
Outer Hebrides
Alcohol & Drug
Partnership
NHS
Eileanan Siar
Western Isles
Alcohol Action
Day 2026
Thursday 12 November
Support Available across the
Western Isles

Introduction

This year marks the first Alcohol Action Day on Thursday 12 November, a national awareness day dedicated to encouraging conversations about alcohol and highlighting the support available to those affected by alcohol related harm. The 2026 theme 'Support' recognises the importance of connection, understanding and access to help for individuals, families and communities.

Produced by the Outer Hebrides Alcohol and Drug Partnership (OHADP), this brochure brings together information on the support available across the Western Isles for individuals, families and carers affected by alcohol-related issues.

Alcohol-related harm continues to affect people across Scotland, placing pressure on individuals, families and public services. Behind every statistic is a person, a family, or a community seeking support.

Alcohol Action Day is an opportunity to raise awareness of the help available and to remind people that support is available at every stage of the journey. Across the Western Isles, a range of local services and community organisations provide advice, practical assistance and recovery support. Whatever your situation, you don't have to face it alone.

Why support matters

Alcohol can affect many aspects of life, including:

- **Physical and mental health**
- **Relationships and family life**
- **Employment and finances**
- **Confidence and wellbeing**

Many people experience difficulties with alcohol at some point in their lives. Seeking support is a sign of strength, not weakness.

No matter where you are in your journey, there are services available to help you make positive changes at your own pace.

Support for Individuals - Looking to make a change?

Local services can help you:

- Understand your drinking patterns
- Set realistic goals
- Reduce or stop drinking safely
- Improve your physical and mental wellbeing
- Access specialist treatment if needed

Support for families and carers

Alcohol doesn't only affect the individual. Family members, friends and carers can also experience stress, anxiety and uncertainty.

Support is available if you:

- Are worried about someone's drinking
- Need information and advice
- Want to talk confidentially about your concerns
- Are supporting someone through recovery

Support can help you:

- Understand alcohol dependence
- Improve communication
- Access emotional support
- Connect with local and national resources



Local Support Services

Action for Children

Included in the work of Action for Children is the Early Years Support Service working with parents with children aged pre-birth to aged 8 years who use substances in a problematic manner; the service will engage with both the parents and with the children providing age-appropriate interventions.

Early Intervention and the Young Person Liaison Service support young people between 9-18 years that are involved in using legal or illegal substances, including alcohol. The Weekend Outreach & Street Work Service provides a weekend evening service for young people affected by alcohol and substance misuse through outreach and detached youth work approaches, whilst offering specialist support and information.

We support children and young people from pre-birth to age 18 who are affected by a parent's, caregiver's, or loved one's alcohol use. We also support young people up to age 18 with their own alcohol-related challenges, and parents of any age experiencing issues with their alcohol use.

Referral routes include School Guidance or Rector, GP, Emergency Department, CPN(Community Psychiatric Nurse), Substance Team, Primary School Head Teachers, self-referral individual or family, CAMHS(Child and Adolescent Mental Health Services), Recovery Team and Social Workers.

30 Bayhead, Stornoway, Isle of Lewis, HS1 2DU
Tel: 01851 705080

Mags MacIsaac
ADP and Wellbeing Service Coordinator
Email: margaret.macisaac@actionforchildren.org.uk

Key messages from the service

Support is voluntary and designed to prevent issues from escalating to the point of social work involvement. Intervention can be brief or more intense lasting 6 months plus. Self-referrals are welcomed or by phone or email enquiry if unsure. Non-judgmental and supportive service.

