **Socialising(26-33)**
- ◆ **Lunch Clubs(34-39)**
- ◆ **Accommodation(40-44)**
- Services provided by statutory bodies**





## Age Scotland Orkney

Provides support services offering help with household and garden maintenance (grass cutting, small repairs, decorating etc.) and with daily living tasks e.g. cleaning, shopping, and laundry. We also have a daily 'phone friend' contact service.

## Services

Home Help , Good Day Calls, Podiatry Clinic, Dementia Clinic, Christmas Day Lunch, General Information

46 Victoria Street, Kirkwall, Orkney, KW15 1DN

Telephone: 01856 872 438

Email: enquiries@agescotlandorkney.org.uk

You will be asked to pay for any materials used and as we make a charge which contributes to the cost of the service. If you require any of Age Concern's help or services you can contact them as below:



## Support at home

*(Red Cross)*

In a crisis, the Red Cross is a sign of hope. Whether someone is struggling to cope at home after a hospital stay, a family has been torn apart by conflict or a community has been struck by a natural disaster, we are there.

4 Victoria Road, Kirkwall, KW15 1DN  
Telephone: 879744

*Support* **Hope**



**Crisis** *Home*

## Mobile Community Responder

(OHAC)

Mobile Community Responder Service provides routine and emergency responder service to people in their own homes throughout mainland Orkney who have activated their care alarms, or whose alerts have been set off by telecare sensors. The service operates 24 hours a day 365 days a year and is available where there is no key holder, or where the responder service is the preferred option of the service user.

Phone OIC on 01856 873535 and ask for the Duty Worker from Community Care Services to set up your own alarm/sensor.



## Frozen Meals (OHAC)

The Frozen Meals Service provides home delivered frozen meals for people who may be unable to prepare a hot main meal for themselves. Our driver will place your meals in your freezer and if needed, a heat and serve service can be provided by Home Care. We aim to provide a varied menu that caters for such diets as *Low Salt, Gluten Free, Low Fat, Diabetic and Vegetarian*, and to enable people to access hot nutritious meals regularly.

There is a charge for this service. Contact: Frozen Meals Service Coordinator, OIC, School Place, Kirkwall  
Phone: 01856 873535 ext. 2624





## Respite Care (*Crossroads*)

Our respite care scheme is here to provide practical help to Carers in the form of a short respite break. Our Care Attendant can go into your home to look after your dependant while you have some time off to go to appointments, shopping or to a leisure activity. We can take the dependant out of the home for a run in the car, a walk, go to a cafe or any other activity they request. Our Care Attendants are trained and disclosure checked.

Contact: Crossroads Orkney, West Castle Street, Kirkwall, KW15 1GU

Phone: 01856 870500

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

## Small Repair Service (*Care & Repair*)

**Small Repair Service:** Care and Repair Carry out works of Repair, Maintenance and Adaptations in order to enable you to remain in the comfort of your own home for as long as practicably possible; includes handrails, ramps, including urgent works to enable hospital discharge.

**Home Safety Check:** A home safety check can be carried out to identify potential fall and trip hazards around the house.

Contact: Orkney Care and Repair, 39a Victoria St, Kirkwall Orkney KW15 1DN

Phone: 01856 873369

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



## Home Care (*OHAC*)

Home Care provides a range of support through its large team of day carers. Support is based on the reablement ethos and is tailored to individual needs to enable people to live as independently as possible in their own home for as long as possible by providing a variety of support services including personal care; meal preparation; and pressure/skin care; the home care service is chargeable based on ability to pay. A Night Support is available that can provide pre-planned visits e.g., and our Enhanced Response Team can provide short term home care at short notice.

Contact: Orkney Health and Care (Home Care), St Rognvald's House, 5 Old Scapa Road, Kirkwall, KW15 1BB

Phone: 01856 872106

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



## Housing Support Service (*Blide Trust*)

The Housing Support Service at the Blide Trust offers practical support to people with mental health problems to enable them to live independently and to work towards recovery from mental ill health. People may access support through referrals from other agencies (such as their General Practitioner, or the Community Mental Health Team); by request from carers, friends and relatives; or by contacting us themselves. Available from age 16 onwards.

Contact: Orkney Blide Trust and ask for the Housing Support Worker

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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



## Orkney Disability Forum (*Wheelchair*)

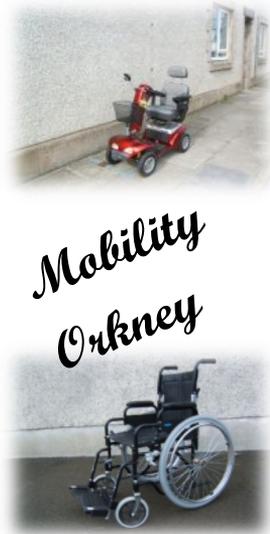
Want to get out to get your shopping and see your friends but find walking difficult?

Why don't you hire an electric scooter or wheelchair?

For as little as £3.00 you could be off down the street with your shopping basket, independent and free to go where you want - without relying on others to take you. The aim of mobility Orkney—is to give people with mobility problems the freedom to roam and decide where they want to go under their own steam.

Mobility Orkney are happy to hire out equipment to locals and tourists while in Orkney.

Just phone Hazel or Irene on 870340 to book.



## Living Aids (*ODF*)



Orkney Disability Forum have a wide range of Living aids such as raised toilet seats, washable bed pads, leg lifters, bidet bowls, sock aids, grab rails, scooter covers etc. and much more. These are available to purchase, from the below:

Orkney Disability Forum, 18 Junction Road, Kirkwall

Phone: 01856 870340

## Kitchen/Dining Aids (*ODF*)

Kitchen and dining aids such as over bed tables or easy grip knives can also be purchased from Orkney Disability Forum.

Again they offer a wide variety of different aids so if you have any enquiries do not hesitate to get in touch.

Orkney Disability Forum, 18 Junction Road, Kirkwall.

Phone: 01856 870340



## Mobility Aids (*British Red Cross*)

The British Red Cross can provide time-limited loans of wheelchairs and other equipment, such as commodes either as part of an integrated offer or as a stand alone service to help people live independently. Wheelchairs are available for up to 3 months, service is delivered free of charge.

Contact: The British Red Cross, 4 Victoria Road, Kirkwall

Phone: 01856 875372



*Independent Living*

**Commodes**

# Hire/Loan

## Telecare Services (*OHAC*)

Telecare is available to people at risk because of age, disability or other factors. It can provide community care alarm units, epilepsy sensors, fall detectors, bed occupancy sensors, flood/temperature sensors, etc. You can request it by contacting the Community Care Duty Worker.

