Six ways to be well in the Scottish Borders

This guide offers ideas about how to become healthier and happier.

www.nhsborders.scot.nhs.uk/six-ways-to-be-well
If you (or a person you are supporting) have problems that will not go away or you need help to cope, please contact your GP.

There are specialist mental health services in the Scottish Borders that can help. Ask your GP about these.

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**Useful contacts**

- **NHS24**
  Tel: 111 or visit [www.nhs24.com](http://www.nhs24.com)

- **Childline**
  Tel: 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk)

- **Parentline Scotland**
  Tel: 08000 28 22 33 or visit [www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland](http://www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland)

- **Silverline (Helpline for older people)**
  Tel: 0800 4 70 80 90 or visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

- **Rape Crisis Scotland National Helpline**
  Phone free any day between 6pm and midnight on 08088 01 03 02

- **Scottish Borders Rape Crisis**
  Tel: 01896 661070 or visit [www.scottishbordersrapecrisis.org.uk](http://www.scottishbordersrapecrisis.org.uk)

- **GatePost / RSABI helpline**
  For Scotland's farming and land-based community
  Tel: 0300 111 4166 or visit [www.gateposthelp.org.uk](http://www.gateposthelp.org.uk)

- **Racing Welfare**
  Supporting those in the horse racing industry
  Tel: 0800 6300 443 (24hr Helpline) or visit [www.racingwelfare.co.uk](http://www.racingwelfare.co.uk) (Online live chat)

- **Frank / Drugs info**
  Tel: 0300 123 6600, text 82111 or visit [www.talktofrank.com](http://www.talktofrank.com)

- **NAPAC (National Association for People Abused in Childhood)**
  Free support line: 0808 801 0331 or visit [www.napac.org.uk](http://www.napac.org.uk)

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**Emotional support helplines**

For emotional support in and out of normal working hours, call:

- **Samaritans (24 hours)**
  Tel: 116 123

- **Breathing Space**
  Tel: 0800 83 85 87
  [www.breathingspace.scot](http://www.breathingspace.scot)

- **Borderline**
  Tel: 0800 027 4466

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A mobile app for those at risk of suicide and people worried about someone.

#StayAlive
This guide offers ideas about how to become healthier and happier. This is sometimes called ‘wellbeing’.

There are many things we can do to look after our own wellbeing. There are also many things we can do to support the people around us to be healthier and happier.

To be well, we need to look after both our minds and our bodies.

Wellbeing is not about being happy all the time – it’s about being able to deal with life’s challenges and being content. Nobody can give wellbeing to you – you have to take action yourself.

This guide uses ‘Six ways to be well’ to recommend small changes you can make.

› Nurture
› Be Active
› Belong
› Be Kind
› Enjoy and Learn
› Be Aware

Think of these as your ‘six a day’ for wellbeing. Try these six ways to help you become healthier and happier.

You can also use ALISS (A Local Information System for Scotland) to find help and support for your health and wellbeing. www.aliss.org

Survivors Unite
Peer support group for people aged 16+ who have experienced childhood sexual abuse. Tel: 07921 058 675 or email ettrick@children1st.org.uk

Women’s Aid
National Domestic Abuse Helpline (24 hours) Tel: 0800 027 1234 or visit www.scottishwomensaid.org.uk

Border Women’s Aid
Tel: 01835 863 514 or visit www.borderwomensaid.co.uk

Domestic Abuse Advocacy Support (DAAS)
A free, confidential support service that works with both female/male adult victims of domestic abuse to maximise your safety Tel: 01835 825024 or email DAAS@scotborders.gcsx.gov.uk

Welfare Aware Borders
Scottish Borders Council – www.scotborders.gov.uk/welfarereform
Customer Services: 0300 100 1800
Financial Inclusion Team: 01896 661 394
Citizens Advice – Branches across the Borders. For your nearest one call 01896 753889 or visit www.borderscab.org.uk
Citizens Advice Bureau Youth Info (aged 16-25) Call 07508 331513 or visit www.borderscab.org.uk/youthinfocab

› More useful information about local community facilities can be found at the back of this guide (page 36).
Six ways to be well in the Scottish Borders

Nurture
Look after your body and find ways to cope with stress.

Belong
Feeling that we belong – that we are included – is good for our wellbeing.

Be Active
Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

Be Kind
Giving and receiving from others helps to build a support network.

Be Aware
Being mindful for a few minutes can help you to de-stress. Give yourself some ‘me time’.

Enjoy and Learn
Learning new things can help you to be more satisfied and fulfilled.
Nurture...

... yourself, and those around you. Sometimes we all need a bit of care and protection. Our bodies and our minds need nurturing as we grow, develop and get older.

› Could you nurture yourself more?
› Do you need support to make a change to your lifestyle, or to help care for somebody else?

To nurture ourselves we should try to eat well, sleep well, be active and cut out things that are bad for us. Try and make time to relax and have fun. Try to think positively rather than negatively.

Sometimes this might mean spending time on our own. It is okay to want to be alone – being comfortable with who you are is important to wellbeing.

Many of us take on caring roles for other people. Support is available in the Borders if you are caring for somebody else.

Learn to recognise your stress triggers and find ways to cope with stress.

‘Eat well’ and ‘Drink sensibly’ are two of the Mental Health Foundation’s top tips for good mental health.

How we eat and drink can affect how we feel – eating well can make you feel better, happier, less stressed, sleep better and be more energised.

› Could you find a way to nurture yourself – perhaps eat or drink more healthily?

Useful websites and apps

StressBusters Borders
NHS Borders website to help you manage stress and links to all the Doing Well self-help booklets (many topics including anxiety, depression, panic and self-esteem).
www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters

Steps for Stress
Handy hints and practical suggestions for how to look after yourself and stop stress from building up in Healthier Scotland’s ‘Steps to deal with Stress’ booklet.
www.stepsforstress.org

Eat Better Feel Better
Make changes to how you shop, cook and eat – tips, recipes and advice.
www.eatbetterfeelbetter.co.uk

Eat Well for Less
Tips on healthy eating without spending more, recipes, the NHS Eat Well Guide, the Easy Meals App and other tools for healthy eating.

