

Meeting

Date: Thursday, 1 June 2023
Time: 6.30 pm
Location: Volunteer Hall, Langtongate, Duns, TD11 3AF

AGENDA

1.	Welcome
2.	Feedback from Meeting of 30 March 2023 (Pages 3 - 6) Consider Minute of the Meeting held on 30 March 2023 for approval and signature by the Chair. (Copy attached.)
Section 1: Service and Partner Updates and Consultations	
3.	Local Housing Strategy 2023-28 Consultation Table discussions to consider housing pressures and solutions led by Lindsey Renwick and Rachel Whale. Link to Local Housing Strategy 2023-28 contained in additional information document (item 10).
4.	Refreshed Community Plan Priorities Consider presentation on consultation for Community Plan development.
Section 2: Local Priorities	
5.	Flag for Berwickshire Community Campaign Consider presentation by speaker Brian Payne.
6.	Tweed Valley Rail Campaign (Pages 7 - 22) Consider presentation by James Boulton and Ian Aitchison. (Copy attached.)
Section 3: Community Empowerment and Community Funding	
7.	Berwickshire Neighbourhood Support Fund (Pages 23 - 28) Consider report on Neighbourhood Support Fund presented by Keith Dickinson, Chair, Berwickshire Neighbourhood Support Fund panel. (Copy attached.)
8.	Berwickshire Funding Table 2023-24 (Pages 29 - 30) Consider overview of funding available in Berwickshire. (Copy attached.)
9.	Place Making Update (Pages 31 - 42) Consider report by Place Making Working Group. (Copy attached.)

Section 4: Other	
10.	Additional Information Document (Pages 43 - 48) (Copy attached.)
11.	Next meeting of the Berwickshire Area Partnership Next meeting to be held Thursday 31 August 2023.
12.	Any Other Business
13.	Meeting Evaluation

Please direct any enquiries to William Mohieddeen
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**SCOTTISH BORDERS COUNCIL
BERWICKSHIRE AREA PARTNERSHIP**

MINUTES of Meeting of the
BERWICKSHIRE AREA PARTNERSHIP
held in Cockburnspath Village Hall,
Cockburnspath, TD13 5XY on Thursday, 30
March 2023 at 6.45 pm

Present:- Councillors J. Anderson and M. Rowley

Other organisations attendees: Mr J. Aitchison and Mr G. Power (Eyemouth CC); Ms J. Amaral (BAVS), Ms T. Collin (Allanton, Whitsome and Edrom CC), Ms M. Douglas and Ms E. Scott (Greenlaw and Hume CC); Ms K. Duncan, Ms P. Hood and Mr S. Kennedy (Cockburnspath and Cove CC); Ms A. McNeill (A Heart for Duns), Mr A. Mitchell (Duns CC), Mr D. Morgan (Hutton and Paxton CC), Mr K. Pattison, Mr G. Pearson (Leitholm, Eccles and Birgham CC), Mr I. Woolley, Mr K. Morton and Mr B. Purvis (Swinton and Ladykirk CC).

Apologies:- Councillors J. Greenwell, C. Hamilton, D. Moffat and A. Orr

In Attendance:- Community Co-ordinator, Community Engagement Officer (J. Purves), PC Suzanne Jacobs (Police Scotland), WC Gale Coates (Scottish Fire and Rescue), Ms E. Torrance (National Development Team for Inclusion), Democratic Services Officer (W. Mohieddeen).

QUORUM

Due to the submission of apologies from elected Members, the meeting was not quorate. Attendees proceeded with the meeting on the understanding that decisions were not able to be made.

1. **WELCOME**

The Chair welcomed everyone to the meeting of the Berwickshire Area Partnership and to Cockburnspath Village Hall.

2. **FEEDBACK FROM MEETING OF 9 FEBRUARY 2023**

There had been circulated copies of the Minute of the Meeting held on 9 February 2023. Mr Andrew Mitchell of Duns Community Council advised that he had also been in attendance at the Meeting.

3. **POLICE SCOTLAND UPDATE**

The Chair welcomed PC Suzanne Jacobs to provide an update on policing matters in Berwickshire. PC Jacobs provided an overview of resources in Berwickshire and explained that there were two community officers based in Eyemouth, one community officer based in Duns and a school liaison officer based in Eyemouth which covered the Berwickshire area. PC Jacobs explained that Police Scotland endeavoured to attend community council meetings when they were invited. Complaints in Berwickshire tended to address parking and speeding. Speeding cameras normally focused on schools and particular 'hotspots'. Community councils were reminded to check that they received Police Scotland multi-ward reports. Attendees discussed speeding vehicles and adherence to 20 mph speed limit in towns. PC Jacobs advised attendees when speeding vehicles were identified to inform the police. Councillor Anderson encouraged attendees inform councillors of concerns so that they may be raised with Police Scotland.

4. **SCOTTISH FIRE AND RESCUE UPDATE**

The Chair welcomed Watch Commander Gail Coates to provide an update on fire and rescue matters in Berwickshire. Fire incidences in the Berwickshire area were summarised and attendees were advised that there had been call-outs to seven road traffic accidents and nine incidents to assist other agencies. There were nine incidents of flooding and two other non-fire incidents. With regards to unwanted fire alarm signals, there were 36 recorded as 'good intent' and two recorded as 'malicious' from incidents in schools. 51 home fire safety visits had taken place. Scottish Fire and Rescue had visited Eyemouth High School to talk to S6 pupils about fire safety while living alone. CPR visits were to take place in Eyemouth Primary School on 8 June which all were welcome to attend. Specialist PPE had been received in Coldstream with training in its use due to take place. Duns station had seen success in recruiting double its number of on-call firefighters. In discussion of fire alarms in public buildings, attendees were advised to ask for an alarm inspector to demonstrate how to properly use fire alarms in public halls.