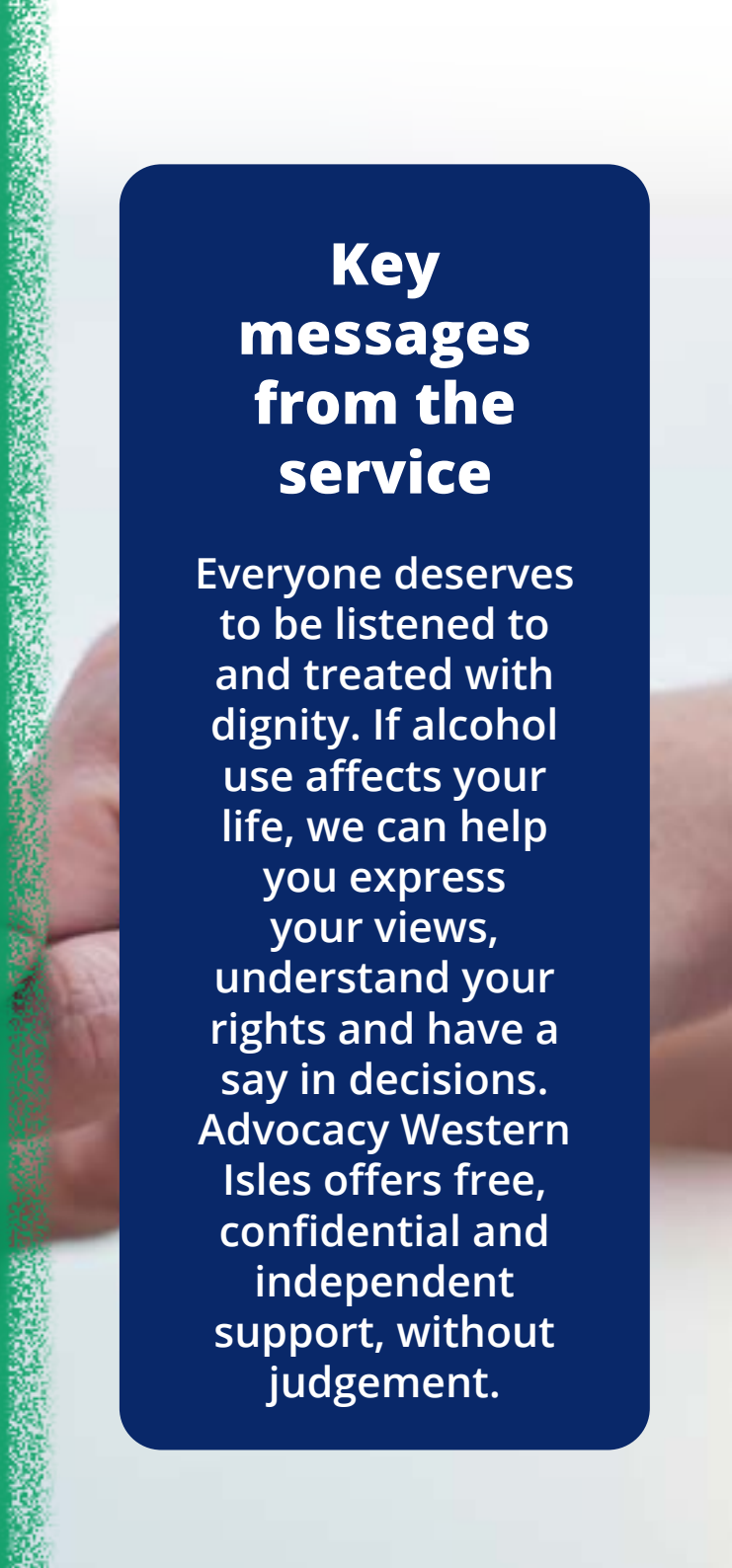
Advocacy Western Isles

Advocacy Western Isles provides free, confidential and independent advocacy for people affected by alcohol and drug use across Lewis, Harris, Uist and Barra. We help people understand their rights and options, express their views and participate in decisions about treatment, care and wider support.

We support children, young people, adults and older people affected by alcohol use, including family members and carers who need help to have their own views heard. Our advocacy is led by the individual and focuses on what matters to them, whether this relates to treatment, health, housing, finances or access to support.

Self-referrals are welcome by telephone, email or online via our website. Referrals also come from the Substance Team, GPs, other health professionals, social work and third-sector organisations.

Rear Wing, 16 Francis Street,
Stornoway, Isle of Lewis, HS1 2XB
Telephone: 01851 701755
Email: office@advocacywi.co.uk
Website: www.advocacywi.co.uk



Key messages from the service

Everyone deserves to be listened to and treated with dignity. If alcohol use affects your life, we can help you express your views, understand your rights and have a say in decisions. Advocacy Western Isles offers free, confidential and independent support, without judgement.

Caraidean Uibhist SCIO Recovery Services

Caraidean Uibhist is a community-based drug and alcohol recovery service supporting individuals and families across Uist. Through one-to-one support, we work with adults to reduce harm, explore recovery options and work towards abstinence where this is their goal.

Caraidean Uibhist provides confidential, person-centred support to adults affected by drug and alcohol dependency. Our approach respects individual choice, builds confidence and supports sustainable recovery.

Drop-in sessions across North Uist, Benbecula and South Uist provide accessible opportunities for individuals and families to seek advice, guidance and support.

Individuals and families can self-refer or access support through GPs, Community Mental Health Teams, Social Work, third sector organisations and other community partners.