Hands On Scotland
A toolkit of helpful responses to encourage children and young people’s emotional wellbeing. Gives practical information, tools and activities to deal with troubling behaviour and to help children and young people flourish.
www.handsonscotland.co.uk

Happiness Habits – nurturing yourself

“A good night’s sleep, eating healthy. Talking to people who understand, talking to my daughter who understands”.

“It is important to still see lots of people, but have some time on your own. Know yourself – what you like”.

Ideas from Burnfoot, Cornmill Court and Whim Hall Happiness Habits Cafes
LASS – Supporting Your Lifestyle Change
If you are over 16 and would like some help to change your lifestyle the Scottish Borders has fully trained Lifestyle Advisers at the NHS LASS service. You can be referred by your GP, practice nurse or healthcare worker, or you can refer yourself. Contact your health centre for more information about seeing a Lifestyle Adviser or visit www.lass.scot.nhs.uk

Healthy Living Networks
There are healthy food projects that could help you eat more healthily if you live in the Langlee, Burnfoot or Eyemouth areas. Health and food training courses and Lunch Clubs are available. Contact the Joint Health Improvement Team on 01835 825970 or email health.improvement@borders.scot.nhs.uk

Doing Well
Some GP surgeries in the Borders have ‘Doing Well’ Advisers. These advisers can help if you are suffering from anxiety, depression or distressing personal problems. Ask at your GP surgery to see if you can be referred to a Doing Well adviser.

Borders Food Buddies
For practical tips and recipes that local people have shared, look for Borders Food Buddies on Facebook.

Abundant Borders
A network of local food production in the Scottish Borders with projects in Eyemouth, Ayton and Hawick. Training and volunteering opportunities. Email: robin@abundantborders.org.uk

Borders Carers Centre
If you are an unpaid family carer, the Borders Carers Centre provides FREE independent help & support to unpaid family carers (aged 18+) of people with all types of illness and disability throughout the Scottish Borders. The Borders Carers Centre, Brewerybrig, Low Buckholmside, Galashiels, TD1 1RT. Tel: 01896 752431 or visit www.borderscarerscentre.co.uk

Scottish Borders Young Carers Service
Supports young carers aged 8-18 who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems. Tel: 01896 750173. Action for Children, Unit 10/A, Galabank Business Park, Galashiels, TD1 1PR.

Quit Your Way
NHS Borders provides support to stop smoking. Services are free and delivered by trained practitioners. Tel: 01835 825971 Email smoking.cessation@borders.scot.nhs.uk or visit www.nhsborders.scot.nhs.uk/quityourway

Addaction Borders
Addaction Borders provides support for people misusing alcohol, drugs and other substances and works with them to develop a plan for their recovery. Tel: 01896 757843 or www.addaction.org.uk/services/addaction-borders

Early Years Centres
Early Years Centres help families give their children a good start in their early years. Weekly programme of activities, advice and support. Galashiels – Tel: 01896 754637, Selkirk – Tel: 01750 20476 Hawick – Tel: 01450 375147, Eyemouth – Tel: 01890 750785 / 750692 www.scotborders.gov.uk/earlyyearscentres

BIBS – Breastfeeding in Borders Support
Local support for breastfeeding parents from volunteers who have experience of breastfeeding. Scheme supported by NHS Borders. For more information contact your midwife, Health Visitor or the Joint Health Improvement Team on 01835 825970.

Supported Childminding Scheme
Additional childcare support for vulnerable families. By referral. Tel: 01890 771356 Email: raquel.lloyd-jones@childminding.org

Quarriers
Quarriers Resilience for Wellbeing Service works with young people aged between 10 and 18 to improve their wellbeing. We support young people to build confidence to work towards their goals, and help them to develop the resilience to cope when times are tough. Tel: 01896 668411 Email: Borders@quarriers.org.uk or visit www.quarriers.org.uk/borders
### Be Active...

*Find a physical activity that you enjoy, one that suits your level of mobility and fitness. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.*

- Are you active on a regular basis?
- Do you need support to become more active?

If you are able to be active, this could help you be healthier and happier.

Making small changes to how active you are can make a big difference to your wellbeing.

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

For adults, activity should add up to at least 2½ hours of moderate activity a week. One way is to do 30 minutes on at least five days a week. This doesn’t have to be an organised activity – walking to the bus stop, doing the hoovering or gentle seated exercise counts.

Children need to be physically active for at least an hour a day. Walking to school, playing outside, cycling, scooting, roller skating, climbing trees, walking a dog, skipping, jumping or playing a sport like football or frisbee all count towards that hour a day.

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### Happiness Habits – being active

“Knitting, reading, puzzles, walking, eating healthy, swimming, meeting friends, listening to music, ironing / housework.”

“Keep active but don’t do so much that you get tired. Volunteering so you get out of the house. Get out of bed and get on with the day. Keep busy and do some cleaning.”

Ideas from Burnfoot and Netherurd Happiness Habits Cafes

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### Useful websites and apps

- **Walks and Trails**
  Information on the Scottish Borders Council website about walking in the Borders, including the Ranger Led Walks.
  [www.scotborders.gov.uk/directory/28/walks_and_trails](http://www.scotborders.gov.uk/directory/28/walks_and_trails)

- **My Fitness Pal**
  A free journal App that you can download to help keep track of food and exercise.
  [www.myfitnesspal.com](http://www.myfitnesspal.com)

- **FitStar**
  App by FitBit. Personal trainer App to help you get in shape. Free to download and use. Also, FitStar Yoga for personalised Yoga sessions to reduce stress and build strength.
  [www.fitstar.com](http://www.fitstar.com)

- **Strava**
  Millions of runners and cyclists use the Strava Running and Cycling GPS App to record their activities and share stories.
  [www.strava.com](http://www.strava.com)

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### Factsheets

Find out how much physical activity each age group should be doing, from early years to older adults.

