

# Directory of Services

## TEVIOT AREA

Now you have finished your treatment there is no need to feel alone; there is lots happening in your area.



TRANSFORMING  
YOUR  
CANCER CARE

WE ARE  
PROFESSIONAL  
CARERS

NHS  
SCOTLAND

More information about groups and services available can be found on our website <http://www.nhsborders.scot.nhs.uk/>

Organisation	Phone Number	Email / Website	Service / Activities
Almond Tree Cafe	01450 373445	Facebook page: The Almond Tree	Placements for people who have lost a bit of their confidence.
Amateur Boxing Scotland (Hawick)	01450 379289		To provide the environment for the safe practise of Boxing.
ARK Community Networks	01450 379546		Housing support and Community House (Social Care)
Artbeat Studios	01450 379547	artbeatstudios@hotmail.com	Local Community Arts Initiative offering range of art sessions from photography to watercolours. Working to make art accessible to all.
Bedrule Village Hall	01450 378992		We play lawn green bowls. It can help to rehabilitate people who have had strokes which a few of our members have had. It can be used as a social activity to enable people on their own to join in and have company. It also is a competitive sport for those who wish to compete against others and encourages people to work as part of a team and be an individual. Lawn Green Bowls during the Summer months and Carpet Bowls during the Winter months.
Borderline Helpline	0800 0274466		A free phone helpline for adults in the Scottish Borders who are experiencing emotional distress. 7-10pm every evening
Border Therapies		<a href="http://www.bordertherapies.co.uk">www.bordertherapies.co.uk</a>	This website is designed to be the simplest and most informative way to find out about complementary therapies and qualified complementary healthcare practitioners in the Scottish Borders.
Borders Exploration Group	01450 376996	<a href="http://www.borders-exploration-group.org.uk/">http://www.borders-exploration-group.org.uk/</a>	Organises expeditions for 16-25 year olds
Borders Independent Advocacy Service	01896 752200	<a href="mailto:info@bordersadvocacy.org.uk">info@bordersadvocacy.org.uk</a> <a href="http://www.bordersadvocacy.org.uk">www.bordersadvocacy.org.uk</a>	Putting you in control by giving you a lot more say about the type of support you get
Borders Sport and Leisure Trust	01896 661166	<a href="mailto:enquiries@bslt.org.uk">enquiries@bslt.org.uk</a> <a href="http://www.bslt.org.uk">www.bslt.org.uk</a>	Sporting opportunities across the Scottish Borders for all ages and abilities
Breast Cancer Care	0141 353 8330	<a href="mailto:Angela.Harris@breastcancercare.org.uk">Angela.Harris@breastcancercare.org.uk</a>	
Breathing Space	0800 838597	<a href="http://www.breathingspacescotland.co.uk">www.breathingspacescotland.co.uk</a>	A free, confidential phone and web based service for any individual who is experiencing low mood or depression. A BSL (British Sign Language) service is also available via the website
British Red Cross	01896 751888	<a href="http://www.redcross.org.uk/">http://www.redcross.org.uk/</a>	Supporting transport needs of patients within the Scottish Borders.

