

Resource list for FCP service Lochaber.

Acharacle & Ballachulish

[Wild Swimming Experience](#) | [Swim Highlands](#) | [Strontian](#)

Owner is Laura McConnachie

Business info: offers open water swimming in Strontian, teaches everything from water phobics to first time swimmers to experienced swimmers. Teaches outdoors and brings own equipment in trailer including wetsuits and hot drinks. Also teaches indoors during winter at Isles of Glencoe and The Holly Tree Hotel.

Costs in GBP – 75 per hour for one off 1:1 swimming, there are group sessions and deals to be found on her website

Has personal training facility in basement of her house in Strontian and is certified as a PT - costs in GBP are:

*£30 per hour for 60 minutes

*£20 per hour for 30 minutes

Ballachulish

[Highland Holistic](#) | [Facebook](#)

Owner is Aileen Hornby

Just started business, no website as yet

Business info: Aileen is a qualified life coach, mental health first aider with training in identifying adverse sexual behaviour, self-harm and suicide prevention, combining these skills with her hands on treatments. Hands on and alternative qualifications are: sports masseuse, aromatherapist and Indian head massage.

She is an ex dental nurse and was practice manager for 10 years, she works with intake forms, structures her treatment plans and refers on if client's situation is beyond her scope of practice.

She offers:

* Full body massage £60 for 60 to 90 minutes

* Half body massage £40 for 40 minutes

* Indian Head massage £35 for 45 minutes

* Self Care package including counselling/hands on treatment £70-90 for 90 to 120 minutes

* Aromatherapy £70

[The PT Nut](#)

Owner is Sharon Ashwell who also teaches group classes at The Leven Centre in Kinloch

Sharon is qualified as a level 3 exercise referral specialist, level 2 gym instructor, level 4 diabetes and obesity trainer and nutritionist.

As a nutritionist she offers a 6 week plan including: 1:1 consult/intake, diet plan for 6 weeks, regular check ins and 1:1 exit appointment, total cost is £80

Personal training costs £25 for 60 minutes

Sharon is invested in her work for the community and tries to promote the group classes at the Leven Centre from her website and facebook pages, particularly the 50p per visit for those on universal credit.

[Darach Croft | Croft Produce and Social Crofting](#)

Owners are Hugh and Sarah, both with experience in the field of mental health. Sarah is a trained nurse and was a social worker for many years, Hugh is currently doing a doctorate in mental health.

Both are involved with Ewan's Room and Hugh mans an anonymous mental health helpline next to running the croft.

Services that can be offered are tailor made and prices can be agreed on for those unable to pay the standard £30 per hour or £60 for an afternoon or morning.

Hugh is running the forest bathing and walking for arthritis – I did not discuss this in depth with him as he was busy when I visited. I am planning on joining a walking session when next in the area as am curious as to how it feels and works.

After speaking extensively with Sarah, the goal of the croft is to provide a safe space for people needing respite from and support navigating their mental health whilst waiting for NHS psych help. Children and adolescents come to spend time outdoors, work with and pet the animals and help out on the farm (if they wish...they can also just drink tea or go for a walk).

They have goats and a blind sheep who are used to being stroked and cuddled, making them ideal for working with autistic/traumatised children.

[Luxury Waterfront Hotel Glencoe \(\[hollytreehotel.co.uk\]\(http://hollytreehotel.co.uk\)\)](#)

The swimming pool is available for patients at £4.50 per session, please book ahead for time slot.

Patients are welcome, I have had contact with the Holly Tree to ensure this service.

[Health & Wellness Retreat | The Powerful Mind Retreat](#)

Owner is Claire Cameron - she is currently refocussing on her business project following the pandemic, more information will follow when available.

Kinlochleven

[Mountain Yoga Kinlochleven - mountain yoga kinlochleven](#)

Owner is Penny Clay

Business info: offers online classes via Zoom and 1:1 personal sessions – is also a hill walker/mountain climber and aims to get people outside in nature.

Her qualifications are British Wheel of Yoga 500 hours foundation course plus 200 hours of Zen Yoga education, has also done modules for pre and post-natal yoga, breathwork and pathologies.

Works with Claire Thomson and another local teacher, together they form Glencoe Yoga.

Pricing:

1:1 £30 per hour

NHS referrals to those who cannot afford full price is £15 per hour

Group sessions are available and there are free classes regularly throughout the year. These group sessions are:

Tuesday 18.00 beginners/intermediate yoga, 18.45 HIIT Yoga

Wednesday 18.30 beginners yoga

*Classes are currently on Zoom and cost £5 per session

There is also a once monthly yoga morning which costs £12 for 2 hours.

Forest Bathing in Glencoe using appropriate pathways for the client, includes 5 minutes stops along the way for meditation, listening, Qi gong and yoga.

Wild Yoga in Glencoe offers wander yoga which is given at split levels, this is given outdoors in combination with more challenging walks.

