

Contact Details

The Dove Centre, 19-21 Stevenson Street, Oban, Argyll, PA34 5NA

TEL: 01631 561315

EMAIL: enquiries@obanhospice.org.uk

OPEN: Monday to Friday from 9am to 5pm

Dove Centre Co-ordinator

Peter Darling

TEL: 01631 561315

MOBILE: 07483116185

EMAIL: peter.darling@obanhospice.org.uk

Dove Outreach and Befriending Co-ordinator



Margot MacLeod

TEL: 01631 561315

MOBILE: 07592633251

EMAIL: margot.macleod@obanhospice.org.uk

Follow us on:

 Facebook  [Twitter@obanhospice.org.uk](https://twitter.com/obanhospice.org.uk)
and at www.obanhospice.org.uk

A pdf version of this leaflet is available on our website.

Company Reg No. Edinburgh SC198133 Scottish Charity No. SCO29299



THE DOVE CENTRE
DOVE OUTREACH AND
DOVE BEFRIENDING

Oban Hospice Ltd was established in 1999 with the aim of providing local help for people with cancer. Support is also available for their families and carers. We also assist people with Multiple Sclerosis, Parkinson's Disease and Motor Neurone Disease. Services provided include our drop-in centre, **The Dove Centre**, and our **Dove Outreach and Dove Befriending**.

We essentially support three groups of people:

- Those with a new diagnosis
- Those with an existing diagnosis who need advice or assistance at a particular point in their lives
- Those with diagnosis whose condition has deteriorated and who need advice or assistance.

What we offer:

- Practical support and information
- Listening and Counselling
- Therapies
- Bereavement support
- Family support
- Emotional support
- Access to Befriending & Support Services
- Specialist massage for people with cancer
- Group activities

The Dove Centre

The Dove Centre operates on a drop-in basis and provides help, companionship and advice for people with cancer MS, MND and Parkinson's Disease. It offers a friendly and informal environment where people can access peer groups and one to one information and support. If we are unable to support you at this time, we will try our best to help you access another service in the community.

We will work with you and be led by you to help and support in any way that you need it.

Dove Outreach

We aim to provide a person-centred service which is led by the unique needs of each individual. We offer support from diagnosis, by helping individuals and their carers access services that may help. At times of crisis, we can offer emotional support when it is often easier to speak to someone outwith family and friends.

Dove Befriending

Our Befriending service is operated by Margot MacLeod, whose contact details are listed overleaf. If you know someone who would benefit from our Befriending service or if you would be interested in becoming a volunteer Befriender, please contact Margot or see separate leaflet.

Our services can be accessed by:

- Drop in/self-referral
- Referral by a Health Practitioner
- Self-referral by calling us on 01631 561315 or emailing enquiries@obanhospice.org.uk

