



Scottish Borders Diversity Week

17-23 September 2018

A week long programme of events to help us celebrate, value and enjoy the diversity that exists in our local communities.

Find out more at: <http://www.nhsborders.scot.nhs.uk/diversityweek>
#BDW2018



Scottish Borders Diversity Week is taking place for a second year running from the 17th - 23rd of September 2018. This project is bringing together partners from the private, public and voluntary sectors to coordinate a host of events, celebrating diversity through the theme of Belonging.

This week gives communities an opportunity to come together, feel connected and celebrate being part of the Scottish Borders. The week will celebrate diversity in all forms, raising awareness of the diversity in our communities and to foster good relations between groups.

As the theme is 'belong' we want to create a sense of belonging: our identity is shaped by belonging to a community or particular group and feeling that we belong, that we are included, is good for our wellbeing. While loneliness can affect people of all ages, research has shown that feelings of belonging can vary depending on gender, age, ethnic background and deprivation. The good news is that there are lots of opportunities to connect with other people in the Borders and Diversity Week would like to highlight and encourage this.

What can you expect from Scottish Borders Diversity Week 2018?

This year's programme is full of many interesting, fun and interactive events over the week across the Scottish Borders culminating in a celebration on Saturday the 22nd of September in Galashiels.

We hope that whatever your interests are you can enjoy these events with your family, friends and colleagues.

For More Information

If you require more information about any of the events please do not hesitate to contact us at (t) 01835 825970 or (e) lizzie.ireland@borders.scot.nhs.uk

Monday 17th

Creative Writing Workshop Selkirk

3 - 4pm

Selkirk Library, Ettrick Terrace, Selkirk TD7 4LE

A fun and interactive creative writing workshop .

All Welcome!

These workshops are focused on health and wellbeing aimed at adults on the theme of belonging

No previous experience is required.

Limited spaces

Book your place at :

<https://www.eventbrite.co.uk/e/diversity-week-2018-creative-writing-selkirk-tickets-48834689872>

or pop into your local library

For more information please contact Julia Cawthorne:
01450 364640 JCawthorne@LiveBorders1.org.uk **Free**

Red is the New Black

10am - 4.30pm (drop in) Open every day until Friday
21st September

Borders Textile Towerhouse, 1 Tower Knowe, Hawick TD9 9BZ

The display focuses on the sense of belonging and achievement the Interest Link group experienced when working on the 'Red is the New Black,' Recycled Fashion Show. Interest Link is a Scottish Borders based befriending project working with children and teenagers who have learning disabilities.

Information sessions will take place throughout the week, see local press for details.

www.interestlink.org.uk

For more information please contact Shaureen Lammie:
01450 377615 Shaureen.Lammie@liveborders1.org.uk

Free and welcome to all

Tuesday 18th

Creative Writing Workshop Hawick

10 - 11.30am

Hawick Library, North Bridge St, Hawick TD9 9QT

A fun and interactive creative writing workshop.

All Welcome!

These workshops are focused on health and wellbeing aimed at adults on the theme of belonging.

No previous experience is required.

Book your place at :

<https://www.eventbrite.co.uk/e/diversity-week-2018-creative-writing-hawick-tickets-48834745037>

or pop into your local library

For more information please contact Julia Cawthorne:
01450 364640 JCawthorne@LiveBorders1.org.uk

Free and welcome to all

Smash the Stigma at Borders College

11am - 2pm

Borders College, Galashiels Main Campus, Nether Road, Galashiels TD1 3HE

'Smash the Stigma' is back.!

This is an event specific to Borders College students from all around the Scottish Borders.

'Smash the Stigma' wants to make sure students know its ok to speak about mental health issues and to raise awareness for the support available to them.