Caraidean Uihbist SCIO,
17 Winfield Way, Balivanich, Isle of Benbecula, HS7 5LA
Tel: 07508873293 and 07939965124
Email: admin@caraideanuibhist.org
Website: www.caraideanuibhist.org

Key messages from the service

Recovery is possible, and support is available without judgement. Drug and alcohol dependency affects individuals, families and communities, and nobody should have to face it alone. Early intervention, partnership working and accessible local support are key to positive change.

Comhairle nan Eilean Siar (CnES) Alcohol and Drug Support Service

The Recovery Support Service provides confidential advice, guidance and practical support to individuals affected by substance use. We seek to help people understand their substance issues, access appropriate treatment, develop coping strategies and work towards recovery while supporting family and loved ones.

The service supports individuals and families through tailored interventions that address the effects of substance use on emotional wellbeing, relationships, social circumstances and finances. By building trust and promoting wellbeing, the service helps people work towards lasting recovery and a healthier environment.

The service supports individuals aged 18 and over and accepts referrals from other agencies. Individuals can self-refer.

Murdo Maciver
Email: murdo.maciver@cne-siar.gov.uk
Mobile No: 07795450875

Kareen Macleod
Email: kareenmacleod@cne-siar.gov.uk
Mobile No: 07917262667

Cothrom

Cothrom provides a community-based confidential substance misuse recovery service for people living in the Uists aged 16 and over. We support individuals, alongside families and carers, to develop a personal recovery action plan.

Services include structured group and individual sessions designed to allow learners to progress at a stage that supports their recovery. This includes a drop-in support group based in Lochboisdale and volunteering or therapeutic sessions, either in gardening or in Restore.

Its core aim is to reduce harm and support recovery by addressing social, emotional, and practical factors linked to substance use.

Referral routes include self-referral, Job Centre Plus, Criminal Justice, Mental Health and Wellbeing services and Social Work.

Community Learning and Development Centre
Ormiclate, HS8 5SB
Tel: 01878 700 910
Email: enquiries@cothrom.net
Website: https://www.cothrom.net/

CrossReach Dochas

Services include visiting and support to people experiencing problems with alcohol or drugs, to reduce consumption or to aim for abstinence. The service will provide support to anyone experiencing homelessness or needing support to live in their own home (life skills, health and wellbeing, managing finances, use of time, etc).

We want people supported by CrossReach to feel respected, listened to and have their rights upheld. We want them to be fully involved in decisions affecting their lives and to have control over the support we give them.

At Dochas, we offer practical support, advocacy and advice to those aged over 16 living on the islands of Lewis and Harris.

Referral routes include Homeless Service, CnES(Comhairle nan Eilean Siar), GP, NHS Western Isles Alcohol Liaison Nurse, Hebridean Housing Partnership.

Flat 1, 6 Lewis Street, Stornoway,
Isle of Lewis, HS1
Tel: 01851 704 910
Email: dochas@crossreach.org.uk
Website: https://www.crossreach.org.uk/our-locations/dochas

Hebrides Alpha

The Hebrides Alpha Project includes a six-bed supported accommodation within the Coll Residential Campus. Support is offered from 6 months to 1 year for adults who are aged 18 and over living in the Outer Hebrides. An additional six months aftercare is offered for those who complete their programme.

The service uses a recovery-orientated programme for individuals seeking to thoroughly recover from long-term alcohol or drug problems, with access to self-help groups and therapeutic activity.

The Project has a Christian ethos but supports individuals from all backgrounds, regardless of any religion, faith, gender, race or sexuality.

Referral routes include self-referral, family or from professional services. We also receive referrals from agencies and family members and friends, as well as Prison2Rehab.

48b Upper Coll, Isle of Lewis, HS2 0LT
Tel: 01851 820830
Email: manager@hebridesalpha.co.uk

NHS Western Isles Public Dental Service – Oral Health Improvement Team

The Oral Health Improvement Team, part of NHS Western Isles Public Dental Services, works to improve oral health and reduce oral health inequalities across the Western Isles.

The Oral Health Improvement Team supports individuals and families affected by alcohol and drug use by providing oral health advice, education, preventive interventions and support to access dental services.

Alcohol and drug use can increase the risk of tooth decay, gum disease, tooth wear, dry mouth, dental infections and oral cancer. Lifestyle factors associated with substance use may also affect oral hygiene routines and access to dental care.

Support is available to all age groups, with particular focus on vulnerable adults and priority groups aged 16 years and over.

Referrals can be received through health and social care professionals, community organisations, residential services, self-referral, and local referral pathways. A designated contact within the Oral Health Improvement Team can provide advice and support.

