



Six ways to be well in the Scottish Borders

This guide offers ideas about how to become healthier and happier.

www.nhsborders.scot.nhs.uk/six-ways-to-be-well

Crisis? Ask for help

If you (or a person you are supporting) have problems that will not go away or you need help to cope, please contact your GP.

There are specialist mental health services in the Scottish Borders that can help. Ask your GP about these.

Useful contacts

NHS24

Tel: 111 or visit www.nhs24.com

Childline

Tel: 0800 11 11 or visit www.childline.org.uk

Parentline Scotland

Tel: 08000 28 22 33 or visit www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland

Silverline (Helpline for older people)

Tel: 0800 4 70 80 90 or visit www.thesilverline.org.uk

Rape Crisis Scotland National Helpline

Phone free any day between 6pm and midnight on 08088 01 03 02

Scottish Borders Rape Crisis

Tel: 01896 661070 or visit www.scottishbordersrapecrisis.org.uk

GatePost / RSABI helpline

For Scotland's farming and land-based community
Tel: 0300 111 4166 or visit www.gateposthelp.org.uk

Racing Welfare

Supporting those in the horse racing industry
Tel: 0800 6300 443 (24hr Helpline) or visit www.racingwelfare.co.uk
(Online live chat)

Frank / Drugs info

Tel: 0300 123 6600, text 82111 or visit www.talktofrank.com

NAPAC (National Association for People Abused in Childhood)

Free support line: 0808 801 0331 or visit www.napac.org.uk

Emotional support helplines

For emotional support in and out of normal working hours, call:

Samaritans (24 hours)

Tel: 116 123

Breathing Space

Tel: 0800 83 85 87
www.breathingspace.scot

Borderline

Tel: 0800 027 4466



A mobile app for those at risk of suicide and people worried about someone.

#StayAlive

Survivors Unite

Peer support group for people aged 16+ who have experienced childhood sexual abuse. Tel: 07921 058 675 or email ettrick@children1st.org.uk

Women’s Aid

National Domestic Abuse Helpline (24 hours)
Tel: 0800 027 1234 or visit www.scottishwomensaid.org.uk

Border Women’s Aid

Tel: 01835 863 514 or visit www.borderwomensaid.co.uk

Domestic Abuse Advocacy Support (DAAS)

A free, confidential support service that works with both female/male adult victims of domestic abuse to maximise your safety Tel: 01835 825024 or email DAAS@scotborders.gcsx.gov.uk

Welfare Aware Borders

Scottish Borders Council – www.scotborders.gov.uk/welfarereform
Customer Services: 0300 100 1800
Financial Inclusion Team: 01896 661 394
Citizens Advice – Branches across the Borders. For your nearest one call 01896 753889 or visit www.borderscab.org.uk
Citizens Advice Bureau Youth Info (aged 16-25)
Call 07508 331513 or visit www.borderscab.org.uk/youthinfocab

› **More useful information about local community facilities can be found at the back of this guide (page 36).**

Six ways to be well in the Scottish Borders

This guide offers ideas about how to become healthier and happier. This is sometimes called ‘wellbeing’.

There are many things we can do to look after our own wellbeing. There are also many things we can do to support the people around us to be healthier and happier.

To be well, we need to look after both our minds and our bodies.

Wellbeing is not about being happy all the time – it’s about being able to deal with life’s challenges and being content. Nobody can give wellbeing to you – you have to take action yourself.

This guide uses ‘**Six ways to be well**’ to recommend small changes you can make.

- › **Nurture**
- › **Be Active**
- › **Belong**
- › **Be Kind**
- › **Enjoy and Learn**
- › **Be Aware**

Think of these as your ‘**six a day**’ for wellbeing. Try these six ways to help you become healthier and happier.

You can also use ALISS (A Local Information System for Scotland) to find help and support for your health and wellbeing. www.aliss.org



Six ways to be well in the Scottish Borders

Nurture

Look after your body and find ways to cope with stress.



Be Kind

Giving and receiving from others helps to build a support network.



Belong

Feeling that we belong – that we are included – is good for our wellbeing.



Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled.



Be Active

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.



Be Aware

Being mindful for a few minutes can help you to de-stress. Give yourself some 'me time'.





Nurture...

... yourself, and those around you. Sometimes we all need a bit of care and protection. Our bodies and our minds need nurturing as we grow, develop and get older.

- › **Could you nurture yourself more?**
- › **Do you need support to make a change to your lifestyle, or to help care for somebody else?**

To nurture ourselves we should try to eat well, sleep well, be active and cut out things that are bad for us. Try and make time to relax and have fun. Try to think positively rather than negatively.

Sometimes this might mean spending time on our own. It is okay to want to be alone – being comfortable with who you are is important to wellbeing.

Many of us take on caring roles for other people. Support is available in the Borders if you are caring for somebody else.

Learn to recognise your stress triggers and find ways to cope with stress.

'Eat well' and 'Drink sensibly' are two of the Mental Health Foundation's top tips for good mental health.

How we eat and drink can affect how we feel – eating well can make you feel better, happier, less stressed, sleep better and be more energised.

- › **Could you find a way to nurture yourself – perhaps eat or drink more healthily?**



Useful websites and apps

StressBusters Borders

NHS Borders website to help you manage stress and links to all the Doing Well self-help booklets (many topics including anxiety, depression, panic and self-esteem).
www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters

Steps for Stress

Handy hints and practical suggestions for how to look after yourself and stop stress from building up in Healthier Scotland's 'Steps to deal with Stress' booklet.
www.stepsforstress.org

Eat Better Feel Better

Make changes to how you shop, cook and eat – tips, recipes and advice.
www.eatbetterfeelbetter.co.uk

Eat Well for Less

Tips on healthy eating without spending more, recipes, the NHS Eat Well Guide, the Easy Meals App and other tools for healthy eating.
www.nhs.uk/livewell/eat4cheap/pages/cheap-food-shopping.aspx

Hands On Scotland

A toolkit of helpful responses to encourage children and young people's emotional wellbeing. Gives practical information, tools and activities to deal with troubling behaviour and to help children and young people flourish.
www.handsonscotland.co.uk

Happiness Habits – nurturing yourself



"A good night's sleep, eating healthy. Talking to people who understand, talking to my daughter who understands".

