

Upcoming awareness dates:

- [1st March: Self Injury/Harm Awareness Day](#)



NEWS

TIME TO REFLECT: A SUPPORTIVE EVENT FOR PEOPLE TOUCHED BY SUICIDE – NEW DATE

Due to the weather conditions we had to make the decision to cancel the event in November and have rescheduled this to take place on Saturday 8th March at the Haining in Selkirk. The reflection event is the sixth annual event for people in the Scottish Borders for those who have lost someone to suicide.

The event will provide an opportunity to remember those who have been lost to suicide and will offer space, solidarity and the opportunity to connect for those touched by suicide.

The event has been organised jointly by the local After a Suicide Working Group who are a group of volunteers with lived experience of bereavement by suicide and NHS Borders. The event is being supported by the local Samaritans branch, Quarriers Resilience for Wellbeing and Survivors of Bereavement by Suicide (SOBS). Volunteers from each will be available during the event to provide support and will be on hand with resources and support information.

At 2pm we will leave from Haining House car park and walk to the Cloutie Tree. The event will be led by an interfaith minister, there will be time to reflect and tie a ribbon to the tree as well as songs from the Health in Harmony Choir and poetry.

Please help us spread the word about this event by sharing the poster and information with your networks and anyone who might be interested. For more information and to register click [HERE](#)



CREATING HOPE AWARDS

Congratulations to Relationships Scotland Borders who have been awarded with the Creating Hope Award since our last newsletter. You can find out more about the counselling, mediation and family support provided by Relationship Scotland in the Borders [HERE](#).

We were also pleased to be able to meet up with Ann, Keith and Taylor from LGBT Youth in the Borders to present their Champions certificate – pictured here with Steph MacKenzie. Thank you and well done to you all!



COMMUNITY MENTAL HEALTH & WELLBEING FUND – ROUND FOUR ALLOCATIONS

Borders Community Action, who now administers this Scottish Government fund, has recently announced which applications were successful in Round Four. The fund is aimed at supporting initiatives which promote mental health and wellbeing at a small scale, grassroots and community level addressing priority issues of social isolation and loneliness, suicide prevention and poverty and inequality.

With a total fund of £320,000 available, it was a very competitive round with 91 applications totalling over £1.3M in funding requests. Congratulations to the successful applicants for this fund, who will be delivering projects in their communities over the next 12-18 months. For details of the successful applicants see Appendix 1 at the end of the bulletin or visit the [Borders Community Action website](#).

TRUSTED ADULT ENGAGEMENT SURVEY

Research has shown that children and young people have much better mental health and can deal with mental health issues better by having a trusted adult. The trusted adult can be a teacher, carer, parent, youth worker or any adult the young person can trust. A survey is currently being carried out in the Scottish Borders to check what awareness there is of trusted adults and to help develop the Youth Borders Trusted Adult project in line with existing knowledge. Youth Borders are also keen to recruit young people onto the Trusted Adult steering group, more information about this is contained in the survey. The survey is for all young people under the age of 21 who live, study or work in the Scottish Borders area.

Please encourage all young people in your network to complete the following online survey. To access the survey click [HERE](#)

For more information about the Trusted Adult project in the Scottish Borders contact Fiona Waterston - Fiona@youthborders.org.uk

HEALTH IN MIND NEW WELLBEING COURSES

Health in Mind have announced new Spring/Summer dates and locations for their wellbeing workshops in the Scottish Borders. The groups and workshops have been developed through consultation with local people and can be accessed via self-referral or a referral by someone else. The wellbeing workshops will focus on developing coping strategies, self-management, and peer support in a flexible and welcoming environment.

The Spring/Summer workshops commence in April and are available in Peebles, Galashiels, Hawick, Duns, Kelso as well as online. For more information click [HERE](#)

EVENTS

FRIDAY 21ST MARCH, 7.30pm, HEART OF HAWICK

#ANDYSMANCLUBPLAY

Genesis Theatre Productions Ltd & Clare Prenton with Live Borders Arts & Creativity presents #ANDYSMANCLUBPLAY. #ANDYSMANCLUBPLAY is a life affirming rock/pop musical based on the work of the suicide prevention charity ANDYS MAN CLUB. Come along to Heart of Hawick on 21st March for this showcase – a sharing of a new work in development with six of Scotland’s finest actor musicians. Don’t miss it!

Time: Doors at 19:10 - Performance 19:30 - 20.30 approx.