Buccleuch Bowling Club	01450 378992		We play lawn green bowls. It can help to rehabilitate people who have had strokes which a few of our members have had. It can be used as a social activity to enable people on their own to join in and have company. It also is a competitive sport for those who wish to compete against others and encourages people to work as part of a team and be an individual. Lawn Green Bowls during the Summer months and Carpet Bowls during the Winter months.
Buddhist Meditation Classes	0131 6221956		Classes to teach specific Buddhist methods for developing inner peace and solving our human problems. Although these teachings are Buddhist in nature, they are completely accessible to everyone regardless of background or belief
Burnfoot Community Centre	01450 375147		Burnfoot Community Centre in Hawick is a local community centre holding a range of community events and activities at various times throughout the year
Burnfoot Community Health Project	01450 375147	barbara.jessop@borders.scot.nhs.uk	Various health and fitness activities, e.g., aromatherapy, healthy eating, drop in lunch, taster groups
Cancer Information and Support Services (CISS)	01896 826835		Providing information, advice and support for cancer patients within the Scottish Borders.
Carers Centre	01896 752431	<a href="http://www.borderscarerscentre.co.uk/">http://www.borderscarerscentre.co.uk/</a>	The Borders Carers Centre provides FREE independent help & support to unpaid family carers (aged 18+) of people with all types of illness and disability throughout the Scottish Borders
Citizens Advice Bureau	01450 374266	<a href="http://www.cas.org.uk/bureaux/roxburgh-and-berwickshire-citizens-advice-bureau">http://www.cas.org.uk/bureaux/roxburgh-and-berwickshire-citizens-advice-bureau</a>	Citizens Advice Scotland, our 61 member bureau and our consumer helpline together form Scotland's largest independent advice network. We help more than 300,000 people solve their problems each year in communities everywhere from city centres to the Highlands and Islands and we look at the problems people bring to our advice services and campaign for change where it's needed most. We work for a fairer Scotland where people are empowered and their rights respected.
Cogsmill Hall	01450 372921		To promote the benefit of the inhabitants of the Slitrig Valley, Hawick & its environs without distinction of sex or political, religious or other options by associating the local statutory authorities, voluntary organisations & inhabitants in a common effort to advance education and to provide, or assist in the provision of facilities in the interest of local welfare for recreation and other leisure time occupation so that conditions of life may be improved. To maintain and manage the building and adjoining grassed area, known as Cogsmill Hall as a public hall for activities promoted by the committee. Various activities, including fundraising.
Colimar Dance Co	07846227399	colimardance@aol.com	Teaching social ballroom, LeRoc Jive and Line dancing
Deanfield Day Centre	01450 370366		Deanfield Day Centre offers activities and interest groups for people who would otherwise be isolated due to disability or old age. For information about availability of places, please phone Social Work Services.

Deanfield Residential Care Home	01450 373072		Care home for older people
Doing Well	01896 668831		Our service offers a session with a friendly, supportive individual who has the tools to point patients in the right direction and the time to sit and listen to their individual needs.
Drumlanrig Out of School Club	01450 379722		Breakfast Club
Drumlanrig Scottish Country Dance Class	01450 373940		To promote Scottish Country Dancing for social enjoyment.
English Classes	01450 373940		
Escape Youth Cafe	01450 378001		Escape provides a safe and fun environment for young people in the Hawick and surrounding area to attend. The project promotes participation and decision making through involving young people in all aspects of the project. Enhancement of personal development and learning through various activities, projects and listening/valuing young peoples' choices and ideas.
Evergreen Carpet Bowlers Club Hawick	01450 376811		To provide the opportunity for Pensioners to meet actively by playing Carpet Bowls.
Face 2 Face Borders	01896 668811	admin@face2faceborders.com www.face2faceborders.com	Providing 1:1 support, advice and education on alcohol, drugs and volatile substance abuse for young people between 11 and 18 years of age across the Scottish Borders
Fellowship Club (Indoor Bowls)	01450 375147		
FitBorders	07770540427	karen@fitborders.co.uk / <a href="http://www.fitborders.co.uk">http://www.fitborders.co.uk</a>	Various exercise and dance classes
Forman Memorial Hall	01450 880222		The upkeep of the hall and to try to gather a rather scattered Community together. Our other important function is to generate enough money for the insurance & upkeep of the Hall so that future generations may enjoy these facilities Activities include: Carpet Bowls; SWRI meetings; Dancing classes; Art Classes; Parties; Weddings.
Friends of Hawick Library	01450 372637	libhawick@scotborders.gov.uk / <a href="http://www.scotborders.gov.uk/libraries/content/hawick.html">http://www.scotborders.gov.uk/libraries/content/hawick.html</a>	To promote the Library and to help preserve the Heritage of Hawick
Getting You There	0845 521 1670		A service providing affordable transport for older people 65+ living in the Scottish Borders who are unable to use public transport to attend Health and Social Care appointments. Fully accessible vehicles. To arrange call between 9am-5pm, Monday to Friday
Hawick & District Probus Club	01450 373259		To meet regularly for talks, discussions and fellowship. Activities include - Organise Speakers; Special interest topics; Social events; Meeting held at Weensland Function Suite
Hawick & District Railway Society	01450 374363		To promote and retain an active interest in model railways and other matters solely pertaining to railways. Building, modelling & operating model railways & running a model railway exhibition. Maintain a library including videos. Exchanging information, photography & videoing railway activities. Visits to railway installations. Have railway memorabilia.