Phone 01856 873535 and ask for the Duty Worker

# Alarms



## Sensory Impairment Services

(*OHAC*)

These are Community Care services provided for people who have sight loss, a hearing loss, or perhaps both. There is no charge for an assessment, some equipment is provided free of charge (on a loan basis), but there might be a need to buy other equipment.

To access the service phone 01856 873535 and ask for the Duty Worker for Community Care Services.

## The Five Senses



**Sight**



**Hearing**



**Smell**



**Taste**



**Touch**

## Occupational Therapy (OHAC)

The Community Occupational Therapy Service is for anyone with a community care need (for example, older people or someone with a long term condition) who would like support to look at ways of overcoming difficulties with trying to be as independent as you can. This might include how you manage your personal care tasks, doing your own domestic tasks or finding satisfying ways of spending your work/leisure time.

Anyone can ask to be seen by a Community Occupational Therapist or the Rehabilitation Officer by contacting the Duty Worker for Community Care Services on 01856 873535 Monday—Friday 9am—1pm.



**Making** a *difference towards* your **Daily** *Living*

## Selbro Resource Centre (OHAC)

The Selbro Resource Centre is for anyone interested in equipment or adaptations to help manage daily living activities more easily. There are a variety of items on display providing an opportunity to look at, discuss and try some of the equipment currently available. Staff can provide details about how to purchase equipment or if it could be available on loan.

‘Drop-in’ sessions are staffed by Occupational Therapists and wherever possible the Rehabilitation Officer (for Sensory Impairments) **every Wednesday afternoon between 2—4pm**. You do not need an appointment—just come along.

Address: Selbro Centre, Scotts Road, Hatston Industrial Estate, Kirkwall

Phone: 01856 873535 ext. 2632



## **Orkney Care and Repair**

IMPROVING HOMES, IMPROVING LIVES

### **Orkney Care and Repair**

Offers Independent help and advice to homeowners and private sector tenants to repair, improve and adapt their homes; providing individually tailored solutions and complete project management free to those who qualify.

Contact: Orkney Care and Repair, 39a Victoria Street, Kirkwall Orkney, KW15 1DN

Phone: 01856 873369

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



## Complementary Therapies (CLAN)

CLAN provides therapies that are available to people who are affected by cancer. We offer Aromatherapy, Aqua Detox, Clinical Hypnotherapy, Reflexology, Reiki, Sekhem and Shiatsu.

Contact: 30 Victoria Street, Kirkwall

Phone: 01856 873393

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



## Good Morning Calls

### *(Age Scotland Orkney)*

Volunteers provide daily contact giving confidence and support. They offer a friendly chat on the phone to start the day well and make sure everything is OK.

Contact: 46 Victoria Street, Kirkwall, KW15 1DN

Phone: 01856 872438

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



## Wellbeing (CLAN)

Our support group, the 'Peedie Blether' meets on the last Saturday of the month from 10.30am-12.30pm at our support and wellbeing centre in Kirkwall. The group offers friendship and support in a social environment and is facilitated by Elspeth Linklater. No booking is required, all welcome to come along for coffee and chat.

Phone: 01856 873393

## Healthy Living Centres

Healthy Living Centres are community-based fitness suites equipped with a range of cardiovascular and resistance exercise machines, aimed at providing accessible, affordable gym facilities for people living outside of Orkney's main towns.

The Pickaquooy centre offer an Active life membership which covers all of the areas:

- Pickaquooy centre
- Kirkwall Grammar School
- Stromness pool and fitness centre
- Dounby centre

-Seven Healthy Living Centres run by Orkney Islands Council around Orkney based at the community schools in North Walls, Rousay, Sanday, Shapinsay, St Margaret's Hope, Westray and Stronsay Junior High.

Costs: Individual: £19.50, Family: £29.50, 50p budget membership available based on receipt of certain benefits.

For more information contact the Pickaquooy centre on: 879900

Email: [enquiries@pickaquooy.com](mailto:enquiries@pickaquooy.com)



## Fitness (CLAN)

Weekly yoga sessions and fortnightly healthy walks offer those who are affected by cancer relaxation and friendship in a supportive environment.

Phone: 01856 873393

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

## Dietetics Department (OHAC)

The dietetics department is based in the Health Centre in Kirkwall and we offer a wide range of services in both the hospital and community setting. This includes weight management, paediatrics, nutrition support, diabetes and much more. Dietitians use the most up to date research on food, health and disease, translating this into practical advice for you to follow.

Referrals can be obtained from your GP, consultant, practice nurse, community nurse or any other health care professional.

We can be contacted on 01856 888219. Our core working hours are 8.30—4.30.



## Speech and Language Therapy (OHAC)

The Department is situated in the Kirkwall Health Centre. The role of the Speech and Language Therapist is to provide assessment, treatment, aids and advice for people with communication difficulties and related feeding and swallowing problems. This service is provided to various locations, including Day Centres. Assessment and therapy is also provided in the Balfour Hospital and at home where necessary.

The Department is open from 8.45am to 5pm, Monday to Friday. An open referral system exists—anyone can refer, provided they have the permission of the patient.

Phone: 01856 888239

Web address: [www.ohb.scot.nhs.uk/service/children-and-families-health](http://www.ohb.scot.nhs.uk/service/children-and-families-health)



## Intermediate Health Care Team (OHAC)



Intermediate Care Team (ICT) is a team who work with people in the community. The aim of the service is to (1) prevent admissions into hospital if people can be looked after at home (2) try and get people home from hospital sooner and (3) continue supporting rehabilitation programmes.

Our service is short term and encourages people to do as much as they can for themselves. Referrals come from health and social services.

## Hospital Based Occupational Therapy

The Occupational Therapists (OT's) at the Balfour Hospital work with people who have had an illness, injury or disability achieve as much as possible in their everyday lives, whether they are recovering from a temporary illness or adapting to living with a long term condition.

Together with patient, family and/or carer the Occupational Therapist (OT) will identify any problems which exist and explore various way of overcoming them. The OT's will assess and treat patients on the ward, in the occupational therapy department; in some cases arrange a home visit to see how someone manages within their own environment.

