

Quality local housing that's affordable

ALBYN Housing Society serves an ever-growing number of communities in the Highlands, providing good quality, affordable housing for thousands of people across the region.

The implementation of the new Highland Housing Register means that people who want to be housed now only have to fill in one form, rather than separate one for each landlord.

For further information or to request a housing application pack contact 01349 852978 or email: office@albnyhousing.org.uk

For those interested in owning their own home then the LIFT scheme may be of interest.

LIFT (Low-cost initiative for First-time buyers) allows people on lower incomes, particularly first-time buyers and existing council and Albyn tenants, to access high quality new houses.

The homes provided are for a variety of household sizes and are also designed to meet a range of housing needs.

They must be the person's sole residency and preference is given to council tenants and people living in the area in which the properties are located.

There is a longer waiting list in Inverness for LIFT houses than other areas of the Highlands.

For further information on the LIFT scheme contact Sam Cribb, Albyn Housing on 01349 855549 or email: info@albnyenterprises.co.uk

Specialists offer advice on major health problems

CHEST, heart and stroke illnesses represent a major health problem in Scotland which in turn affects the quality of life for patients and their families alike.

The Chest, Heart and Stroke Scotland Adviceline is run by three specialist nurses and it aims to meet the needs of patients, their families and also health professionals by providing confidential and independent advice and support on all aspects of chest, heart and stroke illness.

Chest, Heart and Stoke Scotland refers people to chest, heart and stroke groups and promotes CHSS Personal Support Grants.

In addition to giving advice and information over the phone, it sends out publications and printed information to callers.

Chest, Heart and Stroke Scotland produces free information booklets and factsheets on preventing and living with chest, heart and stroke diseases.

It can also research any information you require on related topics such as medical conditions, risk factors and lifestyle, medications, tests and it is the first helpline in the UK to be accredited for the second time by The Helplines Association (THA).

- The Advice Line number is 0845 077 6000. It is staffed by specialist nurses, from 9.30am-12.30pm and 1.30pm-4pm, Monday to Friday.
- There is an out-of-hours answerphone.
- An interpretation service can be arranged using Language Line, a confidential UK wide translation service.
- There is also a textphone.
- You can contact the Advice Line Nurses by email on: adviceline@chss.org.uk Or send a fax: 0131 220 6313.
- Alternatively you can write to 65 North Castle Street, Edinburgh EH2 3LT.
- You can send a text message from your mobile phone: text "chss" and your message to 07766 40 41 42.

Care and comfort in your own home

HIGHLAND Home Carers has been providing a flexible, quality home care and support service in the Inverness area for 15 years.

The company has grown in that time, so that it is now the largest independent provider of home care in the Highlands.

Highland Home Carers has increased in size without losing sight of the importance of service users having choice as to the care they receive.

It can do that by retaining well-trained, flexible and reliable staff.

Feedback from the annual survey of service users shows that they are extremely happy with the services provided by Highland Home Carers.

All staff are trained to treat service users equally and with dignity, making sure that they give respect to individual differences.

The commitment of this locally-based company is to allow older and disabled people to remain in their own homes, with assistance, so that they can maintain their lifestyles and retain their independence, as long as they choose to do so.

The care and support is adaptable to meet service users' needs by helping people understand the options available to them.

The company is also unique in the social care sector in that it is owned by its 150 employees, who have a particular interest in making Highland Home Carers the best care provider.

The revenue generated by their work remains in the company for the good of the employees and the services they provide.

It is a policy of the company that it will always choose to invest in the Highlands, buy locally and support local businesses.

Highland Home Carers is managed by a team of coordinators with nursing and social work qualifications, who have many years' experience in this field.

They provide the supervision and training to the direct care and support staff, and provide a named link for each service user to contact.

Highland Home Carers works in partnership with the Highland Council and NHS Highland and, just as importantly, provides a variety of care and support to people who wish to arrange their own services.

The range of services on offer includes personal care, palliative care, mental health care, and care for people with a learning disability, respite care, night care, live-in care, housing support, social support and domestic care.

Personal care offers assistance with a wide range of personal tasks, such as getting in and out of bed, dressing and undressing, washing and bathing, shaving, toileting, personal hygiene and feeding.

Domestic assistance, where it is identified as a care need and not as a cleaning service, includes house cleaning, cooking, laundry, ironing, shopping and prescription collection.

Other care assistance includes the presence

of an escort on social or health matters, provision of overnight sleep-in cover or a waking night service.

For live-in care, the company supplies carers who stay in the service user's home for up to a week at a time.

