

Upcoming awareness dates:

[Volunteers' Week:](#) 2nd - 9th June

[Men's Health Week:](#) 9th - 15th June

[Day of Movement:](#) 18th June 2025

[Pride Month:](#) June



NEWS

WELCOME TO HANNAH - CREATING HOPE CONFERENCE

We are delighted to welcome Hannah Lacon to the Public Health Team who will be covering Charlotte's maternity leave and taking up the post of Health Improvement Specialist (Suicide Prevention), working on a Monday and Tuesday. Hannah's first week included attending the networking day for the national Suicide Prevention Leads and then the national Creating Hope conference in Glasgow so she had to hit the ground running! Keynote speakers at the conference included Karin Goodwin (author and freelance journalist) who spoke about the need for more truthful stories in the media about suicide and Talat Yaqoob who challenged the thinking and action around addressing the mental health consequences of poverty and inequality.

If you would like to read more about the conference, visit [Suicide Prevention Scotland's website](#)
Hannah can be contacted by email at hannah.lacon@nhs.scot

SPORT, LEISURE AND CULTURAL SERVICES AND FACILITIES CONSULTATION

Scottish Borders Council has now opened the consultation about the sport, leisure and cultural services provided by Live Borders. The public online consultation survey is now live on Citizen Space and everyone is welcome to submit a response. There are three required questions and then optional questions for each town / venue. Many of the facilities are vital for mental health and wellbeing within our communities and so it's important that your views are captured. The survey closes on 31st August.

To take part in the survey follow this link -

[Sport, leisure and cultural services and facilities consultation - Scottish Borders Council - Citizen Space](#)

BE ACTIVE FOR BETTER MENTAL HEALTH

Movement for Health is inviting everyone to support and celebrate the important role that movement has for people living with long-term health conditions – including mental health conditions. They want to shine a light on movement, the work of Movement for Health and its coalition members, partners, and community of practice. They want to celebrate all the movements that people living with health conditions can do, big and small.

For more information and to download the promo pack, click [HERE](#)

CALL FOR APPLICANTS - SCOTTISH MENTAL HEALTH ARTS FESTIVAL 2025

The Mental Health Foundation has announced that 2025 festival will take place from 20th October to 9th November, exploring the theme 'Comfort and Disturb'. They have also announced a Regional Participatory Arts Fund for areas currently underrepresented in the programme – including towns and rural areas across Scotland. Small grants of between £750 and £1,250 are available.

To read the funding guidelines click [HERE](#)

To find out more about the festival, click [HERE](#)

EVENTS

Thursday 19th June, 11.00am – 12.00 noon

NHS 24 BREATHING SPACE INFORMATION SESSION FOR BUSINESSES

The Healthy Working Lives Adviser at NHS Borders is offering businesses the opportunity to attend a free information session delivered by NHS 24 Breathing Space. The session is aimed at small to medium businesses, to learn more about the service and how it can be used to support employees.

Book a space using the link: <https://www.eventbrite.com/e/1381609393889?aff=oddtcreator>

Thursday 26th June, 12.00 – 1.00pm

ONLINE MENOPAUSE CAFE

A virtual chat about navigating menopause in the workplace – open to all. The Healthy Working Lives Adviser at NHS Borders will be hosting another **Online Menopause Cafe** to support employees and provide a safe space to discuss how they are managing in the workplace as well as having a good chat about all things menopause. Please see the attached flyer and book a space using the link:

<https://www.eventbrite.com/e/1382205998349?aff=oddtcreator>

Mondays - 7-9pm

ANDYS MAN CLUB

Andys Man Club is a peer to peer support group for men (aged 18+) who have either been through a storm, are currently going through a storm or have a storm brewing in life. Andys Man Club meets every Monday from 7pm (excluding English Bank Holidays).

Where:

- Gala RFC Hospitality Suite (to the right when you enter through the gate), Netherdale, Nether Road, Galashiels TD1 3HE
- Eyemouth Parish Hall, Victoria Rd, Eyemouth TD14 5JD
- Vale of Leithen Social Club, 2 Leithen Crescent, Innerleithen, EH44 6JL

Find out more at <https://andysmanclub.co.uk/>

INFORMATION STATION FOR MENTAL HEALTH AND WELLBEING at the WHAT MATTERS HUBS

- PEEBLES - Wednesday 11th June, 10am – 12:30pm, Costa Coffee
- HAWICK - Thursday 12th June, 10am – 12:30pm, Heart of Hawick
- KELSO - Wednesday 18th June, 10am – 12.30pm, Mayfield Garden Centre
- GALASHIELS - Wednesday 25th June, 10am – 12:30pm, ASDA Café

Drop-in service where you can find out more about the advice, information and support that is available to help mental health and wellbeing. Find out more [HERE](#)

1st Tuesday of the month, Galashiels

SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP

For more information contact the local co-ordinator on 0770 4691 111 or email

scottishborders@uksobs.org

AFTER A SUICIDE WORKING GROUP

Have you or someone you know lost a family member or friend to suicide? If you feel ready and able to contribute to improving the support and information available to others going through a similar experience come and join the After a Suicide Working Group. The working group are a group of people with lived experience of bereavement by suicide. The group is not a support group, but offers members the opportunity to use our lived experience to contribute to the local suicide prevention strategy.

