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Yes, we're back again!

Hello and welcome to another issue of **Link**. Thanks to a small surplus in our Awards for All grant from the Big Lottery - and a donation from a generous partner organisation - we were able to produce another issue of the magazine. People have been asking when we would be back and we are grateful for the opportunity to publish again. We are talking to other third sector organisations in the Borders and beyond to see

if we can come up with a way to make the magazine more sustainable and continue, possibly as a quarterly publication. We will keep you posted.

You can find Face PR online at www.facepr.co.uk and on Facebook and Twitter. Do please keep in touch and let us know your news.

And please keep giving us your feedback via www.surveymonkey.co.uk/r/facepr - it could really help us find a way to keep going! **Kathleen Travers, Editor**

Getting crafty in Eyemouth!



Eyemouth social enterprise ReTweed has welcomed a new group of students to its craft, design and technology course.

This is the fourth course ReTweed has offered since it was set up last year to provide training opportunities for women.

It offers the women the first step towards a new interest, hobby or career.

The course runs every Tuesday and those taking part are learning how to

use a sewing machine and make crafts, furnishings and fashions.

Their creations are sold online and at local events to raise money to take ReTweed forward as a not for profit organisation working for the good of the community.

The three previous

courses were a great success, with students moving on into other learning, volunteering or employment. Some have even started their own business.

At the graduation in April, at The Hippodrome in Eyemouth, MP Calum Kerr presented certificates to

the graduates.

The event acknowledged the progress the students made while they were involved in the 11-week course.

And it included a mini upcycling workshop for guests, along with an exhibition of the women's creations.



▲ Latest ReTweed graduates with staff and volunteers (Photo: Taryn Photography)

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More support for people with dementia

Raising the profile of dementia is the aim of two new Alzheimer Scotland Dementia Community Workers in the Borders.

Nikki Hood and Simon Wallace provide initial support and information for people with dementia and their carers.

They can help them to find their way around the health and social care system, and identify sources of information and support.

Working from offices in Poynder View at Kelso Hospital, they cover all five localities across the Borders.

Simon covers the areas in and around Hawick, Jedburgh, Selkirk, Peebles and Innerleithen.

Nikki is responsible for Kelso, Galashiels, Melrose, St Boswells, Coldstream and Eyemouth, and the smaller communities in between.

"Our role will be to engage with people with dementia and carers, and the wider community, to raise awareness of dementia and the issues faced by people affected by it," said Nikki.

"This will include holding awareness sessions and attending local events to provide information to the public about dementia.

"We will also make sure that good quality information is available in public and community places, such as GP surgeries, libraries and pharmacies."

The development of Dementia Friendly Communities is another major priority.

"If people have a better understanding of dementia and how it affects people, this will help to reduce the stigma attached to the disease and enable individuals to remain independent for longer," said Simon.

"It's vital that staff in local shops, transport operators, cafes, banks, leisure facilities, etc, have more knowledge



▲ A network of befriending volunteers across the Borders will help to transform the lives of people living with dementia.

Alzheimer Scotland has been awarded £150,000 from players of the People's Postcode Lottery to create new befriending projects in the Borders and Fife.

The initiative will provide supportive services for families affected by dementia to help improve emotional health and social well-being.

Catherine Thomas, Head of Fundraising for Alzheimer Scotland said: "It is our mission to ensure that nobody should face dementia alone.

"The creation of a network of trained volunteers will enable us to provide regular contact for people living with dementia, build confidence, provide opportunities for new interests and involvement, and enable them to widen their social networks."

Comic Craig Hill is pictured with Alzheimer Scotland staff celebrating the funding news.

about dementia. With this increased knowledge comes acceptance that dementia is a disease that can affect anyone; it is not a natural part of getting older.

"People with dementia come from all walks of life. It is only right that their experience of life – not just dementia – helps us to take this project forward and really make a difference in the Scottish Borders."

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A day for family carers

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

Each year, Borders Voluntary Care Voice and Borders Carers Centre host an event to celebrate Carers Week.