5. **DRAFT HEALTH AND SOCIAL CARE STRATEGIC FRAMEWORK DISCUSSION**

5.1 There had been circulated copies of a slide deck from Elaine Torrance of the National Development Team for Inclusion (NDTI). The Chair welcomed Ms Torrance to present an update on the development of a Health and Social Care Strategic Framework for Scottish Borders. Ms Torrance was in attendance to gather feedback and comments on the draft framework which set out how health and social care services would be delivered over the next three years. The aims of the NDTI's engagement activity were summarised which were to update attendees on work in the development of the strategic framework, to present an outline of the framework and seek further comments and to seek further involvement in the planning, design and monitoring of the framework. The framework had been informed by the NDTI engaging and listening to communities to understand their expressed needs which the NDTI summarised in their We Have Listened report; understanding the public health needs of the population which was presented in the NDTI Needs of our Communities report; reviewing performance against national health and wellbeing outcomes; and considering current and future challenges. Ms Torrance explained that the We Have Listened report included information specific to Berwickshire. 85 responses were received to the NDTI survey of what was important about health and social care, and a community event took place in Duns. Ms Torrance presented the high level mission, vision and aims of the framework. These were:

- Mission: "to help the people of the Scottish Borders to live their lives to the full, by delivering seamless services that place their needs at the heart of everything that we do";
- Vision: "That all people in the Scottish Borders will be able to live their lives to the full"
- Aims: "To improve and continue to support the health and wellbeing of the citizens of Scottish Borders".

5.2 Ms Torrance presented the strategic issues of the framework and the objectives, which detailed what the Health and Social Care Partnership would prioritise to deliver its vision. Ms Torrance explained to attendees that the NDTI were seeking views on the framework, and if anything was missing; how communities could be involved in developing the framework and actions; and on monitoring the implementation and impact of the framework at community, local and Borders-wide levels. In discussion of the draft framework, Ms Torrance advised that the framework would be approved by the Integrated Joint Board (IJB) which consisted of NHS officers and elected Members, and would be presented to the Scottish Government. Attendees discussed how the consultation of the framework would operate alongside place making, that communities may feel 'consultation fatigue' and that duplication should be avoided. It was noted that previous place making exercises had highlighted concerns about a lack of nursing home places.

5.3 Councillor Anderson led attendees in advising what would be priorities for health and social care in each of their communities. Issues raised during the exercise were:

- Access to services
- Social care support
- Transport to GP services and local surgeries
- Prevention measures
- Care in the community
- Recruitment into the Borders
- Dementia services
- Available parking at health surgeries
- Distance to dentist surgeries

5.4 Attendees discussed workforce challenges in health and social care and noted that a multi-agency approach to recruitment would be needed to promote the Borders as a viable place to move for work. Councillor Anderson thanked Ms Torrance and attendees noted the presentation.

5.5 The Chair invited attendees to present the issues of importance to their localities. The following issues were presented by attendees:

- Relationship between public transport, housing and jobs
- Public transport, education and apprenticeship opportunities
- Costs associated with place making activities
- Redevelopment of existing buildings for social housing
- Lack of community facilities in Berwickshire to engage with Borders College
- Public transport as a factor for young people leaving Berwickshire
- Public transport services for the Borders General Hospital
- Availability of affordable and rented housing
- Housing for retirees
- Homes lying empty in communities
- PINGO and investment in community transport
- Parking in Duns industrial estate
- Waiting list for new Duns dental practice
- Apprenticeship opportunities

5.6 Attendees discussed and noted the items raised.

6. **BERWICKSHIRE FUNDING TABLE 2022-23**

There had been circulated copies of the Berwickshire funding table which outlined available funds and grant opportunities in Berwickshire. The Community Engagement Officer presented the paper and advised that the opening balance for the Neighbourhood Support Fund was £99,997.19 and that 56 applications had been received which requested a total of £208,719 in grant funding. The Berwickshire Area Partnership had approved 25 applications for a total of £95,497.19 in grant funding. £4,500 of the carried forward funds had been reserved by the funding panel for Horse Time dependent on receipt of a satisfactory evaluation report. Attendees noted the information in the funding table.

7. **BERWICKSHIRE NEIGHBOURHOOD SUPPORT FUND 2023-24**

There had been circulated copies of a paper outlining a recommendation for the assessment panel to undertake to source external funding to supplement the Neighbourhood Support Fund. It was advised that the 2023-24 Neighbourhood Support Fund would total £50,153. The assessment panel recommended that the Area Partnership delay opening the 2023-24 Neighbourhood Support Fund until June, so that other funding opportunities are explored, and to have three rounds of funding which would take place in September and December 2023 and March 2024. Attendees discussed the recommendation and considered feedback on the proposal. Further information was sought from attendees on how external funding would affect the funding requirements. Concern was also raised that the Neighbourhood Support Fund had been significantly oversubscribed. Attendees advised that the assessment panel should meet to consider submitting a report to the Area Partnership outlining an approach to seeking additional funding and how the requirements of the Neighbourhood Support Fund may be affected. Attendees noted that the fund should be opened in June regardless of the proposal to seek additional funding for the Neighbourhood Support Fund. Attendees further noted

that additional mapping should be outlined for available funding for communities in Berwickshire.