"It is important to still see lots of people, but have some time on your own. Know yourself – what you like".

Ideas from Burnfoot, Cornmill Court and Whim Hall Happiness Habits Cafes

Wellbeing Service – NHS Borders

The 'Wellbeing Service' provides evidence based early interventions to support adults wishing to improve their health. This includes support to make positive changes to their lifestyle and includes topics like smoking cessation, physical activity, weight management, healthy eating and enhance wellbeing by providing support to improve low to moderate mental wellbeing. Referrals can be made via your GP or health professional, or you can refer yourself by contacting the team directly. Tel: 01896 824502 or email: wellbeing@borders.scot.nhs.uk

Healthy Living Networks

There are healthy food projects that could help you eat more healthily if you live in the Langlee, Burnfoot or Eyemouth areas. Health and food training courses and Lunch Clubs are available. Contact the Joint Health Improvement Team on 01835 825970 or email health.improvement@borders.scot.nhs.uk

Borders Food Buddies

For practical tips and recipes that local people have shared, look for [Borders Food Buddies](#) on Facebook.

Abundant Borders

A network of local food production in the Scottish Borders with projects in Eyemouth, Ayton and Hawick. Training and volunteering opportunities. Email: robin@abundantborders.org.uk

Borders Carers Centre

If you are an unpaid family carer, 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. The Borders Carers Centre, Brewerybrig, Low Buckholmside, Galashiels, TD1 1RT. Tel: 01896 752431 or visit www.borderscarerscentre.co.uk

Scottish Borders Young Carers Service

Supports young carers aged 8-18 who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems. Tel: 01896 750173. Action for Children, Unit 10/A, Galabank Business Park, Galashiels, TD1 1PR.

Addaction Borders

Addaction Borders provides support for people misusing alcohol, drugs and other substances and works with them to develop a plan for their recovery. Tel: 01896 757843 or www.addaction.org.uk/services/addaction-borders

Early Years Centres

Early Years Centres help families give their children a good start in their early years. Weekly programme of activities, advice and support. Galashiels – Tel: 01896 754637, Selkirk – Tel: 01750 20476 Hawick – Tel: 01450 375147, Eyemouth – Tel: 01890 750785 / 750692 www.scotborders.gov.uk/earlyyearscentres

BiBS – Breastfeeding in Borders Support

Local support for breastfeeding parents from volunteers who have experience of breastfeeding. Scheme supported by NHS Borders. For more information contact your midwife, Health Visitor or the Joint Health Improvement Team on 01835 825970.

Supported Childminding Scheme

Additional childcare support for vulnerable families. By referral. Tel: 01890 771356 Email: raquel.lloyd-jones@childminding.org

Quarriers

Quarriers Resilience for Wellbeing Service works with young people aged between 10 and 18 to improve their wellbeing. We support young people to build confidence to work towards their goals, and help them to develop the resilience to cope when times are tough. Tel: 01896 668411 Email: Borders@quarriers.org.uk or visit www.quarriers.org.uk/borders



Be Active...

Find a physical activity that you enjoy, one that suits your level of mobility and fitness. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

- › Are you active on a regular basis?
- › Do you need support to become more active?

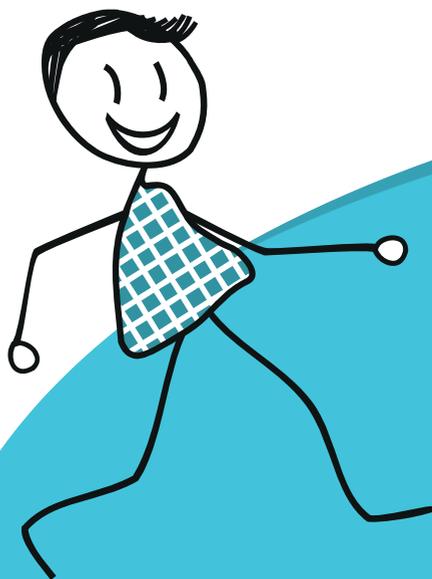
If you are able to be active, this could help you be healthier and happier.

Making small changes to how active you are can make a big difference to your wellbeing.

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

For adults, activity should add up to at least 2½ hours of moderate activity a week. One way is to do 30 minutes on at least five days a week. This doesn't have to be an organised activity – walking to the bus stop, doing the hoovering or gentle seated exercise counts.

Children need to be physically active for at least an hour a day. Walking to school, playing outside, cycling, scooting, roller skating, climbing trees, walking a dog, skipping, jumping or playing a sport like football or frisbee all count towards that hour a day.



Useful websites and apps

Walks and Trails

Information on the Scottish Borders Council website about walking in the Borders, including the Ranger Led Walks.
www.scotborders.gov.uk/directory/28/walks_and_trails

My Fitness Pal

A free journal App that you can download to help keep track of food and exercise.
www.myfitnesspal.com

Factsheets

Find out how much physical activity each age group should be doing, from early years to older adults.
www.gov.uk/government/publications/uk-physical-activity-guidelines

FitStar

App by FitBit. Personal trainer App to help you get in shape. Free to download and use. Also, FitStar Yoga for personalised Yoga sessions to reduce stress and build strength.
www.fitstar.com

Strava

Millions of runners and cyclists use the Strava Running and Cycling GPS App to record their activities and share stories.
www.strava.com

Happiness Habits – being active



“Knitting, reading, puzzles, walking, eating healthy, swimming, meeting friends, listening to music, ironing / housework.”

“Keep active but don't do so much that you get tired. Volunteering so you get out of the house. Get out of bed and get on with the day. Keep busy and do some cleaning.”