This year, it will be held on Wednesday, 14th June in Melrose.

Any family carers who would like to go along should book a place at borderscarersweek.eventbrite.co.uk or call 01896 757290.

The event is free and lunch will be provided.

Charity's future secure thanks to Big Lottery

Depression and anxiety affect between 10 and 15 per cent of women during pregnancy and in the first postnatal year.

There are around 1200 births each year in the Borders, and an estimated 100-150 mothers are affected by postnatal depression.

PND Borders is a counselling and art therapy service for

mothers diagnosed with postnatal depression.

Over the last few years, the Galashiels-based service has been steadily growing and expanding to meet the needs of new mothers.

And it has now been awarded £150,000 from the Big Lottery Fund, which will give the charity a sound financial base to secure its future.

The grant will help to

reduce increasing waiting lists and times, providing early intervention and prevention.

Barbara Wright, Chair of PND Borders said: "We are delighted to receive this award from the Big Lottery Fund.

"As a charity which receives no government funding, we rely on grants to enable us to continue to provide a vital service to local families affected by postnatal depression.

"The Big Lottery Fund grant secures the future of the service for the next three years. It will enable us to grow and develop to benefit new mothers and their families across the Borders."

PND Borders is currently open two days per week. Clients receive individual and/or group therapy over 12 to 30 weeks depending on their needs.

A crèche, supported by a team of trained volunteers, makes it easier for women to attend.

Infant massage sessions are also available to mums and their new babies, and a Partner Support Worker provides additional support for partners to help them to understand the illness.

Spotlight on older people's services

An on-site inspection of the Scottish Borders Health and Social Care Partnership's joint older people's services has been carried out by the Care Inspectorate and Healthcare Improvement Scotland.

"The inspection team was with us for three weeks, reading files and meeting users, carers and staff from the Partnership and the third and independent sectors," explained Evelyn Rodger, Director of Nursing, Midwifery and Acute Services at NHS Borders.

"The observations of the Inspectors will provide us with an independent,

robust view of the quality of our service.

"This will help us to understand where our improvement work should be focused so that we can continue to do more and better for older people in the Borders."

Elaine Torrance, Chief Officer for Health and Social Care Integration, added: "The inspection has been a significant process.

"Many people have contributed to this inspection by helping to prepare for it, and by meeting with or assisting inspectors."

The inspection team will issue its report in the summer.

Abundant Borders - serving up new skills

A world where everyone, regardless of their personal circumstances, has access to healthy, nutritious food, is the vision of a charity that was launched at the end of last year.

Abundant Borders is working with trainees, volunteers, partners and communities to eliminate food poverty in the Scottish Borders.

It wants to create a network of local food production and small scale forest gardens and encourage enterprise skills.

Funded by the Scottish Government, Abundant Borders has been running courses in sustainable growing and healthy cooking in Eyemouth and Ayton.

One of the women behind the project, Karen Birch, explained: "Our idea came from food banks, which can mainly only supply dried and tinned food, and from our experience working with permaculture projects.

"We want to teach people how they can learn to grow their own food in small places."

Those involved in the first sustainable growing course found out about the types of food they could get free, as well as the food they could grow for themselves, such as perennial vegetables and fruit.

They also learned how to look after soil, and how to compost and mulch.

"Some of those trainees were also involved in the healthy cooking course," added Karen. "They learned how to cook basic meals from scratch using mainly ingredients they could grow for themselves, or using locally sourced produce."

Trainees found out about the principles of permaculture, with an emphasis on creating food forests.

Some of the learning took place in a workshop, but most happened outdoors on part of a five-acre open site in Ayton.



▲ Participants in the first Abundant Borders course

Trainer Graham Bell is a world-renowned permaculture expert who, with his wife Nancy, created Britain's oldest intentional food forest garden at their home in Coldstream.

