



# LASS Website



The LASS activity directory is available on [www.nhsborders.scot.nhs.uk/staying-healthy](http://www.nhsborders.scot.nhs.uk/staying-healthy)  
The guide is for the Lifestyle Advisers to signpost clients to activities and events in their area which will be beneficial to support a healthier lifestyle, well-being and reduce social isolation. Apart from details of health benefit groups, we also include life circumstances information including social activities and events to reach those living in rural areas.

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If you would like anymore information or would like to add your organisation, event or group, please contact: Alison Colvin, LASS Administrator on 01896-824502, email [alison.colvin@borders.scot.nhs.uk](mailto:alison.colvin@borders.scot.nhs.uk)



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