8. **PLACE MAKING UPDATE**

8.1 The Chair invited attendees to provide updates on place making in local communities. Ms Amaral advised that funding had been awarded for the pilot of a Berwickshire place making toolkit and that further information would be provided at the next meeting of the Area Partnership. A Vision for Eyemouth meeting was to take place in April, to be delivered by BAVS.

8.2 Ms McNeill presented feedback to the Area Partnership on place making activity and advised that meaningful community engagement had taken place in communities which included Duns, Greenlaw, Chirnside and Coldstream. Ms McNeill advised that engagement should be led by those that live and work in the community and not by those with an outside interest. Ms McNeill further advised that the role of Scottish Borders Council should be to facilitate and support the place making process and not to lead. However resource and capacity were a challenge faced by communities reliant on volunteers dedicating time to place making which should be addressed. Attendees noted the update.

9. **NEXT MEETING OF THE BERWICKSHIRE AREA PARTNERSHIP**

It was confirmed that the next meeting of the Berwickshire Area Partnership would take place on Thursday 1 June at the Volunteer Hall, Duns.

The meeting concluded at 8.25 pm.

TWEED VALLEY RAILWAY



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Cheviot Area
Partnership

31 May 2023

Agenda Item 6

Build a railway connection between the Borders Railway and Berwick-upon-Tweed



Our three point plan

1. Gauge Support

2. Feasibility study

3. Build it



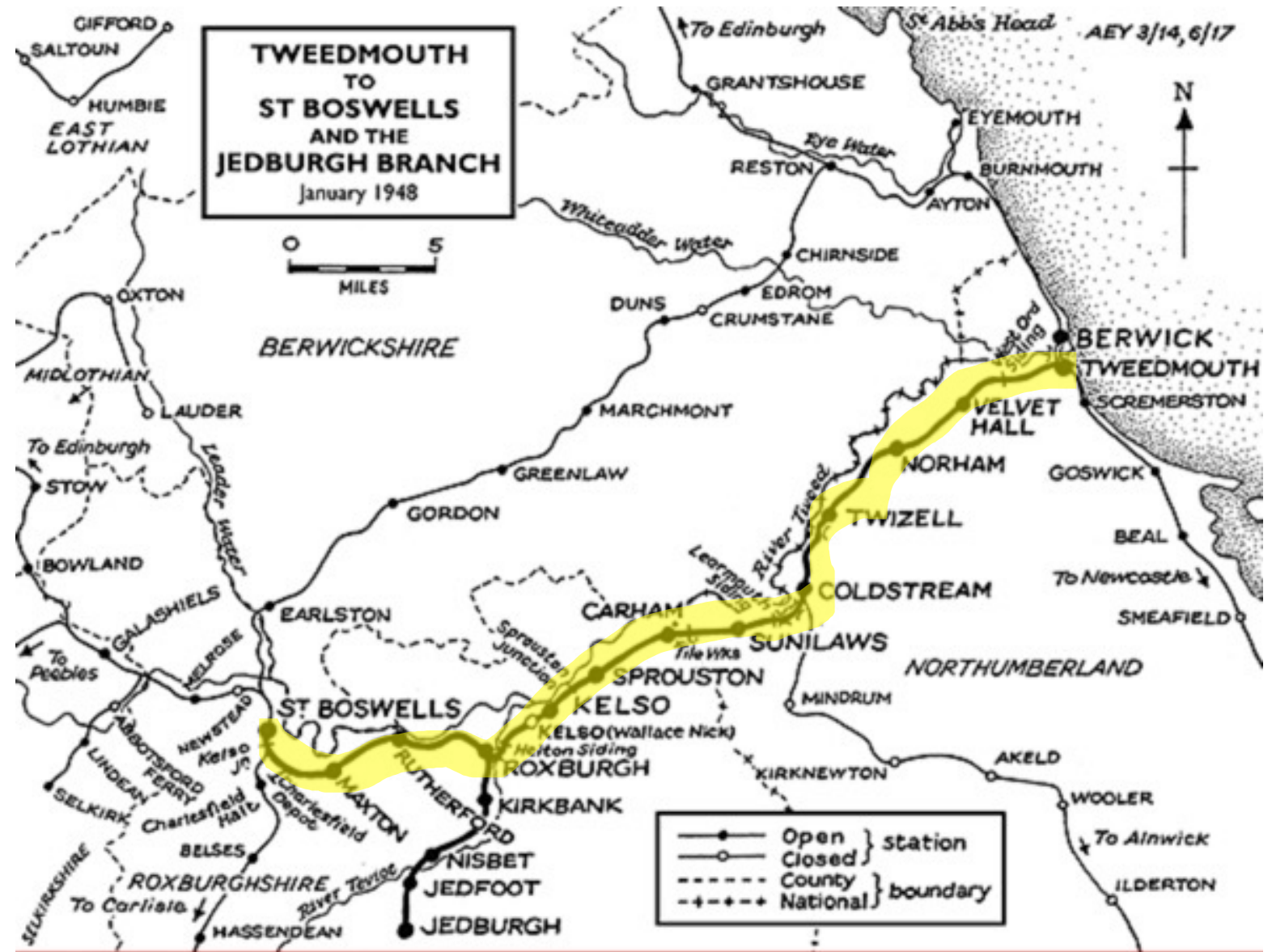
Campaign: to establish a railway between the Borders Railway and Berwick-upon-Tweed