The department is staffed Monday to Friday from 8.00am until 4.30pm (4.00pm on



## Day Hospital (OHAC)

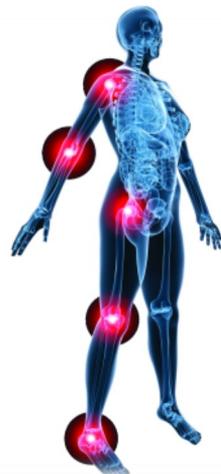
Day Hospital is a rehabilitation service based within the Balfour Hospital and Smiddybrae House offering physiotherapy, nursing and occupational therapy assessment, goal setting, health promotion and individual treatment plans. Patients attend for a full day 10am—2.30pm (Wednesday—Balfour Hospital, Thursday—Smiddybrae House). Transport can be provided but patients are encouraged to find their own transport if possible. Lunch provided. Length of attendance is dependent on need and ranges from 4—12 weeks approximately. Referrals come from all health professionals with the majority coming from GP's. If patients feel this rehabilitation service may be of value to them, they can approach any health professional they are involved with and ask to be referred.



## Physiotherapy Services (OHAC)

The Physiotherapy service assesses patients with movement and functional problems prescribing exercises and advising on safe movement patterns that will help patients achieve their maximum level of functional independence through therapeutic exercise and stretches. Joint pain and back and neck pain can all be helped by Physiotherapy.

Referrals can be initiated by your G.P., Key worker, Consultant or yourself by requesting a form to fill in and return it to the Balfour hospital Physiotherapy department. Referrals are then directed to the therapist that has the expertise and skills to help you with your problem and ensure that the best possible outcome is achieved. If you have any physiotherapy related queries you can contact the physiotherapy department on 01856 888231.



## Falls Prevention Service

The Falls Prevention Service offers assessments, individualised exercise programmes and exercise and health promotion groups. Assessments take place in the patients' own homes. They are then offered to attend the group sessions or, if this is not suitable, an adapted programme can be offered at home. The groups meet in Kirkwall, Dounby and Stromness and are rotated depending on demand. The course is over 8 weeks and the Sessions last 2 hours. Transport is not provided. Referrals come from all health professionals however we do accept self referrals. A form for self referrals can be obtained from the front desk at the physiotherapy department in the Balfour Hospital.

Telephone: 01856 888000



## Community Nursing (OHAC)

Community Nursing is part of OHAC and along with their colleagues in Primary Care provide holistic nursing care to patients in their own homes who due to illness, disability or effects of their long term condition are unable to visit their GP practice. As well as providing direct care we also teach and support patients, carers and their families, to enable them to care for themselves where appropriate. Along with other services we play a vital role in preventing unnecessary hospital admission and support early discharge.



## The Pickaquoy Centre

We aim to promote health, fitness and wellbeing which is accessible for all. At the Centre we have a range of activities which encourages physical activity, some of which are very sociable, for an older age group.

**50+ Exercise**—do you enjoy badminton, bowls, exercise classes and social interaction? If so, this could be the class for you—plus there's complimentary tea/coffee and biscuits after the session!

**Long Mat Bowls**—in conjunction with Orkney Indoor Bowls Association. New faces welcome!

**Wellness Sessions** in the Swimming Pool—a slower paced session where swimming in a relaxed atmosphere helps both the mind and body, excellent for mobility and rehabilitation. We have an extensive Group Exercise timetable—the following classes are of a more gentler pace.

**Aqua Zumba**—an invigorating low-impact exercise. The Aqua Zumba programme gives new meaning to the idea of a refreshing workout.

**Yoga**—a combination of physical and mental exercises which promote flexibility, reduce stress and increase stamina and strength.

**Body Balance**—gives individual focus on flexibility, strength and controlled breathing combining Yoga, Pilates and Tai Chi, leaving you feeling relaxed and renewed.

With the new Activelife membership you could be doing all of these activities plus more for only £19.50 per month!

Budget membership also available for 50p per session subject to proof of receipt/benefit.

For further information contact:

**Phone:** 01856 879900

**Email:** [enquiries@pickaquoy.com](mailto:enquiries@pickaquoy.com)



# Orkney Disability Forum



## Orkney Disability Forum

We give information on disability issues to anyone, whether it be a disabled person, a family member or carer or an organisation. We help to source equipment and signpost people to other services that may help make their life easier. We have information on legislation and we try to educate the public in disability awareness.

Phone: 01856 870340

Email: [info@odforkney.com](mailto:info@odforkney.com)



## Diabetes UK Orkney

Diabetes UK Orkney Voluntary Group provides diabetes support and information. The Group provides a range of materials produced by Diabetes UK, including information packs for people who have been recently diagnosed or wish to update their knowledge.

Careline: 0845 120 2960

Email: [carelinescotland@diabetes.org.uk](mailto:carelinescotland@diabetes.org.uk)

Local contacts:

Jenny Fairbairn (Chair) Tel 876963

Michael Mahoney (Secretary) Tel 741351

Lorraine Thomson Tel 877111

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

## Arthritis Care

Arthritis Care promotes independence and helps people with arthritis to live positive lives as well as raise awareness of their condition. The local branch meets monthly (1<sup>st</sup> Thursday) in the Gilbertson Day Centre at 7.30pm. We have guest speakers from different backgrounds with musical entertainment for the second half of the meeting.

Phone: Belle Cormack, 01856 874189

Email:

[isobelcormack@btinternet.com](mailto:isobelcormack@btinternet.com)



ARTHRITIS CARE

## Women's Aid Orkney

Women's Aid Orkney provides free and confidential support and information for women, children and young people who have been affected by domestic abuse. We can also arrange refuge accommodation. If you want to talk in confidence to one of our support workers, please telephone or email us to arrange a mutually suitable time and location to meet.

Phone: 01856 877900

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



## Age Scotland Orkney

We have a wide range of leaflets and factsheets which give information on a range of topics and issues that might be of interest to older people. Books may be borrowed from our small library to read at home. So, if you need to find out about something, why not call in and see if we have the information that will help.

Contact: Age Concern, 46 Victoria Street, Kirkwall.

Phone: 01856 872438

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



## Orkney Rape & Sexual Assault Service (O.R.S.A.S.) SCIO

ORSAS provides information & support for anyone aged 13 and over who has experienced sexual violence recently or in the past.

Family, friends and professionals supporting survivors can also receive support. We provide advocacy for anyone considering making a report to police or going through the legal process in relation to these crimes. We undertake independently evaluation prevention programme in secondary schools, training in the community and with professionals on sexual violence. We campaign to improve service responses to survivors.