Sumati Bala, who has taught young people to cook meals in India, Singapore, Malta, South Africa, the Caribbean and Canada, led the healthy cooking course.

Those taking part also had the chance to:

- explore a variety of cooking methods, including microwave cooking
- obtain certificates in Basic Cooking Skills and Elementary Food Hygiene.

They discovered the merit of having larger items, which can add taste and value to seasonal ingredients.

And they found out how

fresh herbs, especially those that grow locally, can add taste to basic ingredients at very little cost.

Participants shared meals cooked during each session and took home their own healthy meal.

Administrator Anne Casey said: "Our initial funding from the Scottish Government's Fair Food Fund allowed us to start this pilot scheme in Berwickshire and we hope to extend to other parts of the Borders."

What is permaculture?

The term permaculture combines the words "permanent" and "culture", or "permanent" and "agriculture".

It refers to agricultural ecosystems that are intended to be sustainable and self-sufficient.

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Special Feature

Making a difference in Borders communities

Going out for coffee with friends is a normal thing to do – but for someone living with dementia it can be challenging for many reasons, including the café environment.

Now, the Eastgate Theatre's café in Peebles has become a dementia-friendly place, following work in partnership with Borders Food Buddies and the Food Foundation.

During the theatre's Bite Size entertainment series in April, its new dementia-friendly status was officially recognised.

Food Buddies and the Food Foundation promoted dementia-friendly environments during one of the sessions, when the theatre was presented with a window sticker to mark its achievement.

Borders Food Buddies is a project run by Outside the Box to develop peer support for people in the Scottish Borders who are living with dementia, and for their carers, around all aspects of food and keeping well.

One of the aims of the project is to raise awareness about the importance of food, how people's needs change, and what families and others in the community can do to make it easier for people who are affected by dementia to live ordinary lives.

Just before Christmas, Food Buddies launched a **Winter Tips** booklet, with helpful hints and tips for people with dementia and their carers, along with recipes, many of which were provided by people



affected by dementia and their families.

Volunteers are needed to help plan and provide cooking sessions, give some buddy support and be involved in other activities.

Local catering business who would like to find out how to become a dementia-friendly environment can get in touch.

For more information on Borders Food Buddies visit otbds.org/projects/food-buddies, where you can also download the **Winter Tips** booklet, or find them on Facebook.

Contact

Jan Laing, Food Buddies Development Worker – jan@otbds.org
Christine Ryder, Project Worker – christine@otbds.org



Outside the Box offers support to groups and people across Scotland who want to make a difference in their communities.

It encourages people to think of themselves and other people as citizens, rather than as recipients of services, or as people who are restricted by a particular description or label.

Outside the Box is keen to work with community groups, care services and local businesses to develop partnership activities.

Here, we highlight some of the organisation's work in the Borders.



Flourishing Borders

People are more likely to experience poor mental wellbeing as they get older.

But older people are less likely to have access to information or community supports that can help them manage their mental wellbeing.

Outside the Box has been delivering Flourishing Borders for the last year.

The project has been looking to develop ways to encourage older people to be more aware of their mental health and wellbeing.

It has been working with local community groups and other partners across the Scottish Borders to raise awareness about how older people manage their mental health and wellbeing.

It puts people in touch with existing activities that help mental wellbeing.

Flourishing Borders is also working with people in local areas to start new activities that they find helpful, such as a ukulele group in Newcastleton (pictured below).

As part of this project, a series of Happiness Habits Cafes has been running in partnership with local groups.

They encourage peer support and offer a space to gather and share tips on ways to support mental health and wellbeing.

Contact

Lindsey Gray, Associate, 07865 081369 (until June), or Christine Ryder – christine@otbds.org

Families for Families project

Families for Families has brought together families in the Cheviot area who are experiencing difficulties and who would benefit from support from other families.

They include: single parent families, families with a child who has disabilities or health problems and is finding school a challenge; and those with few family or other social contacts nearby, so no access to childcare and informal day to day support.