The event also aims to encourage self-management techniques that students can use in their everyday life

For more information contact

Amy Hamilton, ahamilton@borderscollege.ac.uk 01896 662541

Free and welcome to all

Intergenerational Coffee Morning

10am - 12noon

Burnfoot Community School

Come and join the pupils of Burnfoot Community School for a morning of healthy treats, tea, coffee and juice.

As part of Diversity Week we want to celebrate past and present School times. This is an opportunity to share memories, look at old school photographs and reminisce about past and present memories

No Booking Required

For more information please contact

Lizzie Ireland: 01450390410

lizzie.ireland@borders.scot.nhs.uk

Free and welcome to all

Wednesday 19th

Transgender Conference

9.30am

Tweed Horizons, Melrose TD6 0SG

Supported by LGBT Equality and Trans Alliance Scotland

After the success of last years first transgender conference in the Borders this year brings a full day conference aimed at building on current knowledge and developing understanding on how to support Trans people in the Scottish Borders.

The full day programme consists of a choice of 6 workshops, touching on topics regarding Health and Social Care, Employment and Trans Inclusion

Booking Required

Book your place at : <https://www.eventbrite.co.uk/e/diversity-week-2018-transgender-conference-tickets-48911720272>

For more information please contact

LGBT Equality: lgbtborders@gmail.com

Creative Writing Workshop Kelso

2 - 3.30pm (drop in)

Kelso Library, Bowmont St, Kelso TD5 7JH

Fun and interactive. A creative writing workshop for Health and Wellbeing.

See entry on Monday 17th for details

Book your place at:

<https://www.eventbrite.co.uk/e/diversity-week-2018-creative-writing-kelso-tickets-48834778136>

or pop into your local library

For more information please contact

Julia Cawthorne: 01450 364640 JCawthorne@LiveBorders1.org.uk

Free and welcome to all

'Film showing of 'My Feral Heart'

6.30pm

Heart of Hawick Kirkstile, Hawick TD9 0AE

This is a short film highlighting the challenges and stigma of having a learning disability. This is an inspiring film showing Luke's journey to independence.

Description of film. A sudden bereavement throws Luke, a fiercely independent young man with Down's Syndrome into a daunting new environment where he finds unexpected support from a feisty streetwise carer and a local heir dealing with his own demons'

Booking required at the Heart of Hawick Box Office

£5.00 per ticket

Let us know you are coming along:

<https://www.eventbrite.co.uk/e/diversity-week-2018-film-showing-my-feral-heart-tickets-48911120478>

For more information please contact

Caroline Hamilton: 01835 825970

caroline.hamilton@borders.scot.nhs.uk

Thursday 20th

Creative Writing Workshop Peebles

1 - 2.30pm

Peebles Library, Chambers Institute, High St, Peebles EH45 8AG

A creative writing workshop for Health and Wellbeing

All Welcome!

See entry on Monday 17th for details

Book your place at :

<https://www.eventbrite.co.uk/e/diversity-week-2018-creative-writing-peebles-tickets-48834835307>

or pop into your local library

For more information please contact

Julia Cawthorne: 01450 364640

JCawthorne@LiveBorders1.org.uk

Free and welcome to all

International Food Taster Night

5 - 7.30pm

Burnfoot Community Futures, Burnfoot Hub, Hawick

This fun filled evening is an opportunity to try different foods from around the world, cooked by locals Borders wide. This is an opportunity to find out more about traditional cuisine, try new foods, make friends and learn something new.

We are looking for those who enjoy cooking traditional food to come along and share their all time favourite recipes from their country.

For more information or to get involved please contact Lizzie

Ireland 01835 825970 lizzie.ireland@borders.scot.nhs.uk

Free and welcome to all

'See Me Not My Disability'

10am - 2.30pm

Art Beat Studios, Artbeat Studios, Havelock Street, Hawick TD9 7BB

Expression, an opportunity for you to use art as a medium to show people who you are.

A day of fun, interactive activities that can express what it means to you to belong.