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A stunning 34-mile route

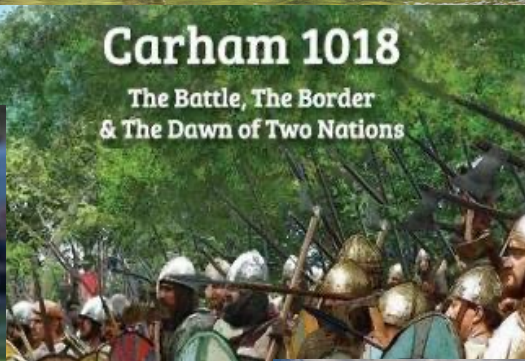
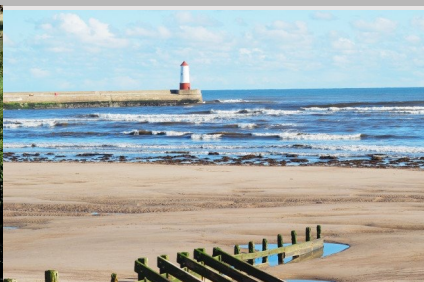
Half in Northumberland

Half in the Scottish Borders



NB The new railway's route would be depend on a feasibility study. This was the route in January 1948.

Tourism and leisure



SEE NORTHUMBERLAND BY TRAIN

Active travel



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The plans hope to help boost the economy of communities along the length of the river

Plans for a "world-class long-distance" route along the path of the River Tweed have landed a grant of nearly £3m.



Access to Work, Education & Healthcare

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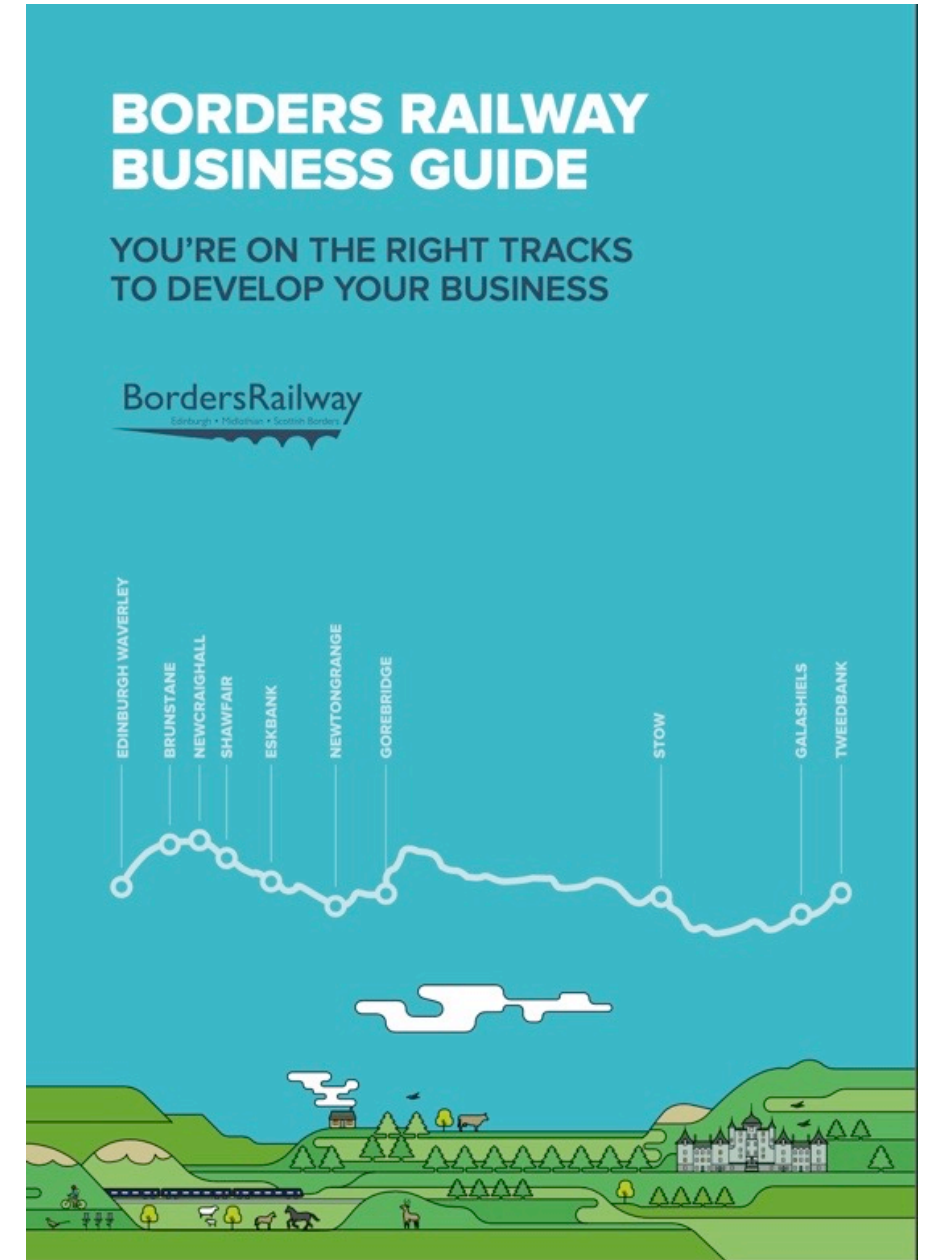


THE UNIVERSITY
of EDINBURGH

Attracting investment

- Borders Railway guide to encourage investment made possible by the new railway line
- Rail access opens up the region for investment

