

## APPENDIX A – Where to find more Housing Information and Advice

### Housing Offices

**The Housing Offices are open from 9.00am – 5.00pm (Mon-Fri)**

### Emergencies

In an emergency (such as repairs or homelessness), when the housing offices are closed (Monday to Friday 5.00pm – 9.00am, weekends, and holidays (e.g. Christmas, New Year and Easter) Housing Services staff can be contacted on:

**Out of office hours emergency telephone number - 0845 700 2005**

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| <p><b><u>Inverness</u></b><br/>         Inverness Housing Office<br/>         21-23 Church Street<br/>         Inverness IV1 1DY<br/>         Tel: 01463 703800<br/>         Fax: 01463 715881</p>                           | <p><b><i>Housing Staff are also based in:</i></b><br/><br/>         Hilton Service Point<br/>         Tel: 01463 246003/246006<br/><br/>         31-33 Craighton Avenue, Inverness, IV3 8AZ<br/>         Tel: 01463 718848</p> |
| <p><b><u>Badenoch &amp; Strathspey</u></b><br/>         Badenoch &amp; Strathspey Housing Office<br/>         Ruthven Road<br/>         Kingussie PH21 1EJ<br/>         Tel: 01540 664510<br/>         Fax: 01540 661004</p> |  |
| <p><b><u>Caithness</u></b><br/>         Wick Housing Office<br/>         Market Square, Wick<br/>         Wick KW1 4AB<br/>         Tel: 01955 607712<br/>         Fax: 01955 605775</p>                                     | <p>Thurso Housing Office<br/>         Rotterdam Street<br/>         Thurso KW14 8AB<br/>         Tel: 01847 805505<br/>         Fax: 01847 805508</p>  |
| <p><b><u>Lochaber</u></b><br/>         Lochaber Housing Office<br/>         Lochaber House, High Street<br/>         Fort William PH33 6EL<br/>         Tel: 01397 707299<br/>         Fax: 01397 707247</p>                 | <p><b><u>Nairn</u></b><br/>         Nairn Housing Office<br/>         The Courthouse, High Street<br/>         Nairn IV12 4AU<br/>         Tel: 01667 458510<br/>         Fax: 01667 452056</p>                                |

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| <p><b><u>Ross &amp; Cromarty</u></b><br/> Ross and Cromarty Housing Office<br/> Ross House<br/> High Street<br/> Dingwall IV15 9RY<br/> Tel: 01349 868463<br/> Fax: 01349 863510</p>               | <p><b><i>Housing Staff are also based in:</i></b></p> <p>Alness Service Point<br/> Tel: 01349 882366<br/> Invergordon Service Point<br/> Tel: 01349 855500<br/> Fortrose Service Point<br/> Tel: 01381 620797<br/> Muir of Ord Service Point<br/> Tel: 01463 870201<br/> Gairloch Service Point<br/> Tel: 01445 712572</p> |
| <p><b><u>Skye &amp; Lochalsh</u></b><br/> Skye and Lochalsh Housing Office<br/> Tigh na Sgire<br/> Park Lane<br/> Portree, Isle of Skye IV51 9EP<br/> Tel: 01478 613806<br/> Fax: 01478 613828</p> | <p><b><i>Housing staff are also based in:</i></b></p> <p>Kyle of Lochalsh Service Point<br/> Tel: 01599 534270</p>   |
| <p><b><u>Sutherland</u></b><br/> Sutherland Housing Office<br/> The Meadows<br/> Dornoch V25 3SG<br/> Tel: 01862 812010<br/> Fax: 01862 810188</p>   | <p><b><i>Housing Staff are also based in:</i></b></p> <p>Lochinver Service Point<br/> <b>Tel: 01571 844777</b></p>   |

Highland Homeless Advice Line

Freephone from all landlines and from some mobiles (please check with your Service Provider) **0808 801 0804**

The Highland Homeless Advice Line is a telephone service run by Citizens Advice Direct, an independent organisation. The service will help you if you having difficulties with your housing or have lost or are at risk of losing your home.

