



Health and social care providers and support organisations in the Scottish Borders

Please be aware that this list is not exhaustive. It is intended to provide general information about third sector health and social care and support organisations based in, or providing services in the Scottish Borders (excluding residential services).

ARC Scotland has made every reasonable effort to ensure the accuracy of information, but for further details please contact the provider direct.

We advise that before you use any of the services listed that you check if it:

- is regulated, accredited or registered with any relevant professional body
- has any published service standards.

The Care Inspectorate (www.scswis.com) regulates and inspects care services and carries out social work and child protection inspections.

Information about registered charities can be found at www.oscr.org.uk.

19th April 2013

Services operating Borders-wide

Client group	Organisation	Address	Phone	E-mail	Services
Adults experiencing emotional distress	Borderline		0800 027 4466	newborderline@hotmail.co.uk	Freephone helpline 7pm-10pm every night.
Adults with brain injury	Momentum Borders	Enterprise House, Galabank Business Park, Galashiels TD1 1PR	01896 754517	galashiels@momentumskills.org	Support for adults with a brain injury and to their families and carers 16+.
Alcohol	Addaction	125 High Street, Galashiels TD1 1RZ	01896 757843	addactionborders@addaction.org.uk	Specialist alcohol support, advice and information for individuals over the age of 18 who are concerned about their alcohol use.
All client groups	Volunteer Centre Borders	First Floor, Riverside House, Ladhope Vale, Galashiels TD1 1BT	0845 602 3921	s.swan@vcborders.org.uk	Recruits and places volunteers and raises awareness of the importance of volunteering; supports organisations to take on volunteers; promotes good practice; offers training in volunteer management.
All client groups living in any registered social landlord property	Eildon Housing Association	The Weaving Shed, Ettrick Mill, Dunsdale Road, Selkirk TD7 5EB	01750 725900	tenancysupport@eildon.org.uk	Short term housing support to any vulnerable adult 16 years and over to help them set up and maintain a tenancy
Alzheimers disease/dementia	Alzheimers Scotland	Kelso Hospital, Poynder View, Inch Road, Kelso TD5 7JR	01573 226162	sfox@alzscot.org	Information/advice/support/day centres.

Client group	Organisation	Address	Phone	E-mail	Services
Autism spectrum	Autism Initiatives	Unit 1b, First Floor, 54 Ladhope Vale, Galashiels TD1 1BT	01896 755820	luan.easingwood@aiscotland.org.uk	Housing support services, Borders Outreach services/ individual support packages.
Autism spectrum	Borders Asperger & Autism Group Support	1 Cotgreen Road, Tweedbank, Galashiels TD1 3SG	01896 668961	baags@yahoo.com	Supports people with Asperger Syndrome, Autism or ASD behaviours, their families and carers.
Autism spectrum	Scottish Autism	Lothian and Borders Area Services, 17d North High Street, Musselburgh EH21 6JA	0845 300 9274	lothian@scottishautism.org	Outreach support, day and vocational opportunities, supported living, care at home, as well as housing support.
Cancer patients	The Lavender Touch	Unit 1, Craft Centre, Tweedbank TD1 3RU	07866 449331	enquiries@lavendertouch.co.uk	Therapists work as part of the holistic care team for cancer patients who live in the Scottish Borders. All referrals to the service come from healthcare professionals. Also provides information and links with other services.
Carers 18+	Princess Royal Trust Borders Carers Centre	Brewerybrig, Low Buckholmside Galashiels TD1 1RT	01896 752431	info@borderscarers.co.uk	Provides advice, information and emotional support to carers of people with all types of illness and disability.
Children and young people	Who Cares? Scotland	5 Oswald St, Glasgow G1 4QR	07801 339 986	bmoon@whocaresscotland.org	Advocacy, advice and support services for children and young people with experience of care up to the age of 25.
Children with additional needs	Borders Additional Needs Group	3 Cherry Park, Tweedbank, Galashiels TD1 3SS	01896 755417	info@bordersadditionalneeds.org	Supports families who have children with additional, complex or rare conditions.

