

Spring Newsletter, Islay Hospital



APRIL 2026



Occupational Therapy Service Islay & Jura

The Occupational Therapy (OT) service at Islay Hospital supports people of all ages to live as independently and safely as possible in their own homes and communities.

Occupational Therapists work with individuals who may be experiencing difficulties due to illness, injury, disability, or changes related to ageing. Support can include advice, assessment, and practical solutions to help with everyday activities such as personal care, mobility, household tasks, and returning to meaningful activities.

How to access the OT service

Referrals to the Occupational Therapy service are usually made via your GP or another health or social care professional. In some circumstances, self-referral may be appropriate – advice can be given by contacting the service directly - 01496 301018

A welcome addition to the team

We are delighted to welcome Anna Abberley, who has recently joined the team as an Occupational Therapy Assistant. This new post is a great addition to the OT service for Islay and Jura, helping to enhance support for patients and improve service capacity. Anna brings a range of experience, skills, and enthusiasm to the role and will be working closely with Lindsay Orr (NHS Highland), Occupational Therapist.

Working with the community

The OT service works closely with other health professionals, social care colleagues, and community services to provide coordinated, person-centred care across Islay and Jura. If you feel Occupational Therapy support could help you or someone you care for, please speak to your GP or healthcare professional for advice.



What is Near Me?

Near Me is a video consulting service that enables people to attend appointments from home or wherever is convenient. The service is widely used across NHS Scotland, Social Security Scotland, Local Authorities and other organisations for appointments across a wide range of public services.

All you need is a device for making video calls like a smartphone and an internet connection. Near Me is a secure form of video consulting approved for use by the Scottish Government and NHS Scotland.

What are the benefits of Near Me?

Reduced travel to appointments: time, cost, convenience

Reduced time away from work, school or home

Easier to attend if you usually need someone to take you to appointments

Enables you to have someone with you for support at your appointment (either with you or joining the consultation by video from another location, even from abroad)

Better for the environment

Reduces spread of infectious diseases

Near Me can be used to reduce exposure to infectious diseases like coronavirus or flu

How does Near Me work in Health?

Your provider (such as the hospital, GP practice or other service) will give you a website address for its video clinic. Most services will give you an appointment date and time when you should start your video call. You do not need to download an App or create an account. Near Me video consulting is not suitable for all appointments. If you need a physical examination or a procedure carried out you will still need to be seen in-person. Your health, care or other provider can advise you on what is appropriate for you.



<https://www.nhshighland.scot.nhs.uk/contact-us/care-opinion/#Tellyourstory>

Tell Your Story

Tell us about an experience of health care or social care within the last 3 years.

Your story might be about you, or someone close to you. You can say what happened, what was good, and what could have been better. You can use words, or pictures, or both, to help you tell your story. It might take 5 or 10 minutes.

Patient Travel Service – Islay Hospital

The Patient Travel Service at Islay Hospital continues to support patients who need to travel off-island for NHS appointments, recognising that journeys often involve ferries, flights, early starts and often disruption due to weather.

The team provides advice to help patients understand what support may be available for travel, accommodation and escort arrangements when attending mainland appointments.

Patients (or staff supporting them) are encouraged to share appointment details as early as possible. Early notice helps the Patient Travel team plan ferry and flight schedules effectively and offer the best possible advice.

The service operates in line with the NHS Highland Patient Travel Policy, which sets out what support may be available for travel, expenses and, where appropriate, escort arrangements when attending mainland appointments.

Contacting Patient Travel – Islay

To support timely planning, appointment details should be sent to:

ptc.islay@nhs.scot
01496 301031

ISLAY TRANSPORT VOLUNTEERS

A volunteer car scheme that helps people across Islay who experience difficulty in accessing public transport to attend appointments and activities.

Contact
Rona Meikle
07353194659
10am-12pm Mon -Fri
islaytransportvolunteers@gmail.com

Volunteer drivers wanted!
can you spare some time to help people in our community?
for more information contact Rona Meikle



Islay Cancer Support Group

Glasgow Airport Patient Lounge News

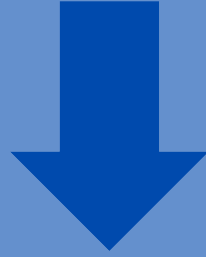
Patients returning to Islay can use the 'Baby Room' at Gate 16!

This will enable those just released from hospital or seriously ill/infirm patients to sit in comfort with a bit of privacy whilst they await the return flight. Although it's not the dedicated Patient Lounge Feis Ile had also worked hard to secure previously, it is a huge improvement from hard plastic chairs! Nursing Mothers still have a private lounge within the room to breastfeed.

Obviously, patients with contagious illnesses should not use it as they could cause harm to those with compromised immune systems who are meant to be avoiding public spaces, as well as to Mums and babies.

Drug, Alcohol and Mental Health Support

www.wearewithyou.org.uk



Who we are

WithYou is a drug, alcohol and mental health charity. With over 80 services across England and Scotland, we provide support and advice to more than 100,000 people a year.

We're working towards a future free from harm caused by alcohol, drug and mental health challenges, where anyone seeking help feels welcomed, not judged.

How we can help

We know that everyone's goals are different, whether that's making small changes or finding new ways to stay safe and healthy.

What to expect

We're here to listen and support, never judge. You won't have to pay for our services and your privacy is really important to us. Whether you need advice for yourself or a loved one, the journey starts with a step. When you're ready to take it, we can help you along the path.

Our services are completely free

Anything you tell us is confidential

A safe and comfortable space

Support without judgment

Drug and alcohol support in Argyll and Bute

You'll find a warm welcome and free, non-judgmental support and advice from the WithYou team. [01369 704406](tel:01369704406)

Intensive Pre and Post Residential Rehabilitation Support

We can support you to prepare for and complete a stay within residential rehabilitation services - and to sustain your recovery once you're back in the community tel:0808 178 5901

Mental Health Support

www.ablivingwell.org/mental-health-hub



Argyll and Bute Mental Health Hub

Phone 111 if you're:

feeling distressed
in a state of despair
suicidal

in need of emotional support

Phone 999 or go to A&E now if:

someone's life is at immediate risk, for example by serious injury or overdose
someone has a life- or limb-threatening emergency like chest pain, severe bleeding or
breathing difficulties

Access NHS 24 Mental Health Hub

NHS 24 mental health services are available to everyone in Scotland, of all ages. The services we offer include listening, offering advice, and guiding you to further help if required.

Mental Health Support on Islay and Jura

People living on Islay and Jura can access a range of mental health services, with the Community Mental Health Team (CMHT) being a key route for ongoing support.

The CMHT forms part of the wider Mid Argyll, Kintyre and Islay Team, providing mental health services for the adult population of Argyll and Bute Health and Social Care Partnership (HSCP). The service is delivered in conjunction with the Primary Care Mental Health Team (PCMHT), acute services, Urgent and Emergency Mental Health Team (UEMHT) and Out of Hours (OOH) Service.

The CMHT provides specialist support for adults experiencing moderate to severe mental health difficulties.

This can include:

- Assessment and diagnosis
- Care planning and regular follow up
- Support from a range of health care professionals

Access to the Islay and Jura CMHT is usually via referral from a GP or another health care professional.