

Fri, September 25, 2020

Cairdeas Cottage



The Cottage is a resource centre for those affected by mental ill health. It is attractively situated by the River Ness in the heart of the city.

Through a balance of activities and social interaction, our aim is to encourage peer support which may build up confidence thus aiding the recovery process.

The Cottage offers a cafe providing nourishing and inexpensive meals and snacks. There is a lounge where people can relax and meet others.

We also facilitate Hearing Voices and Bi-Polar peer support groups, with additional groups such as relaxation, crafting, etc.

We operate a self referral system, but also welcome referrals from other agencies and professionals.

Our opening hours are as follows:

Monday 12:30 - 4:30

Tuesday 2-7

Wednesday 12:30-4:30

Thursday 12:30-7

Friday 12:30-4:30

Saturday 2-4:30

Sunday 2-5 (dates will vary)

Further Information and Contact Details



hi-hope.org
by Hi Hope - hi-hope.org
hi-hope.org

Street Address: 5 Bank Street, Inverness, IV1 1QY

Telephone: 01463 713 928

Email: cairdeas@supportinmindscotland.org.uk

Website: www.supportinmindscotland.org.uk