Tel: 01856 872298

Email: [contact@orkneyrapecrisis.scot](mailto:contact@orkneyrapecrisis.scot)

Website: [www.orkneyrapecrisis.scot](http://www.orkneyrapecrisis.scot)



Supporting your voice



## Advocacy Orkney

Advocacy Orkney is a free service that helps you say what you really want to say to the people who are involved in your life. We make sure that your voice is heard. Sometimes it is not easy to speak up, or you get tongue-tied and feel nervous. You may need someone to speak up for you if you are in hospital, lose your job or have difficult decisions to make. Advocates make sure that what you have to say about the things that affect your life are heard.



## Orkney Care and Repair

C&R are contracted by Orkney Islands Council to deliver “The Scheme of Assistance.” Trained advisors provide Advice and Help on Housing Options and a wide range of related needs to the public. In partnership with Orkney Health and Care and many Voluntary sector Groups across Orkney they have access to a huge base of information and practical solutions. The service has been described as “a handholding service that care and really do make a difference.”

Contact: Orkney Care and Repair, 39a Victoria Street, Kirkwall. KW15 1DN

Phone: 01856 873369

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

## Home Library Service (OrkneyLibrary)

A book delivery service for people who have mobility problems or other health issues which prevent regular visits to the library.

There is a weekly delivery service in the Kirkwall, St Ola and Stromness areas, and a 4 weekly delivery to the Mainland parishes and linked South Isles.

Contact details:

Phone: Orkney Library (Kirkwall) 01856 873166  
OR (Stromness) 01856 850907

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

Write to: Orkney Library and Archive, 44 Junction Road, Kirkwall, KW15 1AG



## Orkney Talking Newspaper



A free weekly CD of news from *The Orcadian* and a magazine CD of articles mainly from Living Orkney and *The Orcadian* approx. every quarter for people with a visual or physical impairment.

Phone: The Library on 01856 873166 (to leave message only), or Shona Wylie 01856 874972 (after 6pm).

Email: [orkneytalkingnewspaper@googlemail.com](mailto:orkneytalkingnewspaper@googlemail.com)

## The Orkney Carers Centre

The Orkney Carers Centre (managed by Crossroads Orkney) provides information, advice, emotional support, advocacy and training for unpaid Carers. We can do an assessment of your needs as a Carer and help you to access relevant services. We also run a Carers Support Group on the 2<sup>nd</sup> Wednesday of each month from 12—2pm in the Carers Centre.

Contact: Crossroads Orkney, West Castle Street, Kirkwall, KW15 1GU

Phone: 01856 870500

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

## Vital Talk

Vital Talk offers professional counselling for adults affected by a wide range of life difficulties, including anxiety and depression. Christian counselling also available on request. Confidential service. Open to all. No charges. However all donations, no matter how small, gratefully accepted.

Contact: 07510927444 (call or text)

Email: [enquiries@vitaltalk.co.uk](mailto:enquiries@vitaltalk.co.uk)



**SAMARITANS**



Samaritans is there to offer emotional support when things are too much. We'll listen to how you feel, no matter what the reason is. We won't tell you what to do, we won't tell anyone about you or your call or e-mail unless that is what you want.

Contact Orkney Branch on 875875 (Tues. 8pm—midnight, Wed. & Sat. 10pm—2am)  
National number when Branch is closed—  
0845909090

Or Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Counselling (CLAN)

Counselling by phone and teleconferencing is available to anyone affected by cancer. CLAN's counsellors are experienced in understanding the impact of a serious illness and can help you to clarify and address issues that are important to you.

Phone: 01856 873393

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



## CRUSE Bereavement Care Orkney

CBCS is able to provide a number of services for you. We work on an Area basis with local community based teams of volunteers. Leaflets available on the website:—<http://www.crusescotland.org.uk/>

If you would like our help and support please ring our helpline—0845 600 2227



## Relationships Scotland

We provide a range of services that support individuals, couples and families in their relationships. Services include individual and couple counselling. Family, housing, workplace, intergenerational, all-issues and additional support for learning mediation. Child Contact Centre and Family Group Meetings.

Address: 1<sup>st</sup> Floor Right, Kirkwall Travel Centre

Phone: 01856 877750

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



## Orkney Alcohol Counselling & Advisory Service

OACAS can help you if you are experiencing problems such as stress, anger, difficult relationships, gambling, low self-esteem, self-harm, and of course difficulties with alcohol and drugs. Our specialism is one-to-one work, but we offer some group support work too. You can telephone to arrange an appointment or drop in to the office.

Address: 6 Bridge Street Wynd, Kirkwall

Phone: 01856 874738

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



## All Age Learning Disability

### Service

The All Age Learning Disability service (phone: 01856 873535) is based at the council offices in Kirkwall. We support people with learning disabilities of all ages. We assess care needs and ensure that people referred to us get the services they require. We manage day services for adults and have short break and respite services for adults and children.



## Community Mental Health Team

The Community Mental Health Team is based at the health centre in Kirkwall. We comprise of qualified specialist mental health professionals, social workers and support workers. We offer support for people with mental health needs. The team is divided into different services: substance misuse, psychology, CAMHS (Children and Adolescent Mental Health Services), generic community psychiatric nursing, mental health social work, and a memory team. The latter service supports people with dementia and offers help with health and social care needs.

An open referral system is in operation and any referrals received by the team are triaged and allocated to the most appropriate worker for that case.

Community Mental Health Team, Health Centre, New Scapa Road, Kirkwall, KW15 1BH.

Telephone: 01856888280.

## Blidehoose

Blide Hoose is a “clubhouse” seeking accreditation by the International Centre for Clubhouse Development. A clubhouse is a community organised to support individuals living with the effects of mental illness. The focus is on what a person can achieve, their strengths and abilities, and on the independence of the individual rather than on their illness. Available from age 16 onwards.

Opening hours: 9.15am—5.00pm (Mon—Fri)

Contact Orkney Blide Trust and ask for the Clubhouse Support Worker

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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



## Community Transport—Isles

Community transport availability on the isles:

**Shapinsay:** (phone) 07901575162, (email) shapinsaybookings@gmail.com

**Rousay:** Public Bus Service every Thursday 7am to 7pm, (phone) 01856 821360 by 7pm the day before travel to book.

**Hoy:** Community bus available. A day's notice is required for the carriage of non-collapsible wheelchairs.

For further information, please contact:

Phone: 01856 701356

Mobile: 07833 777760

**Sanday:** Daily service to meet each ferry sailings and On Demand service. Booking by calling the driver on 01857 600344.

