

Public Health Outreach and Support at the Cearn Resource Centre

This is the second Team Brief article in a series about the Public Health outreach work being undertaken in the Cearn area of Stornoway.

Every Tuesday and Thursday in the Cearn Resource Centre you will find Mary MacLean, the Public Health Department's Fas Fallain Manager. Mary's regular presence provides a familiar point of contact for residents and her role extends beyond offering health advice.

She encourages community members to share the issues that matter to them, to put forward new ideas, and shape the services they want to see in their neighbourhood. The centre acts as a hub offering advice and support through a growing

programme of outreach services spearheaded by Public Health and the Cearn Community Association.

However, this outreach initiative is not just about one organisation; the Resource Centre hosts a variety of partner organisations that deliver vital services. These include Tighean Innse Gall, Hebridean Housing Partnership, Comhairle nan Eilean Siar's Financial Inclusion Services, and the NHS Alcohol and Substance Abuse Support team. Each organisation uses the centre's welcoming and private spaces to meet with individuals confidentially, providing guidance, support, and practical help in a comfortable, local setting.

The programme of work at the Resource Centre is increasing to meet the evolving needs of the community. Future sessions include a computer skills workshop using laptops provided by Hebridean Housing Partnership and delivered through Adult Learning, Gaelic conversation sessions, celebrating the area's cultural heritage while building confidence in everyday communication and Advocacy Western Isles outreach.

However, these plans will depend on securing resources to upgrade the building, and the Community Association is actively sourcing funding following the disappointment of a recent unsuccessful funding bid. By creating a space

where services come to the people and where people feel empowered to shape those services, the Cearn Resource Centre is becoming a cornerstone of community wellbeing and resilience.

For information on the Public Health outreach work being undertaken in the Cearn or to get involved in the work, please contact Mary at mary.maclea@nhs.scot.

Pictured below is Mary MacLean from the Public Health Department at the Cearn Resource Centre.