The advice line can give advice on housing issues, e.g. your rights as a private tenant, finding a house, getting help from the Council and other organisations. They can also give you assistance and advice on dealing with money problems, claiming benefits, employment, etc. The Service can also make referrals to organisation who can give practical help and support. The service is free and confidential.

This number is free from all landlines and will not be listed on the telephone account nor will it register on the last number called system on your phone. The number is free from some mobiles – please check with your service

provider. The Highland Homeless Help Line will return your call if necessary, please ask them to call you back.

### Service Points

|                                       |   |  |
|---------------------------------------|---|--|
| <b>Badenoch &amp; Strathspey Area</b> | Service Point, School House, Milton Park, Aviemore, PH22 1RR<br>Service Point, The Square, Grantown-on Spey, PH26 3HF<br>Service Point, Ruthven Road, Kingussie, PH21 1EJ   | 01479-811990<br>01479-872539<br>01540-664502   |
| <b>Caithness Area</b>                 | Service Point, Rotterdam Street, Thurso, KW14 8AB<br>Service Point, Market Square, Wick, KW1 4AB  | 01847-805500<br>01955-607702   |
| <b>Inverness Area</b>                 | Service Point, Old School House, Station Road, Ardersier, IV2 7SU<br>Service Point, Car Park, Drumnadrochit, IV63 6TX<br>Service Point, 23 Church Street, Inverness, IV1 1DY<br>Service Point, Hilton Village, Inverness, IV2 4HT<br>Service Point, Memorial Hall, Fort Augustus, PH32 4DJ  | 01667-462658<br>01456-459050<br>01463-703999<br>01463-246007<br>01320-366733   |
| <b>Lochaber Area</b>                  | Service Point, Acharacle Centre, Morrison Place, Acharacle, PH36 4JT<br>Service Point, Lochaber House, High Street, Fort William, PH33 6EL<br>Service Point, Library & Visitor Centre, Linnhe Road, Kinlochleven, PH50 4SJ<br>Service Point, Community Centre, Mallaig, PH41 4PY  | 01967-431487<br>01397-707256<br>01855-831663<br>01687-460027   |
| <b>Nairn</b>                          | Service Point, Court House, Nairn IV12 4AU  | 01667 458500   |
| <b>Ross &amp; Cromarty Area</b>       | Service Point, 3/5 Obsdale Road, Alness, IV17 0TY<br>Service Point, Ross House, High Street, Dingwall, IV15 9RY<br>Service Point, Black Isle Leisure Centre, Deans Road, Fortrose, IV10 8TJ<br>Service Point, Achtercairn, Gairloch, IV21 2BP<br>Service Point, 62 High Street, Invergordon, IV18 0DH<br>Service Point, Main Street, Lochcarron, IV54 8YD<br>Service Point, Seaforth Road, Muir-of-Ord, IV6 7TA<br>Service Point, 24 High Street, Tain, IV19 1AE<br>Service Point, North Road, Ullapool, IV26 2XL | 01349-882366<br>01349-868527<br>01381-620797<br>01445-712572<br>01349-852472<br>01520-722241<br>01463-870201<br>01862-892122<br>01854-612426 |
| <b>Skye &amp; Lochalsh Area</b>       | Service Point, Old Corry Industrial Estate, Broadford, Isle of Skye, IV49 9AB<br>Service Point, 2 Lochside, Dunvegan, Isle of Skye, IV55 8WB<br>Service Point, Hamilton House, Plock Road, Kyle of Lochalsh, IV40 8BL<br>Service Point, Tigh-na-Sgìre, Park Lane, Portree, Isle of Skye, IV51 9GP   | 01471-820075<br>01470-521581<br>01599-534270<br>01478-613800   |
| <b>Sutherland Area</b>                | Service Point, NTC, Bettyhill, KW14 7SS<br>Service Point, Carnegie Building, Lairg Road, Bonar Bridge, IV24 3EA<br>Service Point, Gower Street, Brora, KW9 6PD<br>Service Point, The Meadows, Dornoch, IV25 3SG<br>Service Point, Durine, Durness, IV27 4PN<br>Service Point, Main Street, Golspie, KW10 6RB<br>Service Point, Community Centre, Dunrobin Street, Helmsdale, KW8 6JX<br>Service Point, New Buildings, Main Street, Lairg, IV27 4DB<br>Service Point, Culag Annex, Culag Pier Lochinver, IV27 4LE  | 01641-521242<br>01863-766838<br>01408-622644<br>01862-812000<br>01971-511259<br>01408-635200<br>01431-821742<br>01549-402588<br>01571-844777 |

