

Are **YOU** actively **USING**  
**SUBSTANCES** or on a **SCRIPT?**

Do **YOU** have **VIEWS** on  
what **SUPPORT** is needed  
or have **YOU** faced **BARRIERS**  
when **ACCESSING SERVICES?**

Would **YOU** like to come along to a  
**LIVING EXPERIENCE GROUP**  
to have **YOUR VOICE HEARD**  
and to **PROMOTE CHANGE**  
in your **LOCAL AREA?**

The group is a **SAFE PLACE** where  
**ALL VIEWS** are **GATHERED ANONYMOUSLY.**

Tea, coffee and lunch provided.



Focus Community Centre. Livingstone Place, Galashiels TD1 1DQ  
Every Wednesday 2pm – 4pm

Contact **Steven** for any further information on **07741 855 517**