Signposts for ‘Be Active’

LASS – Supporting Your Lifestyle Change
If you are over 16 and would like some help to change your lifestyle the Scottish Borders has fully trained Lifestyle Advisers at the NHS LASS service. You can be referred by your GP, practice nurse or healthcare worker, or you can refer yourself. Contact your health centre for more information about seeing a Lifestyle Adviser or visit www.lass.scot.nhs.uk

Healthy Living Networks
For signposting to physical activity opportunities such as Gentle Exercise and Tea Dances in the Langlee, Burnfoot or Eyemouth areas. Contact the Joint Health Improvement Team on 01835 825970 or email health.improvement@borders.scot.nhs.uk

Walk It
A scheme in the Scottish Borders that encourages people to walk more. You can join one of the organised walks or become a volunteer Walk Leader. Includes MacMillan Cancer Walks and Dementia Friendly Walks. Call 01835 826 702 for further information about local walks or visit www.scotborders.gov.uk/info/20032/parks_and_outdoors/632/walking/3

Fit Borders
Provides exercise classes for all ages and all levels throughout communities in the Borders. Classes include Zumba, Gentle Exercise for older people, PiYo (pilates and yoga style) and Metafit. www.fitborders.co.uk

Live Borders
Live Borders has six swimming pools, six gyms and over 100 weekly fitness classes all across the Scottish Borders. They also run Health and Active Ageing Programmes and work in partnership with NHS Borders to deliver physical activity programmes that aim to improve health and wellbeing through an exercise referral programme. www.liveborders.org.uk

Move More
An exciting and free physical activity programme for people affected by cancer. It is offered by Macmillan in partnership with Live Borders. Walking, Gentle Movement Classes and Circuits Classes are all offered and there are also opportunities for volunteers. Tel: 01896 661166 for further information.

Just Cycle
Just Cycle recycles unwanted bikes and makes them ready for use again. Bikes at affordable prices or for loan or donation, plus bike-ability classes. Tel: 01896 208180 or email info@justcycle.org.uk 5 Tweedbank Craft Centre, Tweedbank, Galashiels, TD1 3RU

Think Thrive
A Borders health and wellbeing network that runs cycling trips with the aim of keeping both physically and mentally fit. www.thinkthrive.co.uk

Local running and jogging groups
Jogging can be a good way to get your body moving and there are lots of good routes in the Scottish Borders and many supportive groups. Visit www.jogscotland.org.uk for inspiration and to help you get started.
Our identity is shaped by belonging to a community or a particular group. Feeling that we belong – that we are included – is good for our wellbeing.

Sometimes we don’t feel like we belong, or have any family or friends around us to make a connection with. Feeling isolated, lonely or excluded can affect our health. It can make us more likely to suffer from illness and infection, disrupt sleep or make us feel low. Loneliness can affect people of all ages and stages in life.

Living in a rural area without transport can make it difficult to connect with other people even if you want to, especially if you are living on a small budget.

There are some ideas in this section that may help. In the Scottish Borders there are lots of opportunities to meet with other people, no matter how old you are. There are many local community centres and other facilities where you can connect with other people and find out what is going on locally.

› Who do you normally spend time with?
› Could you do more to connect with other people?

Happiness Habits – connecting and belonging

“Grandchildren visiting, my family and other visitors, outings, play online and get connected to people, listen to the news of the outside world, get away to visit family sometimes.”

“Family, friends and my dog, local history, a good chat with someone, interaction is important, walking groups, chatting to and being with friends not seen in a while, having a laugh with friends & sharing food.”

Ideas from Whim Hall and Eyemouth Happiness Habits Cafés

Belong...

... to an inclusive community. Family, friends, colleagues and neighbours. At home, work, school or in your local community. Feel respected and valued and have a place in society. A strong sense of connection and belonging can help our wellbeing.

› Could you find a new way to connect with someone?

Useful websites and apps

Online Borders
A free, accessible website providing local and community information for the people of the Scottish Borders.
www.onlineborders.org.uk

ALISS – A Local Information System for Scotland
A signposting website for Health and Wellbeing resources in Scotland.
www.aliss.org

Live Borders
The Leisure, Culture and Sport organisation for the Scottish Borders. Find out what’s on near you.
www.liveborders.org.uk

Happiness Habits
– connecting and belonging

“Grandchildren visiting, my family and other visitors, outings, play online and get connected to people, listen to the news of the outside world, get away to visit family sometimes.”

“Family, friends and my dog, local history, a good chat with someone, interaction is important, walking groups, chatting to and being with friends not seen in a while, having a laugh with friends & sharing food.”

Ideas from Whim Hall and Eyemouth Happiness Habits Cafés
Borders Community Transport Hub
There is now a ‘one-stop-shop’ approach to affordable transport for those in the Scottish Borders who are unable to use public transport or who don’t have access to a car. Calls are free on 0300 456 1985. There is a cost per mile which you will be told about when you book transport.

Penumbra Supported Living Service
Penumbra’s Supported Living Service offers personalised, recovery-focused and flexible mental health and housing support to eligible people throughout the Scottish Borders region. It provides practical, social and emotional help to people living in their own homes.
Tel: 01896 751177. Address: 47, Ladhope Vale, Galashiels, TD1 1BW borders@penumbra.org.uk or visit www.penumbra.org.uk

Scouts and Guides
Research has shown that people who were Scouts or Girl Guides in childhood go on to have better mental health later in life. For more information about Scouts and Girl Guides visit: www.borderscouts.org.uk and www.girlguidingscotland.org.uk

Girls’ Brigade and Boys’ Brigade
Organisations for young people that provide social connection, challenge and personal development. www.girls-brigade-scotland.org.uk and www.scotland.boys-brigade.org.uk

LGBT Youth Scotland
The largest youth and community based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland. www.lgbtyouth.org.uk

Health in Mind re:discover Borders Befriending Service
Befriending service that helps people feeling isolated due to experiencing mental ill health to take the first steps towards meeting new people. Visit www.health-in-mind.org.uk for information and for referral forms or telephone 01896 807 000.

