

The service is available to anyone living in Tongue, Melness and Skerryay over the age of 18.

Anyone can make a referral to this service. For more information, and to obtain a referral form please get in touch!

Email:
coordinator@northcoastconnection.org.uk

Telephone:
07432 871737

North Coast Helping Hands is delivered by North Coast Connection in partnership with Highland Hospice.



Highland Hospice is a registered Scottish charity, No SC011227



North Coast Helping Hands is a volunteer befriending service providing support in a person's own home.



Heartfelt thanks to the family of the late Babe Mackay for the continued use of this beautiful photo in support of our service.

Photo credit - Lexy Maclean

This service aims to make life meaningful and fulfilling, helping clients to remain as independent as possible.

Become a Volunteer!

Volunteering can be a valuable experience and will make a meaningful difference to people when they need it most.



Photo credit - Mike Roper

If you are interested in giving a few hours of your time on a weekly or fortnightly basis, please contact us!

Each person is different, therefore the help and support offered is tailored to their individual needs.

Support can include:

- Providing companionship (reading, chatting, letter writing)
- Providing a listening ear for clients, carers and their families
- Offering opportunities to participate in social/recreational and daily living activities
- Providing respite for carers for short periods
- Supporting clients and their carers affected by advancing illness in their own home or care establishment providing friendship and social support