## Housing Associations in Highland

| Name                                     | Address   | Telephone  | Type of Housing   |
|--|---|--|---|
| Albyn Housing Society Ltd                | 98-100 High Street<br>Invergordon<br>IV18 0DL                     | Tel: (01349) 852978<br>Fax: (01349) 853859<br>e-mail: <a href="mailto:office@albynhousing.org.uk">office@albynhousing.org.uk</a><br><a href="http://www.albynhousing.org.uk">www.albynhousing.org.uk</a>           | Mainstream rented;<br>shared ownership                                  |
| Lochaber Housing Association             | 30 Fassifern Road<br>Fort William<br>PH33 6XQ                     | Tel: (01397) 702530<br>Fax: (01397) 704141<br>e-mail: <a href="mailto:info@lochaberhousing.co.uk">info@lochaberhousing.co.uk</a><br>No website available   | Mainstream rented;<br>shared ownership                                  |
| Lochalsh & Skye Housing Association      | Morrison House<br>Bayfield<br>Portree<br>Isle of Skye<br>IV51 9EE | Tel: (01478) 612035<br>Fax: (01478) 613377<br>e-mail: <a href="mailto:info@LSHA.co.uk">info@LSHA.co.uk</a><br><a href="http://www.lsha.co.uk">www.lsha.co.uk</a>   | Mainstream rented;<br>shared ownership                                  |
| Pentland Housing Association             | 37-39 Traill Street<br>Thurso, Caithness<br>KW13 8AG              | Tel: (01847) 892507<br>Fax: (01847) 893221<br>e-mail: <a href="mailto:pha@pentlandhousing.co.uk">pha@pentlandhousing.co.uk</a><br><a href="http://www.pentlandhousing.co.uk">www.pentlandhousing.co.uk</a>         | Mainstream rented;<br>shared ownership                                  |
| Cairn Housing Association Ltd            | Cairn House<br>30 Waterloo Place<br>Inverness<br>IV1 1NB          | Tel: (01463) 220666<br>Fax: (01463) 229470<br>e-mail: <a href="mailto:info@cairnha.com">info@cairnha.com</a><br><a href="http://www.cairnha.com">www.cairnha.com</a>   | Mainstream rented;<br>shared ownership;<br>sheltered                    |
| Highland Small Communities Housing Trust | 5 Ardross Terrace<br>Inverness<br>IV3 5NQ                         | Tel: (01463) 233548<br>Fax: (01463) 233548<br>e-mail: <a href="mailto:dialexander.hscht@btinternet.com">dialexander.hscht@btinternet.com</a><br>No website available   | Assist in identifying<br>housing solutions<br>and developing<br>housing |
| Hanover (Scotland) Housing Association   | 12 Institution Road<br>Elgin<br>Moray<br>IV30 1QY                 | Tel: (01343) 548585<br>Fax: (01343) 549519<br>e-mail: <a href="mailto:admin@hsha.org.uk">admin@hsha.org.uk</a><br><a href="http://www.hanover.org.uk">www.hanover.org.uk</a>                                       | Mainstream rented;<br>shared ownership;<br>sheltered                    |
| Trust Housing Association                | 12 New Mart Road<br>Edinburgh<br>EH14 1RL                         | Tel: (0131) 444 1200<br>Fax: ((0131) 444 4949<br>e-mail: <a href="mailto:info@trustha.org.uk">info@trustha.org.uk</a><br><a href="http://www.trustha.org.uk">www.trustha.org.uk</a>                                | Sheltered;<br>Amenity   |
| Key Housing Association                  | Savoy Tower<br>77 Renfrew Street<br>Glasgow<br>G2 3BZ             | Tel: 0141 332 6672<br>Fax: 0141 332 7478<br>e-mail: <a href="mailto:info@keyhousing.org">info@keyhousing.org</a><br><a href="http://www.keyhousing.org">www.keyhousing.org</a>                                     | Supported housing<br>for people with<br>learning disabilities           |
| Link Housing Association                 | 38 Riverside Park<br>Lochyside<br>Fort William<br>PH33 7RB        | Tel: (01397) 702044<br>Fax: (01397) 702044<br>e-mail: <a href="mailto:Kcam@linkhaltd.co.uk">Kcam@linkhaltd.co.uk</a><br><a href="http://www.linkhousing.co.uk">www.linkhousing.co.uk</a>                           | Mainstream rented   |
| Birchwood Highland                       | 5 Wells Street<br>Inverness<br>IV3 5JT                            | Tel: (01463) 236507<br>Fax: (01463) 236522<br>e-mail: <a href="mailto:birchwood.highland@i12.com">birchwood.highland@i12.com</a><br><a href="http://www.birchwoodhighland.org.uk">www.birchwoodhighland.org.uk</a> | Supported housing<br>for people with<br>mental health<br>problems       |
| Margaret Blackwood Housing Association   | Craigievar House<br>77 Craigmount Brae<br>Edinburgh<br>EH12 8YL   | Tel: 0131 317 7227<br>Fax: 0131 317 7294<br>e-mail: <a href="mailto:info@mbha.org.uk">info@mbha.org.uk</a><br><a href="http://www.mbha.org.uk">www.mbha.org.uk</a>   | Wheelchair/<br>Mainstream for<br>people with physical<br>disabilities   |