FAAST Support Group
The ‘Families and Allies Supporting Transgender’ or FAAST group is a support group for parents or close others of Transgender people. Email: lgbtborders@gmail.com for further info.

Interest Link
Matches up people with learning disabilities and volunteers to meet up and do activities they both enjoy. Branches in Berwickshire, Roxburgh, Tweeddale and Central Borders. Visit www.interestlink.org.uk

New Horizons
A mental health charity that runs ‘peer support’ groups across the Borders. Peer Support groups in Duns, Galashiels, Kelso and Hawick. Tel: 01896 755510 for more information.

Borders Care Voice
Supports partnerships between users, carers, third sector and statutory organisations to promote good practice in the planning and provision of health and social care services. Tel: 01896 757290. 3rd Floor, Triest House, Bridge Street, Galashiels, TD1 1SW Email: admin@borderscarevoice.org.uk or visit www.borderscarevoice.org.uk

Scottish Borders LGBT Equality
Provides information and guidance to lesbian, gay, bisexual and transgender people in the Borders. Facebook: Search for Scottish Borders LGBT Equality Email: lgbtborders@gmail.com

Pink Ladies
A lunch club for lesbian, bisexual and trans ladies who love ladies. Email: lgbtborders@gmail.com
**The Beaumont Society**  
Self-help organisation run by and for the transgender community.  
National information line: 01582 412 220  
or visit [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

**Serendipity Recovery Café**  
Social group for people stable in their recovery and wanting a social life that does not involve alcohol or drugs.  
The Lemon Tree Café, Gala Resource Centre, Gala Park, Galashiels, TD1 1EZ. Tel: 07760 755697 or visit [www.addaction.org.uk](http://www.addaction.org.uk)

**Veterans First Point**  
A ‘one-stop-shop’ for Veterans – confidential help and assistance as well as drop-ins for meeting up with other Veterans.  
Tel: 01896 825550 or visit [www.veteransfirstpoint.org.uk](http://www.veteransfirstpoint.org.uk)

**Men’s Sheds**  
Communal workshop where men gather to tinker on projects, pursue hobbies and pastimes, share interests and learn new skills whilst relaxing and enjoying each other’s company. Sheds available in Gala, Hawick, Jedburgh and Kelso. [www.scottishmsa.org.uk](http://www.scottishmsa.org.uk)

**Ability Borders**  
Information and signposting service for people in the Scottish Borders who have a physical disability or long term condition.  
[www.abilityborders.org.uk](http://www.abilityborders.org.uk) Facebook: Search for Ability Borders

**Royal Voluntary Service**  
The RVS provides many different volunteering opportunities and many different services from support at home, social activities, help getting out and about and hospital support.  
Tel: 0845 608 0122 or visit [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

**Diabetes Support Group**  
Group support, information and social events. Share experience of diabetes with others in a similar situation in the Borders.  
Diabetes Scotland Tel: 0141 245 6380

**Community Capacity Building Team**  
Scottish Borders Council team that helps communities to set up new local activities across the Borders.  
Email: community.capacity@scotborders.gov.uk  
Facebook: Search for SBC Community Capacity Building

**BeFriend**  
Berwickshire Housing Association’s BeFriend project offers companionship between volunteers and older people in Berwickshire. Tel: 01361 884 000 for more information.

**Outside the Box**  
Supports groups and people across Scotland who want to make a difference in their communities. ‘Flourishing Borders’ project about how older people can manage their mental health and wellbeing. [www.otbds.org](http://www.otbds.org)

**Contact the Elderly**  
Monthly Sunday afternoon tea parties for older people aged 75 and over who live alone. Contact 01786 871 264 for more information.

**Alzheimer Scotland**  
Alzheimer Scotland provides a wide range of services for people with dementia and their carers. They offer personalised support services, community activities, information and advice. They also offer volunteering opportunities. For further information visit [www.alzscot.org](http://www.alzscot.org)  
24 hour Dementia Helpline (Freephone) 0808 808 3000
Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety in our communities.

Giving and receiving from others helps to build a support network. Take notice of how you feel when you give to another person – it can make you feel good. If other people are kind to you, don’t feel guilty about receiving their support – it’s good for them too.

Volunteering – giving our time – is a good way of being kind and can help you to find a purpose. This is important, especially as we get older. Having something meaningful to do can help to protect us from some health problems. ‘Care for others’ is one of the Mental Health Foundation’s top tips for good mental health.

Helping someone or volunteering can help us to feel better about ourselves and boost our mental wellbeing.

› Can you think of any ways to be kind to other people?
› How could you be kind to yourself?

Happiness Habits
– sense of purpose

“I get involved in community things – Rural, Mums & toddlers, I get enjoyment for the sake of others, the Guild, because it helps the community – I used to do cubs. Being part of something, going to church.”

“I joined a rehab group – physical exercise twice a week in the gym, teaching people to knit – I felt appreciated, knitting for charity, I volunteer at East Fortune Museum and Men’s shed.”