Hawick 50+ Group	01450 379809		To bring people together, give them an interest and keep them fit. Activities include - Badminton; Short tennis; Bridge; drop-in; Walks; Keep-fit; Social events; scrabble
Hawick Archaeological Society	01450 376220		To foster interest in the history of Hawick and commemorate for posterity the achievements of its people and to support the Hawick Museum. A series of Lectures (Sept-March) covering many aspects of local and historical interest. An evening excursion during summer to visit buildings of notable interest. Publication of Annual proceedings.
Hawick Art Club	01450 218519		To encourage interest in the arts and to enable those who wish to practice painting and drawing. Monthly meetings with a speaker, demonstrator, video etc., Weekly painting group, Twice yearly outings to exhibitions or other places with artistic connections, Annual Exhibition in Scott Gallery, Wilton Lodge, Hawick The club is open to anyone who is interested in art.
Hawick Baptist Church	01450 372561	Jenni-andrew@hotmail.co.uk <a href="http://www.hawickbaptist.org.uk/">http://www.hawickbaptist.org.uk/</a>	Church is not a building. Church does not just happen on Sunday mornings. Church is people. We are simply a community of people from Hawick Baptist Church running a host of community activities.
Hawick Bowling Club	01450 375228		To promote lawn bowling, with a social aspect in a friendly environment. Activities include: Open Days, competitions (club & open), host of national & regional competitions and social evenings
Hawick Camera Club	01450 374168	info@hawickcameraclub.co.uk / <a href="http://www.hawickcameraclub.co.uk">http://www.hawickcameraclub.co.uk</a>	promoting photography in the community
Hawick Carers Group	01896 752431		Information and advice for carers
Hawick Common Riding Committee	01450 378853		To uphold and continue the heritage, customs and traditions of the Common Riding for the benefit of the people of Hawick. Activities include: Traditional ceremonies; equestrian events; processions; horse racing; dinner (annual); Ball; Other social functions
Hawick Community Council	01450 373174		
Hawick Congregational Church		ger@howdenmeadows.co.uk	Contact Geraldine Strickland
Hawick Cycling Club	01450 374966		To promote and encourage the art and pastime of cycling, from a social and competitive standpoint. To support and protect the interests of cyclists. Very active racing section with members representing the Club at open events in the North of England, Southern Events. Social Evenings in Club Rooms. Club runs take place every Sunday, leaving from Hawick CC Clubrooms to 2 Teviot Crescent, Hawick at 10 am Training facilities are available in the Clubrooms throughout the year.