## Social Work Offices

| <b>Social Work Services – Area and Local Offices</b>                                   |                  |
|--|------------------|
| <b>Badenoch &amp; Strathspey</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>The Schoolhouse<br>Milton Park<br>AVIEMORE PH22 1RR         | 01479 810251     |
| <b>Caithness</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>125/127 High Street<br>WICK KW1 4LR                         | 01955 605040     |
| Thurso Office<br>16 High Street<br>THURSO KW14 8AG                                     | 01847 893835     |
| <b>Inverness</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>Town House<br>INVERNESS IV1 1JJ                             | 01463 724220     |
| Merkinch Team<br>Carsegate House<br>Glendoe Terrace<br>INVERNESS IV3 8ED               | 01463 724040     |
| Culloden Team<br>Shopping Centre<br>Keppoch Road<br>Culloden<br>INVERNESS IV2 7LL      | 01463 791338     |
| <b>Lochaber</b>  |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>Tweeddale Buildings<br>High Street<br>FORT WILLIAM PH33 6EL | 01397 703397     |
| Fort William Area Office<br>Fulton House<br>Gordon Square<br>FORT WILLIAM PH33 6XY     | 01397 707025     |
| <b>Nairn</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>60 King Street<br>NAIRN IV12 4DN                            | 01667 453746     |
| <b>Ross &amp; Cromarty</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |

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|--|------------------|
| Area Social Work Office<br>Council Offices<br>High Street<br>DINGWALL IV15 9QN                 | 01349 868547     |
| Alness Office<br>Suie House<br>Bridgend<br>ALNESS IV17 0UD                                     | 01349 882609     |
| Dingwall Office<br>Slioch<br>Castle Street<br>DINGWALL IV15 9HU                                | 01349 865262     |
| Tain Office<br>Scotsburn Road<br>TAIN IV19 1PR   | 01862 893021     |
| Wester Ross Team<br>Service Point<br>North Road<br>ULLAPOOL IV26 2XL                           | 01854 613911     |
| <b>Skye &amp; Lochalsh</b>   |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Social Work Office<br>Tigh na Drochaid<br>Bridge Road<br>PORTREE<br>Isle of Skye IV51 9ER | 01478 612943     |
| <b>Sutherland</b>  |                  |
| <b>Office</b>  | <b>Telephone</b> |
| Area Main Social Work Office<br>Olsen House<br>Main Street<br>GOLSPIE KW10 6RB                 | 01408 634040     |
| Bettyhill Sub-Area Office<br>Naver Teleservice Centre<br>BETTYHILL KW14 7SS                    | 01641 521831     |
| Lochinver Sub-Area Office<br>Main Street<br>LOCHINVER IV27 4DB                                 | 01571 844332     |