Client group	Organisation	Address	Phone	E-mail	Services
Children/families/ older people/adults with support needs	Independent Living Services	Unit 12a, Galabank Business Park, Wilderhaugh, Galashiels TD1 1PR	01896 751693	julie.harper @ilsscotland.com maggie.shaughnessy @ilsscotland.com	Personal care/support.
Domestic abuse	Children 1st Domestic Abuse Community Service	Ettrick Family Resource Centre, Ettrick Road, Selkirk TD7 5AJ	01750 22892	ettrick@ children1st.org.uk	Medium to long term practical and emotional support for men, women and children who have experienced or are experiencing domestic abuse.
Drugs/alcohol	Big River Project	79 High Street, Galashiels TD1 1RZ	01896 759740	bigriver_admin@ turningpointscotland. com	Individual casework, needle exchange, employability, complementary therapies.
Families	Postnatal Depression Borders	East Lodge, Elm Row, Galashiels TD1 3HT	01896 751609	info@pndborders.org.uk	Support to families affected by postnatal depression through counselling and art therapy.
Families	Scottish Childminding Association	7 Melville Terrace, Stirling FK8 2ND	01786 445377	information@ childminding.org	Support for childminders. Information on local childminders.
Families/alcohol/ drugs	Addaction	125 High Street, Galashiels TD1 1RZ	01896 757843	addactionborders@ addaction.org.uk	Service for children and families who are affected by parental substance use - alcohol, drugs, or both.
Housing	Eildon Housing Association	The Weaving Shed, Ettrick Mill, Dunsdale Road, Selkirk TD7 5EB	01750 725900	enquiries@eildon.org.uk	Provides a wide range of care and support services for people with a variety of requirements throughout the Scottish Borders.

Client group	Organisation	Address	Phone	E-mail	Services
Learning disabilities	Aberlour Options	Lower Langbrae, Main Street, St Boswells TD6 0AP	01835 824640	options@aberlour.org.uk	Short break respite care and support services for parents and carers with children affected by learning disabilities in the Borders.
Learning disabilities	ARC Scotland	Unit 12, Hardengreen Business Centre, Eskbank, Dalkeith EH22 3NX	0131 454 9052	sylvia.crick@ arcuk.org.uk	Works to build the capacity of providers to engage with Self Directed Support.
Learning disabilities	ARK Community Networks	9 Bank Street, Galashiels TD1 1EN	01896 759351	jackay.kettles@ arkha.org.uk	Care and support services.
Learning disabilities	Brothers of Charity Services (Scotland)	Triest House, Galabank Business Park, Galashiels TD1 1PR	01896 661200	emckie@bocscot.org	Supporting people in their own homes and community.
Learning disabilities	Garvald West Linton	Dolphinton, West Linton EH46 7HJ	01968 682211	info@ garvaldwestlinton.org.uk	Day service opportunities through the provision of workshops, which run from Monday to Friday and can be attended either daily or on specific days of the week.
Learning disabilities	Interest Link	Platform 1, Station Road, Duns TD11 3HS	01573 410760 07785 734992	andrewfindlay@ interestlink.org.uk	1:1 and group befriending for children, young people and adults with learning disabilities
Learning disabilities	Mears Group	64 Albion Road, Edinburgh EH7 5 QZ	0131 656 6132	mary.shields@ mearsgroup.co.uk	Housing support and support for social activities.

Client group	Organisation	Address	Phone	E-mail	Services
Learning disabilities	People First Borders	Roxburgh House Court, Roxburgh St, Galashiels TD1 1NY	01896 752120	mary@peoplefirstborders.org.uk	An independent, self-advocacy service for people with learning difficulties. Monthly group meetings are held in Galashiels, Kelso, Duns, Peebles and Hawick.
Learning disabilities	Real Life Options	2nd Floor, Academy House, 1346 Shettleston Road, Glasgow G32 9AT	0141 778 3949	info@reallifeoptions.org	Supports individuals in their own home or in the community with the aim of increasing independent living skills and opportunities.
Learning disabilities	Streets Ahead	Unit 201, Tower Mill, Kirkstile, Hawick TD9 0AE	01450 377924	info@streets-ahead.org.uk	Support at home and in the community for adults and young people with a learning disability and people who have autism.
Learning disabilities	The Hive	Low Buckholmside Galashiels TD1 1RT	01896 756300	manager@thehivegalashiels.org.uk	Activity centre for adults.
Learning disabilities/mental health	Carr Gomm	1d Douglas Bridge House, Channel Street, Galashiels TD1 1DD	01896 668276	borders@carrgomm.org.	Supported accommodation. Opening Galashiels office in March.