Ideas from Burnfoot and Netherurd Happiness Habits Cafes

Wellbeing Service – NHS Borders

The 'Wellbeing Service' provides evidence based early interventions to support adults wishing to improve their health. This includes support to make positive changes to their lifestyle and includes topics like smoking cessation, physical activity, weight management, healthy eating and enhance wellbeing by providing support to improve low to moderate mental wellbeing. Referrals can be made via your GP or health professional, or you can refer yourself by contacting the team directly. Tel: 01896 824502 or email:

wellbeing@borders.scot.nhs.uk

Healthy Living Networks

For signposting to physical activity opportunities such as Gentle Exercise and Tea Dances in the Langlee, Burnfoot or Eyemouth areas. Contact the Joint Health Improvement Team on 01835 825970 or email

health.improvement@borders.scot.nhs.uk

Walk It

A scheme in the Scottish Borders that encourages people to walk more. You can join one of the organised walks or become a volunteer Walk Leader. Includes MacMillan Cancer Walks and Dementia Friendly Walks. Call 01835 826 702 for further information about local walks or visit

www.scotborders.gov.uk/info/20032/parks_and_outdoors/632/walking/3

Fit Borders

Provides exercise classes for all ages and all levels throughout communities in the Borders. Classes include Zumba, Gentle Exercise for older people, PiYo (pilates and yoga style) and Metafit. www.fitborders.co.uk

Live Borders

Live Borders has six swimming pools, six gyms and over 100 weekly fitness classes all across the Scottish Borders. They also run Health and Active Ageing Programmes and work in partnership with NHS Borders to deliver physical activity programmes that aim to improve health and wellbeing through an exercise referral programme.

www.liveborders.org.uk

www.liveborders.org.uk/healthandactiveageingprogrammes

Move More

An exciting and free physical activity programme for people affected by cancer. It is offered by Macmillan in partnership with Live Borders. Walking, Gentle Movement Classes and Circuits Classes are all offered and there are also opportunities for volunteers. Tel: 01896 661166 for further information.

Just Cycle

Just Cycle recycles unwanted bikes and makes them ready for use again. Bikes at affordable prices or for loan or donation, plus bike-ability classes.

Tel: 01896 208180 or email info@justcycle.org.uk

5 Tweedbank Craft Centre, Tweedbank, Galashiels, TD1 3RU

Think Thrive

A Borders health and wellbeing network that runs cycling trips with the aim of keeping both physically and mentally fit. www.thinkthrive.co.uk

Local running and jogging groups

Jogging can be a good way to get your body moving and there are lots of good routes in the Scottish Borders and many supportive groups. Visit www.jogscotland.org.uk for inspiration and to help you get started.

Belong...

... to an inclusive community. Family, friends, colleagues and neighbours. At home, work, school or in your local community. Feel respected and valued and have a place in society. A strong sense of connection and belonging can help our wellbeing.

- › **Who do you normally spend time with?**
- › **Could you do more to connect with other people?**

Our identity is shaped by belonging to a community or a particular group. Feeling that we belong – that we are included – is good for our wellbeing.

Sometimes we don't feel like we belong, or have any family or friends around us to make a connection with. Feeling isolated, lonely or excluded can affect our health. It can make us more likely to suffer from illness and infection, disrupt sleep or make us feel low. Loneliness can affect people of all ages and stages in life.

Living in a rural area without transport can make it difficult to connect with other people even if you want to, especially if you are living on a small budget.

There are some ideas in this section that may help. In the Scottish Borders there are lots of opportunities to meet with other people, no matter how old you are. There are many local community centres and other facilities where you can connect with other people and find out what is going on locally.

- › **Could you find a new way to connect with someone?**

Useful websites and apps

Online Borders

A free, accessible website providing local and community information for the people of the Scottish Borders.

www.onlineborders.org.uk

Live Borders

The Leisure, Culture and Sport organisation for the Scottish Borders. Find out what's on near you.

www.liveborders.org.uk

ALISS – A Local Information System for Scotland

A signposting website for Health and Wellbeing resources in Scotland.

www.aliss.org



Happiness Habits – connecting and belonging

“Grandchildren visiting, my family and other visitors, outings, play online and get connected to people, listen to the news of the outside world, get away to visit family sometimes.”

“Family, friends and my dog, local history, a good chat with someone, interaction is important, walking groups, chatting to and being with friends not seen in a while, having a laugh with friends & sharing food.”

Ideas from Whim Hall and Eyemouth Happiness Habits Cafés

Borders Community Transport Hub

There is now a 'one-stop-shop' approach to affordable transport for those in the Scottish Borders who are unable to use public transport or who don't have access to a car. Calls are free on 0300 456 1985. There is a cost per mile which you will be told about when you book transport.

Penumbra Supported Living Service

Penumbra's Supported Living Service offers personalised, recovery-focused and flexible mental health and housing support to eligible people throughout the Scottish Borders region. It provides practical, social and emotional help to people living in their own homes.

Tel: 01896 751177. Address: 47, Ladhope Vale, Galashiels, TD1 1BW
borders@penumbra.org.uk or visit www.penumbra.org.uk

Scouts and Guides

Research has shown that people who were Scouts or Girl Guides in childhood go on to have better mental health later in life.

For more information about Scouts and Girl Guides visit:

www.borderscouts.org.uk and www.girlguidingscotland.org.uk

Girls' Brigade and Boys' Brigade

Organisations for young people that provide social connection, challenge and personal development. www.girls-brigade-scotland.org.uk and www.scotland.boys-brigade.org.uk

LGBT Youth Scotland

The largest youth and community based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland.

www.lgbtyouth.org.uk

Health in Mind re:discover Borders Befriending Service

Befriending service that helps people feeling isolated due to experiencing mental ill health to take the first steps towards meeting new people.

Visit www.health-in-mind.org.uk for information and for referral forms or telephone 01896 807 000.

FAAST Support Group

The 'Families and Allies Supporting Transgender' or FAAST group is a support group for parents or close others of Transgender people.