Housing Benefit Offices

|                                  |  |  |
|----------------------------------|--|--|
| <b>Badenoch &amp; Strathspey</b> | Housing Benefits Officer<br>Finance Services<br>Ruthven Road<br>KINGUSSIE PH21 1EJ                             | Tel: Freefone 0800 393 811<br>Fax: 01540 661004<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Kingussie@highland.gov.uk">AreaFinanceTeam.Kingussie@highland.gov.uk</a>   |
| <b>Caithness</b>                 | Housing Benefits Officer<br>Finance Services<br>Market Square<br>WICK KW1 4AB                                  | Tel: Freefone 0800 393 811<br>Fax: 01955 603649<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Caithness@highland.gov.uk">AreaFinanceTeam.Caithness@highland.gov.uk</a>   |
| <b>Inverness</b>                 | Housing Benefits Officer<br>Finance Services<br>21-23 Church Street<br>INVERNESS IV1 1DY                       | Tel: Freefone 0800 393 811<br>Fax: 01463 703918<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Inverness@highland.gov.uk">AreaFinanceTeam.Inverness@highland.gov.uk</a>   |
| <b>Lochaber</b>                  | Housing Benefits Officer<br>Finance Services<br>Lochaber House<br>High Street<br>FORT WILLIAM PH33 6EL         | Tel: Freefone 0800 393 811<br>Fax: 01397 702178<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Lochaber@highland.gov.uk">AreaFinanceTeam.Lochaber@highland.gov.uk</a>     |
| <b>Nairn</b>                     | Housing Benefits Officer<br>Finance Services<br>The Courthouse<br>High Street<br>NAIRN IV12 4DP                | Tel: Freefone 0800 393 811<br>Fax: 01667 456650<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Nairn@highland.gov.uk">AreaFinanceTeam.Nairn@highland.gov.uk</a>           |
| <b>Ross &amp; Cromarty</b>       | Housing Benefits Officer<br>Finance Services<br>Ross House<br>High Street<br>DINGWALL IV15 9RY                 | Tel: Freefone 0800 393 811<br>Fax: 01349 862911<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Dingwall@highland.gov.uk">AreaFinanceTeam.Dingwall@highland.gov.uk</a>     |
| <b>Skye &amp; Lochalsh</b>       | Housing Benefits Officer<br>Finance Services<br>Tigh na Sgìre<br>Park Lane<br>PORTREE<br>Isle of Skye IV51 9EP | Tel: Freefone 0800 393 811<br>Fax: 01478 613828<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Portree@highland.gov.uk">AreaFinanceTeam.Portree@highland.gov.uk</a>       |
| <b>Sutherland</b>                | Housing Benefits Officer<br>Finance Services<br>Main Street<br>GOLSPIE KW10 6RB                                | Tel: Freefone 0800 393 811<br>Fax: 01408 633120<br>E-mail:<br><a href="mailto:AreaFinanceTeam.Sutherland@highland.gov.uk">AreaFinanceTeam.Sutherland@highland.gov.uk</a> |

## Independent Advice Agencies

### **THE HIGHLAND ADVICE AND INFORMATION NETWORK - (HAIN) and CITIZEN ADVICE AGENCY - (CAB)**

The Highland Advice and Information Network is an umbrella organisation/mutual support network comprising all the nine independent Advice Agencies in the Highlands with Central Support staff based in Inverness.

All HAIN agencies deliver a generalist as well as a specialist advice service, the latter principally in the areas of welfare rights and money advice.

#### **Welfare Rights**

HAIN supports the Welfare Rights service which is delivered locally through the member agencies. It does this by providing training and information for the network and outside bodies, establishing common standards and procedures, statistical recording, developing and disseminating good practice and co-ordinating social policy feedback on relevant issues. It also provides support and consultation for the individual Welfare Rights Officers who deliver the service to the public.