**Westray:** The taxi service with a reduced rate for disabled and elderly, phone Graham Maben on 01857 677758.

**Eday:** A community bus meets the Thursday Ferry, there is also a taxi service. Phone John and Jane Booth on

## Dial-a-Bus (ODF)

Offers accessible transport around the main island and the linked south isles. Anyone over 60 or with disability or mobility problems is entitled to join Dial-a-Bus. There is an annual membership fee, and fares for each journey.

Our buses run from 08:00 to 19:00, 7 days a week. The Dial-a-Bus office is open Monday to Friday 09:00 to 16:30. For further information and booking telephone 01856871515. Bookings for Dial-a-Bus must be made 24 hours in advance of trips and at the weekend must be booked by Friday.

For further details, contact Orkney Disability Forum by telephone on 01856871515 or by Email: [info@odforkney.com](mailto:info@odforkney.com)



**BritishRedCross**

## Transport Support (*British*)

Either using your own car or a red cross vehicle, the British Red Cross provides time-limited transport for people who cannot get around by themselves due to illness, disability or injury (medical appointments, shopping trips, etc.). Besides the vehicle we can also provide an escort to accompany the user on their trip.

If used for social care it needs to be backed by a statutory referrer.

For more information and referral criteria phone 01856 875372 .



## Arthritis Care Scotland



Arthritis Care promotes independence and helps people with arthritis to live positive lives as well as raise awareness of their condition. The local branch meets monthly (1<sup>st</sup> Thursday) in the Gilbertson Day Centre at 7.30pm. We have guest speakers from different backgrounds with musical entertainment for the second half of the meeting. Various other different outings are also arranged.

Phone: Mabel Miller on 01856 875 404

## Diabetes UK Orkney (VoluntarGroup)

The local support group, Diabetes UK Orkney Voluntary Group, is involved in local diabetes support and information. We offer people living with diabetes a chance to meet and share experiences with others. The group is run by volunteers and usually meets 5 times a year, often with a speaker on a topic like diet or exercise. All meetings are held in the Ayre Hotel, Kirkwall. Membership of the group is free and open to everybody.

Address: The Secretary, Orkney Diabetes Voluntary Group, Taingholm, Deerness

Phone: Michael Mahoney, 01856 741351

Email: mahoney385@btinternet.com



**DiABETES UK**  
**CARE. CONNECT. CAMPAIGN.**

## Orkney Heart Support Group

Orkney Heart Support Group meet on the 4th Tuesday of every month except July at The Royal British Legion Kirkwall at 7.30 pm to approximately 9.30pm.

We provide a varied programme of events e.g. speakers and musical entertainment.

The group supports those in Orkney with cardiac problems by representing members at health meetings and ensuring their requirements and concerns are made known. The group has also donated cardiac equipment to organisations throughout Orkney.

Membership is open to people who have a heart condition and to family/friends.

For further information contact Chairperson Phyllis Braby telephone 01856 87 3365 or Email: phyllis.braby@btinternet.com

## Autism Support

This service offers advice and support to children with autism , their families, teachers and other carers. The service aims to promote understanding of autistic spectrum disorders and suggest strategies that can be employed to enable young people with autism to achieve their highest potential.

Pupil Support Team , Education, Leisure and Housing , Council Offices , Kirkwall , KW15 1NY

Telephone: 873535

## Stroke Support Group

Our Group supports stroke survivors and their families. The Group meets on Tuesday's once a the month from 12.00—1:00pm in Kirkwall Town Hall. Our outings usually take place on a Saturday so that we can enjoy some quality time with our Group members.

Email: fionacraighead@googlemail.com

## Scottish Autism

We are the largest provider of autism specific services in Scotland and a leading authority and advocate for good autism practice. We provide a range of flexible and innovative support services for children and adults across Scotland, each with a focus on improving quality of life. We also offer a range of support services including an Autism advice line, online support programmes, for parents and carers, and knowledge share seminars across Scotland.



Scottish Autism, 26 Bridge Street, Kirkwall, KW15 1HR  
Telephone: 01856 877969



## Drop-in (CLAN)

The centre offers a friendly point of contact for information and support for people affected by cancer. You don't need an appointment, nor do you need to be referred. Trained support volunteers offer their time to listen and to help you access a wide range of cancer related information.

Drop-in is open Monday—Friday (10am—4pm) with late opening until 7pm on Wednesday.

Phone: 01856 873393

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

## Drop-In Centre (Blide Trust)

The Drop-In service is open every day of the year. It exists for the benefit of anyone in the Orkney community who is experiencing mental ill-health, and who would like a place to go where they can meet with others in a friendly, supportive environment, and access support and help from our staff. Available from age 16 onwards.

Opening Hours: Mon—Fri 9.15am—5pm; Sat—Sun 11am—4pm (opening hours during the Christmas/New Year holidays)

Contact: Orkney Blide Trust and ask for the Drop-In Co-ordinator Sheena.

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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



## Out & About Activities (*Blide Trust*)

A programme of activities runs throughout the year, designed to take advantage of the wide range of social, leisure, cultural, educational and physical opportunities which are available in Orkney. The Out and About activities are planned by members and staff at monthly meetings, and aim to provide purposeful and enjoyable activities in the community, which encourage social inclusion and general well-being. Available from age 16 onwards.

Contact: Orkney Blide Trust and ask for the Out and About Coordinator Sheena Leask.

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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

## Peedie Blether (*CLAN*)

Offers friendship and peer group support in a social environment. Facilitated by Elspeth Linklater, the group meets on the last Saturday of the month from 10.30am—12.30pm. Anyone affected by cancer is welcome to come along for coffee and a chat.

Address: 30 Victoria Street, Kirkwall

Phone: 01856 873393

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



**a RIGHT  
blether**  
What's important to you?



## Dementia Friendly Orkney(Age

The Dementia Friendly Orkney group aims to promote a dementia friendly culture within the community of Orkney, to assist people with dementia and their carers to enjoy life and feel valued within the community. This includes information, advice, access, activities and signposting. We will work in partnership with any voluntary, statutory or commercial body to enhance the awareness of and customer care of people with dementia.

