

About Our Staff Team



Connection. Hope.
Lived Experience

www.bordersinrecovery.org

Introduction

Borders In Recovery is a lived experience Recovery Community hosted by Recovery Coaching Scotland CIC.

The recovery community is open to anyone who is 16+ and in recovery (substances or mental ill health) or supporting someone who is (family, friends etc.)

Our community is run by people with lived experience of recovery. Our team members have a diverse range of knowledge and skills and we are all passionate about developing and maintaining an accessible, safe and meaningful recovery community in the Borders.

[#MakingRecoveryVisible](#)



Since
2022

Our Team Members

Rod
CEO



rod@recoverycoachingscot.org

Susan

Family Support
Worker



susan@bordersinrecovery.org

Cara

Recovery
Community Officer



cara@bordersinrecovery.org

Helen

Recovery
Community Officer



helen@bordersinrecovery.org

Lynsay

Community
Engagement
Coordinator



lynsay@bordersinrecovery.org

Gill

Volunteer Support



gill@bordersinrecovery.org

Jacks

Addiction Worker -
Trainee



jackie.bordersinrecovery@outlook.com

Roles



Rod

Operations . safety .

Cara

Recovery cafes, SMART facilitator, Breakfast club

Helen

Recovery cafes, SMART facilitator, music group

Susan

1-2-1 Peer support for family members

Jacks

Lived experience rep for the ADP. SMART facilitator . SDF trainee on placement with Borders Addiction Service.

Lynsay

Promoting the recovery community and keeping the team up to date on local info and opportunities . Self Care & Wellbeing Hub. social media. Mental health first aider.

Gill

Working behind the scenes; Volunteer support and supervision .

I love to help people and share my own experiences to help break down barriers and build positive & meaningful relationships with our community members.

Cara

I love what i do and that is helping people to stay in recovery. My passion is music; especially Elvis. Come along and join our music group it's so much fun.

Helen

With many years of both life & work experience i'm excited to be part of this recovery community. I enjoy walking my dog, cats, pottering in the garden and painting.

Susan

I'm in long term recovery and i'm most passionate about the lived experience aspect of our recovery community. I enjoy boating, good food and laughter.

Rod

I've been in recovery for 6yrs, and i'm passionate about helping people in recovery. I like to laugh a lot & go for long walks

Jacks

I'm very passionate about community engagement, co-production and mental health. I also love dogs, reading & stationary!

Lynsay

Our Team's Achievements



2022



Started a recovery cafe pilot in Gala. Collected the recovery flag from the recovery community in Motherwell . Competed in recovery olympics .

2023



started running the recovery coaching course, SMART meetings and recovery cafes in Duns, Peebles, Hawick and Kelso.

2024



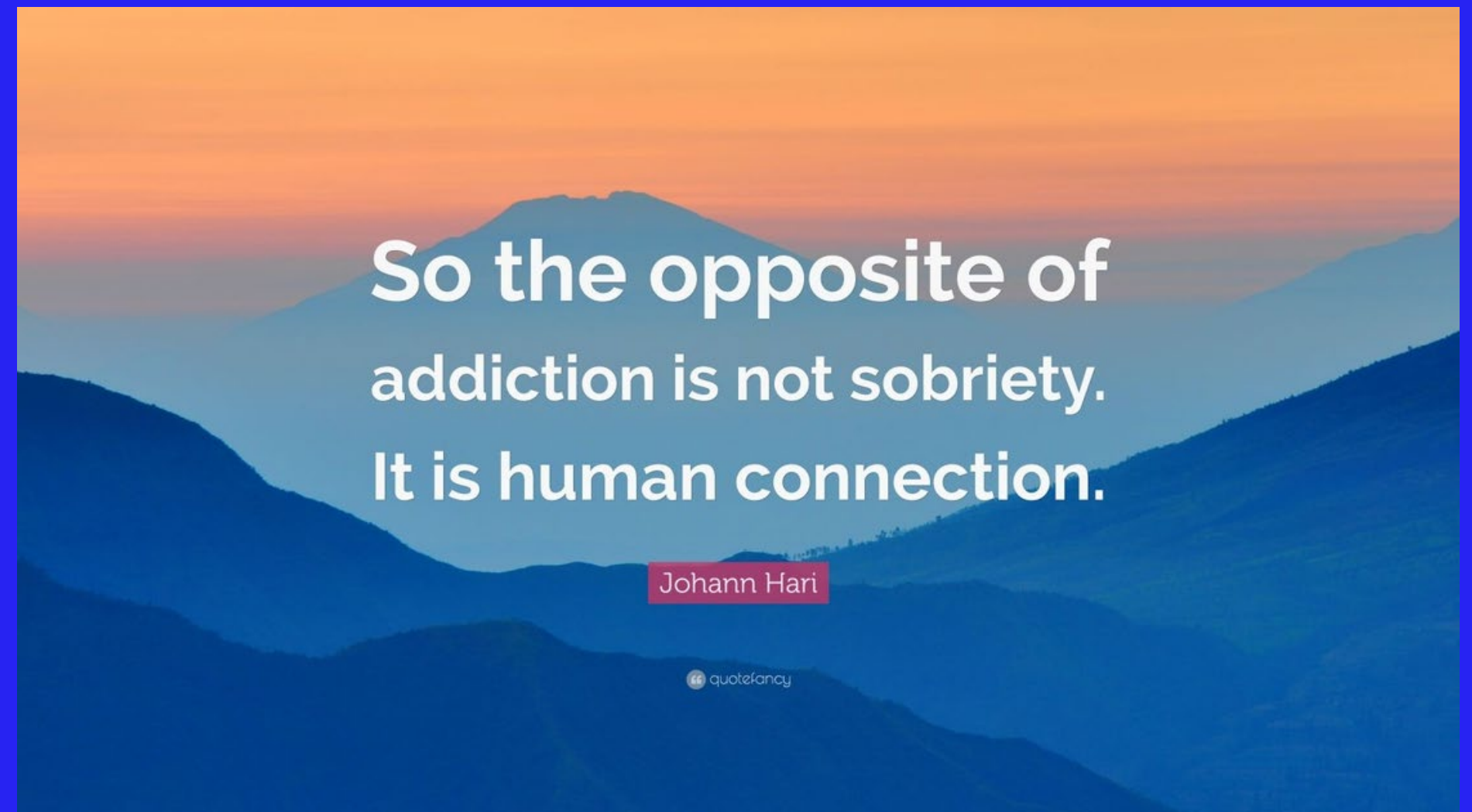
Started Borders Naloxone Collective , started a recovery cafe in Eyemouth .

Keep in Touch with Us

Office

Address Focus Centre, Livingstone
Place, Galashiels

Website www.bordersinrecovery.org



So the opposite of
addiction is not sobriety.
It is human connection.

Johann Hari

quote fancy

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