

## About us

The Skye and Lochalsh Mental Health Association was set up in 1993 by local people concerned at the lack of facilities in our community for people affected by mental ill health. Our first home was 'The Cabin' in Bayfield and we started out with around 16 regular members, but by the time our lease was over we had out-grown the building. In 2003 we moved to our present building on Dunvegan Road (behind MacRae's Filling Station). Today we support over 140 people a year throughout Skye and Lochalsh.

Our association is completely independent and not affiliated to any larger organisation. It's run by a board of directors who give their time voluntarily, and include GPs and other local professionals, plus users of our service. We are a registered Scottish charity and Company limited by guarantee. We receive funding from NHS Highland and various charitable trusts.

New members are welcome to come directly in. There's no need to be referred by a doctor or other professional. We're also developing a new service in Lochalsh and the south of Skye – please contact us for details.

## Our opening hours

Monday 9am – 5pm

Tuesday 9am – 5pm

Wednesday 9 am – 5 pm

Thursday 12.30pm – 5pm

Friday 9am – 5pm

Saturday 9am – 3pm

Sunday 9am – 3pm

Am Fasgadh is open 365 days a year. Please contact us for opening times during the Christmas and New Year period,

[www.slmha.co.uk](http://www.slmha.co.uk)

Skye and Lochalsh Mental Health Association is a registered Scottish charity no SC021154 and a company limited by guarantee no SC185967.

## **Skye and Lochalsh Mental Health Association**

*Leasachadh Slainte Inntinn An Eilean Sgiathanich 's Loch Ailse*

## **'Am Fasgadh'**



**Woodpark  
Dunvegan Road  
Portree  
Isle of Skye  
IV51 9HQ**

**We're behind MacRae's garage – look for the sign on the main road.**

**Telephone 01478 613533**

**Email [admin@slmha.co.uk](mailto:admin@slmha.co.uk)**

**Web [www.slmha.co.uk](http://www.slmha.co.uk)**

Don't take our word for it, here's what our members have said:

*"Many people would not have taken bets on me being here this year. I have had alcohol problems off and on for some time. Last year was bad-things had got worse for me after my wife died."*

*"AA is not my scene, the meetings depressed me. I'll admit that at first, attending Am Fasgadh did not appeal to me but I now find the support a big help. I enjoy mixing with staff and clients. It gives me somewhere to go, at a time that suits me, and I can leave at a time that suits me."*

*"We have a laugh but I am also aware that counselling, advice and help without judgment, is available to me. I don't make any promises and none are asked of me. I am accepted for who I am. I am grateful to staff and friends."*

*"It is not perfect and staff often work under difficult circumstances but I appreciate what they do. They look out for me, take note of when I'm not there. It's good to be part of a team."*

### *What goes on at Am Fasgadh?*

Am Fasgadh exists to help anyone who is experiencing problems because of mental ill health. We don't provide therapy or counselling and our staff aren't clinically qualified. What we do provide is friendship and support with a human face. Am Fasgadh is a welcoming place where people who might otherwise be isolated feel a sense of belonging. We also offer advice and support with forms, benefits and other problems people can find hard to deal with.

We have a lovely homely living room where we sit and blether, play cards and scrabble, pool, watch TV or listen to music. We serve a main meal every lunchtime for a cost of just £2.50. There is a wee sitting room with a TV in it so people can have quiet time and it can be used for appointments. We have a quiet room that folk can use to speak to a member of staff in private, or use the bed settee to have a wee lie down. There is a shower and a laundry room where people can use the washing machine and tumble dryer. We run various different activities throughout the year e.g. relaxation, crafts, art, walks, trips etc., but sometimes we just run on the day activities for those who find it difficult to plan too far ahead.



*Above Living Room  
Below Dining Area*



*Above snooker/ pool room  
Below patio/smoking area*