Email: [mbuchan77@btinternet.com](mailto:mbuchan77@btinternet.com)

Telephone: 01856 874 093



## Befriending (Blide Trust)

The Befriending Service aims to provide companionship for those with mental ill-health who, whilst not requiring the services of a support worker, would benefit from the activity and company of a Befriender. The Befriending Service provides a link bringing people together to provide opportunities to get out and enjoy activities that they would not attend alone. Available from age 16 onwards.

Contact Orkney Blide Trust and ask for the Befriending Co-ordinator

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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

Advice Care

Activities for People  
with  
Dementia



Valued

Information



time to talk  
befriending  
tackling loneliness together



## Adult Befriending(VAO)

### Adult Befriending

An adult befriender is someone who you meet on a regular basis to spend time with, doing activities you both enjoy. Referrals are accepted from individuals, agencies, family members or friends with the individual's permission. We also offer the following group activities:

**Healthy walk group** Every Monday meet at VAO reception at 10.30 am. Short walks with a cuppa, tailored to the people taking part.

**Adult Colouring in group** Lambaness Community Room, Kirkwall. Monday 1.30pm – 3.30pm contact Anna on 872897 for further info

**Stitch and Blether** Finstown Kirk 1st Saturday of the month 2-4 pm Contact Anna or Arlene on 872897 for further info

**Tuesday Folk**, morning group Eunson Kloss, Kirkwall 11am -12.15 pm contact Linsey or Anna 872897 for further info

**Games group Peedie Kirk Hall**, Kirkwall every Thursday 1.30-3.30 pm contact Arlene/ Linsey/Anna on 872897 for further info

**Thursday Club** @ Eventide Club, Stromness every Thursday 3.45-4.45pm various activities and games. Contact Arlene on 872897

## Volunteering (VAO)

VAO act as a link between people who want to volunteer, and groups that need volunteers. We list volunteer opportunities from local, national and international organisations so there's something for everyone!

You can help out with animals, volunteer with older folk at a day centre, be a board member, a plant surveyor in Orkney or help catalogue Orkney's archaeological treasures!

So if you would like to:

**Develop new skills**

**Give something back to the community**

**Challenge Yourself**

**Increase your chances of paid employment**

**Try out something new**

**Road test a new career choice**

**Meet new people and make new friends**

**Have fun!**

Come along to VAO and have a chat with us and we will help you find your ideal volunteering role!

Address: VAO, Anchor Building, 6 Bridge Street, Kirkwall, KW15 1HR

Phone: 01856 872897 and ask for Rob.



## Young People Befriending

Befriending is a unique kind of intentional friendship between a young person and a trained volunteer. It's a friendship built on shared interests, compatibility, mutual respect and trust. Together the young person and befriender spend time trying out new activities, introducing each other to their own favourite hobbies and interests, and getting to know one another.

For further information contact:  
VAO, Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR  
Phone: 01856 872897 and ask for Morgan or Hannah.

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



## Day Care Centres

The Gilbertson Day Centre (Kirkwall) and West Mainland Day Centre (Stenness) aim to support and care for mentally or physically frail older people, helping them to live as independently as possible in their own homes within their own communities. The Centres also aim to support families who care for older people thus allowing them a regular break from caring.

Gilbertson Day Centre

Old Scapa Road

Kirkwall

KW15 1BB

Contact Kirsty Wallace: 01856 872 122

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

West Mainland Day Centre

Vetquoy Road

Dounby

KW16 2HH

Contact Marina Stanger: 01856 771 100

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



## Blide Trust Lounge & Café

Our café is open to people who have or have had mental health problems. We also encourage members of the public who receive our newsletter (Blide Blether) to join us in the café, to help us to challenge the stigma around mental health.

Opening hours are: 10am till 4.00pm (Mon—Fri); 11.45am to 1.45pm (Sat—Sun).

Please order lunch (see the menu in the Blide Blether) by 11.30am (Monday to Friday). Snacks (hot and cold rolls) available 10am to 1.30pm (Mon—Fri)

Contact: Orkney Blide Trust

Address: 54 Victoria Street, Kirkwall

Phone: 01856 874874

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

## The Deerness Senior Citizens

The Senior Citizens group meets once a month in the Deerness Community Centre, for a variety of programmes and talks, with supper. The group is open to anyone over the age of 60.

For more information please contact Terry Penna. Telephone: 01856 741233

Email:

[mm3poi@btinternet.com](mailto:mm3poi@btinternet.com)



## Shapinsay Lunch Club

Shapinsay Lunch Club, provides a fortnightly get together on a Wednesday for any one over the age of 50 who lives or works in Shapinsay. A two course (hot) meal is provided (small charge) and entertainment, which includes, speakers (including Dave Grey) musicians, film show, fire safety, health and wellbeing, bingo and games. These activities take place during the school term, our meals are provided by school catering. During the summer break we go on trips, around Kirkwall and beyond. We also visit other islands.



## Eday Lunch Club

All over 50's are welcome to our fortnightly meetings.

For further information contact:  
Email: [essonquoy@btinternet.com](mailto:essonquoy@btinternet.com)  
Telephone: 01857 622 251

Essenquoy Eday,  
Orkney,  
KW17 2AB

## Stenness Diamond Club

The Stenness Diamond Club meet monthly during the school term, usually on the last Thursday of each month. Anyone aged 60 or over and residing in the parish of Stenness is welcome to come along to the Community School to enjoy a school lunch. The cost of this is payable on the day. New members are always welcome and for more information contact Moira by phone or email. Meetings are very informal and after lunch members can play carpet bowls, have a game of cards or scrabble, or just sit and have a chat. The Stenness Diamond Club receives no funding towards the running cost. Members are asked to pay for their lunch which at present is £4.40 for a two course meal followed by tea and biscuits.

Email: [moira.kelday@btopenworld.com](mailto:moira.kelday@btopenworld.com)

Telephone: 01856 761 485

## Friendship and Luncheon Club

Friendship club is an opportunity for those over 60 to share in a cup of tea and enjoy quizzes, singing, talks and fun. It is followed by a three course meal from 11.00am to 1.00pm.

Telephone: 01856 872302

Salvation Army Junction Road,  
Kirkwall,  
KW15 1AX



## Good Companions Club

We offer meals, 1st Wednesday of the month and every 3rd Wednesday, alternate Wednesday Tea, Fruit Bread and Biscuits and also when possible entertainment. Dial-a-Bus pick up and return home which is paid for by they Good Companions Club. When possible we also arrange a free outing.