[The Leven Centre - The Leven Centre \(highlifehighland.com\)](#)

Group class teacher and manager is Maria Macdonald

Pricing in GBP

£21.50 monthly membership

£31.00 monthly membership for the whole family

50p per visit for those on benefits – see form to fill in on website as proof is needed

Youth club is 2 x weekly from 16.00 to 18.00, kids are taught: life skills, cooking and exercise

Classes: metafit, spinning and kettle bells, these are given by Sharon Ashwell (PT NUT see above for Ballachulish resources)

[MindFit Women - Lochaber MindFit](#)

On the chair – Susie Archibald and her partner Mark

Once weekly group meetings are being set up for women and men in Kinlochleven, location will possibly be the Ice Factor and will be a joint project between the two organisations.

The sessions are free and will be peer to peer focussed with advice given to people on suicide prevention, dealing with depression, anxiety and addiction.

[Luxury Waterfront Hotel Glencoe \(hollytreehotel.co.uk\)](http://hollytreehotel.co.uk)

The swimming pool is available for patients at £4.50 per adult per session, please book ahead for time slot.

Patients are welcome, I have had contact with the Holly Tree to ensure this service.

Additional information

*Please note that patients are momentarily not welcome at Isles of Glencoe swimming pool, I have already asked...

* Am trying to get in touch with a lady called Tara, who gives information to those with low incomes on electricity poverty – this is through Ilona Munro, the local drama teacher

Fort William

[Timetables - Lochaber Leisure Centre \(highlifehighland.com\)](http://highlifehighland.com)

Pricing

£21.50 monthly membership

£31.00 monthly membership for the whole family

50p per visit for those on benefits – see form to fill in on website as proof is needed

*ALSO – swimming and hydro pool – those on benefits can use the hydropool for 50p a pop, use of all props (noodles, floats etc) is included. Timeslots need to be booked ahead.

[\(2\) Susan Archibald coach and mentor | Facebook](#)

Owner – Susie Archibald

Is enormously motivational and very sincere, offers holistic approach and is passionate about getting people to change their mindset, get outdoors and get moving.

Has a 6 week programme including mental and physical coaching plus goal setting, this costs £250.

There is also a free taster online group for 10 consecutive days, this runs periodically.

Susie is busy applying for community funding so that disadvantaged people can also come to her for coaching.

She is looking to complete a certified personal training course in the near future.

At the moment she has no website, so only information available is on facebook.

[CrossFit Ben Nevis – Aim High – Just another WordPress siteJOIN THE WORLDS LEADING PLATFORM FOR HEALTH, HAPPINESS & PERFORMANCE](#)

Owners Karen and Norma

Both are highly trained in their field, Norma has an Msc in Sports Science and Karen is a trained to take on mental health referrals.

They offer Cross Fit for adults and children – 1:1 or in a group. The Cross Fit is delivered to individual needs and can be adapted for the individual.

Children's class is on Monday and Thursday at 16.15 and is given by Karen, there can be assistance given on any mental health issues in the capacity of mind/body connection. Costs are: first class free, then £50 for 10 classes.

1:1 Pilates given by Norma, this costs £30 per hour, a home programme will be written out for the client which is specifically tailored to their needs.

All group classes are currently on Zoom, when classes are "live" they cost £8 per session.

Norma is qualified to teach Pilates and is currently training to become a certified yoga teacher, she will then give a Better Movement Class based on all education programmes she has followed. Watch this space!

Norma and Karen were on the GP referrals list, unfortunately the NHS budget for this service was removed.

There are also services available for cardiac rehab and movement with diabetes.

Their knowledge and quality of work is really good, so any costs that a patient will incur is money well spent and an investment into their long term health.

[Yoga | with Catherine Mitchell \(catherinemitchellyoga.co.uk\)](http://catherinemitchellyoga.co.uk)

Owner is Catherine Mitchell.

Catherine is a senior yoga teacher and is registered through the Yoga Alliance, she is qualified in pre and post-natal yoga and is a teacher for the Yoga for Lower Backs which is prescribed on the NHS in Aberdeenshire.

She teaches Vinyasa flow which is dynamic, Yin yoga which is slow and pre and post-natal classes. Her classes take place at Three Wise Monkeys, Cross Fit Ben Nevis and at Lochaber Clinic.

She is currently training as a yoga therapist and is specialised in Women's Health: how to train women throughout their menstrual cycle, during menopause, pregnancy and the post-natal period. She also has extensive knowledge of Diastasis Recti Abdominis and uses breathing techniques to address any pelvic floor issues that are within her scope of practice.

The Lower Back programme that she is trained to give was developed by University of York and is conform to EBP.

Pricing:

1:1 yoga personal training or rehabilitation training £40 per 60minutes

*Catherine is going to find out if there are funds available for those on universal credit or with low incomes to make this service inclusive to all.