#### **Member Agencies:**

Badenoch & Strathspey Community Advice and Information Service  
Caithness Citizens Advice Bureau  
East Sutherland Village Advisory Service  
Inverness Citizens Advice Bureau  
Lochaber Citizens Advice Bureau  
Nairn Citizens Advice Bureau  
North West Sutherland Advice and Information Service  
Ross & Cromarty Citizens Advice Bureau  
Skye & Lochalsh Citizens Advice Bureau

#### **Highland Advice and Information Network**

##### **Central Support**

**57 Church Street**

**INVERNESS IV1 1DR**

☎ 01463 714863/712275 Fax: 01463 713110

E-Mail: [info@hain.org.uk](mailto:info@hain.org.uk)

Website: [www.hain.org.uk](http://www.hain.org.uk)

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| <p><b>CAITHNESS CAB</b><br/> ☎/Fax: 01847 894243/896796<br/> 7A Brabster Street<br/> THURSO KW14 7AP<br/> E-mail: <a href="mailto:bureau@cnesscab.cabnet.org.uk">bureau@cnesscab.cabnet.org.uk</a></p> <p><i>Manager:</i> Duncan MacKay<br/> <i>Money Advice Officer:</i> Heather Miller</p>   | <p>Opening Hours: Mon – Fri 10-2</p>  |
| <p>Wick Extension</p> <p>☎ 01955 605989 Fax: 01955 606673<br/> 123 High Street,<br/> WICK KW1 4LR</p> <p><i>Welfare Rights Officer:</i> Jennifer Harvey</p>  | <p>Opening Hours: Tue/Wed/Thur 10-2</p> <p><i>Day Care Centre, Tongue:</i> Last Wed in month 10-12</p> <p><i>NTC, Bettyhill:</i> Last Wed in month 12.30-1.30</p>   |
| <p><b>COMMUNITY ADVICE &amp; INFORMATION SERVICE</b></p> <p>☎ 01479 810919 Fax: 01479 811058<br/> 2 Inverewe, Grampian Road<br/> AVIEMORE PH22 1RH<br/> E-mail: <a href="mailto:vabs@scvo.org.uk">vabs@scvo.org.uk</a></p> <p><i>Manager:</i> John Rainy Brown<br/> <i>Welfare Rights Officer:</i> Monica Satny</p> <p>Grantown-on-Spey outreach: YMCA<br/> <i>Money Advice Officer:</i> Delmar Harris</p> | <p>Opening Hours: Mon 6.00 – 7.00 (appts.),<br/> Tue 10-12, Wed/Thur 2-4</p> <p><i>Wade Centre, Kingussie:</i> Tues 2-3</p> <p><i>Lesser Hall, Newtonmore:</i> Tues 10-11.30</p> <p>Opening Hours: Mon &amp; Wed 2-3</p>  |
| <p><b>EAST SUTHERLAND VILLAGE ADVISORY SERVICE</b></p> <p>☎ 01408 633000 Fax: 01408 633430<br/> Alba, Main Street<br/> GOLSPIE KW10 6TG<br/> E-mail: <a href="mailto:manager@esvas9.fsnet.co.uk">manager@esvas9.fsnet.co.uk</a></p> <p><i>Manager:</i> Ali Cuthbertson<br/> <i>Welfare Rights Officer:</i> Allan Keating<br/> <i>Money Advice Officer:</i> Naseem Sarwar</p>                               | <p>Mon: <i>Golspie:</i> 2.30–4.30 (Vol Group Offices)</p> <p>Tue: <i>Bonar Bridge:</i> 10-12 (Bradbury Centre)<br/> <i>Brora:</i> 2-4.30 (Library)</p> <p>Wed: <i>Helmsdale</i> 10.30-12.30 (Day Centre)</p> <p>Thur: <i>Lairg Service Point:</i> 2.30–4.30</p> <p>Fri: <i>Dornoch</i> 10.30 – 12.30 (Carnegie Hall)<br/> <i>Brora</i> 10-12.15 (Library)</p> |