Book your place at:

<https://www.eventbrite.co.uk/e/diversity-week-2018-see-me-not-my-disability-tickets-48911823581>

FREE but please bring along your lunch

For more information please contact

Caroline Hamilton: 01835 825970

The Town Where We Belong

10am - 12noon

Borders Textile Towerhouse, 1 Tower Knowe,
Hawick TD9 9BZ

Share your memories of years gone by or learn the history of Hawick, the town you now call home, at this interactive session. A selection of Images and artefacts will be on display along with music and refreshments. Suitable for all ages, those living with dementia must be accompanied

No booking required

For more information please contact
Shaureen Lammie: 01450 377615
Shaureen.Lammie@liveborders1.org.uk
Free and welcome to all

Happy Cafe

10.30am - 12noon

Chest Heart and Stroke Hub, 61 High St, Hawick TD9 9BP

The Happy Cafe is open for all and is an opportunity for adults and older adults to come along build friendships and have an open conversation around mental health and wellbeing.

As part of Diversity Week the Happy Cafe will focus on the theme of 'Belong' using different recyclable material to produce a Diversity Exhibition piece. Come along and help us out!

Refreshments provided
Free and welcome to all

Friday 21st

Health Classes Taster Day

10am - 12noon

Tweedbank Indoor Bowling Club TD1 3RS

Come along and try some of our fantastic health classes such as Falls Prevention, Gentle Movement, Disability Bowls, Diabetes Classes and many more. All tasters are approximately 15minutes long.

Light refreshments will be provided and information on all Live Borders health programmes will be available.

For more information please contact
Paul Davis: 07458040481 pdavis@liveborders.org.uk
Free and welcome to all

Intergenerational Craft Afternoon

2 - 4pm

Hawick Congregational Community Church

Come and join us for some Craftey fun. Refreshments provided

For more information please contact
Val Garry: 07889041600 val.garry@gmail.com
Free and welcome to all

Saturday 22nd

DIVERSITY CELEBRATION and EXHIBITION

11am - 3pm

Borders College, Galashiels Main Campus, Nether Road,
Galashiels TD1 3HE

Over the past 4 months our Scottish Borders communities have been putting together art, sculpture and writing created by people living in the Scottish Borders, which explores what it means to 'belong'.

Come along and enjoy a day of interactive workshops, films, performances and stalls celebrating Diversity in the Scottish Borders. We ALL 'belong' in the Scottish Borders, therefore come along, learn something new, meet new people and enjoy a day of fun!

Check out what's happening at
<http://www.nhsborders.scot.nhs.uk/diversityweek>

FREE

Performances include

- Erin Highton Singer Songwriter
- Eggshell Goblin
- W'hat About by Fuora Dance Project

Workshops include:

- Make Up Lessons for all Genders
- English as a Second Language
- Percussion with James McIntosh
- Fuora Dance Project Intergenerational dance workshop
- Girls Coding Club

Come along on the day or let us know you are coming along by using the link below
<https://www.eventbrite.co.uk/e/diversity-week-celebration-and-exhibition-2018-tickets-48801212741>

Sunday 23rd

Trust Rugby International

Junior - 12.30pm

Adult - 1.30pm

Hawick Rugby Club, Mansfield Park, Mansfield Rd,
Hawick TD9 8AW

Founded in 2010 Trust Rugby International (tri) is a proactive, Scottish based charity, whose goal is to bring individuals and communities together through the game of rugby. Unlike other organisations, who use the non-contact version of the sport to involve people with learning disabilities, we believe all players can be enabled to participate to their full potential

A fantastic addition to Diversity Week the sessions aim to provide individuals who live in the Scottish Borders to experience TRI rugby, in a safe supported environment.

Book your place at :
<https://www.eventbrite.co.uk/e/diversity-week-2018-tri-rugby-tickets-48908462528>

For more information please contact
Caroline Hamilton: 01835 825970
caroline.hamilton@borders.scot.nhs.uk