Email: wi.oralhealthimprovementteam@nhs.scot
Website: https://www.wihb.scot.nhs.uk/our-services/dental-services/dental-clinics/



Key messages from the service

Alcohol and drug use can have a significant impact on oral health. Looking after your mouth is an important part of recovery, overall health and wellbeing. Support, advice and access to dental care are available through the Oral Health Improvement Team.

NHS Western Isles Substance Nurse Service

The Substance Nurse Service offers specialist advice, treatment and ongoing support for people experiencing difficulties with alcohol or drug use, including those with substance dependence.

This is a nurse-led service (with input from Consultant Psychiatrists and Primary Care Doctors) for those who have a dependence to alcohol or drugs (whether prescribed or otherwise) and would like to access treatment towards recovery.

The service is available Monday to Thursday from 9am-5pm and Friday from 9am-3.30pm, and promotes healthy living and reduction from harm, working alongside other agencies to the benefit of individuals and families. Appointments can be held across NHS Western Isles sites.

We offer specialist treatment towards recovery for those with a dependence to alcohol or drugs. This comprises:

- Alcohol dependence
- Drug dependence
- Poly Substance Use
- Dual Diagnosis
- Harm Reduction
- GP Shared care
- Assertive outreach
- Planned community and inpatient alcohol detoxification
- Relapse prevention and ongoing recovery support
- Medication-assisted treatment, where appropriate
- Nurse-led clinics across the Western Isles
- Drop-in sessions offering advice and support

Referrals to the service can be made by GPs. An appointment will then be offered thereafter.

Drop-in sessions and nurse-led clinics are available without the need for a GP referral, providing an opportunity for individuals and loved ones to access advice and support regarding alcohol or drug use.

Substance Service Team
Health Centre, Springfield Road, Stornoway, Isle of Lewis, HS1 2PS.
Tel: 01851 763305

The Shed Project

The Shed Project is a community charity based in Stornoway, offering support, connection and opportunities for people to grow. Our services include adult recovery support through The Well and The Ark, Safe Families Western Isles, youth and schools work, and intergenerational activities. We provide welcoming spaces where individuals and families can build trusted relationships, reduce isolation and develop confidence.

The Well and The Ark offer community recovery support for adults aged 18 and over. Through regular drop-in sessions, peer relationships, practical activities and outings, participants can reduce isolation and access encouragement at different stages of recovery.

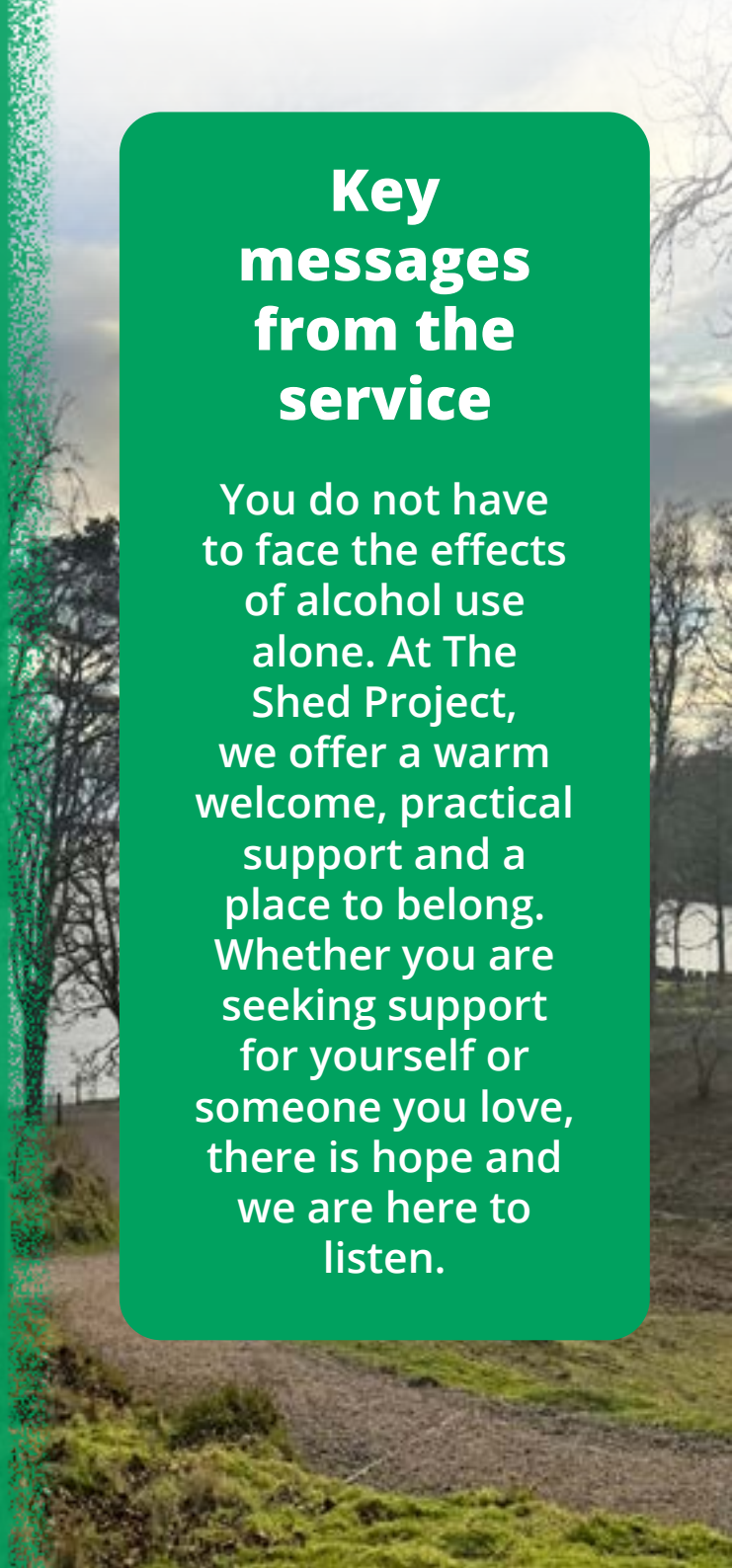
The Community Recovery Services support individuals over 18.