Hawick Film and Video Group	01450 374110		To encourage amateur camcorder users to take their hobby that bit further by providing editing facilities and an opportunity to show their videos on a big screen. Regular meetings, competitions (where trophies can be won) visits to and from other clubs, outings.
Hawick Golf Club	01450 372293		
Hawick Library Services	01450 364640	<a href="http://www.scotborders.gov.uk/directory_record/13962/hawick_library">http://www.scotborders.gov.uk/directory_record/13962/hawick_library</a>	SBC library services – find out about computers in the library, courses in the community, learning in the library and community
Hawick Linden Rugby Football Club	01450 373469		To encourage men over 18 to train, keep fit and play rugby.
Hawick Little Theatre		<a href="http://www.hawicklittletheatre.fsnet.co.uk">http://www.hawicklittletheatre.fsnet.co.uk</a>	Showing a wide selection of films during the winter months.
Hawick Music Club	01450 372663	mgordon6@aol.com	promotes five live professional classical music concerts per year and also provides a platform for local musicians
Hawick Reivers Festival	01450 375263		In March Hawick steps back in time to the 16th C and through drama, song, poetry and re-enactments invites visitors and towns people alike to experience life in this turbulent, often violent, but very colourful period in our history. A full programme of activities is planned many of which are free to the public and include demonstrations of falconry, archery and horsemanship. A look of craftsmen of the times and dramatic re-enactments. There are also concerts, guided walks, historical lectures and many other activities. This is very much a family event with something to interest all ages and tastes.
Hawick Rifle & Pistol Club	01573 450768 / 07768286993		To provide the opportunity for rifle and pistol target shooting within a club environment. Activities include - Small bore target shooting; air weapon target shooting; Range is 25 yards for .22 call rifles, also, have air rifles & pistols from 6 yards to 15 yards. Open to all. Disabled Access. Target rifle shooting is a sport enjoyed by young and old, male and female, the disabled and the visually impaired. The sport is structured so that shooters usually compete against those of the same skill level, irrespective of their age or gender, ability or experience.
Hawick Royal Albert Football Club	01450 371261		
Hawick Rugby Club	01450 370707		
Hawick Saxhorn Band	01450 376316		Playing and teaching of brass band music. Senior band - concerts, parades, and other playing engagements. Junior band - learning and occasional engagements.
Hawick Scout Pipe Band	01450 374383		Band practice and piping/drumming tuition
Hawick Senior Citizens Association	01450 373829	george.brown732@btinternet.com	To bring Senior Citizens together for companionship. Lunch Club caters for disabled and others to get a home made meal in a friendly atmosphere. Activities include carpet bowls, bingo and lunch club.
Hawick Sports Initiative	01450 372429	jpatterson@hawick.scotborder.s.sch.uk	Co-ordinate the development of sports facilities access to sport for all in the Hawick area. Membership of the group is open to any corporate body, sports club or individual who supports the object of the initiative

Hawick Stamp & Postcard Society	01450 372870		Encourage and promote stamp and postcard collecting in the Borders from beginners to experts. Meetings are held where members and friends can see displays and discuss their collecting in a friendly atmosphere. Members and visiting speakers put on displays of stamps and postcards covering a wide variety of subjects from local interests to worldwide. You do not have to be a collector to come to our meetings - everyone is welcome.
Hawick Swimming Club	01450 374383		
Hawick Welcome Initiative			The Hawick Welcome Initiative is a voluntary organisation that works to enhance the quality of the visitor experience in Hawick, and to present a positive image of the town; all with the aim of encouraging visitors to "Stop-Shop-Explore".
Hawick Wilton Tennis Club	01450 375155		
Hawick YM Rugby Club	01450 378266		
Heart of Hawick		<a href="http://www.heartofhawick.co.uk/">http://www.heartofhawick.co.uk/</a>	
Healthy Living Network (HLN)	01835 825970	<a href="http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/">http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/</a>	Offering a range of food and health programmes.
Hermitage Village Hall		<a href="http://www.hermitage.org.uk/">http://www.hermitage.org.uk/</a>	
Hobkirk Community Council	01450 378 266		Under the Local Government (Scotland) Act 1973, all Councils are legally obliged to set up Community Councils. These are legally recognised groups of local people with an interest in their community. The main role of Community Councils is to represent their local area, to consult with local residents, and pass their views on to public sector organisations such as Scottish Borders Council, NHS Borders and the Scottish Executive.
Home Basics	01450 363974 01896 870455	<a href="http://www.homebasics.org.uk">www.homebasics.org.uk</a>  Hawick@homebasics.org.uk	Furniture reuse in the Scottish Borders. Looking for furniture at bargain prices? We collect good quality items or you can deliver to our depot.
Interest Link Roxburgh	01450 377600		
Jaggy Jumper Café			The young people at the Wilton Centre have opened a small community café. Open every Friday 10am-12pm
Katharine Elliot Day Support Service	01450 377600		