Client group	Organisation	Address	Phone	E-mail	Services
Learning disabilities/visual impairment	RNIB Project Assessment Worker	RNIB Borders, 46 High Street, Galashiels TD1 1SE	01896 751044	gillian.macdonald@rnib.org.uk	Assesses vision for people with a learning disability, support, liaison with professionals.
Long term conditions	The Living Well Borders Project	The Kabin, 18 Main Street, Eccles, Kelso TD5 7QP	01890 840609	info@tlcborders.org.uk	Mutual support and action by those living with a long term condition.
Long term conditions	TLC Borders	The Kabin, 18 Main Street, Eccles, Kelso TD5 7QP	01890 840609	info@tlcborders.org.uk	A community interest company that works with residents of the Scottish Borders to improve health and wellbeing.
Mental health	Bipolar Scotland		0141 560 2050	aileenb@bipolarscotland.org.uk	Galashiels Bipolar Self Help group for people with bipolar disorder, their families, friends and carers. Monthly meeting at New Horizons Borders.
Mental health	Borders Recovery Network	c/o New Horizons Borders, Unit 10b, Galabank Business Park, Wilderhaugh, Galashiels TD1 1PR	01896 755510	info@bordersrecoverynetwork.co.uk	Group of service users, carers and providers promoting recovery.
Mental health	Penumbra Borders Youth Project	47b Ladhope Vale, Galashiels TD1 1BW	01896 751177	bordersyp@penumbra.org.uk	Works with young people aged 16-21 on mental health and wellbeing issues.
Mental health	New Horizons Borders	Unit 10b, Galabank Business Park, Wilderhaugh,	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.

Client group	Organisation	Address	Phone	E-mail	Services
		Galashiels TD1 1PR			
Mental health	Re:Discover Borders	Roxburgh House Court, Roxburgh St, Galashiels TD1 1NY	01896 750983	rediscoverborders@ health-in-mind.org.uk	Befriending service available to anyone feeling isolated due to experiencing mental ill health.
Mental health	Scottish Association for Mental Health	50-52 Island Street, Galashiels TD1 1NU	01896 664838	lesley.mania@ samh.org.uk	Supports people who experience mental health problems.
Mental health & housing	Penumbra Borders Supported Living Service	Room 302, Crown Business Centre, High Street, Hawick TD9 9EH	01896 758 217	fiona.mercer@ penumbra.org.uk alex.mckie@ penumbra.org.uk	Offers personal support to meet people's needs in their own home.
Mental health/learning disabilities	Richmond Fellowship	Unit 19 & 20, Tweed Horizons, Newtown St Boswells TD6 0SG	01835 824704	info@trfs.org.uk	Supports people to live as independently as possible within their own homes and communities.
Mental health/learning disabilities/adults at risk/older people	Borders Independency Advocacy Service	Low Buckholmside Galashiels TD1 1RT	01896 752200	info@ bordersadvocacy.org.uk	Provided a range of advocacy services free of charge for a variety of people.
Older people (50+)	Age Scotland	PO Box 9062, Dumfries DG1 9AR	01387 251036 / 07919 697897	morag.halliday@ agescotland.org.uk	Supports groups of older people or organisations providing services to older people.
Older people (50+)	Elder Voice	1 Orchard Park, St Boswells TD6 0DA	01835 822 660	info@eldervoice.org.uk	Aims to increase the influence of older people to effect change.

Client group	Organisation	Address	Phone	E-mail	Services
Older people (55+)	WRVS Community Transport Service	North Wheatlands Mill, Wheatlands Road, Galashiels TD1 2HQ	01896 754480	lukasz.bogus@ wrvs.org.uk	This service can be used to enable individuals to attend appointments, social activities. The cost is 30p per mile (45p per mile to hospitals, NHS consultant lead appointments).
Older people (55+)	WRVS Scottish Borders Hub	North Wheatlands Mill, Wheatlands Road, Galashiels TD1 2HQ	01896 754480	scottishbordershub @wrvs.org.uk	Provides transport, hospital, social centres and shopping services to people aged 55+.
Older people (55+)	WRVS Shopping Service	North Wheatlands Mill, Wheatlands Road, Galashiels TD1 2HQ	01896 754 642	lukasz.bogus@ wrvs.org.uk	Assisted and unassisted service for people aged 55 or older, who live on their own, are isolated and have no immediate support.
Older people/learning disabilities/mental health	Border Caring Services	Ettrick Riverside, Dunsdale Road, Selkirk TD7 5EB	01750 505068	admin@ bordercaringservices. org.uk	Home care and support, respite, dementia, palliative care services.
Older people in Eildon Housing Association very/sheltered housing	Eildon Housing Association	The Weaving Shed, Ettrick Mill, Dunsdale Road, Selkirk TD7 5EB	01750 725900	tenancysupport@ eildon.org.uk	Housing with housing support in a secure setting to help people retain their independence
People in distress/suicidal	Samaritans	21 West Port, Selkirk TD7 4DG	01750 20000 08457 90 90 90	jo@samaritans.org	Provides 24 hour confidential emotional support for anyone feeling low or struggling to cope. Face-to-face support available at set hours. See website for details www.samaritans.org/branches/samaritans-borders .