Price: £5 – [CLICK HERE](#) for more info and to book a ticket.



TUESDAY 25TH MARCH, 1.00 – 3.00PM, QUINS COFFEE SHOP, GALASHIELS

SPINAL INJURIES SCOTLAND COFFEE MEET UP

Once a month the local Peer Support Advisor at Spinal Injuries Scotland hosts a coffee meet up. The purpose of these get togethers is to bring members and their families together in an informal setting. They help create a community of spinally injured folk that have a safe space to chat and share their experiences, ask advice or simply to have a coffee and a laugh.

If you are interested in attending please contact Michael Kerr, Peer Support Advisor for the Borders -

Email: m.kerr@spinalinjuriesScotland.org.uk or Tel: 07494 477420

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 12th March, 10am – 12:30pm, Costa Coffee

HAWICK - Thursday 13th March, 10am – 12:30pm, Heart of Hawick

KELSO - Wednesday 19th March, 10am – 12.30pm, Mayfield Garden Centre

GALASHIELS - Wednesday 26th March, 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.

Contact Charlotte for more information and to join the group email: charlotte.jones2@nhs.scot

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 and/or mental ill health) or supporting someone who is (friend/family). The café offers recovery 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](#).

RESOURCES

SilverCloud

SilverCloud is a website with courses you can do to improve your mental wellbeing. You can learn new ways to deal with the challenges you're facing. SilverCloud has a wide range of online courses that will help teach techniques to reduce symptoms of low mood, anxiety and stress and it can help with a variety of different problems, which also includes physical health difficulties. It is an online programme, designed by clinical experts and supported by the NHS and Scottish Government.

For more information about programmes offered by SilverCloud and to sign up click [HERE](#)

SAMH (The Scottish Association for Mental Health)

SAMH work to equip communities with the tools and information to talk about suicide, seek help, and receive localised support quickly. Some of the work SAMH does involves producing information and resources so that anyone affected by suicide in Scotland has access to the information they need.

They have a national campaign called '[Ask Them About Suicide](#)' which aims to empower people to ask 'are you thinking about suicide?'

As part of this campaign, they have released guides exploring how to live with your thoughts, or how to support someone else experiencing similar thoughts:

- Suicide...Are you worried about someone?
- Suicide...Living with your thoughts?
- Suicide: How to ask

All of the resources are available to download [HERE](#)

Self Harm Network Scotland (Penumbra)

Self-harm is any non-accidental behaviour which causes, or has the potential to cause, harm to a person. Self-harm is often where someone harms themselves as a way of coping with difficult, distressing or overwhelming feelings or experiences. While we know that self-harm and suicide are linked, we also know that self-harm is often used as a way of surviving distressing experiences and to stay alive. Self-Harm Network Scotland provides free compassionate support, resources, and information about self-harm, for more information click [HERE](#).

Self-Harm Network Scotland also provide free training to professionals, parents, carers and loved ones, more information see below.

TRAINING

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 27th May:** 9am – 1pm
- **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

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](#)

NEW – download the updated Children and Young People’s catalogue (PDF) [HERE](#)

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. The topics covered in this session include:

- What is self-harm?
- Who self-harms?
- How do people self-harm?
- Functions of self-harm
- Starting the conversation about self-harm
- Resources and support available

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.

These sessions will cover topics including:

- Underlying causes of self-harm
- Functions of self-harm
- Practical guidance in supporting people who self-harm

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

GET IN TOUCH

This information bulletin was produced by Charlotte Jones, Health Improvement Specialist (Mental Health and Suicide Prevention) and 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



For our updates on Facebook please follow [NHS Borders Small Changes, Big Difference](#)



For our updates on Instagram please follow [@small_changes_nhs_borders](#)



CREATING HOPE WEB PAGES

We are building new web pages, you can find them here:

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

Creating Hope
Scottish Borders



Appendix 1

COMMUNITY MENTAL HEALTH & WELLBEING FUND – SUCCESSFUL APPLICANTS

A Positive Start - £18,117.23

To provide a safe, confidential space for people experiencing trauma and dysregulation within the community. Enhancing therapeutic services and developing peer-led support programs, addressing the increasing demand for mental health support.

Allanbank Arts - £9,523.20

Introducing a series of art courses, allowing participants the time/ space to form connections, sense of place and belonging, enjoying the benefits of art in a safe, supporting space, for those at risk of isolation through age, mental health, and or physical disability.