Liddesdale Heritage Association	01387 376247		1. To promote the use of historical and other materials relating to all aspects of Liddesdale life and history, for the information, education and benefit of the community and visitors alike. 2. To encourage the proper conservation and interpretation of the Liddesdale countryside. 3. To establish and arrange a variety of country walks in relation to the natural and historical interests of the valley. 4. To organise and promote the Liddesdale Heritage Centre and Museum, which portrays the history of Liddesdale and its people. Activities include - Exhibitions; displays; memorabilia.
Lifestyle Advisory Service (LASS)	01896 824502	<a href="http://www.lass.scot.nhs.uk/">http://www.lass.scot.nhs.uk/</a>	The Lifestyle Adviser Support Service (LASS) offers support and advice to people (over 16 years) wishing to make a lifestyle change to improve their health
Lipreading Classes	07824904190 01450 372562		Thursday – Hawick Community Hospital – 10am-12pm
Living Life	0800 3289655		A free telephone service that could help if you are feeling low, anxious or stressed. Open Monday – Friday, 1pm-9pm
Macmillan Welfare Benefits Service	01896 826807		Providing welfare and benefits advice.
Melody Makers	01450 372429		To give all interested in singing in a choir the chance to do so and to be part of a group.
Mindfulness	01896 822757		There are always going to be challenges in life. The way we handle those challenges determines our quality of life and sense of well being. Mindfulness training can help us better manage our thoughts allowing us to reduce stress and anxiety.
Minto Golf Club	01450 870220		To play golf in accordance with R&A rules and provide social facilities for members.
Minto SWRI (Roxburgh Federation)	01450 870752		To bring women of all ages and background together. To educate them on the arts, cooking, needlework, social care, Scottish studies and country living. Activities include - all aspects of handcrafts, cookery, sport and education.
Moving Image Borders	01450 372271		Provides media access in the local community.
New Horizons Borders	07435967211 (during drop in times) 01896 755510 (Head Office)	lorrainewise.nhb@hotmail.co.uk / <a href="http://www.newhorizonsborders.co.uk/26.html">http://www.newhorizonsborders.co.uk/26.html</a>	Peer Support Drop Ins, sometimes healthy initiatives, art, trips etc.
Newcastleton Village		<a href="http://www.newcastleton.net/">http://www.newcastleton.net/</a>	
Newmill & Teviothead SWRI (Roxburgh Federation)	01450 377060		To bring women of all ages and background together. To educate them on the arts, cooking, needlework, social care, Scottish studies and country living. Activities include - all aspects of handcrafts, cookery, sport and education.
NHS24	111	<a href="http://www.nhs24.com">www.nhs24.com</a>	Online and telephone based service providing comprehensive and up to date health information and self-care advice for people in Scotland
Parent and Children Drop In	01450 379680		
People First Borders Hawick Group	01896 752120	<a href="mailto:mary@peoplefirstborders.org.uk">mary@peoplefirstborders.org.uk</a>	Self advocacy group for people with learning disabilities

Prostate Cancer UK	0800 0748333		Specialist nurse advice line. Staffed Monday to Friday 9am-6pm, 10am-8pm on Wednesdays
Prostate Scotland	0131 2268157	info@prostatescotland.org.uk www.prostatescotland.org.uk	Information, support and advice
Reaching Out	01835 830650		Soup and lunch club/ table tennis / singing / counselling service
Red Cross Buddies	01896 751888 or 01890 883673	neighbourhoodlinks@redcross.org.uk	A low to moderate level, short term Community Care and support service
Redgauntlet Archers	01450 370711		To practice and promote the sport of field archery in the Scottish Borders to all individuals over the age of 10 years.
REMAP Scottish Borders Panel	01450 870340		The production or modification of devices which will be of assistance to disabled people where there is no commercial product available. Dealing with referrals from occupational therapists and physiotherapists. We are staffed by volunteers and funded by donations. We have engineers in Peebles, Oxtou, Foulden & a DIY man in Denholm. Our chair is an NHS Occupational Therapist.
Reminiscence Group	01450 375730		
Rotary Club of Hawick	01450 870366	eastneuk@uwclub.net / http://hawickrotary.com/	The Rotary Club of Hawick is a vibrant and active club offering a wide range of activities, fellowship and support. There is a varied club programme throughout the year with a guest speaker most weeks, wives and partner nights, Christmas night, Burns night, Common Riding night and a President's Ball, all very entertaining and full of fun. Golf and bowling competitions are among the sporting events including a fun night attending the Langholm club's International sports night.
Roxburgh & Berwickshire Citizens Advice Bureau	01450 374266	enquiries@roxburghcab.casonline.org.uk	Free, confidential, impartial and independent advice and advocacy service.
Sainsbury's Health Champion	01450 379308		Working to improve health within local communities.
Salvation Army	01450 378612	hawick@salvationarmy.org.uk	Home League on Mondays at 2:30, a group for ladies with tea and chat, speakers or entertainment and a Bible message. Friday mornings 10-12 - coffee morning. Every Sunday worship meetings at 11am and 6pm.
Samaritans	08457 909090	www.samaritans.org	Providing confidential non-judgemental emotional support, 24 hours a day
Scottish Country Dancing Clubs in the Borders	01450 374741		Classes and social dances in Scottish Country Dancing, as prescribed by the Royal Scottish Country Dance Society. Beginners to experienced dancers are welcome. Classes take place weekly in Peebles, Innerleithen, Broughton, Clovenfords, Galashiels, Melrose, Gattonside, Selkirk, Ashkirk, Hawick, Borders General Hospital, Jedburgh, and Kelso from September to April, on various weekday evenings. Social dances usually take place on a Friday night, hosted by one of the clubs. More info on clubs and dances on our Website <a href="http://onlineborders.org.uk/community/rscda">http://onlineborders.org.uk/community/rscda</a>