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|---|---|
| <p><b>INVERNESS CAB</b><br/> ☎ 01463 235345 Fax: 01463 714272<br/> 103 Academy Street</p> <p>INVERNESS IV1 1LX<br/> E-mail:<br/> <a href="mailto:bureau@invernesscab.casonline.org.uk">bureau@invernesscab.casonline.org.uk</a></p> <p><i>District Manager:</i> Jane Bennett<br/> <i>Manager:</i> Alison Gauld<br/> <i>Money Advice Officer:</i> Pam Fargie<br/> <i>Welfare Rights Officers:</i> Peter MacIntyre/Iain Pirie</p> <p>Raigmore Hospital CAB<br/> ☎ 01463 706014<br/> Raigmore Hospital<br/> Old Perth Road<br/> INVERNESS IV2 3UJ</p> <p><i>Manager:</i> Steve Alderson<br/> <i>Rights Worker:</i> Alex Anderson</p> | <p>Opening Hours: Mon/Wed/Thu 10-3 and<br/> Tues/Fri 10-1</p> <p>Opening Hours: Mon/Tues/Thur/Fri 10-4.30 and Wed 10-4.30, 6-8</p>  |
| <p><b>LOCHABER CAB</b><br/> ☎ 01397 705311 Fax: 01397 700610<br/> Dudley Road<br/> FORT WILLIAM PH33 6JB<br/> E-mail:<br/> <a href="mailto:admin@lochabercab.casonline.org.uk">admin@lochabercab.casonline.org.uk</a></p> <p><i>Manager:</i> David Rodger<br/> <i>Money Advice Officer:</i> Bernie McCann<br/> <i>Welfare Rights Officer:</i> Stephen Marshall</p>  | <p>Opening Hours: Mon/Tue/Thu/Fri 10-2<br/> Wed 3-6</p> <p><i>Church of Scotland Vestry, Kinlochleven:</i><br/> 2<sup>nd</sup> and 4<sup>th</sup> Tues in month 10.30-1.30</p> <p><i>Fisherman's Mission, Mallaig:</i><br/> First Wed in month 10.30-3.30</p> |
| <p><b>NAIRN CAB</b><br/> ☎ 01667 456677 Fax: 01667 451081<br/> 6 High Street<br/> NAIRN IV12 4BJ<br/> E-mail: <a href="mailto:bureau@nairncab.casonline.org.uk">bureau@nairncab.casonline.org.uk</a></p> <p><i>Manager:</i> Bryan Bain<br/> <i>Money Advice Officer:</i> Graham Marsden<br/> <i>Welfare Rights Officer:</i> Lynne Thompson</p>  | <p>Opening Hours: Mon – Fri 10-1<br/> Thur 10-1, 5.30-7.30</p>  |

**NORTH WEST SUTHERLAND ADVICE & INFORMATION SERVICE**

☎/Fax: 01971 521730

E-mail: [nwais@kinlochbervie3.fsnet.co.uk](mailto:nwais@kinlochbervie3.fsnet.co.uk)

Office 3

Harbour Offices

The Pier

KINLOCHBERVIE IV27 4RR

Manager: Joan MacKay

Opening Hours: Mon/Wed 1-3  
Tues & Thurs 10-12

**ROSS & CROMARTY CAB**

☎ 01349 883333 Fax: 01349 884126

E-mail:

[adviser@alnesscab.casonline.org.uk](mailto:adviser@alnesscab.casonline.org.uk)

Balallan

4 Novar Road

ALNESS IV17 0QG

Manager: Lynne MacKenzie

Welfare Rights Officer: Stephen Johnston

Money Advice Officer: David Adams

Dingwall Extension

☎ 01349 864850

4 Church Street

DINGWALL IV15 9HU

Opening Hours: Mon/Tue/Thu/Fri 10-2

Opening Hours: Tue/Wed/Fri 10-2

**SKYE & LOCHALSH CAB**

☎/Fax: 01478 612032

E-mail: [info@skyecab.casonline.org.uk](mailto:info@skyecab.casonline.org.uk)

The Green

PORTREE

Isle of Skye IV51 9BT

Manager: Gordon Wright

Welfare Rights Officer:

Money Advice Officer: Catriona MacLean

Opening Hours: Mon/Tues 10-1, 2-4.30  
Wed/Fri 10-1