Ideas from Netherurd and Eyemouth Happiness Habits Cafés

Useful websites and apps

Action for Happiness
Ideas about kindness and other resources about happiness.
www.actionforhappiness.org/take-action/do-kind-things-for-others

Volunteer Scotland
Volunteer Centre Borders uses the Volunteer Scotland online database of volunteering opportunities.
www.volunteerscotland.net

Breathing Space
Information and support for when you’re feeling down or finding it difficult to cope. Visit the website or phone Breathing Space, where experienced advisors listen and offer empathy, understanding, information and advice.
www.breathingspace.scot or phone the helpline 0800 83 85 87.
**Volunteer Centre Borders**
Works in partnership with many organisations and projects to recruit and place volunteers and raise awareness of the importance of volunteering.  
First Floor, Riverside House, Ladhope Vale, Galashiels, TD1 1BT  
Tel: 01896 754 041 or visit www.vcborders.org.uk

**Youth Borders**
Youth Borders is the network of third sector organisations in the Scottish Borders. Membership includes youth clubs, youth cafés, specialist projects, after school clubs and voluntary projects.  
Tel: 01896 755110, email: info@youthborders.org.uk or visit www.youthborders.org.uk  
Facebook and Twitter: Search for YouthBorders

**Youth Hubs**
Cheviot Youth hubs (Jedburgh, Kelso) Tel: 01573 228285  
Connect Berwickshire (Duns, Eyemouth, Coldstream) Tel: 01361 884198  
Earlston Youth Catchment Tel: 01896 755110  
Escape Youth Service (Hawick) Tel: 01450 378001  
Rowlands Youth Hub (Selkirk) Tel: 01750 21222  
TD1 Youth Hub Tel: 01896 752442  
Tweeddale Youth Action Tel: 01721 724779

**Berwickshire Association for Voluntary Service (BAVS)**
BAVS is the community development organisation for Berwickshire. They support, advise and provide services to voluntary groups, including promoting the development of new groups and projects.  
Tel: 01361 883137 or visit www.onlineborders.org.uk/community/bavs

**The Bridge**
The Bridge is a Council for Voluntary Service and provides many valuable services in support of local community and voluntary organisations and social enterprises. They provide capacity building support and practical help on a range of issues, for example setting up new groups and funding applications. There is also a range of volunteering opportunities available.

**Central Borders branch**
3 Roxburgh House Court, Roxburgh Street, Galashiels, TD1 1NY  
Tel: 01896 755370 or email: central@the-bridge.uk.net

**Roxburgh branch**
1 Veitch’s Close, Jedburgh, TD8 6AY  
Tel: 01835 863554 or email: roxburgh@the-bridge.uk.net

**Tweeddale branch**
Volunteer Resource Centre, School Brae, Peebles, EH45 8AL  
Tel: 01721 723123 or email: tweeddale@the-bridge.uk.net

**NHS Borders**
There are opportunities to volunteer your time with NHS Borders.  
www.nhsborders.scot.nhs.uk/get-involved/volunteering-homepage

**Therapet Visiting Service**
Volunteer owners of dogs and cats can sign up to take their pets to visit people in sheltered housing and residential accommodation. Run by Canine Concern Scotland Trust.  
Tel: 0131 553 0034 or visit www.canineconcernscotland.org.uk/therapet

**Stable Life**
Discovering life skills through the horse and its environment.  
Stable Life provides a safe, nurturing and learning experience using horses and their environments to help young people reach their full potential and become healthier and happier.  
Tel: 01750 32277, email: info@stablelife.org.uk or visit www.stablelife.org.uk
Sometimes it can be hard to feel motivated or to have time for yourself. However, a lifestyle that includes enjoyable activities and interests can help you to have greater wellbeing and feel more fulfilled.

It can be hard to feel motivated, or to have time for yourselves in your busy lives.

Think about what you enjoy doing - it could be something creative, or musical, or outdoors, or something simple like doing a crossword. Or you could visit one of our cultural or heritage attractions in the Borders.

Only you can decide what you enjoy doing. Try different things until you find what you like.

Going to work is also good for your wellbeing. It can keep you learning, give you an income, a sense of identity, a connection with other people, routine for your day and opportunities to achieve.

› Would you like to learn something new?
› What do you enjoy doing?

Enjoy and Learn...

Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

› Could you find an activity or interest that you enjoy doing?

Useful websites and apps

Moodjuice
Comprehensive self-help guides on a range of topics.
www.moodjuice.scot.nhs.uk

Living Life to the Full
Online, interactive courses to help develop key skills to tackle problems.
www.llttf.com

My World of Work
Help and advice for all stages of your working life. Includes CV, application and interview advice.
www.myworldofwork.co.uk

Mind
Advice on how to be mentally healthy at work, with tips for everyday living.
www.mind.org.uk

Beating the Blues
Effective, online treatment for people feeling stressed, depressed, anxious or just down in the dumps. Eight sessions based on Cognitive Behavioural Therapy. Referrals can be arranged through your GP or health professional.
www.beatingtheblues.co.uk

Happiness Habits – hobbies and activities

“Read novels and crime books, read technical books, travelling library is great, walking around outside, grow plants, visits, TV, ballroom dancing! Music – to get up and dance to. Walking, dancing, crosswords, reading, art and craft, singing group.”

“The lunch club is a good place you can eat well and healthily and chat to nice people, camera club, horticulture club, lunch club, choir.”

Ideas from Whim Hall, Cornmill Court and Stow Happiness Habits Cafés
**What's On in the Scottish Borders**
Published by Live Borders – covers culture; heritage; theatre; sport; art; music; film; exhibitions; dance; drama; and festivals. Includes information about free events. [www.liveborders.org.uk](http://www.liveborders.org.uk)

**Museums and Galleries Guide – Live Borders**
13 museums and visitor centres throughout the Borders. Admission is free to all museums. [www.liveborders.org.uk](http://www.liveborders.org.uk)

**Border Events**
Events information magazine and website. Find out what’s on in the Scottish Borders. Includes information about free events. [www.borderevents.com](http://www.borderevents.com)

**Catch the reading bug with Bookbug**
Bookbug provides:
- Free books.
- Activities.
- Guidance for parents and carers.
Free Bookbug sessions run in most of our libraries either weekly, fortnightly or during term time only. Check your local library for further details of sessions in your area. [www.liveborders.org.uk](http://www.liveborders.org.uk)

**Library and mobile libraries**
Free entry and some free courses at libraries across the Borders. Get Clicking and Get Surfing – get the most out of your internet experience with a beginner’s computer course at the library. Other groups including ‘Stitch and Chat’ groups. Find your local library [www.liveborders.org.uk](http://www.liveborders.org.uk)