Society of Recorder Players (Roxburgh Branch)	07855 004130		To promote recorder playing and explore the vast recorder repertoire, as part of the nation wide Society. Amateur music making for all ages with this small recorder group. Access to National Courses and Summer Schools for those who wish to progress further. Beginner or mature player 9 or 90! Come along and join us to make music and have fun!!
Southdean Community		<a href="http://www.southdeancommunity.org.uk/">http://www.southdeancommunity.org.uk/</a>	Community webpage
Streets Ahead	01450 377924		A supported accommodation service for adults with a learning disability to enable them to have the opportunity to live in their own home within the community, to grow in relationships, to contribute to the lives of others with dignity, to share in fulfilling valued roles in society and to have a opportunity to learn to make informed choices about their lives. Also an outreach/domiciliary service on a sessional basis. Neighbourhood workers provide support to tenants according to their individual needs. Help is given in learning practical and social skills as well as giving emotional support to assist in making informed choices about their lives in every day matters.
Stressbusters Borders – Doing Well		<a href="http://www.nhsborders.scot.nhs.uk/staying-healthy/stressbusters/">http://www.nhsborders.scot.nhs.uk/staying-healthy/stressbusters/</a>	Supporting people who feel anxious or stressed
Tai Chi	01450 375147		
Teviot and Robertson Parish Church	01450 372150		To make disciples of Jesus in Hawick Worship, learning and service for all ages.
Teviot Wheels	01835 863554	<a href="mailto:john.chick@the-bridge.uk.net">john.chick@the-bridge.uk.net</a>	Teviot Wheels is a community transport project for residents of the Roxburgh area,
Teviotdale Leisure Centre	01450 374440	<a href="mailto:teviotdale@bslt.org.uk">teviotdale@bslt.org.uk</a> / <a href="http://www.bslt.org.uk">www.bslt.org.uk</a>	Various leisure classes and groups including gym, swimming pool
Teviothead Village Hall	01450 377060		To provide and maintain a relevant, safe and affordable community centre for the residents of the community for sport, social, education and general recreation. Activities include - Teviothead bowling club (Thursday 7-9pm); SWRI (1st Tuesday of alternative month); community council; pony club; harvest lunch; burn's supper.
The Border Strathspey & Reel Society	01450 370356		To raise money for good causes by bringing traditional music to communities across the south of Scotland and north England. To provide a friendly encouraging environment to enable musicians to come together for their enjoyment and for enjoyment for others. To provide orchestral experience for all ages; we encourage young people to come along and enhance their repertoire and experience.
The Borders Adventure Club	01450 379319		To help young people through leisure time and educational activities to develop their physical, mental and spiritual capacities that they may grow to full maturity as individuals and members of society. Activities include - Camping; Abseiling; Hiking, crafts; Sports and other activities;