Borders Additional Needs Group - £17,754.80

Developing a Youth Well Being Project for ASN/Neurodivergent young people using sports as a tool to support mental health and wellbeing.

Borders Care Voice - £10,000.00

Working alongside people with lived experience, connecting to agencies and communities in co-producing mental health services, including the relaunch of the Mental Health and Wellbeing Forum; widening connections to other lived experience / voice groups and Forums and production of a new toolkit aimed at those working in statutory and third sector services that support mental health.

Borders Community Sewing Club - £2,000.00

Sewing sessions that are a social lifeline for many members with new friendships being forged and social time and trips outside the sessions.

Borders Pottery CIC - £10,000.00

Social inclusion through ceramics and crafts with introduction to pottery courses aimed at those with poor mental health, expansion of weekly mental health support group and development of a weekly crafting group.

Brighter Blainsie Village Community Group - £720.00

Lunch Time Social Drop-in sessions open to all in Blainslie and the surrounding area. Includes all age groups as well as young families, anyone with health issues or isolated due to bereavement will be welcomed.

Central Borders Citizens Advice Bureau - £9,961.44

Specifically designed advice services with clinics in local community settings to provide access to good quality money and income maximisation advice, be it welfare benefits, debt, healthcare, education, or employment support. Empathetic support provided throughout the advice journey, helping people to improve their mental health as well as their finances.

Champion Skill Share - £8,915.00

A weekly group open to anyone, with a focus on friendship, support and help to develop new skills and take part in group activities, aimed at people at risk of social isolation. Lunch is provided and friendships encouraged for social gatherings outside of the group.

Coldingham Brave Bayers CIC - £9,900.00

Wild swimming for wellbeing, with a comprehensive holistic wellness program designed as an early intervention and preventative approach in reducing mental health inequalities, addressing social isolation and fostering community resilience by integrating wild swimming, mindful movement, and environmental awareness.

Duns Fair Share - £12,826.00

A holistic and innovative approach to promoting mental health, combatting loneliness and alleviating poverty in our community. Food bank supporting the most vulnerable, Social Café and Community Larder providing a warm and welcoming place for people to meet and connect, collaborating with agencies such as the CAB and What Matters Hub to support our customers practically and emotionally.

Duns Senior Citizens Club - £1,380.00

A coach summer trip to Carlisle with a meal, some retail therapy, enjoying the scenic countryside for members many of whom don't have their own transport.

Escape Youth Services - £9,925.93

Expansion of the Stepping Stones Project to create 'Stepping Stones Plus' to focus on work with the 16-21 age group. Either through 1:1 individualised support or small group work for the more vulnerable young adults. Building trusting relationships over time, reducing isolation, improving health and wellbeing and building aspirations.

Gala Fairydean Rovers Community Trust - £1,600.00

Recruiting new coaches and supporting local people with mental and physical disabilities to train and compete in para football matches, improving their health & wellbeing, providing respite for many of their carers, helping to build new friendships and reducing social isolation.

Greener Pebbles - £20,000.00

Improving community connections by engaging with local groups supporting people most at risk of social isolation/loneliness to get involved in community events at the community garden. The garden activities focus on wellbeing through skill shares for outdoor seasonal gardening/crafting activities, encouraging peer support to promote wellbeing habits, whatever the weather.

Innerleithen Traquair and Walkerburn Parish Church of Scotland (ITW) - £10,836.00

Feeling Brighter Craft & Chat, crafting classes for vulnerable senior citizens in the local community who are often living on low incomes, with multiple disabilities and away from family to help them feel less lonely, included and more valued in their communities.

Inspiring life: Evie Douglas Memorial Fund - £4,500.00

Inspiring Life Day - as part of Suicide Awareness Week, organising one full day of creative workshops exploring and promoting good mental health and wellbeing. Various lead up events, bringing our community together in a safe and supportive environment. Curry and Chaat night, and a musical production at the Eastgate Theatre. Follow up events, in the form of classes/workshops to promote and encourage continuation of healthy lifestyles and community sharing and peer support.

Kelso Orchard Tennis Club - £4,200.00

Keep Your Mind and Body Active with Tennis, a project for people aged 65+ to improve overall health and wellbeing. Weekly sessions in two care homes and one sheltered housing in Kelso along with walking tennis sessions.

Nature Unlimited - £19,977.00

Connect, Recover, Thrive in Nature, building on a very successful pilot project, a yearlong programme for people in recovery, which supports beneficiaries to form strong, positive social connections, participate in constructive, purposeful activities and enjoy the benefits of being in a therapeutic natural environment.