**Community Choirs**
Join one of the many community choirs across the Borders. [www.langleecommunitychoir.org.uk](http://www.langleecommunitychoir.org.uk) / [www.choirs.org.uk/scotland.htm](http://www.choirs.org.uk/scotland.htm)

**PoPP and PEEP groups**
Free parenting groups and courses. Supporting you to encourage your child’s early learning and development.
Contact your local Health Visitor, Early Years Centre or Community Learning and Development Worker, or email po pp@scotborders.gov.uk

**Early Years Centres**
Early Years Centres help families give their children a good start in their early years. Weekly programme of activities, advice and support.
Galashiels – Tel: 01896 754637, Selkirk – Tel: 01750 20476
Hawick – Tel: 01450 375147, Eyemouth – Tel: 01890 750785 / 750692
[www.scotborders.gov.uk/earlyyearscentres](http://www.scotborders.gov.uk/earlyyearscentres)

**Youth Borders**
Supports youth clubs, youth cafés, specialist projects, after school clubs and voluntary groups – links on website to a range of groups and supports for young people. [www.youthborders.org.uk](http://www.youthborders.org.uk)

**Youth Hubs**
- **Cheviot Youth hubs** (Jedburgh, Kelso) Tel: 01573 228285
- **Connect Berwickshire** (Duns, Eyemouth, Coldstream) Tel: 01361 884198
- **Earlston Youth Catchment** Tel: 01896 755110
- **Escape Youth Service** (Hawick) Tel: 01450 378001
- **Rowlands Youth Hub** (Selkirk) Tel: 01750 21222
- **TD1 Youth Hub** Tel: 01896 752442
- **Tweeddale Youth Action** Tel: 01721 724779

**Community based adult learning**
The Scottish Borders Community Learning and Development Team work with adults to increase their knowledge, skills and confidence in everyday life. All learning opportunities are free.
Tel: 01896 664160. Langlee Complex, Marigold Drive, Galashiels, TD1 2LP.
Borders Care Learning Voice
Borders Care Learning Voice (BCLN) is an training arm of Borders Care Voice. It runs an extensive training programme, with a range of free courses for care workers, volunteers and carers. For the latest programmes, visit www.borderscarevoice.org.uk/training-bcln

Borders College
A range of evening courses for adults is provided by Borders College. Courses are offered at the main campuses and at outreach venues throughout the Borders. Charges for courses. www.borderscollege.ac.uk/courses/evening-and-community-courses

University of the Third Age (U3A)
It’s never too late to start learning and it’s important to keep mentally active. Each U3A in the Borders provides educational, creative and recreational activities in a friendly environment, and is open to anyone who is no longer in full-time employment. From archeology to poetry, there is something for everyone.
For links to the U3A groups in the Borders visit the Scottish membership site: www.u3asites.org.uk/scotland/members
For the Virtual U3A visit www.vu3a.org
U3As are in Tweedale; Three Brethren (Gala); Four Border Abbeys (Kelso); East Berwickshire (Eyemouth) – plus there is a virtual U3A for people who are housebound.

Wellbeing College
Courses that bring people together to explore resilience and positive mental health in the Scottish Borders. Learn more about your mental health and wellbeing, develop coping skills and skills for your personal development. You do not need to be referred or have a diagnosed mental health difficulty. All learning opportunities are free.
Tel: 01896 807000. The Hive, Low Buckholmside, Galashiels, TD1 1RT wellbeing.college@health-in-mind.org.uk or visit www.wellbeingcollege.org.uk

Employment Support Service
Support for people in the Scottish Borders who require additional help to find and sustain paid work. They are able to support:
• Looked after and accommodated young people leaving care (16+).
• People with a learning disability.
• People with a physical disability.
• People with a sensory impairment.
• People who are recovering from a mental health condition.
• Those who are homeless or under threat of being homeless.
• People who are on the autistic spectrum.
• Disengaged / disadvantaged young people.
Tel: 01835 824000, 1st Floor, Paton Street, Galashiels, TD1 3AS. Email employmentsupportser@scotborders.gov.uk

Work and Wellbeing
Work and Wellbeing provides employees and employers throughout the Scottish Borders with a seamless approach to workplace wellbeing. Work and Wellbeing services are:
• Occupational Health.
• Healthy Working Lives.
• Fit for Work.
• Workplace Health Services.
Tel: 01896 825982. Rushbank, Newstead, TD6 9DA Email: ohsadmin@borders.scot.nhs.uk

Reading for wellbeing
There are a range of self-help books available for mild to moderate mental health conditions. The books are available in all libraries in the Scottish Borders. If you are a library member you can borrow the books in the normal way. If you are not a library member you can still access the books via the ‘Books on Prescription’ scheme. Ask your GP or visit your local library.
Take time to pause in your busy life. Take a deep breath, be in the ‘here and now’. It can be too easy to rush through life without stopping to notice much.

Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness. Becoming more mindful can help your wellbeing.

There are lots of ideas for helping you to be more aware. Being outside and noticing nature, capturing a beautiful image with a camera or written words or learning how to focus using relaxation, mindfulness or yoga are all different ways of becoming more aware and noticing what’s around us.

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new.

A few minutes can be enough to de-stress you. Give yourself some ‘me time’.

› How could you be more aware and take more notice of the world around you?
› Could mindfulness be part of your daily routine?

Be Aware...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

Useful websites and apps

Mindfulness
Can help to reduce stress and anxiety. This introduction to mindfulness is offered free from the Mental Health Foundation.

www.bemindful.co.uk

Complementary therapies
Can support your wellbeing. From acupressure to yoga you can find qualified complementary therapy practitioners through Borders Therapies. Visit www.borderstherapies.co.uk for a detailed guide to what’s available.

Headspace
App that makes meditation simple. Guided meditations suitable for all levels. Can help to improve focus, mindful awareness, relieve anxiety and reduce stress.

www.headspace.com

Happiness Habits
– attitude and mood

“Get out the house, healthy food, sweets, chocolate, cake, 99 ice cream cone, sunny days, the beach, pet therapy, animals, smile, good patter, sometimes I sit in a dark room, give someone a compliment once a day.”