Email: lgbtborders@gmail.com for further info.

Interest Link

Matches up people with learning disabilities and volunteers to meet up and do activities they both enjoy. Branches in Berwickshire, Roxburgh, Tweeddale and Central Borders. Visit www.interestlink.org.uk

New Horizons

A mental health charity that runs 'peer support' groups across the Borders. Peer Support groups in Duns, Galashiels, Kelso and Hawick.

Tel: 01896 755510 for more information.

Borders Care Voice

Supports partnerships between users, carers, third sector and statutory organisations to promote good practice in the planning and provision of health and social care services. Tel: 01896 757290.

3rd Floor, Triest House, Bridge Street, Galashiels, TD1 1SW

Email: admin@borderscarevoice.org.uk or visit www.borderscarevoice.org.uk

Scottish Borders LGBT Equality

Provides information and guidance to lesbian, gay, bisexual and transgender people in the Borders.

Facebook: Search for [Scottish Borders LGBT Equality](#)

Email: lgbtborders@gmail.com

Pink Ladies

A lunch club for lesbian, bisexual and trans ladies who love ladies.

Email: lgbtborders@gmail.com

The Beaumont Society

Self-help organisation run by and for the transgender community.
National information line: 01582 412 220
or visit www.beaumontsociety.org.uk

Serendipity Recovery Café

Social group for people stable in their recovery and wanting a social life that does not involve alcohol or drugs.
The Lemon Tree Café, Gala Resource Centre, Gala Park, Galashiels, TD1 1EZ. Tel: 07760 755697 or visit www.addaction.org.uk

Veterans First Point

A 'one-stop-shop' for Veterans – confidential help and assistance as well as drop-ins for meeting up with other Veterans.
Tel: 01896 825550 or visit www.veteransfirstpoint.org.uk

Men's Sheds

Communal workshop where men gather to tinker on projects, pursue hobbies and pastimes, share interests and learn new skills whilst relaxing and enjoying each other's company. Sheds available in Gala, Hawick, Jedburgh and Kelso. www.scottishmsa.org.uk

Ability Borders

Information and signposting service for people in the Scottish Borders who have a physical disability or long term condition.
www.abilityborders.org.uk Facebook: Search for [Ability Borders](#)

Royal Voluntary Service

The RVS provides many different volunteering opportunities and many different services from support at home, social activities, help getting out and about and hospital support.
Tel: 0845 608 0122 or visit www.royalvoluntaryservice.org.uk

Diabetes Support Group

Group support, information and social events. Share experience of diabetes with others in a similar situation in the Borders.
Diabetes Scotland Tel: 0141 245 6380

Community Capacity Building Team

Scottish Borders Council team that helps communities to set up new local activities across the Borders.
Email: community.capacity@scotborders.gov.uk
Facebook: Search for [SBC Community Capacity Building](#)

BeFriend

Berwickshire Housing Association's BeFriend project offers companionship between volunteers and older people in Berwickshire. Tel: 01361 884 000 for more information.

Outside the Box

Supports groups and people across Scotland who want to make a difference in their communities. 'Flourishing Borders' project about how older people can manage their mental health and wellbeing.
www.otbds.org

Contact the Elderly

Monthly Sunday afternoon tea parties for older people aged 75 and over who live alone. Contact 01786 871 264 for more information.

Alzheimer Scotland

Alzheimer Scotland provides a wide range of services for people with dementia and their carers. They offer personalised support services, community activities, information and advice. They also offer volunteering opportunities. For further information visit www.alzscot.org
24 hour Dementia Helpline (Freephone) 0808 808 3000

Be Kind...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Accept other people as they are. Be kind to yourself.

- › **Can you think of any ways to be kind to other people?**
- › **How could you be kind to yourself?**

Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety in our communities.

Giving and receiving from others helps to build a support network. Take notice of how you feel when you give to another person – it can make you feel good. If other people are kind to you, don't feel guilty about receiving their support – it's good for them too.

Volunteering – giving our time – is a good way of being kind and can help you to find a purpose. This is important, especially as we get older. Having something meaningful to do can help to protect us from some health problems. 'Care for others' is one of the Mental Health Foundation's top tips for good mental health.

Helping someone or volunteering can help us to feel better about ourselves and boost our mental wellbeing.

- › **Could you do something kind for yourself or somebody else?**



Useful websites and apps

Action for Happiness

Ideas about kindness and other resources about happiness.

www.actionforhappiness.org/take-action/do-kind-things-for-others

Volunteer Scotland

Volunteer Centre Borders uses the Volunteer Scotland online database of volunteering opportunities.

www.volunteerscotland.net

Breathing Space

Information and support for when you're feeling down or finding it difficult to cope. Visit the website or phone Breathing Space, where experienced advisors listen and offer empathy, understanding, information and advice.

www.breathingspace.scot or phone the helpline 0800 83 85 87.

Happiness Habits – sense of purpose



"I get involved in community things – Rural, Mums & toddlers, I get enjoyment for the sake of others, the Guild, because it helps the community – I used to do cubs. Being part of something, going to church."

"I joined a rehab group – physical exercise twice a week in the gym, teaching people to knit – I felt appreciated, knitting for charity, I volunteer at East Fortune Museum and Men's shed."

Ideas from Netherurd and Eyemouth Happiness Habits Cafés

Signposts for 'Be Kind'

Volunteer Centre Borders

Works in partnership with many organisations and projects to recruit and place volunteers and raise awareness of the importance of volunteering.

First Floor, Riverside House, Ladhope Vale, Galashiels, TD1 1BT

Tel: 01896 754 041 or visit www.vcborders.org.uk

Youth Borders

Youth Borders is the network of third sector organisations in the Scottish Borders. Membership includes youth clubs, youth cafés, specialist projects, after school clubs and voluntary projects.