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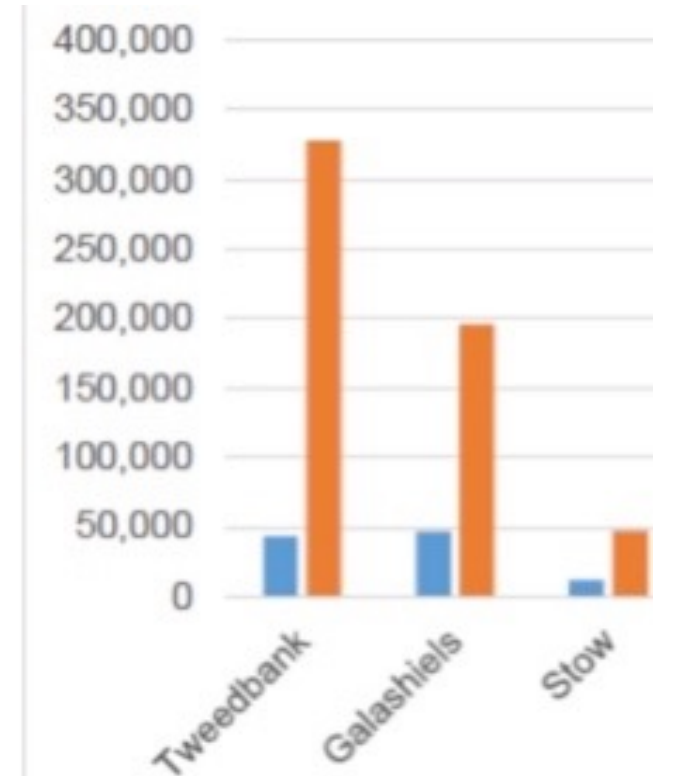


Attracting investment

Thinking Outside the Box

Artistically, Architecturally, Actively

- A 21st Century railway will attract investment
- Borders Railway – 2 million journeys p.a. smashes expectation
- Housing – more young people and families stay in the region
- ‘Railway Effect’ expected at restored stations e.g. Okehampton (Devon), Reston (Scottish Borders), Levenmouth (Fife)



- Feasibility study predictions
- Year one Actual



Attracting investment



- 21st Century Reston station opened on 23 May 2022
- Hundreds of new houses expected
- Plans for re-opening of the pub
- Parking for 70 – 200 cars and 20 EV chargers
- 11 cycle spaces
- A gateway to St Abbs, Eyemouth and Coldingham
- Linked to PINGO on-demand buses and re-routed 'normal' buses



21st Century Engineering



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Unlocking regional potential

Sustainable transport

- Trains part of the shift away from fossil fuels
- Reduces dependency on cars
- Increases use of trains for freight – one freight train takes 76 lorries of the road



Resilience



Alternative route if ECML closed between Berwick – Edinburgh

Full East-West mainline connectivity once extension of Borders Railway to Carlisle completed

What have we achieved so far?



- Funding secured from Cheviot Neighbourhood Support Fund for a second year – **THANK YOU!**
- Over 300 members/supporters signed up in person and online
- Management Committee members from Northumberland and the Scottish Borders
- Website and social media presence growing
- Secured support from Plexus and Schloss Roxburghe
- Building our stakeholder network
- Met with local MPs and MSP
- Member of Scottish Parliament's Cross Party Group on Sustainable Transport
- Secured local Councillor support north and south of the Border



Extension of Borders Railway unlocks additional benefits from Tweed Valley Railway

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- Feasibility study on the extension of Borders Railway to Hawick and Carlisle set to proceed
- Reaching St Boswells would unlock the ability to extend eastwards to Berwick-upon-Tweed
- **Need to ensure upcoming feasibility study also factors in the potential benefits of restoring the Tweed Valley Railway**



Your questions



**Report on Berwickshire Area Partnership (BAP)
Neighbourhood Support Fund 2023/24**

Following BAP Meeting in March, where it was agreed the assessment panel would meet to consider feedback from BAP members to the pausing of the Neighbourhood Support Fund, the assessment panel met on 10th May. Those present included: Cllr James Anderson; Cllr John Greenwell; Andrew Mitchell; Keith Dickinson (Chair); Kathy Huffman; Gillian Jardine (SBC); James Purves (SBC). The panel considered three urgent issues:

1. Membership of the assessment panel
2. Delivery of the NSF during 2023/24.
3. Other funding opportunities

1. Assessment Panel Membership

Since the last meeting of the panel a further member has withdrawn. There is therefore an urgent need to recruit new panel members. The panel has space to recruit up to four new members. It was suggested that a more personalised proactive approach might be more successful than blanket emails. All panel members are asked to promote the opportunities, and direct potential new panel members to SBC officers. In addition, it was agreed that SBC would identify individuals and community groups who may have an interest in being part of the assessment panel and discuss this offer with them. SBC would also promote this opportunity more generally. Those who are interested must submit an application form to join the panel and SBC will support this process.

2. Delivery of the NSF 2023/24

Last year (2022/23), over three application rounds, the NSF received 58 applications with a total request for £211K. The NSF supported 31 of these applications and distributed £95,497.19 in support of community activity in Berwickshire. Funded projects ranged from recreational and social activities, capacity building, facility development, health and wellbeing, heritage, arts and culture, the environment and young person's services. The distribution of applications was uneven over the three rounds with the final round receiving 36 applications, the highest number of applications out of the three rounds.

Despite the success of the fund, in attracting strong applications throughout 2022/23, the budget available through the Berwickshire NSF to support community activity has been reduced significantly to £50,185.