“You’ve got to smile, good food makes you happy, friends help, making models takes your mind off your pain, the main thing for me is if my health is all right, go out for a walk – you feel relaxed, I put on a scarf and feel nice!”

Ideas from Burnfoot and Whim Hall Happiness Habits Cafes
Abbotsford
Visitor Centre, restaurant, play trail and estate paths on the banks of the River Tweed open seven days a week all year round – and free to access. Tel: 01896 752043. Abbotsford, Melrose, TD6 9BQ. www.scottsabbotsford.co.uk

Harestanes Countryside Visitor Centre
Plenty to do at Harestanes whatever the weather – from woodland walks to events and exhibitions. Tel: 01835 830306. Ancrum, Jedburgh, TD8 6UQ.

Tweed Valley Forest Park
Offers superb walking and magnificent views of the Tweed Valley. Glentress, Peebles, EH45 8NB. www.scotland.forestry.gov.uk/forest-parks

Scottish Wildlife Trust
Ten reserves in the Scottish Borders. Two local groups (Central Borders and Berwickshire). For more information, visit www.scottishwildlifetrust.org.uk

Nature Unlimited
Runs sessions in the woodlands across the Scottish Borders, from community projects to team building and birthday parties. Also offers volunteering opportunities. For more details: www.natureunlimited.scot

The Borders Forest Trust
Restoring native woodland and encouraging an interest in woodland culture. Woodland activities and volunteering opportunities. Tel: 01835 830750. Email: enquiries@bordersforesttrust.org

Camera Clubs
There are many friendly camera clubs across the Borders who welcome beginners and more experienced camera enthusiasts alike. www.hawickcameraclub.co.uk / www.kelsocameraclub.co.uk www.galacameraclub.co.uk / www.dunscameraclub.co.uk

The Eildon Tree
Creative Writing magazine produced by Arts Development at Live Borders. Available in libraries or visit www.liveborders.org.uk for more information.

Writers’ Groups
Borders writers’ forum organising workshops, writers’ visits and readings. New members welcome. Email: macgregor.iona@btopenworld.com

Eyewrite
Eyemouth writers’ group. New members welcome. Contact 01890 771 820 for further information.

Library Groups
You can find out about other writing and reading groups in your area by visiting your local library or visit www.liveborders.org.uk

ArtBeat Studios
Regular artistic sessions open to anyone with an interest in the arts. Havelock Street, Hawick. Email: artbeatstudios@hotmail.com Facebook: Search for Artbeatstudios ArtBeat.

Live Mindfully
Live Mindfully Ltd’s main focus is on offering mindfulness and wellbeing coaching in the workplace and one-to-one wellbeing coaching. Further information available from www.livemindfully.co.uk

Mindfulness Skills4Life
Mindfulness courses and workshops in the Scottish Borders. Further information available from www.mindfulness-skills4life.co.uk Email: sandra@mindfulness-skills4life.co.uk Facebook: Search for Mindfulness Skills4Life

Think Thrive
A network of people in the Borders passionate about living life well and thriving. They offer tools and training in personal change, overcoming life’s obstacles, and fulfilling life’s opportunities. www.thinkthrive.co.uk

Peer2Peer-Mindfulness
Mindfulness Drop-In Sessions throughout the Scottish Borders. Free courses available. Email: peer2peermindfulness@gmail.com or visit www.peer2peer-mindfulness.co.uk
Community Centres, Sports and Leisure, Libraries and other local facilities

Community centres provide information, courses, facilities, events and activities. There are over 90 village and community halls across the Scottish Borders, all of which have different groups, activities and opportunities to volunteer and meet people.

Most of them have notice boards with information about local groups and activities. Visit the Online Borders website for more local community information: www.onlineborders.org.uk

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**Duns, Eyemouth and surrounding areas**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td><strong>Eyemouth Early Years Centre</strong></td>
<td>01890 750 785</td>
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<tr>
<td>Eyemouth Primary School</td>
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<tr>
<td><strong>Chirnside Community Centre</strong></td>
<td>01890 818 885</td>
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<tr>
<td>Main Street, Chirnside, TD11 3UH</td>
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<tr>
<td><strong>Coldstream Community Centre</strong></td>
<td>01890 883 868</td>
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<tr>
<td>Coldstream Primary School, Coldstream, TD12 4DT</td>
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<tr>
<td><strong>Eyemouth Community Centre</strong></td>
<td>01890 750 458</td>
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<tr>
<td>Albert Road, Eyemouth, TD14 5DE</td>
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<tr>
<td><strong>Southfield Community Centre</strong></td>
<td>01361 882 184</td>
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<tr>
<td>Station Road, Duns, TD11 3EL</td>
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<tr>
<td><strong>Berwickshire Federation of Village Halls</strong></td>
<td>01361 883 137</td>
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<tr>
<td>24 village halls from Abbey St Bathan’s to Whitsome Ark</td>
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<tr>
<td><strong>Eyemouth Leisure Centre</strong></td>
<td>01890 750 557</td>
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<tr>
<td>North Street, Eyemouth, TD14 5ET</td>
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<tr>
<td><strong>Coldstream Library Contact Centre</strong></td>
<td>01890 883 314</td>
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<tr>
<td>Gateway Centre, Coldstream, TD12 4AE</td>
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<tr>
<td><strong>Duns Library Contact Centre</strong></td>
<td>01361 882 622 (Library enquiries) or 0300 1001800</td>
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<tr>
<td>49 Newtown Street, Duns, TD11 3A</td>
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<tr>
<td><strong>Earlston Library</strong></td>
<td>01896 664 172</td>
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<tr>
<td>Earlston High School, East End, Earlston, TD4 6JP</td>
<td></td>
</tr>
<tr>
<td><strong>Eyemouth Library</strong></td>
<td>01890 752 767</td>
</tr>
<tr>
<td>Manse Road, Eyemouth, TD14 5JE</td>
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</tbody>
</table>
Galashiels and surrounding areas