Newcastleton and District Community Trust - £19,647.00

Investing in Our Resilience, providing prevention programs to support/signpost/engage individuals via group activities to reduce/prevent increasing loneliness/isolation. A new pilot for social prescribing services based on lived experiences.

Nurture The Borders - £19,024.00

The Better Together Volunteer Programme Expansion will expand peer support services for perinatal women experiencing mental health challenges, particularly those in rural and disadvantaged communities. Volunteers with lived experience will provide emotional and practical support to mothers, helping improve maternal mental health and promoting stronger parent-infant bonding. The program will also offer peer support for fathers through our Dad Club, creating a whole-family approach.

Peeblesshire Foodbank - £19,780.00

Community Cafes in decentralised areas of Peeblesshire using community spaces to increase accessibility to local services like the foodbank and Citizens Advice, creating a welcoming space with refreshments where clients can access advice and support, they would normally have to travel to.

Peebles Old Parish Church - £6,923.40

Stronger Hands, Hearts & Minds, accessible, bespoke crafting classes for vulnerable senior citizens with multiple disabilities and people with dementia, taking place in their own assisted, sheltered accommodation and care home lounges. Improving social skills, mental and physical health and reduce their isolation and build a sense of belonging to a caring community.

Peer 2 Peer Mindfulness - £6,600.00

Scottish Borders Mindfulness Workshop Roadshow, taking 2-hour, free-of-charge introductory mindfulness workshop to 10 different towns across the Borders, in venues with access to outdoor space, over a period of 12 months.

QME Care (Queens House Kelso Ltd) - £8,000.00

Place & Space Dementia Support Centre, day opportunities for older adults living with dementia and respite opportunities for their carers. Offering cognitive stimulation and a range of activities such as music, crafts, and group discussions, helping to improve mental health and reduce social isolation.

Silver Sunday - £2,165.00

Silver Sunday, a national day where people come together by hosting fun and free activities for older people. This is an event at The Volunteer Hall in Duns, which provides a meal and entertainment for up to 125 people. Older people can access fun and free activities in their local community.

St Boswells OAP Social Club - £2,649.00

St Boswells OAP Away Activity Day, a full day with bus travel in the summer with a group activity, free time for members to do what they want and finished off with high tea before heading home.

St Boswells Village Hall - £4,129.00

Winter Warmups, a weekly lunchtime session providing refreshments, newspapers, and various forms of entertainment, including bingo, musical performances, readings by the local dramatic society, performances by pupils from the Village School, and talks on local history. Supporting the most vulnerable people in our community.

The General Store Selkirk - £10,000.00

Stay in Touch, a digital inclusion project to provide private space to help older people use video technology to communicate with friends and family, reducing loneliness and increasing wellbeing.

The Richmond Fellowship Scotland - £7,000.00

Burnfoot Hub Club Day trips from Hawick to allow the people who attend an opportunity to have a fun day out with friends that they can look forward to, hiring a wheelchair accessible bus to make the trip accessible to all.

Transform Arts CIC - £19,995.00

Well Good Art Sessions, a series of high quality, art for well-being courses and introductory sessions delivered partially in partnership with Health in Mind. These open to all sessions will engage a diverse range of people with an effective therapeutic activity, reducing barriers to accessing mental health support & increasing participation in the arts.

Tweed Valley Trail Therapy - £10,000.00

Tweed Valley Trail Therapy, a pilot introducing mountain biking to people with mental health diagnoses, aiming to improve their overall well-being. A non-clinical, therapeutic approach to promote self-management skills and improve participants' well-being both on the trail and in their everyday lives. Bikes will be provided, and the sessions will be led by qualified Trail Therapy Mountain Bike Leaders, with support from trained volunteers.

West Linton Enterprise Group Ltd - £250.00

A weekly drop-in cafe in the West Linton Village Centre, where people can pop in for 5 minutes or for the whole morning. A warm and welcoming place 'staffed' by Knot volunteers, during the winter months when The Knot is closed. An inclusive, friendly and supportive space where friendships are made and maintained and social interaction valued.

Whitsome Village Hall SCIO - £1,701.00

Whitsome Winter Warmer, an informal lunch club where local residents can come to the village hall for a free hot lunch and to socialise with their neighbours. Volunteer led, visiting the more frail, disabled and elderly residents to support attendance or delivering a lunch to them.