



LOMOND & ARGYLL ADVOCACY SERVICE NEWSLETTER

ARGYLL & BUTE

Lomond and Argyll Advocacy Service Updates

We hope this short newsletter finds you all well. It has been a strange, testing, and challenging time for us all. I hope we will all move forward together and lots of positive opportunities lie ahead.

We are delighted to introduce our new Chief Executive Charlie Coggrave. Charlie is looking forward to developing and delivering advocacy services across our communities. Charlie is based in our West Dumbarton office, Charlie will travel to Argyll to support the growth and development of our services.



We would also like to pass our very best wishes to Cathy who has been the services administration manager for over 20 years. All the very best in her retirement. Thank you for the immense contribution and support you have been to us all.

Our Recovery Advocacy Project is now into it to the tenth month of operation. We are now able to offer advocacy to anyone impacted by problem alcohol or substance use in Bute, Helensburgh and Kintyre.

The project has received 48 referrals. Jane, Jamie and Chelsea recently attended the Scottish Recovery Consortium's Recovery Walk in Perth and have lots of fresh ideas for helping us reach out, connect and support people in our communities. We are continuing to identify and explore a range of funding avenues to develop this vital service widely across all localities of Argyll.



It was great to see so many people in recovery and how happy everyone was.

I actually felt quite emotional doing the walk itself.



Jamie, Peer Advocate Bute

Advocates in Argyll have assisted 355 people in the last year. Advocacy is available to support and enable people to have a range of conversations, explore issues and ensure people's views and wishes are heard in a range of settings. We support people who meet one of the following criteria

- People aged 65 and over
- Individuals with a learning disability
- Individuals working with mental health services

People refer to our service for a range of reasons, including support to enable them to have conversations with their GP & Nurse, Housing Services, Social Work & Justice Services, to enable them to explore options on a range of issues, discuss what is important to them and look to resolve challenging or complex concerns. Advocacy can assist people to be referred on to other specialist services.

We have networked together across Zoom, Teams and other digital platforms to connect with those who are accessing our services, agencies and to have regular teams meetings & learning/development sessions. The support to improve our digital equipment from NFU Mutual and Foundation Scotland has been invaluable to enabling us to function promptly and effectively throughout the pandemic.

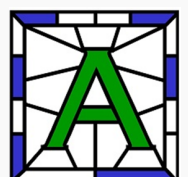
Our advocates have been providing a few learning workshops at Tarbert Academy on Self Advocacy Skills to S5 and S6 Students. We have plans to offer this to S6 students at Lochgilphead Joint Campus soon.

We have received excellent feedback from students, teachers, and a parent. Thank you to the Coop community funds and those who voted for our project for supporting this initiative.



We are delighted welcome back some of our volunteers who are providing advocacy support to people across Argyll and Bute, we have missed you so much.

Our volunteers contribute around 1200 Volunteer hours each year and their contribution enables us to reach those most vulnerable, excluded and in need of our services.



You can find out more about volunteering with LAAS at www.laas.org.uk

In Kintyre, Helensburgh and Bute we are providing advocacy to people impacted by problem alcohol or substance use through our Recovery Advocacy Project. We are seeking funding to extend this service throughout Argyll.

We are looking for people to attend our Group Recover Advocacy Project meetings. Rights, Respect and Recovery is at the heart of our conversations, helping to influence changes, challenge stigma and promote recovery and connections.



Contact us if you would like to get involved!



Contact Ailsa:
 01546606056
 ailsa.mccrae@laas.org.uk
Our Lived Experience Advocates:
 Jamie: 07736 872791
 Jane: 07920 027411
 Chelsea: 07553 891035

**GROUP ADVOCACY PROJECT
 ARGYLL & BUTE**

Learning how we can work together to support people who are seeking help with recovery from drug or alcohol issues.

- **Have you lived experience of alcohol or drug problems?**
- **Are you passionate about people and the community in which you live?**
- **Would you like to share your knowledge to assist and help others?**
- **Would you like to support changes to address discrimination and help ensure people are treated fairly and equitably?**
- **Are you supporting people with addiction issues to improve their lives through community groups?**



If you think you could support our service to grow, develop and enable people seeking recovery to be more successful then contact the Team for more details and the meeting link.

Ailsa McCrae our Team Leader in Argyll will welcome hearing from you and discussing the project ideas further.

Contact us:

01546 606056
 admin.argyll@laas.org.uk

www.laas.org.uk

Social Media



The Advocacy Team

Cowal and Bute:

Julie: 01369 840250 / 07736 872790

Kintyre:

Lindsay: 01586 553428 / 07810 823300

Mid Argyll / Succoth Ward:

Jo (Admin) 01546 606056

Ann: 07387 090047

James: 07950 771857

Ailsa: 01546 606056

Oban:

Carol: 07841 277913

Recovery Advocacy Project

Helensburgh: Jane: 07920 027411

Bute: Jamie: 07736 872791

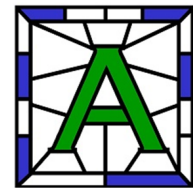
Kintyre: Chelsea: 07553 891035

If you have any comments, ideas or suggestions to enhance the work we do and reach more people please do get in touch.

If you have worked with us, we welcome you completing our satisfaction survey available on our website.

We would welcome hearing your comments. This helps us improve our service and experiences for future customers working with us.

Contact admin.argyll@laas.org.uk or 01546 606056 for a paper copy.



Useful contacts:

These are some numbers that may be useful to anyone who needs more information from other services.

Argyll and Bute Council: 01546 605522

Please note that the Customer Service Centre is open from 9am to 5pm Monday to Friday.

If you require help or support during this time related to Covid, with food, essential supplies, medications or other services, and you do not have access to other sources of support, please contact them using the online Test and Protect support form, or by calling 01546 605524 (available 9am to 5pm, Mon to Fri)

Housing support: <https://www.argyll-bute.gov.uk/housing>

Guidance for self-isolating is available on the NHS Inform website <https://www.nhsinform.scot/>

Welfare Rights: 01546 605517

If you wish to arrange either an individual appointment for advice on a private issue, or a talk for your community group contact the appropriate Welfare Rights Officer for your area or complete the online Welfare Rights Enquiry Form

Argyll and Bute Benefits: 01546 605512

You can notify changes by calling, emailing: benefitsgeneralenquiries@argyll-bute.gov.uk or by visiting your local service point.

Citizens Advice Bureau: 01546 605550

email: info@abcab.org.uk or visit www.abcab.org.uk

Third Sector Interface A&B: 0300 303 4141

Support and knowledge in the Third Sector. www.argylltsi.org

Police: Call on 101 if you need advice or to report a crime, or 999 if it is an emergency