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News

Buildings boost for local groups

Community groups can now ask to buy, lease or use any property owned by Scottish Borders Council, NHS



Borders or Police Scotland, among others, under the Community Empowerment (Scotland) Act 2015.

Part 5 of the Act, which relates to asset transfer, is now in force. Assets are estates, land or buildings owned by public authorities.

For Scottish Borders Council (SBC), like many organisations, asset transfer is not new.

Community groups across the Borders have been buying and leasing property and land from the council for many years.

Two examples of long term leases are Chirside Community Centre (pictured) and Melrose Waverley Tennis Club, both of which are thriving under community management.

When taking on a building or land it is important that a group has a sound business plan and the support of the local community as well as the funding needed.

Help with planning and community consultation is available from Berwickshire Association for Voluntary Service (BAVS) in Berwickshire and from The Bridge in the rest of the Borders.

SBC's Funding Officer will work with communities to identify and apply for grants that will help them to achieve their aims.

More information is available on the council website at www.scotborders.gov.uk/assettransfer, including Scottish Government guidance, SBC's asset registers and an asset transfer request form.

Groups can also contact the SBC Communities and Partnerships Team on 01835 826626 or e-mail communityengagement@scotborders.gov.uk

Special feature

A place for young people to learn and grow

David Ward is an experienced educator, who is passionate about helping children and young people to reach their full potential.

So much so, he gave up his post as the head of two Berwickshire primary schools to set up The Learning Space to offer one-to-one creative support to youngsters who, for whatever reason, are struggling at school.

"I felt I could do more to help young people from outside the formal educational system," he explained.

"So, I set up The Learning Space in 2015 to help, support and work with young people who are experiencing challenges and barriers to their learning and development, and their families."

In September last year, The Learning Space became a Scottish charity.

The main charitable purpose of the Gavinton-based project, which now has four committed trustees, is the advancement of education.

It has received financial backing from the Blackhill Community Fund, the Hayward Sanderson Trust and New Park Education Trust.

While it is relatively small, there are big plans to grow and develop the unique service.

It is currently supporting more than 20 families across the Borders.

"We offer a tailored service for young people who may need support academically, emotionally or socially," explained David (pictured below), who is a parent of a young person with additional needs.

"We create a bespoke programme to enable

the young person to develop, move forward and succeed.

"We support young people with a range of needs, issues or barriers and help them to learn and develop in a flexible environment that suits them. We listen to them and we respond to their own individual situations."

The Learning Space programme includes animation, music, song-writing and recording, photography, gardening and woodwork, alongside the more traditional academic areas of literacy and numeracy support and development.

"We offer a place where young people come to enjoy, relax, learn and develop in a safe and motivating environment," said David. "We support them six days a week during school term and we provide sessions during the holidays. We operate during school hours and out of hours."

There are plans to develop a disused building in Gavinton into a bigger



▲ Music makes this young man happy!

and more flexible space to develop and expand the charity's services.

"We are open to working in partnership with all agencies involved in the welfare of the young people. It is only by working together that we can maximise the help and support. I know this can sometimes be difficult to achieve, but I am committed to getting the best for these young people," added David.

"We want children to flourish, to be happy and confident, and to be the best they can be. We are here to help them in all areas of their learning and development.

"We hope that, as a charity, we can grow our support and gain further funding to allow us to develop further and offer our services to more families."

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News

BIG support!

Several Borders organisations have received funding from the Big Lottery in recent months.

They include **Heads Together** in Jedburgh, which provides services for people living with a brain injury. The award of £10,000 means it can buy a new wheelchair accessible minibus to more easily transport the people they work with, like Committee Member, Joe Devlin.

Joe, from St Boswells, said: "I would just like to say that joining Heads Together is the best move I have ever made and the support I get is special as we are all one large family."

"When I joined, I couldn't really do anything for myself through lack of confidence – they have helped to rebuild it and now I can face anything."

"We have so much fun too and it helps knowing we are all in the same boat."