Client group	Organisation	Address	Phone	E-mail	Services
People who have been bereaved	CRUSE Bereavement Care	c/o The Bridge, 6 Roxburgh Street, Galashiels TD1 1PF	0845 600 2227	edinburgh@crusescotland.org.uk	One to one support.
People who have been bereaved by suicide	Survivors of Bereavement by Suicide (SOBS)		07561 319863	gwen.sobs@gmail.com	Support group in the Scottish Borders, with meetings in Kelso and Galashiels. National helpline 0844 561 6855 9am-9pm daily.
People with social care needs	Encompass	Andersons Chambers, Market Street, Galashiels TD1 3AF	01896 759700	admin@encompassborders.com	Support to make the best use of available funding.
Physical disabilities	Borders Disability Forum	Roxburgh House Court, Roxburgh Street, Galashiels TD1 1NY	01896 668578	evanthomas@bdf.demon.co.uk	Works to improve the lives of people with disabilities and sensory impairments.
Physical disabilities	Disabled Persons Housing Services	The Old Surgery , 1 Orchard Park, St Boswells TD6 0AN	01835 823122	dphsborders@msn.com	Provides advice, information and guidance on all aspects of housing, training and employment to people with a disability and their families.
Physical disabilities	MS Society Borders Branch		01890 830647	anne.weston123@btinternet.com	Help and advice on personal, domestic and other matters, financial assistance where appropriate, and social and leisure activities.
Physical disabilities/other support needs	Cornerstone Community Care	Unit 5, Cockburn Halls, George Street, Edinburgh EH35 5JB	07584 473654	christopher.campbell@cornerstone.org.uk	Care and support to enable children, young people and adults with disabilities and other support needs. Housing support, palliative support.

Client group	Organisation	Address	Phone	E-mail	Services
Physical disability/sensory impairment/ learning disabilities	Sense Scotland	43 Middlesex Street, Kinning Park, Glasgow G41 1EE	0141 429 0294	info@sensescotland.org.uk	Advice and support.
Sensory impairment	Action on Hearing Loss	46 High Street, Galashiels TD1 1SE	01896 759020	lesley.stewart@hearingloss.org.uk	Information and advice, support, provision/loan of equipment, health service, training, and interpreter services.
Sensory impairment	Borders Deaf & Hard of Hearing Network	The Hive, Low Buckholmside Galashiels TD1 1RT	01896 756300	bordersdhn@btinternet.com	Offers advice and support to those with a hearing problem and their families. Equipment display. Provides a 2 week trial home loan service for equipment. Provides equipment demonstrations to interested groups. Signpost clients to other deaf & hard of hearing services.
Sensory impairment	Borders Visual Impairment Network	c/o Borders Disability Forum, Roxburgh House Court, Roxburgh Street, Galashiels TD1 1NY	01896 668578		Provides informal support to anyone with a visual impairment or an interest in visual impairment.
Sensory impairment	Deafblind Scotland	21 Alexandra Avenue, Lenzie G66 5BG	0141 777 6111	development@deafblindscotland.co.uk	Supports people who have a dual sensory impairment. Provides information, advice and support to members and can be contracted to provide services.
Sensory impairment	RNIB Borders	46 High Street, Galashiels TD1 1SE	01896 751044	jane.coates@rnib.org.uk	Information, advice, support and training for RNIB client group, friends, carers and professionals.
Sexual violence	Scottish Borders Rape Crisis Centre	41 Bridge Street, Galashiels TD1 1SW	01896 661070	info@sbrcc.org.uk	Emotional and practical support and information to women and girls who have experienced sexual violence. Helpline 0800 0542445.