For further information contact:

32 Laverock Road Kirkwall,  
Orkney,  
KW15 1EE



## Rousay Triangle Club

We offer transfer to and from the Community Church Hall on a Wednesday. Once there we offer games ie, scrabble, Bridge, Crib, Rummy for our members to join in. During this time - between 10am - 2pm, we give Tea, Coffee and Biscuits. Then for a further £6.00 our members get a two course cooked meal.

Telephone: 01856 821 269

Email: [tommyjulie@yahoo.com](mailto:tommyjulie@yahoo.com)



## Kirkwall & St Ola good companions

Our aim is to provide a weekly get together for older people in the community. We have a dinner twice a month and afternoon teas on the other days. We provide entertainment of some kind at every meeting. We now get our funding from the Blue Door Charity Shop, which we have for one week a year.

Telephone: 01856 870 169

Email: [annierendall@hotmail.co.uk](mailto:annierendall@hotmail.co.uk)



## Marengo Centre

The Marengo Centre is a facility set up in South Ronaldsay for the benefit of the communities of South Ronaldsay and Burray. We provide a weekly Day Club facility for elderly members of our communities with transport provided on our wheelchair adapted mini bus. The centre consists of a lounge meeting area with adjoining kitchen. En suite double bedroom available to let at a very reasonable rate. Community token operated laundry. Tokens available from Trading Post, Back Rd, St Margaret's Hope during normal shop hours. Further information can be provided by contacting the centre on 01856 831600 or through our caretaker Joanne Smith on 01856 831584.

Telephone: 01856 831 600

Email: [marengocentre@btconnect.com](mailto:marengocentre@btconnect.com)



## Flotta Community Association

Providing activities in the Community Building. A programme of activities for winter, Dances and cater for hire for private events. Bar on a Friday Night. Trying to keep a community together. Activities - Card night, Sew/knit club, Kurling, Bowls, Badminton, Parent/children activities, Senior Citizen Lunch and Summer Café.

Telephone: 01856 701 439



## Sanday Afternoon Club

The Sanday Club meet most Wednesdays in the Community Centre and alternate each week between working on projects or having lunch.

Week one you can bring your own project to work on (1.30-3.30) or we can provide something for you to do and the following week we will provide your lunch (12.00). This is for a small cost of £3.00.

We also offer games, quizzes, demos and talks to keep you busy!

There is a mini bus which is arranged to collect you to and from the club.

For further information about this contact the below:

Pam Oliver: 01857 600 728

Rosemary Newton: 01857 600 452

## Westray Auk Club

Westray's Auk club meet every Thursday afternoon for tea, coffee and games, and every other week for lunch cooked for us at the Westray School. We have a very active bowls club and take annual day trips to Kirkwall where we have lunch and visit sites. We are open to anybody and would welcome new folk that would want to join.

Folk who would like to join please contact: Alison Drever on 01857 677472.





## Firth Church Lunch Club

Firth Lunch Club meets in the Firth Church Hall, Finstown on the 3rd Wednesday of each month, at 12 noon. We offer a 2 course meal, tea and biscuits, plus information of services and local events of interest to the over 50s.

It's a great way to both meet new folk and catch up with friends, and newcomers will be made most welcome.

For more information, or to book, please contact Elaine Gordon on:

Telephone: 01856 761 258

Email:  
elaine.gordon11@btinternet.com

## Stromness & Parish Eventide Club

The club operates from the club room at Stromness Pier head ( the building with two blue doors). The room is open every week day for the use of over 65s in the town and parish. There are tea and coffee making facilities, books, magazines and basic games available all year round. A small pier head parliament gathers there in the mornings. More are always welcome.

In the winter time (October- April) once a fortnight, on Saturday afternoons from 2-5 pm, there is an afternoon tea meeting, when volunteer hostesses working in pairs provide tea at their own expense for , on average, 16 folk who come to play cards, Scrabble and Dominoes . There is always entertainment at the end of the afternoon.

This is very varied as hostesses each source their own entertainers. Transport to and from these meetings is provided by volunteer drivers with the Hamnavoe Carers bus. The club also host an annual Autumn Social and Summer Outing, with financial support from Stromness Community Council and other local groups.

Contact:

Wendy Flett is the club president: 01856 850 161

Eugene Groundwater, treasurer: 01856 850 323

Ruth Bain, secretary: 01856 850 062

## Birsay Lunch Club

Every second Wednesday of each month at 12 noon in the Birsay Hall. If you or someone you know would enjoy a meal or a blether please get in touch with Stella for further details.

Booking is required and this needs to be done at least the Wednesday before!

Telephone: 721 394



## Dounby Lunch Club

Dounby Lunch Club meet every Wednesday afternoon having lunch on the 1st Wednesday of the month (not on during holidays).

There is a charge of £5.90 for this.

There are also games and quizzes to offer.

For further information contact:

Anne Phillips: 01856 841 876

Lilian Louttit: 01856 771 594



## North Ronaldsay Development Trust Club

The North Ronaldsay Development Trust Club meet every Friday afternoon from 1pm onwards at the café in the light house.

A lunch is provided every week followed by a cuppa and a blether, all for a small charge of £5.00.

For further information or if you are interested in joining the club please contact Mr Muir on the below number.

## Guesthouse (*British Red Cross*)

Orkney-The guesthouse is for use of day patient hospital attendees and their relatives. The cost is £20 per person for bed and breakfast per night.

Contact:

The British Red Cross, 4 Victoria Road, Kirkwall

Phone: 01856 875372

Also available in Aberdeen for £36.00 per person for bed and breakfast per night.



## Phoenix House (*WAO*)

Women's Aid Orkney provides safe temporary accommodation for women and their children (if any) who are experiencing or have experienced domestic abuse. The house has 4 self-contained flats. The support workers are based in an office within Phoenix House where they operate an open door policy.

Phone: 01856 877900

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



## CLAN HAVEN

Bed & Breakfast accommodation available in Kirkwall. There is a need to book in advance and to pay a minimum donation for accommodation. The Haven is available to anyone affected by cancer who is attending, or accompanying a friend or relative to, hospital.

Contact: 30 Victoria Street, Kirkwall

Phone: 01856 873393

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

There is similar clan haven accommodation also available in Aberdeen.



**HELP  
EMERGENCY**



## Emergency Housing (OIC)

Housing Services, Orkney Islands Council –  
Emergency Housing

The Homelessness & Advice Section provide emergency accommodation for people who are homeless. The service provides fully furnished accommodation to meet the needs of people in different circumstances.