Housing support provides a flexible service to people who are assessed as requiring help to enable them to remain in their own homes, and meets criteria set out by Highland Council.

Highland Home Carers Ltd is registered with the Care Commission under the Regulation of Care (Scotland) Act 2001, to provide a care at home service and a housing support service.

The company is inspected regularly to ensure that it is meeting the regulations and is following the relevant national care standards.

Contact Highland Home Carers on 01463 241196 or visit the website www.highland-home-carers.co.uk for further information.

Inverness Courier Advertising Feature

Care At Home & Support Services



Employee Owned Company

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24 HOUR CARE

Housing & Social Support

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Care Commission Registration

Tel: 01463 241196

3 Stadium Road, Inverness IV1 1FF

www.highlandhomecarers.co.uk

THE Scottish Ambulance Service is conducting a national consultation that will inform the procurement of the next generation of the air ambulance service in 2013. The consultation offers an opportunity for everyone to give their views on the way the air ambulance service operates. SAS will host a public meeting at Eden Court on 12th January at 7pm.

The consultation is open for feedback until 31st January 2010 and respondents can give their views by letter, e-mail or at www.scottishambulance.com.

The last change in air ambulance provision was introduced on 1st April 2006. Since its introduction there has been a significant improvement in the service:

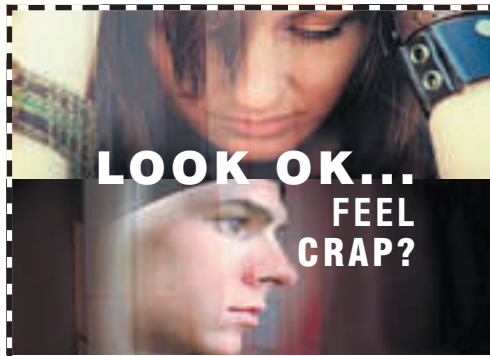
- The percentage of responses across Scotland within 60 minutes has increased from 85 per cent in 2005/06 to 96 per cent in 2008/09.
- Average response times are quicker by almost 10 minutes from

39.7 minutes in 2005/06 to 30.93 minutes in 2008/09.

- Patient travel time has been reduced from an average of 45.8 minutes in 2005/06 to 38.35 minutes in 2008/09.

The service is unique in that the aircraft built to the specification developed by the Scottish Ambulance Service and are only used to transport medical patients. In Shetland they are supported by a Super Puma Search and Rescue helicopter operated by BP.

Anyone who would like to contribute to the consultation should contact: Website: www.scottishambulance.com/airambulanceconsultation.com. E-mail: scotamb.airprocurement@nhs.net. Post: Air Ambulance Re-procurement Project, Scottish Ambulance Service, Project Support Department, Project Office, Units 7 & 8, Newbridge One Industrial Park, Cliftonhall Road, Newbridge EH28 8PW. Telephone: 0131-344-5670



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OR contact us just to talk about things and find out why you feel like you do.

0845 123 23 20 or info@dascot.org

Seen our buses? Check out www.lookokfeelcrap.org or contact us for more information on what we are doing in the Highlands in 2010.

Registered Charity Number SC 034740

Depression Alliance Scotland



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Chest, Heart & Stroke Scotland

ADVICE LINE 0845 077 6000

Monday to Friday 9.30 - 12.30 and 1.30 - 4.00 Local call rate

Phone our nurses for confidential, independent advice on all aspects of chest, heart and stroke illness.



Chest Heart & Stroke Scotland

Chest, Heart & Stroke Scotland and CHSS are operating names of The Chest, Heart & Stroke Association Scotland, a registered Charity No. SC018761

Albyn Housing Society Ltd., serves an ever-growing number of communities in the Highlands, providing good quality affordable housing for thousands of people across the region.



98-100 High St, Invergordon IV18 0DL Tel: 01349 852978 • Repairs: 08451 309955 Fax: 01349 853859

SUPPORT SERVICES: 68 MacLennan Crescent, Inverness IV3 8DN Tel: 01463 712516 • Fax: 01463 242590 email: office@albnyhousing.org.uk A Scottish charity SCO 27123

Scottish Ambulance Service

Scottish Ambulance Service Public Meeting

Air Ambulance Re-procurement

In advance of the procurement specification for the next generation of Air Ambulance service, the public meeting of the procurement process will be held on Monday 11th January 2010 between 7 - 9pm in the Tulloch Room, Eden Court Theatre, Bishops Road, Inverness.

Due to weather Rescheduled to 21st January 2010

For more information, please visit www.scottishambulance.com