Following consideration of the current circumstances it was agreed to recommend the following:

- The application maximum of £5,000 should remain.
- The criteria of the fund should remain the same.
- There should be two application rounds this year.
- The fund should open on June 2nd 2023
- The first funding round is to be considered at the meeting of the BAP on September 1st 2023. The closing dates for applications will be late July (date to be confirmed)
- The second funding round is to be considered at the meeting of the BAP on February 1st 2024. The closing dates for applications will be mid-December (date to be confirmed).

3. Other Funding Opportunities

Following consideration of the reduced NSF budget, reference was made to other community funds that SBC is operating, and community funds administered by external funders. In some cases, applications coming forward to the NSF would be eligible to apply to these other funds as well. To help manage expectation and interest in the NSF, it was agreed that

- SBC Officers should signpost potential NSF applicants to other funding streams where appropriate so they can also explore the opportunity to secure funding elsewhere. SBC Officers will also provide the same information to NSF applicants, where appropriate, and encourage them to consider alternative funding whilst awaiting a NSF decision.
- SBC share with the BAP a summary of information related to funding streams that are currently open and available to support community activity (see Appendix 1 below).

Appendix 1 – Summary of Funding Opportunities

Fund Name	Total Funding Available	Funder	Grants Available	Who can apply	Match Funding Requirement	Revenue or Capital	What can it fund?	Duration	Application Process
UK Shared Prosperity Fund (SPF)	'Community & Place' investment £1.9m	UK Government	Requests £20,000+	Constituted voluntary organisations including charities and social enterprises, micro businesses and public agencies delivering projects/services in Scottish Borders	Match not compulsory but encouraged	Mostly revenue but some capital can be supported (max £786,000 across 2022-2025)	Examples:- <ul style="list-style-type: none"> • Development of local towns, villages and settlements; • Town centre regeneration; • Projects linked to development of town and village plans; • Active travel projects such as walking/cycling 	1/4/2023 – 25/2/2025	Expression of interest to SBC followed by application form Partner advisory panels Chaired by SBC
UK Community Ownership Fund	£150m over 4 years	UK Government	Up to £1m for all asset types.	Incorporated voluntary or community organisation or a parish, town and community council		Mostly capital but can fund up to £50k / 20% of total capital ask in revenue funding	<ul style="list-style-type: none"> • Support ownership of physical assets at risk of being lost to the community • Renovate, repair or refurbish assets for sustainability • Set up or buy a community business 	Until March 2025 Round 3 Bidding Window 1 31 May – 12 July 2023	Submit Expression of Interest at any time. If approved, application to be submitted during a bidding window.
Place Based Investment		Scottish Government		Constituted voluntary organisations including charities and social enterprises, micro businesses and public agencies delivering projects/services in Scottish Borders	Match Not Compulsory	Capital	<ul style="list-style-type: none"> • Community led regeneration • Town centre revitalisation • Community wealth building 		Expression of interest to SBC SBC assessment panel
Regeneration Capital Grant Fund	£25 million	Scottish Government		Local Authority led	Match Not Compulsory	Capital	<ul style="list-style-type: none"> • Regeneration projects • Tackle inequalities • Encourage additional investment and address market failure 	For spend 2024/25	Expression of interest to SBC. 2 stage application process

							<ul style="list-style-type: none"> • Deliver transformational change • Part of the Place Based Investment Programme 	<p>Stage 1 Applications due 21.06.23</p>	<p>Independent investment panel co chaired by Govt and COSLA assesses applications</p> <p>Closing date 21.06.23</p>
Low Carbon Vacant and Derelict Land Investment Programme	£15 million	Scottish Government		Local Authority led	Match Not Compulsory *cant apply to RCGF if applying to VDLIP		<ul style="list-style-type: none"> • Enhance places and regenerate communities • Tackle disadvantage and inequality • Meet climate change targets • Attract private investment and create economic growth 	<p>For spend in 2024/25</p> <p>Stage 1 applications due 23.06.23</p> <p>(5 year programme running until 2026)</p>	<p>Expression of interest to SBC.</p> <p>2 stage application process</p> <p>Independent investment panel co chaired by Govt and COSLA assesses applications</p> <p>Closing date 23.06.23</p>
Community Led Local Development Fund (CLLD)	Circa £270,000	Scottish Government	£1,500 to £20,000 (may consider some grants over £20,000 but max is £50,000)	Constituted micro community orgs including charities and social enterprises who are based and/or work in Scottish Borders	Match not compulsory up to £20,000 (match will be required for requests over £20,000)	Predominantly revenue with limited capital (up to £5,000 per project)	<p>Priorities:-</p> <ul style="list-style-type: none"> • Net Zero and other environmental activities • Poverty alleviation • Social inclusion <p>Separate scheme for young people (up to 30) but still under development (likely to be grants £1-£2k) with different but likely to be similar priorities</p>	<p>1/4/2023 – 26/2/2024</p>	<p>Expressions of interest to SBC followed by application form</p> <p>SBC assessment panel</p>

