

Useful Services

FREE please keep. Contact the services for further help.



Agency	Description	Contact details
	The Cost of Living Support Scotland website offers information on the wide range of advice and financial support available to people in Scotland.	http://gov.scot/costoflivingsupport
	The MoneyHelper website offers a range of free, expert tools and guidance to help those struggling with bills, managing irregular earnings or worried about credit.	www.moneyhelper.org.uk
	StepChange Debt Charity Scotland offers free debt advice, helping people deal with debts and set up a solution.	0800 138 1111 www.stepchange.org
	The four Western Isles CABs offer free and confidential advice on many problems. We have legal, benefit, finance and housing experts.	01851 705727 (Lewis) 01859 502431 (Harris) 01870 602421 (Uist) 01871 810608 (Barra) www.wicas.uk
	Hebridean Housing Partnership are a charitable, not-for-profit housing association.	0300 123 0773 www.hebrideanhousing.co.uk
	Tighean Innse Gall assists and supports the householder to improve their housing conditions through various grants, insulation measures and energy advice.	01851 706121(Western Isles) www.tighean.co.uk
	The Jobcentre can advise on Universal Credit and other benefits, we give information on employment and training opportunities.	01851 743663 Email: stornoway-jobcentre@dwp.gov.uk
	Financial Inclusion Service can help people who are on low incomes	01851 822 654 Email: inclusion@cne-siar.gov.uk
	The Benefit Office administer Housing Benefit which is a means-tested state benefit that helps people who are on low incomes pay their rent. They also administer Council Tax reductions	01851 822 642 Email: benefits@cne-siar.gov.uk
	Homelessness Service provides support, if needed, to household assessed as homeless or potentially homeless.	01851 822 821 (Lewis & Harris) 01870 602 425 (Uist & Barra) Out of Hours 01851 701 702 www.cne-siar.gov.uk/housing/homelessness
	Scottish Welfare Fund can provide crisis grants to cover the cost of an emergency.	01851 822 642 www.cne-siar.gov.uk/benefits-and-grants/scottish-welfare-fund

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	Western Isles Foodbank provides details of where food parcels can be collected from.	01851 706650 (Lewis/Harris) 01870 603819 (Uist/Barra) www.cne-siar.gov.uk/news/2020/september/food-bank-contact-details
	The Alcohol & Drug Nurse offers support and treatment.	01851 763305 (Lewis/Harris)
	The Alcohol Misuse Community Nurse offers support and treatment.	01870 603279 (Uist/Barra)
	Dietetics: Self Referral to a dietitian if you have any concerns about your diet or nutrition without having to see a GP first.	01851 708279 Email: wi.dietetics@nhs.scot
	The Quit Your Way Hebrides service offers support and advice to people who want to stop smoking.	01851 701623 (Western Isles) www.wihb.scot.nhs/quit-your-way-hebrides
	Carers Scotland helps the millions of people who care for family or friends.	0808 808 7777 www.carersuk.org/scotland
	Western Isles Community Care Forum offers services directly to carers.	01859 502588 (Western Isles) www.wiccf.co.uk
	HI-Scot Credit Union encourage people to save, and members have financial security through low cost loans.	01851 701865 Email: info@hi-scot.com
	Western Isles Association for Mental Health offers support for people who experience mental illness.	01851 704964 (Lewis/Harris) Email: info@wiamh.org
	Penumbra offers flexible, person-centred, recovery-focused support for mental wellbeing.	01851 706360 (Lewis/Harris) www.penumbra.org.uk
	Befriending Lewis and Harris offers warm, supportive relationships with trained volunteer befrienders as well as kindness calls and group activities helping those experiencing loneliness and social isolation.	01851 702632 (Lewis) www.befriendinglewis.org.uk
	The Embark Project offers a varied community activities programme to groups and individuals, promoting enjoyment, positive health impacts and increased social intervention.	07960 611953 Email: info@embark.org.uk
	IESO Health offers Online Cognitive Behaviour Therapy.	www.iesohealth.com


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	Paths for All offers health walks for people who are inactive and would benefit most from doing more physical activity.	01851 762015 (Lewis & Harris) 01870 602588 (Uist & Barra) www.pathsforall.org.uk
	The Western Isles Learning Shop offers adults training to refresh their core skills as well as learning and developing new skills.	01851 822718 (Lewis/Harris) Email: learningshop@cne-siar.gov.uk
	Volunteering Western Isles offer a huge range of volunteering activities to get involved in, with a wide range of organisations, charities, community groups and clubs.	01851 700366 (Lewis) 01859 502636 (Harris) 01870 602604 (Uists) 01871 890775 (Barra) www.volunteercentrewi.org
	Cothrom provides learning opportunities for all ages and abilities.	01878 700910 (Uists/Barra) Email: enquiries@cothrom.net
	Cothrom offers support and guides any individual affected by an addiction through a drop-in support group.	01878 700910 (Uist) 01878 810779 (Barra) www.cothrom.net
	NHS Inform offers health information on illnesses, injuries and conditions, tests and treatments, healthy living topics and much more.	Tel. 0800 22 44 88 www.nhsinform.scot
	Social Security Scotland can advise if you are eligible for support from Social Security Scotland. For example, Scottish Child Payment, Best Start Grant & Best Start Foods can help with the costs of having a child.	0800 182 2222 (freephone) www.mygov.scot/benefits
	Advocacy Western Isles: Issue based, person-centred and client-led independent advocacy.	01851 701755 - Lewis & Harris 01878 700000 - Uist & Barra www.advocacywi.co.uk
	Western Isles Women's Aid offering counselling, support and accommodation for women & children affected by domestic abuse	01851 704 750 www.westernisleswomensaid.co.uk
	The Shed Project offers a safe and friendly drop-in facility in Stornoway for adults with alcohol or drug addictions.	01851 704 557 www.theshedproject.org.uk
	Home Energy Scotland: Free, impartial energy efficiency advice to help save on bills and stay warm at home.	0808 808 2282 www.homeenergyscotland.org
	Shelter for free housing advice.	0808 800 4444 www.scotland.shelter.org.uk/

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	Turn2Us for information and support about welfare benefits and charitable grants.	0808 802 2000 https://benefits-calculator.turn2us.org.uk/
	Samaritans – offer a safe place for you to talk anytime you like, in your own way – about whatever is getting to you.	Tel. 116 123 www.samaritans.org