The Borders Green Team	01450 363699		A social enterprise, working with a team of trainees with learning difficulties. We offer a garden maintenance service to individuals, voluntary organisations, communities and businesses at competitive rates - both one-off or regular contracts.
The Lavender Touch		<a href="http://www.lavendertouch.co.uk/">http://www.lavendertouch.co.uk/</a>	The Lavender Touch is a registered charity which raises funds to help support people with cancer living in The Scottish Borders.
The Roxburgh Singers	01896 754187	<a href="mailto:guy.norris@virgin.net">guy.norris@virgin.net</a>	local choir that fosters the enjoyment of choral singing,
Time 2 Chill	01450 375147		Weekly sessions include cooking, crafts, leisure activities, chat
Volunteer Centre Borders	0845 602 3921	<a href="http://www.vcborders.org.uk/">http://www.vcborders.org.uk/</a>	Our aims are to develop and promote volunteering for all, improve volunteering opportunities, remove barriers to participation and to monitor the success of volunteering for the Scottish Government. We work in partnership with many volunteer-involving organisations and projects, to promote good practice, recruit and place volunteers and to raise the awareness of the importance of volunteering.
Walk It	01450 870837 01835 825060	<a href="mailto:WalkIt@scotborders.gov.uk">WalkIt@scotborders.gov.uk</a>	Walk It is the Paths to Health Project in the Scottish Borders and aims to encourage people to take up walking as part of a healthier lifestyle. Our walks are usually short and easy, though the routes can sometimes involve rough paths and low level gradients. Call or go online for details.
Ways2Work Borders	01450 379649		Supported employment for people with learning disabilities
West Port Day Unit (Hawick)	01450 378028	<a href="http://www.nhsborders.org.uk/health-services/services/west-port-day-unit-hawick">http://www.nhsborders.org.uk/health-services/services/west-port-day-unit-hawick</a>	provides day care services in the community for elderly people with dementia
William Laidlaw Memorial Hall, Bonchester Bridge	01450 860606		The Village Hall Committee manages the hall to provide a resource to the whole community. The committee is elected to administer a Deed of Trust. The Trust purpose is to maintain a village hall 'for the use of the inhabitants of the Parish of Hobkirk and environs without distinction of political, religious and other opinions, including use for meetings, lectures and classes, and for other forms of recreation and leisure time occupation, with the object of improving the conditions of life for the said inhabitants.' Activities and events include carpet bowling, badminton, social events, a St Andrew's night concert and Burns Supper. Quarterly newsletter produced.
Wilton Bowling Club	01450 370014		
Wilton Dean Village Hall	01450 375027		The Hall is the responsibility of the Hall committee and is for the use of the whole community. Activities include: SWRI - 2nd Tues in month Yoga - Thurs & Sat morning Line Dancing - Mondays Annual - Burn's Supper, January; Hawick Night, May; Autumn Fayre; Kid's Halloween; Christmas Party Polling Station Private hire
Wilton Friendship Club	01450 373777		To provide a social meeting place for older people to pursue recreational activities and organise outings. Activities include - Carpet bowls; Table games; Outings; Meetings at Hawick Youth Centre top of Havelock St, Hawick

Wilton Primary School PTA	01450 372075		To work together with parents for the benefit of the children in our school. Activities include - Fund raising events; Social events; Educational evenings;
Wilton Provision	0300 100 1800 (Option 4). In an emergency out of office hours, please call 01896 752111.		Deanfield is one of six residential care homes provided by Social Work Services for older people in the Borders. The others are located in Eyemouth, Peebles, Galashiels, Innerleithen and Kelso. For more information about moving into a care home, please contact Social Work Services.
Women Onto Work	0131 4752622	<a href="http://www.womenontowork.org">www.womenontowork.org</a>	Service for women who are facing barriers to employment.
WRVS Community Transport	0845 600 5885	<a href="mailto:scottishbordershub@wrvs.org.uk">scottishbordershub@wrvs.org.uk</a> <a href="http://wrvs.org.uk">wrvs.org.uk</a>	Is a friendly, community, door-to-door scheme designed to help you get out and about

For further information please contact the groups directly.

If there is anything you would like to include in this directory please contact our TCAT Team on 01896 827071 or email: [alison.smail@borders.scot.nhs.uk](mailto:alison.smail@borders.scot.nhs.uk)