

**Dove Centre**  
**24 Stevenson Street,**  
**Oban**

“where you’re always welcome to drop in”



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1000 – 1600</b> <ul style="list-style-type: none"> <li>• Drop in - 💧</li> </ul>	<b>1000 - 1600</b> <ul style="list-style-type: none"> <li>• Drop in - 💧</li> </ul>	<b>1000 - 1600</b> <ul style="list-style-type: none"> <li>• Drop in - 💧</li> </ul>	<b>1000 - 1600</b> <ul style="list-style-type: none"> <li>• Drop in - 💧</li> </ul>	<b>1000 - 1600</b> <ul style="list-style-type: none"> <li>• Drop in - 💧</li> </ul>
<b>1030 – 1500</b> <b>Therapist -</b> Paula Roberts 📞 Pam Baker 📞 <ul style="list-style-type: none"> <li>• Reiki</li> </ul>	<b>1030 – 1500</b> <b>Therapist -</b> Elaine Bisset 📞 <ul style="list-style-type: none"> <li>• Oncology Massage</li> <li>• Indian Head Massage</li> <li>• Reflexology</li> </ul>	<b>0930 – 1500</b> <b>Therapist -</b> Rie Emmers 📞 <ul style="list-style-type: none"> <li>• Specialist Cancer Massage</li> </ul>	<b>10.30 – 1230</b> <ul style="list-style-type: none"> <li>• Coffee Morning 💧</li> </ul> <hr/> <b>11.00 – 12.00</b> <ul style="list-style-type: none"> <li>• Lomond &amp; Argyll Advocacy Service</li> </ul> (first Thursday of each month)	<b>1030– 1230</b> <ul style="list-style-type: none"> <li>• Dove Centre men’s group 💧</li> </ul>
<b>1300 – 1800</b> (also by appointment out with these hours) <b>Therapist -</b> Cath Cakebread 📞 <ul style="list-style-type: none"> <li>• Counselling</li> </ul>	<b>1400 – 1600</b> <b>Parkinson’s Support Group –</b> 💧 Meeting held on the second Tuesday of each Month	<b>1030 – 1200</b> <b>Blind Vision –</b> Support group for visually impaired. 💧 <b>Next Meeting:</b> 9th January 2019 <hr/> <b>1300 - 1500</b> Macmillan advanced cancer and palliative care nurse – Aeltsje Ooserhof 📞💧	<b>1145 - 1430</b> <b>Therapist - Lynn Imrie</b> 📞 <ul style="list-style-type: none"> <li>• Swedish Massage</li> <li>• Relaxation</li> <li>• Foot bath massage</li> </ul>	<b>0930 – 1300</b> <b>Therapist -</b> Rie Emmers 📞 <ul style="list-style-type: none"> <li>• Specialist Cancer Massage</li> </ul>
<b>1300 - 1600</b> O/T (Occupational Therapist) - Lindsay Davies 📞💧		<b>1300 – 1500</b> <b>Breast Cancer wellbeing and Support group –</b> (meets on the 3rd Wednesday of each month) 💧	<b>1300 – 1500</b> <ul style="list-style-type: none"> <li>• Dove Centre Crafty Women Group 💧</li> </ul>	<b>1300 – 1600</b> <b>Therapist – Adrienne MacSween</b> 📞 <ul style="list-style-type: none"> <li>• Reiki</li> </ul>
<b>1300 – 1530</b> <b>Dove Centre HOPE COURSE</b> 📞 – Cancer survivorship Self – Management Course “Helping to overcome problems effectively” (in conjunction with Macmillan Cancer Care)		<b>1500 – 1700</b> <b>Therapist – Siobhan Rafter</b> 📞 <ul style="list-style-type: none"> <li>• Massage</li> <li>• Reflexology</li> <li>• Indian Head Massage</li> <li>• Facials and nails treatments also make</li> </ul>		<b>1300 – 1600</b> <b>Therapist - Liz Clark</b> 📞 Facials/ light make up
💧 - Drop in 📞 - Booking	<b>For further information please contact:</b> Dove Centre 24 Stevenson Street, Oban Argyll PA34 5NA Tel 01631561315 Email: peter.darling@obanhospice.org.uk		<b>Also available at the Dove Centre:</b> <ul style="list-style-type: none"> <li>• Vivien Barlow - wellbeing coaching “for peace of mind” 📞</li> <li>• Anne Marie Fraser – Wig fitting (arranged directly with Anne Marie)</li> <li>• Ken Hunter – Pastoral Care 📞</li> <li>• Yvonne Blainey – Counselling 📞</li> </ul>	