Client group	Organisation	Address	Phone	E-mail	Services
Victims/witnesses of crime	Victim Support	72 High Street, Galashiels TD1 1SQ	01896 751212	victimsupport.scottishborders@ victimsupportscotland.org.uk	Emotional and practical support to those affected by crime and support to witnesses who have to attend court.
Vulnerable people facing personal crisis	British Red Cross	1 Wheatlands Mill, Wheatlands Road, Galashiels TD1 2HQ	01896 751888	lswilson@ redcross.org.uk	Provides short-term care and support in the home for people, including after an accident or illness, giving them the confidence to continue their daily lives. Neighbourhood Links Scheme provides support to people by assisting them to re-engage with their community and to provide information and support to enable them to better manage their day to day activities. Other services include anticipatory care, transport service and wheelchair loan.
Women/children at risk	Borders Womens Aid	10 Exchange Street, Jedburgh TD8 6BH	01896 863514	manager@ borderwomensaid.co.uk	Provides information, practical and emotional support to women and children affected by domestic abuse.
Young carers	Scottish Borders Young Carers Service	Action for Children, Unit 10a, Galabank Mill, Galabank Business Park, Galashiels TD1 1RP	01896 750173	jo.glover@ actionforchildren.org.uk	Support to children and young people who are caring for or affected by the illness/disability of a family member. Support can be 1-1 within school or outreach, short term breaks and themed activities as well as support to access mainstream activities and services.
Young people	Action for Children	Unit 10a, Galabank Mill, Galabank Business Park, Galashiels TD1 1RP	01896 750173	jo.glover@ actionforchildren.org.uk	Outreach support, intensive fostering for teenagers, short term provision.

Client group	Organisation	Address	Phone	E-mail	Services
Young people	Apex Scotland	17 Market Street, Galashiels TD1 3AD	01896 759746	richard.thomson@ apexscotland.org.uk	Support young people not in education employment or training with life skills.
Young people	Face2Face	42 High Street, Galashiels TD1 1SE	01896 755852	admin@ face2faceborders.com	Provides advice, education and 1:1 support on alcohol, drugs and volatile substance use for young people aged 11 to 18. Also provides support for parents and families of young people.
Young people	LGBT Youth Scotland	40 Commercial Street, Edinburgh EH6 6JD	0131 555 3940	info@lgbtyouth.org.uk	Advice and support for young lesbian, gay, bisexual and transgender people. Youth group in Central Borders for LGBT young people aged 12-25.
Young people	Youth Borders	Langlee Complex, Galashiels TD1 2LP	01896 755110	bridie@ youthborders.org.uk	Supports the network of youth groups and non-uniformed clubs across the Scottish Borders region and offers benefits, including training, strategic representation and support for youth work organisations.

Services operating in Berwickshire

Client group	Organisation	Address	Phone	E-mail	Services
Carers 18+	Duns Carers Support Group	The Knoll, Station Road, Duns TD11 7AH	01896 752431	info@ borderscarers.co.uk	Support for carers.
Carers 18+	Eyemouth Carers Support Group	Eyemouth Community Centre, 3 Kenilworth Avenue, Eyemouth TD14 5DE	01896 752 431	info@ borderscarers.co.uk	Support for carers.
Learning disabilities	Border Links (Berwick)	4a Grove Gardens, Prior Park, Berwick upon Tweed TD15 2EN	01289 305423	borderlinks@ btconnect.com	Work with adults with learning disabilities to develop skills and increase social confidence and engagement. Runs a community enterprise in which all members are involved, from admin and marketing to health and safety and team working skills. We deliver fresh fruit and veg baskets to the local community.
Learning disabilities	Interest Link Berwickshire	Platform 1, Station Road, Duns TD11 3HS	01361 883662 07776 221843	judykay@ interestlink.org.uk	1:1 and group befriending for children, young people and adults with learning disabilities.
Learning disabilities/housing	Eildon Housing Association	29-32 Station Avenue, Duns TD11 3HW	01361 883691	enquiries@eildon.org.uk	Support for people with learning disabilities.
Mental health	New Horizons Borders (Duns Drop In)	Southfield Community Centre, Duns TD11 3EL	01896 755510	admin.nhb@ btconnect.com	User led network providing support for adults with mental health difficulties.
Mental health	New Horizons Borders (Eyemouth)	Eyemouth Parish Church Hall,	01896 755510	admin.nhb@ btconnect.com	User led network providing support for adults with mental health difficulties.

