



Connecting People, Supporting Recovery, Building Wellbeing Together

BRAW is a collaborative network helping people to find, access and connect with mental health recovery and wellbeing learning opportunities across the Scottish Borders

1. Purpose

The purpose of this briefing note is to let workers and volunteers across all sectors know what BRAW is. BRAW is the acronym for **'Borders Recovery And Wellbeing'** – it's also a classic term used in traditional Scottish dialect to mean 'fine' or 'good' and one that is well used locally in the Borders in a positive sense. It is perfect for describing a positive and empowering local approach that is about taking action to support mental health recovery and wellbeing. The emphasis is on learning rather than support.

The BRAW collaborative network is a group of organisations that have come together to help people access recovery and wellbeing learning opportunities, activities, community support and information through a more joined-up and visible approach. BRAW is intended to strengthen awareness, navigation and partnership working rather than replace existing services or programmes.

2. Background

The BRAW network has emerged from the Creating Hope in the Scottish Borders Action Plan for mental health improvement and suicide prevention. Developing a **'recovery college model'** (see information box on next page) is a key area of action within the action plan, advocating for the development of a long term, integrated and supported community based approach to living with mental ill health that empowers people to live well, support their recovery and prevent relapse.

The recovery college model along with the development of community based and peer led networks and assets linked to learning and development was part of the Scottish Borders Mental Health Strategy 2017. As there is already a lot of relevant activity in the Borders, the aim for this phase of work is to develop greater coordination and awareness. Working group discussions have highlighted the need to:

- Improve visibility of existing recovery and wellbeing opportunities
- Strengthen pathways and signposting
- Build awareness of partner activity
- Promote a collaborative, community-focused and peer led approach
- Support future development of a Recovery and Wellbeing College-style model adapted for the Borders context.

3. Who is part of the BRAW network?

Current members include:

- | | |
|---|---|
| <ul style="list-style-type: none">• Flourish: Mental Health Matters• Borders Care Voice• NHS Borders• Health in Mind• Peer 2 Peer Mindfulness• Greener Peebles Community Garden• Borders Group of Riding for the Disabled• Nature Unlimited• Borders Forest Trust• Hike & Bike Hub | <ul style="list-style-type: none">• Live Borders• Scottish Borders Council Community Learning and Development• Borders in Recovery• Artbeat Studios• Abundant Borders• Walled Garden at Wilton Lodge Park• Works+• Eat Sleep Ride• Local Area Co-ordination Team• Improving the Cancer Journey Service |
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4. How do I find out more about BRAW?

The **BRAW webpage** on the NHS Borders website is the central hub for communications and signposting. We are populating and reviewing this web resource regularly. You can use the QR code or the web address below to find the page. The **face-to-face 'front door' to BRAW** is via the Mental Health Information Stations at the What Matters Hubs – see the poster on the next page.

The lead group for **social media** is Flourish - find them on Facebook and follow them for all the BRAW updates. Search for **Flourish – Mental Health Matters** or **flourishMHmatters** on Facebook or find them via the Borders Care Voice website at borderscarevoice.org.uk/flourish

5. How do we join the network?

If you belong to a group or organisation in the Scottish Borders that is offering mental health recovery and wellbeing related learning activities and you would like to join the BRAW network, please tell us about your activities by filling in this form. You can also find the link on the webpage. [Mental Health Recovery & Wellbeing Learning Activities in the Scottish Borders – Fill in form](#)



Scan the QR code to visit the web page:

www.nhsborders.scot.nhs.uk/braw

Email

stephanie.mackenzie3@nhs.scot

or

lynsay@borderscarevoice.org.uk

for further information

WHAT IS A RECOVERY COLLEGE?

A Recovery College is a learning approach to mental health

- Focuses on building skills, confidence, and understanding
- Works *alongside* treatment — it does not replace clinical care
- Peer support is at the heart of the approach

Key Features

- Courses designed *with* people who have lived experience
- Learners, not patients — no tests, no pressure
- Free, accessible workshops and groups

What People Learn

- Coping skills and confidence
- Understanding mental health
- Creativity, connection, and wellbeing tools
- Practical steps for living well

Why It Matters

- Brings together lived experience and professional knowledge
- Builds hope, identity, and self-belief
- Helps people create a life beyond illness

Mental Health Information Stations at the What Matters Hubs

Available monthly
in five towns across
the Scottish Borders

Drop in for a friendly
chat, peer support
and help to find
mental health services
No appointment
needed



**Borders
Recovery
And
Wellbeing**

Talk to a Peer Support

flourish
mental health matters

Creating Hope
Scottish Borders


Scottish Borders
Health and Social Care
PARTNERSHIP

**Health
in Mind**