

| Dove Centre<br>24 Stevenson Street,<br>Oban  |   | Opening Hours – 9am to 5pm Monday to Friday   |   |   |
|--|---|---|---|---|
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
| 1000 – 1600<br>• Drop in -   | 1000 - 1600<br>• Drop in -  | 1000 - 1600<br>• Drop in -  | 1000 - 1600<br>• Drop in -  | 1000 - 1600<br>• Drop in -  |
| 1030 – 1500<br>Therapist -<br>Paula Roberts<br>Pam Baker<br>• Reiki  | 1030 – 1500<br>Therapist -<br>Elaine Bisset<br>• Oncology Massage<br>• Indian Head Massage<br>• Reflexology   | 0930 – 1500<br>Therapist -<br>Rie Emmers<br>• Specialist Cancer Massage   | 10.30 – 12.30<br>• Coffee & chat<br>11.00 – 12.00<br>• Lomond & Argyll Advocacy Service<br>(first Thursday of each month)   | 1030– 1230<br>• Dove Centre men's group                                 |
| 1300 – 1800 (also by appointment out with these hours)<br>Therapist -<br>Cath Cakebread<br>• Counselling   | 1400 – 1600<br>Parkinson's Support Group –<br>Meeting held on the second Tuesday of each Month  | 1030 – 1200<br>Blind Vision – Support group for visually impaired.<br>Next Meeting: 6 <sup>th</sup> March 2019<br>1300 - 1500<br>Macmillan advanced cancer and palliative care nurse – Aeltsje Ooserhof | 1145 - 1430<br>Therapist - Lynn Imrie<br>• Swedish Massage<br>• Relaxation<br>• Foot bath massage   | 0930 – 1300<br>Therapist -<br>Rie Emmers<br>• Specialist Cancer Massage |
| 1200 - 1500<br>O/T (Occupational Therapist) -<br>Lindsay Davies  |   | 1300 – 1500<br>Ladies Group (meets on the 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month)  | 1300 – 1500<br>• Dove Centre "Craft and Chat" Group   | 1300 – 1600<br>Therapist – Adrienne MacSween<br>• Reiki                 |
| 1300 – 1530<br>Dove Centre HOPE COURSE – Cancer survivorship Self – Management Course "Helping to overcome problems effectively" (in conjunction with Macmillan Cancer Care) |   | 1500 – 1700<br>Therapist – Siobhan Rafter<br>• Massage<br>• Reflexology<br>• Indian Head Massage<br>• Facials and nails treatments also make up   |   | 1300 – 1600<br>Therapist - Liz Clark<br>Facials/ light make up          |
| - Drop in<br>- Booking<br>• Weekly programme is subject to change  | For further information please contact:<br>Dove Centre<br>24 Stevenson Street, Oban<br>Argyll<br>PA34 5NA<br>Tel 01631561315<br>Email: peter.darling@obanhospice.org.uk |   | Also available at the Dove Centre:<br>• Vivien Barlow - wellbeing coaching "for peace of mind"<br>• Anne Marie Fraser – Wig fitting (arranged directly with Anne Marie)<br>• Ken Hunter – Pastoral Care<br>• Yvonne Blainey – Counselling |   |