Langlee Early Years Centre 01896 754 637
Langlee Primary School

Philiphaugh Early Years Centre 01750 20476
Philiphaugh Community School, Linglie Road, Selkirk, TD7 5LT

Focus Centre 01896 752 636
Livingstone Place, Galashiels, TD1 1DQ

Langlee Community Centre 01896 753 873
Marigold Drive, Langlee, Galashiels, TD1 2LP

Newtown Community Centre 01835 823 738
Former Newtown PS, Newtown St. Boswells, TD6 0RZ

Philiphaugh Community Centre 01750 20684
Linglie Road, Selkirk, TD7 5LT

Tweedbank Community Centre 01896 756 167
Tweedbank, Galashiels, TD1 3RT

Galashiels Volunteer Hall 01896 752 247
St John's Street, Galashiels, TD1 3JX
Booking Enquiries: 01835 825 231

Melrose Corn Exchange 01896 822 463
Market Square, Melrose, TD6 9PN
Booking Enquiries: 01835 825 231

Melrose Ormiston Institute 01896 822 463
Market Square, Melrose, TD6 9PN
Hall Enquiries: 01835 825 231
Booking Enquiries: 01835 825 231

Old Gala House, Galashiels 01896 752 611
Scott Crescent, Galashiels, TD1 3JS
Hall Enquiries: 01896 752 611
Booking Enquiries: 01835 825 231

Selkirk Victoria Halls 01750 21382
Scott’s Place, Selkirk, TD7 4LN
Booking Enquiries: 01835 825 231

Central Borders Federation of Village Halls 01896 755 370
Contact via The Bridge

Live Borders 3G Arena, Galashiels 01896 800 340
Netherdale, Nether Road, Galashiels, TD1 3HE

Live Borders – Border Tennis Centre 01896 750 456
Livingstone Place, Galashiels, TD1 1DQ

Galashiels Swimming Pool 01896 752 154
Livingstone Place, Galashiels, TD1 1DQ

Queens Leisure Centre 01896 752 233
Melrose Road, Galashiels, TD1 2AE

Tweedbank Sports Complex 01896 750 456
Tweedbank, Galashiels, TD1 3RS

Selkirk Leisure Centre 01750 20897
Victoria Park, Buccleuch Road, Selkirk, TD7 5DN

Galashiels Library 01896 664 170
Lawyers Brae, Galashiels, TD1 3JQ

Melrose Library 01896 664 171
18 Market Square, Melrose, TD6 9PN

Selkirk Library 01750 726 410
Ettrick Terrace, Selkirk, TD7 4LE
Kelso, Jedburgh and surrounding areas

Abbey Row Community Centre
The Knowes, Kelso, TD5 7BJ
01573 223595

Jedburgh Town Hall
Abbey Place, Jedburgh, TD8 6BE
Hall Enquiries: 01835 862 261
Booking Enquiries: 01835 825 231

Coldstream Town Hall
High Street, Coldstream, TD12 4DH
Hall Enquiries: 01890 883 129
Booking Enquiries: 01835 825 231

Kelso Tait Hall
Edenside Road, Kelso, TD5 7BS
Hall Enquiries: 01573 224 233
Booking Enquiries: 01835 825 231

Kelso Swimming Pool
Inch Road, Kelso, TD5 7JP
01573 224 944

Jedburgh Library Contact Centre
Castlegate, Jedburgh, TD8 6AS
Tel: 01835 863 592
(Library enquiries only)
or 0300 1001800

Kelso Library Contact Centre
Bowmont Street, Kelso, TD5 7JH
Tel: 01573 223 171
(Library enquiries only)
or 0300 1001800

Hawick and surrounding areas

Burnfoot Early Years Centre
Burnfoot Community School,
Kenilworth Avenue, Hawick, TD9 8EQ
01450 375 147

Burnfoot Community Hub
Burnfoot Road, Hawick, TD9 8EN
01450 390 410

Hawick Youth Centre
Havelock Street, Hawick, TD9 7BB
01450 373 208

Hawick Town Hall
Hall Enquiries: 01450 364 743
Cross Wynd, Hawick, TD9 9EF
Booking Enquiries: 01835 825 231

Newcastleton Community Centre
No 8 Club, Montagu Street, Newcastleton, TD9 0QZ
013873 75448

Roxburgh Federation of Village
and Community Halls
32 Village Halls from Ancrum to Yetholm
Contact via The Bridge
(Roxburgh) 01835 863 554

Teviotdale Leisure Centre
Mansfield Road, Hawick, TD9 8AG
01450 374 440

Hawick Library
North Bridge Street, Hawick, TD9 9QT
01450 364 640
This guide is not intended to be a directory but you will find information about different opportunities in the Scottish Borders that could help you to improve your wellbeing. Some of these opportunities are local services, or community based groups and organisations, some of them are useful websites.

We have used the ‘Five Ways to Wellbeing’ as a starting point for this guide and adapted them following consultation in the Scottish Borders. Five Ways to Wellbeing were developed for the Foresight Mental Capital and Wellbeing Project (www.bis.gov.uk/foresight) published in October 2008. The project commissioned the Centre for Wellbeing at NEF (the New Economics Foundation – www.neweconomics.org) to develop a set of evidence-based actions to improve personal wellbeing.

The Mental Health Foundation’s guide ‘How to Look after your Mental Health’ is available at: www.mentalhealth.org.uk/publications/how-to-mental-health

With special thanks to Borders Care Voluntary Voice for hosting two ‘Consultation Cafes’ and enabling the co-production of this guide, and to Outside the Box and participants at the Flourishing Borders ‘Happiness Habits cafes’ who contributed their top tips. Thanks also to the local Mental Health Forum for being a supportive sounding board and to everybody who read, commented and added their thoughts.