Tel: 01896 755110, email: info@youthborders.org.uk or visit

www.youthborders.org.uk

Facebook and Twitter: Search for [YouthBorders](#)

Youth Hubs

Cheviot Youth hubs (Jedburgh, Kelso) Tel: 01573 228285

Connect Berwickshire (Duns, Eyemouth, Coldstream) Tel: 01361 884198

Earlston Youth Catchment Tel: 01896 755110

Escape Youth Service (Hawick) Tel: 01450 378001

Rowlands Youth Hub (Selkirk) Tel: 01750 21222

TD1 Youth Hub Tel: 01896 752442

Tweeddale Youth Action Tel: 01721 724779

Berwickshire Association for Voluntary Service (BAVS)

BAVS is the community development organisation for Berwickshire.

They support, advise and provide services to voluntary groups, including promoting the development of new groups and projects.

Tel: 01361 883137 or visit www.onlineborders.org.uk/community/bavs

The Bridge

The Bridge is a Council for Voluntary Service and provides many valuable services in support of local community and voluntary organisations and social enterprises. They provide capacity building support and practical help on a range of issues, for example setting up new groups and funding applications. There is also a range of volunteering opportunities available.

Central Borders branch

3 Roxburgh House Court, Roxburgh Street, Galashiels, TD1 1NY

Tel: 01896 755370 or email: central@the-bridge.uk.net

Roxburgh branch

1 Veitch's Close, Jedburgh, TD8 6AY

Tel: 01835 863554 or email: roxburgh@the-bridge.uk.net

Tweeddale branch

Volunteer Resource Centre, School Brae, Peebles, EH45 8AL

Tel: 01721 723123 or email: tweeddale@the-bridge.uk.net

NHS Borders

There are opportunities to volunteer your time with NHS Borders.

www.nhsborders.scot.nhs.uk/get-involved/volunteering-homepage

Therapet Visiting Service

Volunteer owners of dogs and cats can sign up to take their pets to visit people in sheltered housing and residential accommodation.

Run by Canine Concern Scotland Trust.

Tel: 0131 553 0034 or visit www.canineconcernscotland.org.uk/therapet

Stable Life

Discovering life skills through the horse and its environment.

Stable Life provides a safe, nurturing and learning experience using horses and their environments to help young people reach their full potential and become healthier and happier.

Tel: 01750 32277, email: info@stablelife.org.uk or visit www.stablelife.org.uk

Enjoy and Learn...

Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

- › **Would you like to learn something new?**
- › **What do you enjoy doing?**

Sometimes it can be hard to feel motivated or to have time for yourself. However, a lifestyle that includes enjoyable activities and interests can help you to have greater wellbeing and feel more fulfilled.

It can be hard to feel motivated, or to have time for yourselves in your busy lives.

Think about what you enjoy doing - it could be something creative, or musical, or outdoors, or something simple like doing a crossword. Or you could visit one of our cultural or heritage attractions in the Borders.

Only you can decide what you enjoy doing. Try different things until you find what you like.

Going to work is also good for your wellbeing. It can keep you learning, give you an income, a sense of identity, a connection with other people, routine for your day and opportunities to achieve.

- › **Could you find an activity or interest that you enjoy doing?**



Useful websites and apps

Moodjuice

Comprehensive self-help guides on a range of topics.
www.moodjuice.scot.nhs.uk

Living Life to the Full

Online, interactive courses to help develop key skills to tackle problems.
www.lltff.com

My World of Work

Help and advice for all stages of your working life. Includes CV, application and interview advice.
www.myworldofwork.co.uk

Mind

Advice on how to be mentally healthy at work, with tips for everyday living.
www.mind.org.uk

Beating the Blues

Effective, online treatment for people feeling stressed, depressed, anxious or just down in the dumps. Eight sessions based on Cognitive Behavioural Therapy. Referrals can be arranged through your GP or health professional.
www.beatingtheblues.co.uk

Happiness Habits – hobbies and activities



“Read novels and crime books, read technical books, travelling library is great, walking around outside, grow plants, visits, TV, ballroom dancing! Music – to get up and dance to. Walking, dancing, crosswords, reading, art and craft, singing group.”

“The lunch club is a good place you can eat well and healthily and chat to nice people, camera club, horticulture club, lunch club, choir.”

Ideas from Whim Hall, Cornmill Court and Stow Happiness Habits Cafés

What's On in the Scottish Borders

Published by Live Borders – covers culture; heritage; theatre; sport; art; music; film; exhibitions; dance; drama; and festivals. Includes information about free events. www.liveborders.org.uk

Museums and Galleries Guide – Live Borders

13 museums and visitor centres throughout the Borders. Admission is free to all museums. www.liveborders.org.uk

Border Events

Events information magazine and website. Find out what's on in the Scottish Borders. Includes information about free events. www.borderevents.com

Catch the reading bug with Bookbug

Bookbug provides:

- Free books.
- Activities.
- Guidance for parents and carers.

Free Bookbug sessions run in most of our libraries either weekly, fortnightly or during term time only. Check your local library for further details of sessions in your area. www.liveborders.org.uk

Library and mobile libraries

Free entry and some free courses at libraries across the Borders. Get Clicking and Get Surfing – get the most out of your internet experience with a beginner's computer course at the library. Other groups including 'Stitch and Chat' groups. Find your local library www.liveborders.org.uk

Community Choirs

Join one of the many community choirs across the Borders. www.langlecommunitychoir.org.uk / www.choirs.org.uk/scotland.htm

PoPP and PEEP groups

Free parenting groups and courses. Supporting you to encourage your child's early learning and development. Contact your local Health Visitor, Early Years Centre or Community Learning and Development Worker, or email popp@scotborders.gov.uk

Early Years Centres

Early Years Centres help families give their children a good start in their early years. Weekly programme of activities, advice and support. Galashiels – Tel: 01896 754637, Selkirk – Tel: 01750 20476 Hawick – Tel: 01450 375147, Eyemouth – Tel: 01890 750785 / 750692 www.scotborders.gov.uk/earlyyearscentres

Youth Borders

Supports youth clubs, youth cafés, specialist projects, after school clubs and voluntary groups – links on website to a range of groups and supports for young people. www.youthborders.org.uk

Youth Hubs

Cheviot Youth hubs (Jedburgh, Kelso) Tel: 01573 228285
Connect Berwickshire (Duns, Eyemouth, Coldstream) Tel: 01361 884198
Earlston Youth Catchment Tel: 01896 755110
Escape Youth Service (Hawick) Tel: 01450 378001
Rowlands Youth Hub (Selkirk) Tel: 01750 21222
TD1 Youth Hub Tel: 01896 752442
Tweeddale Youth Action Tel: 01721 724779

Community based adult learning

The Scottish Borders Community Learning and Development Team work with adults to increase their knowledge, skills and confidence in everyday life. All learning opportunities are free. Tel: 01896 664160. Langlee Complex, Marigold Drive, Galashiels, TD1 2LP.

