Outer Hebrides Alcohol & Drug Partnership

NHS Eileanan Siar Western Isles

Alcohol Awareness Week 2026

Working Together to Support Healthier Communities

Introduction/short overview

Alcohol Awareness Week provided an opportunity for organisations to work together to raise awareness of alcohol-related harms, promote healthier choices and highlight the wide range of support available for individuals, families and communities.



Coordinated by the Outer Hebrides Alcohol and Drug Partnership (ADP), a public engagement event held in the foyer of Western Isles Hospital brought together a range of local partner organisations operating in Lewis and Harris who engaged with members of the public and staff, providing information on local services as well as national sources of advice, support and treatment. This was one of a



Roddy MacLeod and Fiona MacDonald, Hebrides Alpha Support Workers

series of events designed to raise awareness of alcohol-related harms and showcase the range of support available to individuals, families and communities across the Outer Hebrides.

Multi-agency partnership approach Throughout Alcohol Awareness Week, a range of local partners worked together to raise awareness of alcohol-related harms and highlight the



Mags MacIsaac, Service Co-ordinator Western Isles, Action for Children and **Stacey Glenday**, Children's Services Practitioner, Action for Children

support available. Organisations including Action for Children, the **NHS Western Isles Substance Use Team,** Maternity Services, Advocacy Western Isles, Hebrides Alpha, CrossReach Dochas and The Shed engaged with the public and staff, shared information and promoted local support services. This collaborative approach helps strengthen connections between services and ensures individuals and families can access the support they need.



Fiona Douglas, Community and Family Manager, The Shed and **Iain Douglas**, Recovery and Development Co-ordinator, The Shed

Key messages

Some of the key messages highlighted across the week included:

- **Alcohol can impact physical and mental health.**
- **Small changes can have positive health benefits.**
- **Support is available for anyone concerned about their own drinking or someone else's.**
- **Families and loved ones can access support.**
- **Recovery is possible and support is available locally.**
- **Help can be accessed without judgement.**



Mairianne Campbell, Operations and Support Officer, Advocacy Western Isles

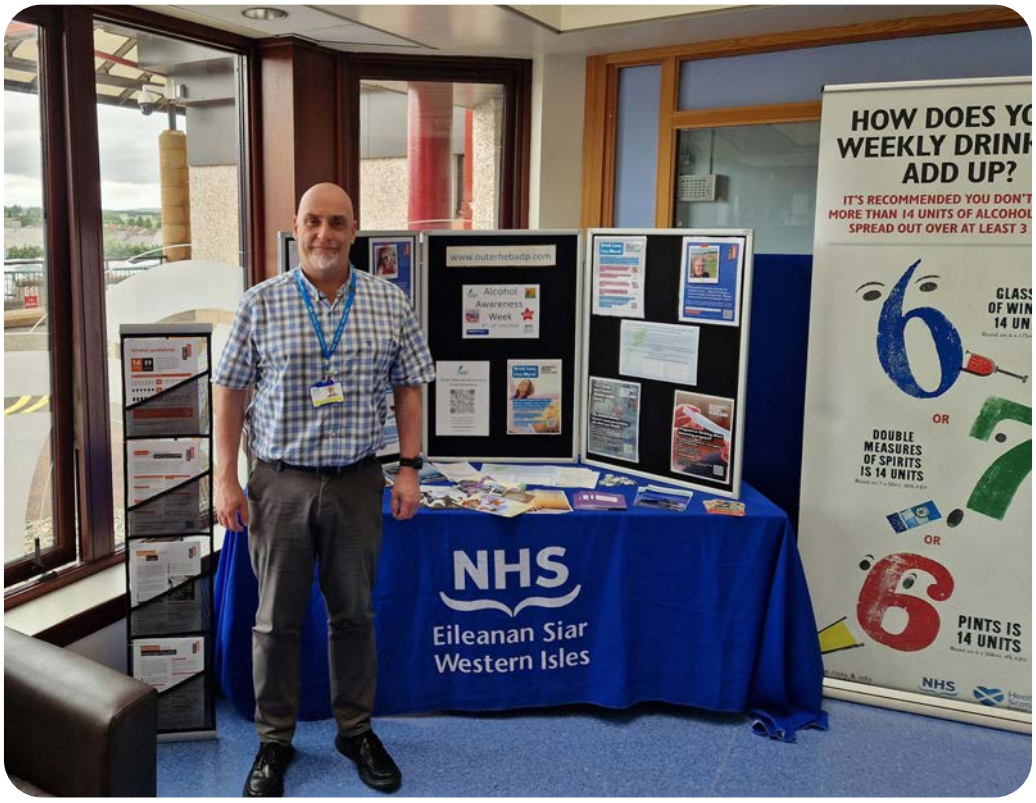


Claire MacAulay, Integrated Midwife, NHS Western Isles Maternity Services and **Joanna Gillies**, Advocacy Worker, Advocacy Western IslesThe Shed

Making a difference Alcohol Awareness Week provided a valuable opportunity to strengthen partnership working and engage directly with local communities. By bringing a range of services together in one accessible location, the initiative increased awareness of alcohol-related harms and the support available across the islands. Across the two engagement days, partners interacted with members of the public and staff, providing information, answering questions and signposting individuals to relevant support services.

"Alcohol Awareness Week provided a valuable opportunity for partners to work collaboratively to raise awareness of alcohol-related harms and their impact on individuals, families and communities. By sharing information, partners encouraged positive conversations about alcohol, health and wellbeing while improving understanding of the risks associated with alcohol use. The week also highlighted the range of support services available both locally and nationally."

James MacAskill, *OHADP Development Officer*



James Macaskill, Outer Hebrides Alcohol and Drugs Development Officer

The Outer Hebrides Alcohol and Drug Partnership would like to thank all partners who contributed to the event. By continuing to work together, we can help reduce alcohol-related harm, support healthier communities and ensure that individuals and families know where to access help when they need it.

For more information on the services available please visit:
https://www.outerhebadp.com/