

**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> <i>Therapist -</i> Paula Roberts 📞 Adrienne MacSween 📞 Pam Baker 📞 <ul style="list-style-type: none"> <li>Reiki</li> </ul>	<b>1030 – 1500</b> <i>Therapist -</i> 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> <i>Therapist -</i> 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) <i>Therapist -</i> Cath Cakebread 📞 <ul style="list-style-type: none"> <li>Counselling</li> </ul>		<b>1300 – 1500</b> Macmillan advanced cancer and palliative care nurse – Aeltsje Ooserhof 📞💧	<b>1300 - 1600</b> O/T (Occupational Therapist) - Lindsay Davies 📞💧	<b>0930 – 1300</b> <i>Therapist -</i> Rie Emmers 📞 <ul style="list-style-type: none"> <li>Specialist Cancer Massage</li> </ul>
		<b>1300 – 1500</b> Oban Pink Ladies – Breast Cancer wellbeing and Support group – (meets on the 3rd Wednesday of each month) 💧	<b>1200 -1430</b> Therapist - Lynn Imrie 📞 <ul style="list-style-type: none"> <li>Swedish Massage</li> <li>Relaxation</li> <li>Foot bath massage</li> </ul>	<b>1300 – 1600</b> Therapist - Liz Clark 📞 <ul style="list-style-type: none"> <li>Facials/ light make up</li> </ul>
		<b>1500 – 1700</b> Therapist – Siobhan Rafter 📞 <ul style="list-style-type: none"> <li>Massage Reflexology</li> <li>Indian Head Massage</li> <li>Facials and nails treatments also make up</li> </ul>	<b>1300 – 1500</b> <ul style="list-style-type: none"> <li>Dove Centre Crafty Women Group 💧</li> </ul>	
💧 - 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> </ul>	