"This charity has saved my life as far as I am concerned. It's great to watch new people come in and see them become happy again too."

People living in Duns

will make their town a more colourful place to live thanks to an award of £7150 to **A Heart for Duns**.

Groups of volunteers, old and young, will come together to help maintain flower beds and displays throughout the town.

Derek James, Convenor, said: "This award will make all the difference to our work allowing us to involve far more people in active gardening."

"The new poly-tunnel will allow us to grow our own plants and offer a safe working environment for people who may not feel comfortable working outside."

Another organisation to benefit from Big Lottery funding was **Escape Youth Services**, which manages the Hawick Youth Centre and runs activities for young people.

It will use its £10,000 grant for a new heating system for the centre.

Caddonfoot Hall received £10,000 for new double glazing.

St Boswells Concert Band



was awarded £6090 for music equipment and instructor fees to recruit younger members to the brass band.

Borders Scrap Store will use its £10,000 for a replacement van to collect and transport materials.

Hawick Harlequins Rugby Football Club received £3500 to make improvements to the clubhouse, which is open to club members and the local community.

The **Lavender Touch**, which raises funds to provide holistic care services for people with cancer, was awarded £10,000 to upgrade its office premises.

Coldstream Community Trust received £9608 to engage a consultant to help it discover the aims and priorities of local people for their community.

Local volunteers will help with a public consultation to identify the most excluded groups in the community.

Peebles Golf Club was granted £10,000 to install a floodlit three bay range and swing studio in its practice facility.



A voice for young people

Scottish Borders Youth Voice is an organisation where:

- the voice of young people is valued, heard and understood
- young people are actively encouraged to have an opinion
- young people are supported to help make decisions on issues that affect their lives.

Scottish Borders Youth Voice aims to empower young people up to 25 years in decision-making in their local community

The young people involved get with learning and development opportunities through informal training in decision-making, group work, communication, planning and evaluation.

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News

Could you be a Cash for Kids face?

The Radio Borders charity Cash for Kids has a new campaign for 2017.

The 1000 Faces concept is simple: ask a lot of people to raise just a little.

If 1000 people pledge to raise £100 during this year, Cash for Kids could fulfil every single application it receives.

The idea is that people sign up on the Radio Borders website, create their own profile page to upload their ideas, images, videos and regular updates on their own fundraising progress.

They can also attract sponsorship and thank their supporters.

Cash for Kids will send out a collecting box and a badge of honour. There are even some branded coasters for cafes and pubs.

Once people have registered, a red cartoon 'face' will appear on a map of the broadcast area.

And once a person raises their £100, their face turns green!

Cash for Kids raises money for children living within the station's broadcast area (Scottish Borders and North Northumberland) who need a helping hand.

The children may have a disability or illness, they may be suffering a trauma, such as the loss of a parent, or they may be the one in five from desperately poor homes.

In rural areas like the Borders, poverty is a hidden problem.

In Langlee, Burnfoot and Tweedmouth, for example, one in four children are living in poverty.

The overall Borders figure

is one in five.

This means that, once the domestic bills are paid, there is less than £10 per week to feed and clothe the family.

With a sick child, the added cost of disability equipment, or an illness that needs to be treated in a special unit far away, puts families under extra financial strain.

This year so far, the charity has received over £25,000 worth of appeals - more than three times higher than the same time last year.

Small companies, cafes, shops, pubs and sole traders are signing up with some great ideas for 1000 Faces.

Albany Interiors in Duns is auctioning an item from its shop every month.

The Tweedbank restaurant Herges on the Loch is asking customers to make a small donation for tap water.

The campaign is also attracting groups of friends and families – like Ferguson and his Granny "Nee-Naw" (so called

because she is a retained firefighter) who set up an



online home baking and delivery service.

In just one weekend, they smashed their £100 target.

Several children are competing in running events.



▲ Andy Bennet braved a Saturday shift at work wearing the opposition's football strip!