Phone: 01856 873535

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

If you should become homeless out with office hours, please telephone the duty officer on 07921582962.

## Sheltered Housing (OIC)

Sheltered housing is supplied by a warden service which offers low level housing support including:

Providing a range of housing management welfare services to tenants including a daily welfare check, providing a care taking service within the sheltered housing scheme, responding to a crisis or emergency outside normal working hours when available, carrying out various administrative duties and any other duties relevant to the provision of a housing support service as required.

We provide sheltered housing at two separate locations in Orkney.

1. Lambaness, Kirkwall 14 bungalows.
2. Rae's Close, Stromness 15 properties (9 bungalows and 6 flats).

For further information contact: Housing Management Section, Housing Services, Orkney Islands Council, School Place, Kirkwall.

Telephone: 01856873535  
[allocations@orkney.gov.uk](mailto:allocations@orkney.gov.uk)

E-mail:

## Kalisgarth (Westray)



Kalisgarth Centre is the only facility that provides care for older adults in Orkney's North Isles. It has five flats that cater for single people or couples from throughout Orkney as well as two additional houses on the premises which were built in 2013.

For further information contact: Pierowall,  
Westray, KW17 2DG

Email: [admin@westraydevelopmenttrust.co.uk](mailto:admin@westraydevelopmenttrust.co.uk)

Telephone: 01857 677858

## Smiddybrae House (OIC)

Smiddybrae House is a residential home situated in the village of Dounby consisting of four individual wings each with their own lounge/dining room and seven en-suite rooms. Smiddybrae offers permanent and respite care to people living with dementia and physical frailty. A person centred approach is used to ensure residents have meaningful lives, promoting independence and reablement. Care is directed to ensure residents are supported to participate within their local community. Smiddybrae aims to create a happy and homely environment where people's rights, freedom of choice, privacy and dignity are promoted respected and maintained.

For further information regarding placements please contact Care management in the first instance or for further enquiries and information phone 01856 771100.

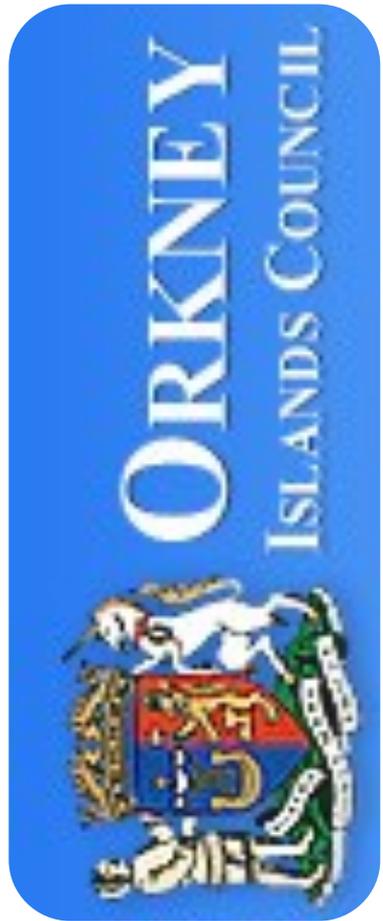


## St Peter's House—Care Home

St Peter's House is situated in Stromness with views over the town, harbour and across to Hoy. Over 2 floors, the home provides 32 beds (28 permanent and 4 respite). The communal areas on the ground floor include lounge, dining room, quiet room and conservatory, with a communal activity room upstairs. We are committed to creating a sensitive and caring culture based on empowerment where the wellbeing and quality of life for residents are of the utmost importance.

Phone: 01856 850271

Email: [stpeters-respite@orkney.gov.uk](mailto:stpeters-respite@orkney.gov.uk)



## St Rognvald's House—Care Home

St Rognvald House is on the outskirts of Kirkwall with views of farmland. The home has 40 permanent beds and 4 short break care beds. The home is divided into two separate suites, one providing care for 21 people who have been assessed as having dementia type illness and the other for 23 elderly people who are highly dependent/physically frail. Communal areas include 4 small lounges, dining room, sensory room, hairdressing salon and activity kitchen. We endeavour to create a happy and homely environment with a culture of independence and also provide a variety of leisure activities and outings to support our residents.

Contact: 01856 872106

## The Glaitness Centre (OHAC)

The Glaitness Centre supports people with Physical Disabilities and/or sensory impairment. The complex comprises of 8 properties all of which are accessible and adaptable to meet individual needs. The properties are linked to an electronic call system situated within the core building. The tenancies are managed by Orkney Housing Association Ltd, whilst the support packages are provided by Orkney Health and Care. The aim of the service is to provide support to 7 tenants in their own homes and a single occupancy Short Break service by provision of person centred approach which promote independence and realising maximum potential.

## Extra Care Housing (OIC)

Eunson Kloss, Braeburn Court (SMH) and Kalisgarth Care Centre (Westray) offer an environment where people are encouraged and supported to maximise independence, live meaningful and fulfilling lives and realise their optimum potential, whilst living privately, safely and securely in their own home.

The tenancies are managed as follows:

**Eunson Kloss:** Orkney Housing Association Ltd

**Braeburn Court:** Orkney Islands Council

**Kalisgarth Care Centre:** Orkney Islands Property Development Ltd

Support packages are provided by Orkney Health and Care. Prospective tenants can apply either through the OHAC community care team or via the respective Housing service.

Contact Eunson Kloss on 01856 875736

Contact Braeburn Court on 01856 831501

Contact Kalisgarth Care Centre on 01857 677858



## OIC Housing Services

Orkney Islands Council Housing Services—the Council offers general needs housing across mainland Orkney and a range of isles for those in housing need. In addition sheltered housing is available in Stromness and Kirkwall for those who are retirement age and over and who have both a housing and community care need.

Contact details: Housing Services, Orkney Islands Council, School Place, Kirkwall, Orkney, KW15 1NY.

Phone: 01856 873535

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





**Accessed online at: [www.vaorkney.org.uk/  
information/orkney-information-hub](http://www.vaorkney.org.uk/information/orkney-information-hub)**

**Hard copies available from VAO upon request**

If you would like your services to be included in our  
Adult Service Directory please get in touch with:

[enquiries@vaorkney.org.uk](mailto:enquiries@vaorkney.org.uk)

Telephone: 01856 872 897.