Signposts for 'Enjoy and Learn'

Borders Care Learning Voice

Borders Care Learning Voice (BCLN) is an training arm of Borders Care Voice. It runs an extensive training programme, with a range of free courses for care workers, volunteers and carers.

For the latest programmes, visit www.borderscarevoice.org.uk/training-bcln

Borders College

A range of evening courses for adults is provided by Borders College. Courses are offered at the main campuses and at outreach venues throughout the Borders. Charges for courses.

www.borderscollege.ac.uk/courses/evening-and-community-courses

University of the Third Age (U3A)

It's never too late to start learning and it's important to keep mentally active. Each U3A in the Borders provides educational, creative and recreational activities in a friendly environment, and is open to anyone who is no longer in full-time employment. From archeology to poetry, there is something for everyone.

For links to the U3A groups in the Borders visit the Scottish membership site: www.u3asites.org.uk/scotland/members

For the Virtual U3A visit www.vu3a.org

U3As are in Tweeddale; Three Brethren (Gala); Four Border Abbeys (Kelso); East Berwickshire (Eyemouth) – plus there is a virtual U3A for people who are housebound.

Wellbeing College

Courses that bring people together to explore resilience and positive mental health in the Scottish Borders. Learn more about your mental health and wellbeing, develop coping skills and skills for your personal development. You do not need to be referred or have a diagnosed mental health difficulty. All learning opportunities are free.

Tel: 01896 807000. The Hive, Low Buckholmside, Galashiels, TD1 1RT
wellbeing.college@health-in-mind.org.uk or visit www.wellbeingcollege.org.uk

Employment Support Service

Support for people in the Scottish Borders who require additional help to find and sustain paid work. They are able to support:

- Looked after and accommodated young people leaving care (16+).
- People with a learning disability.
- People with a physical disability.
- People with a sensory impairment.
- People who are recovering from a mental health condition.
- Those who are homeless or under threat of being homeless.
- People who are on the autistic spectrum.
- Disengaged / disadvantaged young people.

Tel: 01835 824000, 1st Floor, Paton Street, Galashiels, TD1 3AS.

Email employmentsupportser@scotborders.gov.uk

Work and Wellbeing

Work and Wellbeing provides employees and employers throughout the Scottish Borders with a seamless approach to workplace wellbeing.

Work and Wellbeing services are:

- Occupational Health.
- Healthy Working Lives.
- Fit for Work.
- Workplace Health Services.

Tel: 01896 825982. Rushbank, Newstead, TD6 9DA

Email: ohsadmin@borders.scot.nhs.uk

Reading for wellbeing

There are a range of self-help books available for mild to moderate mental health conditions. The books are available in all libraries in the Scottish Borders. If you are a library member you can borrow the books in the normal way. If you are not a library member you can still access the books via the 'Books on Prescription' scheme. Ask your GP or visit your local library.



Be Aware...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

- › How could you be more aware and take more notice of the world around you?
- › Could mindfulness be part of your daily routine?

Take time to pause in your busy life. Take a deep breath, be in the 'here and now'. It can be too easy to rush through life without stopping to notice much.

Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness. Becoming more mindful can help your wellbeing.

There are lots of ideas for helping you to be more aware. Being outside and noticing nature, capturing a beautiful image with a camera or written words or learning how to focus using relaxation, mindfulness or yoga are all different ways of becoming more aware and noticing what's around us.

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new.

A few minutes can be enough to de-stress you. Give yourself some 'me time'.

- › Could you find a few minutes of 'me time'?



Useful websites and apps

Mindfulness

Can help to reduce stress and anxiety. This introduction to mindfulness is offered free from the Mental Health Foundation.
www.bemindful.co.uk

Complementary therapies

Can support your wellbeing. From acupuncture to yoga you can find qualified complementary therapy practitioners through Borders Therapies. Visit www.borderstherapies.co.uk for a detailed guide to what's available.

Headspace

App that makes meditation simple. Guided meditations suitable for all levels. Can help to improve focus, mindful awareness, relieve anxiety and reduce stress.
www.headspace.com



Happiness Habits – attitude and mood



"Get out the house, healthy food, sweets, chocolate, cake, 99 ice cream cone, sunny days, the beach, pet therapy, animals, smile, good patter, sometimes I sit in a dark room, give someone a compliment once a day."

"You've got to smile, good food makes you happy, friends help, making models takes your mind off your pain, the main thing for me is if my health is all right, go out for a walk – you feel relaxed, I put on a scarf and feel nice!"

Ideas from Burnfoot and Whim Hall Happiness Habits Cafes

Signposts for 'Be Aware'

Abbotsford

Visitor Centre, restaurant, play trail and estate paths on the banks of the River Tweed open seven days a week all year round – and free to access. Tel: 01896 752043. Abbotsford, Melrose, TD6 9BQ.
www.scottsassbotsford.co.uk

Harestanes Countryside Visitor Centre

Plenty to do at Harestanes whatever the weather – from woodland walks to events and exhibitions. Tel: 01835 830306. Ancrum, Jedburgh, TD8 6UQ.