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▲ Caroline Rutherford is running in Borders towns and gathering support along the way

Special feature

Building a solid foundation in Peebles

A Peebles-based social enterprise is helping adults from across the Borders to take the first steps towards a career in hospitality.

The Food Foundation is offering free training that enables students to gain certificates in seven modules through e-learning, as well as practical experience in a professional kitchen.

The training is aimed at people with disabilities and those with mental health issues, and offers them personal and vocational development.

Those taking part benefit from increased confidence and self-esteem, and leave with a portfolio

highlighting their achievements.

Via the e-learning platform, the students can study modules in Customer Care, First Aid Awareness, Allergen Awareness, Health and Safety, Food Safety, Coffee, and Working in the Kitchen.

The e-learning package is endorsed by the Scottish Qualifications Authority (SQA) and the Institute of Hospitality.

On completion, the students go on to put their theory-based learning into practice in the Food Foundation kitchen.

Co-ordinator Yvonne MacLaren said: "Our hope



▲ Some of the staff, volunteers and students

is that the programme opens up doors to further learning or employment for those who take part.

"We offer people a structured placement in a friendly environment that can give them invaluable experience of work and as working as part of a team, as well as gaining qualifications."

Courses run for 16 weeks on a rolling basis, so there are always new positions coming up.

"We can offer a safe environment for people to promote and enhance their health and wellbeing," added Yvonne.

"As well as the e-learning modules and practical experience, our courses can help people to enhance their motivation. It also gives them the chance to make lasting friendships and feel part of their community."

The Food Foundation

takes referrals from a range of organisations including those working with people who have a physical or learning disability, mental health services and social work. Individuals, or their parents and carers, can also refer themselves.

The social enterprise generates income through its specialist outside catering business and relies on grants and fundraising to cover its costs.

It supplies soup, sandwiches and cakes to local cafes, the Eastgate Theatre and Cocoa Black in Peebles. It also provides hot lunches for the RVS Social Centre in the town.

Anyone interested in getting involved with the Food Foundation can call 01721 722421 or e-mail placements@thefoodfoundation.scot



▲ Volunteer John helps out in the Food Foundation kitchen

News

Get to know OSCR

The Scottish Charity Regulator (OSCR) is the independent regulator and registrar for more than 24,000 Scottish charities, including community groups, religious charities and major care providers.

It aims to help the public to have more confidence in charities, and to help charity trustees to understand and comply with their legal duties.

An OSCR workshop will be held in Galashiels on 7th June for local third sector organisations.

Any organisations who would like to attend should contact Morag Walker, Executive Officer, The Bridge, on 01896 75537 or Morag.Walker@the-bridge.uk.net

Innovation

Eyemouth and District Community Trust has received £250,000 from The Robertson Trust towards the development of a Social Innovation Centre in the town.

The funding will help to redevelop the existing Town Hall/Burgh Chambers and create the new centre.

Celebrating Scotland's young people



The Year of Young People 2018 will be a chance to celebrate the talents and achievements of young people in Scotland.

It's all about inspiring our

nation through its young people's ideas, attitudes and ambitions.

This year-long programme of events, activities and ideas will give young



people in Scotland the opportunity to show the world just what they're made of.

As part of the celebrations, Young Scot is looking for

committed and passionate young people from across Scotland to become the Year of Young People 2018 Ambassadors.

Find out more and apply on the Young Scot website <http://young.scot> and join in the conversation on social media #YOYP2018.

SDS Forum

Self-directed Support (SDS) allows people to decide how much control they have over their social care support.

They can choose how their care is provided and who provides it for them.

An SDS Forum has been set up for people in the Borders which, it is hoped, will contribute to the development of SDS.

Members of the group are people who get SDS, and their carers.

Anyone who is interested in finding out more can contact Elspeth Critchley on 07906 166628 or ercritchley@icloud.com

Cash for castle

Thirlestane Castle in Lauder will be improving its events and catering, thanks to an injection of £150,000 funding from the Scottish Borders LEADER programme.

Link

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