	Drop In)	Eyemouth TD14 5AB			
Client group	Organisation	Address	Phone	E-mail	Services
Older people (55+)	Early Intervention Project	Seton Care, Unit 3/4, The Chandlery, Berwick Upon Tweed TD15 1HE	01361 885928	terri.bearhope@ setoncare.org.uk	Befriending service. Encourages older people to remain active and contribute to their local community by volunteering and providing informal companionship to socially isolated older people.
Older people (55+)	WRVS Social Centre	Community Centre , Main Street, East End, Chirnside TD11 3XR	0773 682 5281	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	Village Hall, Coldingham TD14 5NL	0773 682 5281	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	Gowanlea Court, Coldstream TD12 4NU	0771 489 8660	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	Turnbull Court, Langtongate, Duns TD11 3BL	0771 489 8699	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	Parish Church, Victoria Road, Eyemouth TD14 5JD	0773 682 5349	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people/ adults with disabilities/pre-school support for children and families	Seton Care	55 Newtown Street, Duns TD11 3AU	01361 883115	info@setoncare.org.uk	Personal care and community support for adults living at home or in sheltered housing, including housing support, enabling services, domestic, respite, and palliative. Developmental support for pre-school children and their families.

Client group	Organisation	Address	Phone	E-mail	Services
People affected by stroke illness	Chest Heart & Stroke Scotland Community Stroke Services Department	3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ	01835 840314	sandra.nicholas-cole@chss.org.uk	Stroke support services in the community and on a one-to-one basis at home (outreach). Focus is communication support post-stroke. There are 7 group services across the area – at Duns, Eyemouth , Jedburgh, Kelso, Hawick, Galashiels and Peebles (access is by referral from health or social services) and outreach accordingly to demand and availability of volunteers.
Physical disabilities	Berwickshire Wheels	Berwickshire Association for Voluntary Service, Platform One, Station Road, Duns TD11 3HS	01361 884652	allister.hart@the-bridge.uk.net	Provides easily accessible transport for residents of Berwickshire, to allow social and family activities for those who have general mobility problems or use a wheelchair.

Services operating in Central Borders

Client group	Organisation	Address	Phone	E-mail	Services
Carers 18+	Central Borders Carers Support Group	PRT Borders Carers Centre, Low Buckholmside Galashiels TD1 1RT	01896 752431	info@borderscarers.co.uk	Support for carers.
Housing	Eildon Housing Association	The Weaving Shed, Ettrick Mill, Dunsdale Road, Selkirk TD7 5EB	01750 725900	enquiries@eildon.org.uk	
Learning disabilities	Brothers of Charity Services (Scotland)	Garden Villa, St Aidan's, Gattonside TD6 9NN	01896 823616	srthomas@bocscot.org	Care home with short breaks support.
Learning disabilities	Brothers of Charity Services (Scotland)	Unit 6, Tweedbank Industrial Estate, Tweedbank TD1 3RS	01896 758381	workingtogether@bocscot.org	Training and employment support.
Learning disabilities	Brothers of Charity Services (Scotland)	3 Lawyers Brae, Galashiels TD1 3JQ	01896 758888	eturnbull@bocscot.org	Day times activities / community inclusion
Learning disabilities	Interest Link Central Borders	Low Buckholmside Galashiels TD1 1RT	01896 750020 07717 403529	stefaniepoletylo@interestlink.org.uk	1:1 and group befriending for children, young people and adults with learning disabilities.

Client group	Organisation	Address	Phone	E-mail	Services
Mental health	New Horizons Borders (Galashiels Drop In)	Unit 10b, Galabank Business Park, Wilderhaugh, Galashiels TD1 1PR	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Mental health	New Horizons Borders (Selkirk Drop In)	Philliphaugh Community Centre, Selkirk TD7 5LP	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Mental health	New Horizons Borders (Women's Group)	Unit 10b, Galabank Business Park, Wilderhaugh, Galashiels TD1 1PR	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Mental health carers	Central Borders Mental Health Carers Support Group	Brewerybrig, Low Buckholmside Galashiels TD1 1RT	01896 752431	info@borderscarers.co.uk	Support for carers.
Older people with learning disabilities	WRVS Social Centre	North Wheatlands Mill, Wheatlands Road, Galashiels TD1 2HQ	0773 682 5350	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
People affected by stroke illness	Chest Heart & Stroke Scotland Community Stroke	3rd Floor, Rosebery House, 9 Haymarket Terrace,	01573 440587	rosemary.anderson@chss.org.uk	Stroke support services in the community and on a one-to-one basis at home (outreach). Focus is communication support post-stroke. There are 7 group services across the area – at Duns, Eyemouth, Jedburgh, Kelso, Hawick, Galashiels and Peebles and