Neighbourhood Support Fund	£50,185 for Berwickshire	SBC	Up to £5,000	Voluntary, community and charity groups who will deliver in Berwickshire	Match not compulsory	Revenue or capital	<ul style="list-style-type: none"> • Development of community based projects 	2023/34	<p>Application to SBC.</p> <p>Assessed by community panel</p> <p>Decision made by Berwickshire Area Partnership</p>
Community Festival and Events Small Grant Scheme	£70,000	SBC	£3,000 - £5,000	Community groups and organisations within Scottish Borders	Match not compulsory	<p>Revenue or capital</p> <p>Core delivery costs ineligible</p>	<ul style="list-style-type: none"> • Support and develop small festivals and events • Attract new audiences to participate • Engage under represented groups • Add value to existing programmes • Promote, celebrate and raise awareness of Scottish Borders 		<p>Application to SBC</p> <p>SBC Officer Panel</p>
Community Cycle Scheme	£125,000	SBC	£3,000 - £15,000	Community groups / organisations and event businesses	Match not compulsory	Revenue or capital	<ul style="list-style-type: none"> • Enhancing existing events with new cycling opportunities • Cycling innovations • Free small activity and events • Sustainable practices 	2023/24	<p>Application to SBC</p> <p>SBC Officer assessment panel</p>
Healthier, Happier, Stronger Fund		Scottish Government	Small grant scheme up to £5,000	Voluntary, community and charity organisations and groups	Match not compulsory	Revenue or capital	<ul style="list-style-type: none"> • Development or delivery costs in providing an activity or project which meets an identified nutritional, social, physical, emotional or mental wellbeing need 		<p>Application form to Borders Community Action</p> <p>Joint assessment between SBC, NHS and a third sector rep</p> <p>No application deadline</p>

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Berwickshire Funding 2022/23

1 June 2024

Neighbourhood Support Fund (NSF) 2023/24	
	£
Opening balance as of 01/04/2022	£ 50,185.00
Plus Carried forward Ring-fenced funds for Horse Time Resilience & Regulation Workshop application Community Fund 2021/22	£ 4,500.00
Berwickshire NSF Total fund 2023/24	£ 54,685.00

Other sources of grant funding - Berwickshire			
Grant Type	Available	Awarded	Remaining
Local Festival Grants	£ 14,060.00	£ 10,225.00	£ 3,835.00
Annual Support Grants (Community Cour	£ 13,680.00	£ 630.00	£ 13,050.00
SBC Small Schemes	£ 68,040.00		£ 68,040.00
SBC Enhancement Trust	£ 2,523.23	-	£ 2,523.23
SBC Welfare Trust	£ 12,332.43	£ 2,804.00	£ 9,528.43

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Community-Led Planning in Berwickshire

Report of the BAPPMWG to BAP

Keith Dickinson (Chair of Working Group) 1st June 2023

1. Purpose

To report back on the progress of the Working Group in completing its Terms of Ref and to make recommendations on the future arrangement in supporting Berwickshire communities to develop and deliver Community-Led Plans.

The working group propose that the term Place Making should be replaced by the Community-Led Planning and this term is used throughout this report.

2. Background & Introduction

The [Terms of Reference and formation of a Working Group](#) was agreed by the Berwickshire Area Partnership at its meeting on 3rd March 2022. The Group, which was based on an early proposal from community groups in Berwickshire in October 2021, was the first of its kind in the Borders and has provided a model adopted in other localities. In summary, the purpose of the Group was to:

- Research & Develop the best approach to Community-Led Planning for Berwickshire
- Encourage input from across Berwickshire communities – rural and urban
- Make recommendations back to the BAP on the future approach to Community-Led Planning in Berwickshire

An [interim report from the Working Group](#) was presented to the 9th June 2022 Meeting of the BAP and confirmed the membership of the working group – following invitations to all communities and community groups. The report set out the progress of the Group and:

- confirmed the membership of the Working Group, to which local elected members were added
- proposed common principles and an inclusive approach enabling all communities – that wished to do so – to “opt in” to the community-led planning approach.
- set out next steps in terms of further engagement with communities, assess their support needs and identify resource to meet those needs.

3. An Inclusive Approach

The “opt-in” approach rejected the notion that the Area Partnership should prioritise communities for support in developing plans for their place. This inclusive approach – open to all communities – has since been taken-up across all other localities in the Borders.

Community representatives from the Group held a range of community meetings across Berwickshire to set out the advantages of Community-Led Planning and to gain an understanding of the support requirements. Berwickshire Association of Voluntary Services – now incorporated within Borders Community Action (BCA) – also held a series of briefings and workshops for communities and groups interested in finding out more.

All areas in Berwickshire (including the 21 Community Council areas) have now either expressed an interest in developing a community-led plan or are actively in the process of doing so.

4. Supporting Materials

In support of this approach, the Group has developed materials to assist communities in developing plans, in particular:

- diagrams setting out an over view of the approach and the use of the Place Standard and



Community-Led
Planning Diagrams.ppt

- a suggested template for a Community Led Plan.



BAP Community-Led
Plan Guidance 2.docx

5. Resourcing Community-Led Planning

As part of the engagement with communities, the Working Group asked for feedback on the type of support that communities needed in order for them to be able to lead on the development of plans for their communities. Understandably, one of the main concerns that communities have is the capacity to be able to take-on the work of engaging with all parts of their communities in developing a plan and driving it forward and, in particular they identified a need for:

- **Additional dedicated support** – to work with communities in the development of their plans
- **Funds** – to provide for associated training, expenses, materials and workshops
- **A Peer Group Support Network** – to establish and grow a group of contacts of those involved in leading the development of plans for their communities and enable, information sharing, developing knowledge skills and providing a forum for requesting and offering help and advice.

These needs formed the basis for a successful funding application in March this year – via Borders Community Action – for £83,600 to fund a dedicated officer (based in the BCA), for one year (2023/24), to support communities across the Eastern Borders and with a specific initial focus on supporting Community-Led Plans for communities in the Duns and District and Coldstream and District. The application was funded from the SBC Community Engagement budget (see 6 below). The evidence of need provided from the engagement done by the Working Group was critical to its approval. Included in the award is funding of £35,000 to enable facilitation, training, expenses, materials and workshops.