For more information email: health.improvement@borders.scot.nhs.uk

Various dates

BORDERS IN RECOVERY GROUPS

Borders in Recovery runs weekly Recovery Cafés in Galashiels, Eyemouth, Hawick and Peebles, open to anyone over 16 years and in recovery (substances or mental ill health) or supporting someone who is (friend/family). The cafés offer a free hot meal, peer support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities. Borders in Recovery also have a Weekly Music Group on a Tuesday and Recovery Coaching Training is available. There is also a Whatsapp group and SMART meetings in Peebles and Gala including a Womens SMART meeting in Gala. **To find out more click [HERE](#).**

Various dates

ALZHEIMER SCOTLAND WHAT'S ON GUIDE

Alzheimer Scotland produces an excellent monthly 'What's On' guide for all their walking groups, Memory Cafés, What Matters Hub sessions, Singing Café, Carers Café and much more.

You can download the What's On guide (PDF) for June [HERE](#)

Find out more about the Borders Brain Health and Dementia Resource Centre [HERE](#)

RESOURCES

TOGETHERALL DIGITAL MENTAL WELLBEING SUPPORT

Every resident aged 16+ in the Scottish Borders is able to make use of the free, anonymous mental health support offered by Togetherall. It is simple to register and can be accessed all day, every day. It provides a safe, anonymous space for people to share experiences and support each other in an online community – it is monitored by 'Wall Guides' who help to keep everyone safe. Togetherall also has practical wellbeing tools and resources. Togetherall is supporting Pride Month throughout June and is highlighting that everyone is welcome in the digital space. **Sign up to Togetherall [HERE](#)**



MENTALLY FLOURISHING WORKPLACES FRAMEWORK

Public Health Scotland has published a new framework for mentally flourishing workplaces. It is designed to help organisations in Scotland adopt best practices that support employee mental health and wellbeing.

You can download the framework [HERE](#)

SUICIDE PREVENTION SCOTLAND NEWSLETTER AND CREATING HOPE PODCAST

Jenny, Susie and Rob, the Suicide Prevention Implementation Support Leads at Public Health Scotland, produce a regular newsletter full of information about the suicide prevention work happening across Scotland. They have also been working on making a new series of podcasts covering topics such as bereavement by suicide, involving lived and living experience, working with children and young people and using data to inform suicide prevention activity.

If you would like to subscribe to the newsletter and national network please complete the form [HERE](#)

To listen to the podcasts click [HERE](#)

FINDING SUPPORT FOR SUICIDE PREVENTION

Creating Hope Together is the new national website for Suicide Prevention Scotland. If you are looking for resources, support or information for anyone affected by suicide please visit the new website - [Home - Suicide Prevention Scotland](#).

TRAINING

SCOTLAND'S MENTAL HEALTH FIRST AID

Tuesday 10th June and Monday 16th June 2025, 9.30am – 5.00pm, Galashiels (Must be able to attend both days)

This two-day training is once again being run by the Borders Care Voice Learning Network – please see their [training brochure](#) for more details or book directly [HERE](#)

SELF-HARM AND SUICIDE PREVENTION FOR CHILDREN AND YOUNG PEOPLE - SKILLED LEVEL

All dates are IN-PERSON at Scottish Borders Council HQ, Newtown St Boswells

- **Tuesday 28th October:** 9am – 1pm
- **Tuesday 11th November:** 9am – 1pm
- **Thursday 5th March 2026:** 9am – 1pm
- **Thursday 21st May 2026:** 9am – 1pm

This is a bespoke half-day training session facilitated by Health Improvement Specialists from the NHS Borders Public Health Team. It is aimed at anybody working with children and young people who are likely to have direct and/or substantial contact with those who may be at risk of self-harm or suicide. The content is drawn from the NHS Education for Scotland Skilled Level packages for Self-harm and Suicide Prevention.

Anyone attending this training must first complete the Informed Level e-module 'Promoting children and young people's mental health and preventing self-harm and suicide' on the NHS 'TURAS' website.

Email health.improvement@borders.scot.nhs.uk to register for one of the dates at SBC HQ

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Applied Suicide Intervention Skills Training ASIST is a 2-day intensive, interactive and practice dominated course, aimed at enabling people to spot the risk of suicide and provide immediate help to someone at risk of suicide. In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid.

To be added to the distribution list to be informed when the booking goes live please email:

health.improvement@borders.scot.nhs.uk

SELF HARM NETWORK SCOTLAND TRAINING

The Self-Harm Network Scotland, run by Penumbra, has a number of free training opportunities coming up about self-harm.

- **1-hour Self-Harm Awareness Session** - for anyone in Scotland who is interested in learning more about self-harm. This includes professionals, parent's, carers and loved ones. It is delivered in a webinar/seminar style with a presentation and time at the end for questions.
- **3 hour Self-Harm Awareness Training (for professionals)** - will dive deep into the underlying reasons for self-harm and give information, tools and resources that can be used to support people who self-harm.

To find out more and book click [HERE](#)

MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

There are two catalogues available that set out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention, one for adults and one for people working with children and young people.

Download the Adults catalogue (PDF) [HERE](#)

Download the Children and Young People's catalogue (PDF) [HERE](#)

GET IN TOUCH

This information bulletin was produced by Steph MacKenzie, Health Improvement Specialist (Mental Health) Joint Health Improvement Team, Public Health. If you'd like to join our mailing list or talk to us about any of the news, events, resources or training above, you can get in touch with us by emailing health.improvement@borders.scot.nhs.uk



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CREATING HOPE WEB PAGES

www.nhsborders.scot.nhs.uk/creating-hope

Creating Hope
Scottish Borders