	Services Department	Edinburgh EH12 5EZ			outreach accordingly to demand and availability of volunteers.
Client group	Organisation	Address	Phone	E-mail	Services
People bereaved by suicide	Survivors of Bereavement by Suicide (SOBS)		07561 319863	gwen.sobs@gmail.com	Support group in the Scottish Borders, with meetings in Kelso and Galashiels . National helpline 0844 561 6855 9am-9pm daily.
Physical disabilities	Gala Wheels	Borders Disability Forum, Roxburgh House Court, Roxburgh Street, Galashiels TD1 1NY	01896 668578	galawheels@bdf.demon.co.uk	Accessible transport for those with wheelchairs or mobility difficulties.
Young people	LGBT Youth Scotland	40 Commercial Street, Edinburgh EH6 6JD	0131 555 3940	info@lgbtyouth.org.uk	Advice and support for young lesbian, gay, bisexual and transgender people. Youth group in Central Borders for LGBT young people aged 12-25.
Young people	TD1 Youth Hub	47a Ladhope Vale, Galashiels TD1 1BW	01896 752442	douglas@td1.org.uk	Youth work services to young people aged 11 - 18 year old in the Eildon West catchment area (Stow, Heriot, Clovenfords).

Services operating in Cheviot

Client group	Organisation	Address	Phone	E-mail	Services
Learning disabilities	ARK Community Networks (Kelso)	1 The Butts, Kelso TD5 7BA	01573 223982	teamleader.kelso@arkha.org.uk	Care and support services.
Learning disabilities	Border Links (Kelso)	4a Grove Gardens, Prior Park, Berwick upon Tweed TD15 2EN	01289 305423	borderlinks@btconnect.com	Rugby Club, Poynder Place, Kelso on Tuesdays and Thursdays; Kelso North Road Parish Church Hall on Wednesdays
Learning disabilities	Brothers of Charity Services (Scotland)	Triest House, Galabank Business Park, Galashiels TD1 1PR	01896 661200	emckie@bocscot.org	Supporting people in their own homes and community.
Mental health	New Horizons Borders (Kelso Drop In)	Quaker Meeting House, Abbey Row, Kelso TD5 7JF	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Older people	Nightingales	42 The Square, Kelso TD5 7HL	01573 226868	nightingales42@aol.com	Personal home care.
Older people (55+)	WRVS Social Centre	Millfield Gardens, Cannongate, Jedburgh TD8 6ER	0771 489 8545	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	ACE Centre, Abbotseat	0771 489 8660	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.

Client group	Organisation	Address	Phone	E-mail	Services
Older people (55+)	WRVS Social Centre	Road, Kelso TD5 7SL Wauchope Hall, Main Street, Yetholm TD5 8SG	0771 489 8545	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
People affected by stroke illness	Chest Heart & Stroke Scotland Community Stroke Services Department	3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ	01835 840314	sandra.nicholas-cole@chss.org.uk	Stroke support services in the community and on a one-to-one basis at home (outreach). Focus is communication support post-stroke. There are 7 group services across the area – at Duns, Eyemouth, Jedburgh, Kelso , Hawick, Galashiels and Peebles and outreach accordingly to demand and availability of volunteers.
People bereaved by suicide	Survivors of Bereavement by Suicide (SOBS)		07561 319863	gwen.sobs@gmail.com	Support group in the Scottish Borders, with meetings in Kelso and Galashiels. National helpline 0844 561 6855 9am-9pm daily.
Physical disabilities	Teviot Wheels	1 Veitch's Close, Jedburgh TD8 6AY	01835 863554	john.chick@the-bridge.uk.net	Provides accessible transport for community groups, organisations and individuals, including those with mobility difficulties.