Tweed Valley Forest Park

Offers superb walking and magnificent views of the Tweed Valley. Glentress, Peebles, EH45 8NB. www.scotland.forestry.gov.uk/forest-parks

Scottish Wildlife Trust

Ten reserves in the Scottish Borders. Two local groups (Central Borders and Berwickshire). For more information, visit www.scottishwildlifetrust.org.uk

Nature Unlimited

Runs sessions in the woodlands across the Scottish Borders, from community projects to team building and birthday parties. Also offers volunteering opportunities. For more details: www.natureunlimited.scot

The Borders Forest Trust

Restoring native woodland and encouraging an interest in woodland culture. Woodland activities and volunteering opportunities. Tel: 01835 830750. Email: enquiries@bordersforesttrust.org

Camera Clubs

There are many friendly camera clubs across the Borders who welcome beginners and more experienced camera enthusiasts alike.
www.hawickcameraclub.co.uk / www.kelsocameraclub.co.uk
www.galacameraclub.co.uk / www.dunscameraclub.co.uk

The Eildon Tree

Creative Writing magazine produced by Arts Development at Live Borders. Available in libraries or visit www.liveborders.org.uk for more information.

Writers' Groups

Borders writers' forum organising workshops, writers' visits and readings. New members welcome. Email: macgregor.iona@btopenworld.com

Eyewrite

Eymouth writers' group. New members welcome. Contact 01890 771 820 for further information.

Library Groups

You can find out about other writing and reading groups in your area by visiting your local library or visit www.liveborders.org.uk

ArtBeat Studios

Regular artistic sessions open to anyone with an interest in the arts. Havelock Street, Hawick. Email: artbeatstudios@hotmail.com
Facebook: Search for [Artbeatstudios ArtBeat](#).

Live Mindfully

Live Mindfully Ltd's main focus is on offering mindfulness and wellbeing coaching in the workplace and one-to-one wellbeing coaching. Further information available from www.livemindfully.co.uk

Mindfulness Skills4Life

Mindfulness courses and workshops in the Scottish Borders. Further information available from www.mindfulness-skills4life.co.uk
Email: sandra@mindfulness-skills4life.co.uk
Facebook: Search for [Mindfulness Skills4Life](#)

Think Thrive

A network of people in the Borders passionate about living life well and thriving. They offer tools and training in personal change, overcoming life's obstacles, and fulfilling life's opportunities. www.thinkthrive.co.uk

Peer2Peer-Mindfulness

Mindfulness Drop-In Sessions throughout the Scottish Borders. Free courses available. Email: peer2peermindfulness@gmail.com or visit www.peer2peer-mindfulness.co.uk

Community Centres, Sports and Leisure, Libraries and other local facilities

Community centres provide information, courses, facilities, events and activities. There are over 90 village and community halls across the Scottish Borders, all of which have different groups, activities and opportunities to volunteer and meet people.

Most of them have notice boards with information about local groups and activities. Visit the Online Borders website for more local community information: www.onlineborders.org.uk

Duns, Eyemouth and surrounding areas

Eyemouth Early Years Centre Eyemouth Primary School	01890 750 785
Chirside Community Centre Main Street, Chirside, TD11 3UH	01890 818 885
Coldstream Community Centre Coldstream Primary School, Coldstream, TD12 4DT	01890 883 868
Eyemouth Community Centre Albert Road, Eyemouth, TD14 5DE	01890 750 458
Southfield Community Centre Station Road, Duns, TD11 3EL	01361 882 184
Berwickshire Federation of Village Halls 24 village halls from Abbey St Bathans to Whitsome Ark	01361 883 137
Eyemouth Leisure Centre North Street, Eyemouth, TD14 5ET	01890 750 557
Coldstream Library Contact Centre Gateway Centre, Coldstream, TD12 4AE	01890 883 314
Duns Library Contact Centre 49 Newtown Street, Duns, TD11 3A	01361 882 622 (Library enquiries) or 0300 1001800
Earlston Library Earlston High School, East End, Earlston, TD4 6JP	01896 664 172
Eyemouth Library Manse Road, Eyemouth, TD14 5JE	01890 752 767

Galashiels and surrounding areas

Langlee Early Years Centre Langlee Primary School	01896 754 637
Philiphaugh Early Years Centre Philiphaugh Community School, Linglie Road, Selkirk, TD7 5LT	01750 20476
Focus Centre Livingstone Place, Galashiels, TD1 1DQ	01896 752 636
Langlee Community Centre Marigold Drive, Langlee, Galashiels, TD1 2LP	01896 753 873
Newtown Community Centre Former Newtown PS, Newtown St. Boswells, TD6 0RZ	01835 823 738
Philiphaugh Community Centre Linglie Road, Selkirk, TD7 5LT	01750 20684
Tweedbank Community Centre Tweedbank, Galashiels, TD1 3RT	01896 756 167
Galashiels Volunteer Hall St John's Street, Galashiels, TD1 3JX	Hall Enquiries: 01896 752 247 Booking Enquiries: 01835 825 231
Melrose Corn Exchange Market Square, Melrose, TD6 9PN	Hall Enquiries: 01896 822 463 Booking Enquiries: 01835 825 231
Melrose Ormiston Institute Market Square, Melrose, TD6 9PN	Trimontium Exhibition, Registrars Office and the Reading Room Hall Enquiries: 01896 822 463 Booking Enquiries: 01835 825 231