Lower Back Yoga £154 per person for 12 classes, an extra £48 can be paid to access the book, exercise leaflet and relaxation CD that comes with the programme, however this is optional.

[Peer-to-peer Mental Health Support - Lochaber MindFit](#)

Run by Susan Archibald and Andrew

Providing peer to peer support and with speakers that have experienced difficulties themselves. Women's and Men's groups are separate and are given weekly on Monday (men) and Tuesday (women) from 19.00 to 21.00. Meetings are currently online.

Websites and books for weight loss/nutritional guidance

For weight loss/healthy eating (via Kaye Jackson, dietician in FWHC)

[Recipe finder | British Heart Foundation \(bhf.org.uk\)](#)

For healthy recipes, there is also a book version for £3.79 available from World of Books

[Counterweight | Get Started, today!](#)

For stricter weight loss, this looks more like a programme for cognitive behavioural change, meal replacements and re-introduction to food.

[Antony Worrall Thompson recipes - BBC Food](#)

Recipes, not sure how those on low income will respond to this though, name sounds quite snobby and could alienate patients perhaps?

[20 tips to eat well for less - NHS \(www.nhs.uk\)](#)

Practical tips for doing shopping etc etc

[Eat To Beat Depression and Anxiety - Drew Ramsey MD](#) – have read this book myself

A book written by an American psychiatrist with Evidence Based background including listing of articles resourced.

The workings of the brain are explained during anxiety and depression, the effect of diet on this plus a 6 week diet to follow where foods are introduced to reduce symptoms of anxiety and depression.

The book costs £22 and can be ordered online or ordered in from Highland Book Shop.

Websites for Mental Health

Websites given by mental health team upstairs at FWHC

*Silver Cloud and Beating the Blues are for GP referral only! We cannot advise this as FCPs, but is good to know what they look like for our patients.

[Digital Mental Health Solutions in the UK | SilverCloud Health](#)

I find this website genuinely confusing....not sure how it works even after spending considerable time looking at it..

[NHS Tayside \(scot.nhs.uk\)](https://www.nhs.uk)

Beating the Blues – interestingly we (NHS Highland) are one of the few Scottish NHS boards that do not use this. I found it clear and easier to navigate.

<https://www.anxietyuk.org.uk/clinical-advisors/> - website advised by Karen from Cross Fit and accessible for general public without GP referral.

Anxiety UK, a website set up to educate and support a person with anxiety. The clinical advisors are mostly linked to universities and research groups and all support offered is EBP.

The website is clear and concise to use with a lot of information on their courses, webinars, helplines, treatment programmes and therapist locator guides.

The two products that stood out for me are:

- 6 week online course led by qualified therapist using Cognitive Behavioural Therapy (CBT), Compassion Focussed Therapy (CFT) and Acceptance and Commitment Therapy (ACT) priced at £45 to £75 - contact services@anxietyuk.org.uk
- Online support group supervised by a trained Anxiety UK facilitator. Costs are £2.50 for members and £10.00 for non-members per one hour session, contact partners@anxietyuk.org.uk

There are also booklets that are free to download and courses involving art therapy for anxiety, which is also EBP, but perhaps possibly a bit controversial for some patients and practitioners (I would like to see it for myself first).

Websites for exercise

Pilates

Pilates can be confusing and how do you know who is a good teacher and who is qualified? I have put together a list of my go-to online resources that I have given to patients in the past.

[Pilates Anytime - Unlimited Pilates Classes](#)

The first 14 days are free, after that it is £14.00 per month.

Teachers are top quality and have studied with one or more of the 5 Pilates Elders (the 5 who studied with Joseph Pilates themselves), rehab teachers to look out for:

Alan Herdman UK (back to basics and a more contemporary approach)

Carolyn Sidhu Anthony USA (definitely for women's health and post-natal issues)

Kathy Corey USA (breast cancer/mastectomy rehab)

Ballet fit

Ballet fit is the ideal combi of Pilates and standing strengthening/balance/co-ordination exercises, but this needs to be given by proper dancers as their training takes 10 years at conservatoire level.

[BalletFit Class - English National Ballet](#)

Using a chair for support, a bit of ballet and strengthening exercises.

[SB Fitness | Scottish Ballet](#)

This contains upper body, lower body and yoga with a bit of cardio in between – “normal” exercises explained and demonstrated by dancers with clear concise instructions.

Running Groups

[Home \(lochaberjogscotland.co.uk\)](#)

Looks well structured, clients must fill in a PARQ when registering to join. I have tried to contact them but have as yet heard nothing back.

Seafit Lochaber

<https://seahospital.org.uk/help-for-you/the-seafit-programme/>

Every Wednesday Seaworkers can go to Lochaber Clinic for free physiotherapy. The rest of the week free physiotherapy is available in Oban – both are with Ruth Henderson.

To find the info on physiotherapy, scroll right to the bottom of the page.