Services operating in Teviot

Client group	Organisation	Address	Phone	E-mail	Services
All client groups	Artbeat Studios	17 Commercial Road, Hawick TD9 7AQ	01450 379547	artbeatstudios@hotmail.com	A non-judgemental artistic space, providing a supportive environment for artists of all abilities.
Carers 18+	Hawick Carers Support Group	Hawick Community Hospital, Victoria Road, Hawick TD9 7AH	01896 752431	info@borderscarers.co.uk	Support for carers.
Learning disabilities	ARK Community Networks (Hawick)	Howdenbank House, Howdenbank Road, Hawick TD9 7JT	0560 342 1182	jackay.kettles@arkha.org	Care and support services.
Learning disabilities	Interest Link Roxburgh	Katherine Elliot Centre, Howdenbank, Hawick TD9 7JT	01450 377600 07773 303829	valreilly@interestlink.org.uk	1:1 and group befriending for children, young people and adults with learning disabilities.
Mental health	New Horizons Borders (Burnfoot Drop In)	Burnfoot Community Centre, Hawick TD9 8EQ	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Mental health	New Horizons Borders (Hawick Drop In)	Unit 4, Annfield Mill, Teviot Crescent, Hawick TD9 9RE	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.

Client group	Organisation	Address	Phone	E-mail	Services
Older people	Hawick Care Company	Room 10, Crown Business Centre, 20-22 High Street, Hawick TD9 9EH	01450 378273	hawickcare_co@tiscali.co.uk	Home care.
People affected by stroke illness	Chest Heart & Stroke Scotland Community Stroke Services Department	3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ	01573 440587	rosemary.anderson@chss.org.uk	Stroke support services in the community and on a one-to-one basis at home (outreach). Focus is communication support post-stroke. There are 7 group services across the area – at Duns, Eyemouth, Jedburgh, Kelso, Hawick , Galashiels and Peebles and outreach accordingly to demand and availability of volunteers.
Physical disabilities	Teviot Wheels	1 Veitch's Close, Jedburgh TD8 6AY	01835 863554	john.chick@the-bridge.uk.net	Provides accessible transport for community groups, organisations and individuals, including those with mobility difficulties.

Services operating in Tweeddale

Client group	Organisation	Address	Phone	E-mail	Services
All client groups	Blackwood Care	Craigievar House, 77 Craigmount Brae, Edinburgh EH12 8XF	0131 317 7227 077390754 99	info@mbha.org.uk lindsayd@mbha.org.uk	Housing support to customers with a wide range of support needs.
Carers 18+	Peebles Carers Support Group	Hay Lodge Health Centre, Neidpath Rd, Peebles EH45 8JG	01896 752431	info@borderscarers.co.uk	Support for carers.
Learning disabilities	Interest Link Tweeddale	Volunteer Resource Centre, School Brae, High Street, Peebles EH45 8AL	01721 729348 07773 303829	marymouat@interestlink.org.uk	1:1 and group befriending for children, young people and adults with learning disabilities.
Mental health	New Horizons Borders (Peebles Drop In)	Peebles Community Centre, Peebles EH45 8AU	01896 755510	admin.nhb@btconnect.com	User led network providing support for adults with mental health difficulties.
Older people	Hawick Care Company	Unit 6, School Brae, Peebles EH45 8AT	01721 723414	hawickcare_co@tiscali.co.uk	Home care.

Client group	Organisation	Address	Phone	E-mail	Services
Older people (55+)	WRVS Social Centre	Parish Church, Leithen Road, Innerleithen EH44 6HX	0776 481 6146	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	St Andrews Leckie Parish Church, Eastgate, Peebles EH45 8AD	0771 489 8669 0776 481 6146	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
Older people (55+)	WRVS Social Centre	Graham Institute, Lower Green, West Linton EH46 7EW	0776 481 6144	hazel.muir@wrvs.org.uk	Aims to prevent isolation, provide carer respite, and enable access to social activities and a healthy lunch.
People affected by stroke illness	Chest Heart & Stroke Scotland Community Stroke Services Department	3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ	01573 440587	rosemary.anderson @chss.org.uk	Stroke support services in the community and on a one-to-one basis at home (outreach). Focus is communication support post-stroke. There are 7 group services across the area – at Duns, Eyemouth, Jedburgh, Kelso, Hawick, Galashiels and Peebles and outreach accordingly to demand and availability of volunteers.
Physical disabilities	Tweed Wheels	Volunteer Resource Centre , School Brae, Peebles EH45 8AL	01721 723123	rose.cabello@ the-bridge.uk.net	Provides accessible transport for community groups, organisations and individuals, including those with mobility difficulties.