Old Gala House, Galashiels Scott Crescent, Galashiels, TD1 3JS	Museum and art displays Hall Enquiries: 01896 752 611 Booking Enquiries: 01835 825 231
Selkirk Victoria Halls Scott's Place, Selkirk, TD7 4LN	Hall Enquiries: 01750 21382 Booking Enquiries: 01835 825 231
Central Borders Federation of Village Halls 23 Village Halls from Ashkirk to Yarrowford	Contact via The Bridge 01896 755 370
Live Borders 3G Arena, Galashiels Netherdale, Nether Road, Galashiels, TD1 3HE	01896 800 340
Live Borders – Border Tennis Centre Livingstone Place, Galashiels, TD1 1DQ	01896 750 456
Galashiels Swimming Pool Livingstone Place, Galashiels, TD1 1DQ	01896 752 154
Queens Leisure Centre Melrose Road, Galashiels, TD1 2AE	01896 752 233
Tweedbank Sports Complex Tweedbank, Galashiels, TD1 3RS	01896 750 456
Selkirk Leisure Centre Victoria Park, Buccleuch Road, Selkirk, TD7 5DN	01750 20897
Galashiels Library Lawyers Brae, Galashiels, TD1 3JQ	01896 664 170
Melrose Library 18 Market Square, Melrose, TD6 9PN	01896 664 171
Selkirk Library Ettrick Terrace, Selkirk, TD7 4LE	01750 726 410

Kelso, Jedburgh and surrounding areas

Abbey Row Community Centre The Knowes, Kelso, TD5 7BJ	01573 223595
Jedburgh Town Hall Abbey Place, Jedburgh, TD8 6BE	Hall Enquiries: 01835 862 261 Booking Enquiries: 01835 825 231
Coldstream Town Hall High Street, Coldstream, TD12 4DH	Hall Enquiries: 01890 883 129 Booking Enquiries: 01835 825 231
Kelso Tait Hall Edenside Road, Kelso, TD5 7BS	Hall Enquiries: 01573 224 233 Booking Enquiries: 01835 825 231
Kelso Swimming Pool Inch Road, Kelso, TD5 7JP	01573 224 944
Jedburgh Library Contact Centre Castlegate, Jedburgh, TD8 6AS	Tel: 01835 863 592 (Library enquiries only) or 0300 1001800
Kelso Library Contact Centre Bowmont Street, Kelso, TD5 7JH	Tel: 01573 223 171 (Library enquiries only) or 0300 1001800

Hawick and surrounding areas

Burnfoot Early Years Centre Burnfoot Community School, Kenilworth Avenue, Hawick, TD9 8EQ	01450 375 147
Burnfoot Community Hub Burnfoot Road, Hawick, TD9 8EN	01450 390 410
Hawick Youth Centre Havelock Street, Hawick, TD9 7BB	01450 373 208
Hawick Town Hall Cross Wynd, Hawick, TD9 9EF	Hall Enquiries: 01450 364 743 Booking Enquiries: 01835 825 231
Newcastleton Community Centre No 8 Club, Montagu Street, Newcastleton, TD9 0QZ	013873 75448
Roxburgh Federation of Village and Community Halls 32 Village Halls from Ancrum to Yetholm	Contact via The Bridge (Roxburgh) 01835 863 554
Teviotdale Leisure Centre Mansfield Road, Hawick, TD9 8AG	01450 374 440
Hawick Library North Bridge Street, Hawick, TD9 9QT	01450 364 640

Peebles and surrounding areas

Peebles Community Centre Walkershaugh, Peebles, EH45 8AU	01721 720 975
St Ronan's Community Centre St Ronan's Primary School, Innerleithen, EH44 6BP	01896 830 349
Peebles Burgh Hall High Street, Peebles, EH45 8AG	Hall Enquiries: 01721 724 632 Booking Enquiries: 01835 825 231
Innerleithen Memorial Hall Leithen Road, Innerleithen, EH44 6HZ	Hall Enquiries: 01896 831 842 Booking Enquiries: 01835 825 231
Lauder Public Hall The Avenue, Lauder, TD2 6TR	Hall Enquiries: 01578 722 621 Booking Enquiries: 01835 825 231
Stow Town Hall Earlston Road, Stow, TD1 2QS	Hall Enquiries: 01578 730 736 Booking Enquiries: 01835 825 231
West Linton Graham Institute Lower Green, West Linton, EH46 7EW	Hall Enquiries: 01968 661 293 Booking Enquiries: 01835 825 231
Peeblesshire Federation of Village and Community Halls 14 halls from Broughton to Walkerburn	Contact via The Bridge (Tweeddale) 01721 723 123
Gytes Leisure Centre Walkershaugh, Peebles, EH45 8GL	01721 723 688
Peebles High School Sports Centre Springwood Road, Peebles, EH45 9HB	01721 540 174
Peebles Swimming Pool Port Brae, Peebles, EH45 8AW	01721 720 779
Innerleithen Library Contact Centre Buccleuch Street, Innerleithen, EH44 6LA	01896 830 789 (Library enquiries only) or 0300 1001800
Peebles Library Chambers Institute, Peebles, EH45 8AG	01721 726 333

This guide is not intended to be a directory but you will find information about different opportunities in the Scottish Borders that could help you to improve your wellbeing. Some of these opportunities are local services, or community based groups and organisations, some of them are useful websites.

We have used the 'Five Ways to Wellbeing' as a starting point for this guide and adapted them following consultation in the Scottish Borders. Five Ways to Wellbeing were developed for the Foresight Mental Capital and Wellbeing Project (www.bis.gov.uk/foresight) published in October 2008. The project commissioned the Centre for Wellbeing at NEF (the New Economics Foundation – www.neweconomics.org) to develop a set of evidence-based actions to improve personal wellbeing.

The Mental Health Foundation's guide 'How to Look after your Mental Health' is available at: www.mentalhealth.org.uk/publications/how-to-mental-health

With special thanks to **Borders Care Voluntary Voice** for hosting two 'Consultation Cafes' and enabling the co-production of this guide, and to **Outside the Box** and participants at the **Flourishing Borders** 'Happiness Habits cafes' who contributed their top tips. Thanks also to the local **Mental Health Forum** for being a supportive sounding board and to everybody who read, commented and added their thoughts.

Scottish Borders Community Planning Partnership

Joint Health Improvement Team

Old School Building, Scottish Borders Council Headquarters,
Newtown St Boswells, TD6 0SA

Tel: 01835 825 970

Email: health.improvement@borders.scot.nhs.uk

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