

# About Our Staff Team



Connection. Hope.  
Lived Experience

[www.bordersinrecovery.org](http://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 from substance use and their loved ones.

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](mailto:rod@recoverycoachingscot.org)

**Cara**  
Recovery  
Community Officer



[cara@bordersinrecovery.org](mailto:cara@bordersinrecovery.org)

**Helen**  
Recovery  
Community Officer



[helen@bordersinrecovery.org](mailto:helen@bordersinrecovery.org)

**Lynsay**  
Community  
Engagement  
Coordinator



[lynsay@bordersinrecovery.org](mailto:lynsay@bordersinrecovery.org)

**Gill**  
Volunteer Support



[gill@bordersinrecovery.org](mailto:gill@bordersinrecovery.org)

**Jacks**  
Addiction Worker -  
Trainee



[jackie.bordersinrecovery@outlook.com](mailto:jackie.bordersinrecovery@outlook.com)

# Roles



**Rod**

Operations . safety .

**Cara**

Recovery cafes, SMART facilitator, Breakfast club

**Helen**

Recovery cafes, SMART facilitator, music group

**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

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



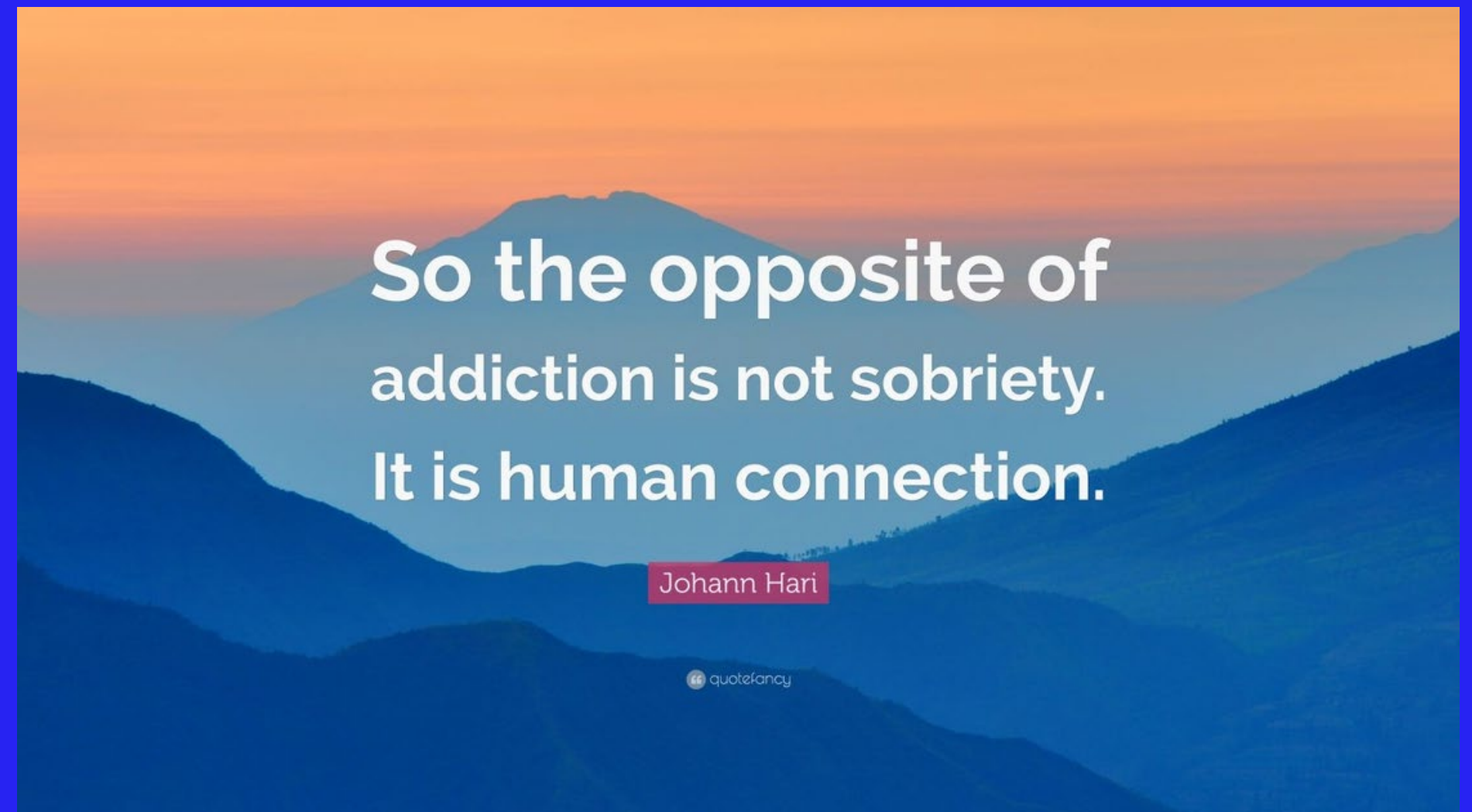
Started Borders Naloxone Collective , started a recovery cafe in Eyemouth .

# Keep in Touch with Us

## Office

Address Focus Centre, Livingstone  
Place, Galashiels

Website [www.bordersinrecovery.org](http://www.bordersinrecovery.org)



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