The Youth & Schools, Intergenerational Services supports individuals from 0-18 years.

Safe Families Western Isles supports children from 3-15 years and adults over 18.

Referrals routes include self-referral, social work, health visitors, schools, CPN (Community Psychiatric Nurse) and other health professionals.

Fiona Douglas, Community Manager
The Shed Project, 11 Francis Street, Stornoway, Isle of Lewis, HS1 2NB
Email: manager@theshedproject.org.uk
Tel: 01851 704557
Website: www.theshedproject.org.uk
Facebook - https://www.facebook.com/theshedstornoway
Instagram - https://www.instagram.com/theshed.stornoway/



Key messages from the service

You do not have to face the effects of alcohol use alone. At The Shed Project, we offer a warm welcome, practical support and a place to belong. Whether you are seeking support for yourself or someone you love, there is hope and we are here to listen.

Voluntary Action Barra & Vatersay

VABV's Alcohol and Drug Service provides support and guidance to individuals experiencing difficulties with alcohol or drug use, as well as support for their family members affected by substance use.

VABV's Alcohol and Drug Service provides inclusive, non-judgemental support to individuals and families affected by alcohol use. We welcome and aim to support all members of the community, regardless of age, gender, ethnicity, culture, religion, disability, sexual orientation, or background, ensuring everyone is treated with dignity, respect and compassion.

The service works directly with young people from secondary school age upwards, as well as adults and older people. For younger children, VABV supports other agencies working with them to ensure their needs are recognised and appropriate support is provided.

Referrals to VABV's Alcohol and Drug Service are welcomed from a range of sources, including self-referrals, family members, criminal justice services and statutory agencies such as social work.

Tel: 07494079509
Email: claire.logan@vabv.org.uk



Key messages from the service

VABV's Alcohol and Drug Service is inclusive, accessible and non-judgemental, welcoming all members of the community. Support is available for individuals and families affected by alcohol use, recognising that recovery is possible and no one needs to face these challenges alone. We promote understanding, early intervention and positive change.

Support at Every Stage of the Journey

As we mark the first Alcohol Action Day, let us recognise the importance of support in helping individuals, families and communities thrive. Whatever your circumstances, support is available across the Western Isles, and help is only a conversation away.

The Outer Hebrides Alcohol and Drug Partnership is committed to working with local services, communities and partner organisations to reduce alcohol-related harm and improve wellbeing across the Western Isles. Together, we can ensure that everyone has access to the support they need, when they need it.

Need Help?

If you are concerned about your drinking, or someone else's, reach out today.

Support is available • Recovery is possible • You don't have to do it alone.

Local Support
https://www.outerhebadp.com/
Alcoholics Anonymous Stornoway Group
StornowayAAgroup@gmail.com

National Support
Drinkline Scotland 0800 7314 314
NHS Inform https://www.nhsinform.scot/healthy-living/alcohol/

Alcoholics Anonymous, www.alcoholics-anonymous.org.uk

Scottish Families Affected by Alcohol & Drugs
Helpline 08080 101011
https://www.sfad.org.uk/



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