The intention is to expand the range of communities supported and the duration of the support through an additional bid for Shared Prosperity Funding which wasn't available at the time of the BCA application.

The dedicated support officer will work alongside and complement existing staff from Borders Community Action as well as officers from Scottish Borders Council and South of Scotland Enterprise (SoSE).

6. Funding

A separate paper on this agenda (the Report on the BAP Neighbourhood Support Fund 2023-24 and its Appendix 1) highlights funding opportunities currently available to support communities. However, there are perhaps 2 key strands of revenue funding which are available in the immediate term – across the Borders – to support the development of Community-Led Plans:

- **Community Engagement Fund** – SBC hold a one-off Community Engagement Fund of £110K intended to support the process of developing Community-Led Plans across the Borders and to plug the gap in funding until the Shared Prosperity Funding is in place. Of this, £83,600K has been awarded to the BCA project outlined in 5 above. This award was made on the basis that it supports communities not only in Berwickshire but also in the Cheviot locality and that it provides a model which can be scaled-up using Shared Prosperity Funding to cover communities across the Borders and over a longer period of time – subject to demand. The balance of this fund is being used informally by SBCs Community Engagement Team to support communities that wish to hold engagement events – i.e. for hall hire, facilitation, materials and catering.
- **Shared Prosperity Funding (SPF)** – The Council’s allocation of the SPF was set out in a [report to Council on 30th March](#) and includes a “Place and Communities” allocation of just over £2m over the next two financial years. The purpose of the Place and Communities funding allocation is to enable “*places to invest in and restore their community spaces and relationships and create the foundations for economic development at the neighbourhood level.*” Of this Communities and Place allocation, £300K has been earmarked to support communities in developing Community-Led Plans. However, there is some flexibility and this earmarked figure will be kept under review.

The fund has yet to be opened for applications but this is expected within the next few weeks. An announcement will be made via the local media and through communications with all Community Councils and Area Partnerships and via the Community Engagement Team.

As per the 30th March report (see para 4.3 of that report), applications will be considered by an Place Partnership Advisory Panel chaired by SBC’s Director of Community Resilience and including Borders Community Action, Borders College, Registered Social Landlords, South of Scotland Enterprise, Live Borders and Chamber of Commerce. At present – and other than through those organisations listed – there is no community or Area Partnership representation on the panel. This serious omission fails to build on the community-led activity that has been developing over recent times.

The expectation is that these funds will complement other sources of funding to both develop and deliver on Community-Led Plans.

7. Procurement Framework

SBC, working with Borders Community Action, community representatives and South of Scotland Enterprise, has put in place a [procurement framework](#) to help communities to access expert objective support to help develop their plans. The framework effectively provides a pool of organisations with the necessary expertise, experience and capability to support communities to develop their plans and associated business cases. This framework – which is unique in Scotland – provides a simple route for communities to procure support, whether it is for a small one-off piece of facilitation or a larger piece of work to support the community to develop a plan end to end. The procurement “heavy lifting” has been done at the outset, allowing communities to choose a consultant that suits their needs and chosen way of working. There are two parts to the framework: The first offers support for communities in developing their plans; and the second offers support for those communities that need technical support to develop complex business cases or investment plans.

8. Where do we go from here?

While the Working Group has largely completed the brief set out in its Terms of Ref, we are still at the beginning of a journey in supporting our communities in the development of their plans and there are a number of continuing challenges for BAP to consider, including:

- Providing continuing oversight on – and co-ordination of – the development of community-plans in Berwickshire
- Endorsing – and providing constructive feedback on local place plans on – Community-led plans with a view to:
 - ensuring that plans are robust and effective
 - making linkages with other similar projects in other communities which might enhance funding opportunities and enable better use of resource
 - identify a pipeline of priority projects for Berwickshire that can be delivered when suitable funding opportunities become available
 - incorporating themes and actions in the wider Berwickshire Locality Plan and wider Borders Community Plan
- Strengthening engagement of the [Community Planning Partnership](#) (including SBC, NHS Borders, Police Scotland, Fire & Rescue, SoSE, Housing Associations, BCA) in supporting communities in both developing and delivering their plans
- Ensuring that resources and funding are optimised in support of Berwickshire communities and working with staff from Borders Community Action, SBC and SoSE to enable this – and to ensure that access to funds and resources is open, fair and transparent to communities.
- Seeking greater involvement in the Place Partnership Advisory Panel established by SBC at its meeting on 30th March 2023.
- Identifying emerging themes across Community-led plans and ensuring that they feed into:
 - a single refreshed Locality Plan for Berwickshire which is based on a foundation of Community-Led Plans
 - the Community Plan for the Borders
 - the formation of Service Plans and Strategies of Public Service Providers
 - the [South of Scotland Regional Economic Partnership's Delivery Plan](#)
- Moving toward a single comprehensive plan for Berwickshire – *the* Berwickshire Locality Plan – incorporating all relevant statutory sector plans (e.g. there shouldn't be separate NHS Berwickshire Locality Plan).
- Strengthening the role of Area Partnerships as the forum that owns the Berwickshire Locality Plan, ensuring that it reflects the needs, ambitions and priorities of Community-Led Plans and monitors its delivery.
- Linking in with the Borderlands-related development of an Eyemouth Town Plan which will may also incorporate surrounding communities.

9. Recommendations

It is recommended that BAP:

- Note the good progress made by the Working Group
- Address the challenges above by either:
 - Continuing with the Working Group – with modified Terms of Reference, or
 - Incorporate the activity of the Working into the Core agenda of the BAP
- Agree that, once in post, the BCA Place Officer (appropriately supported by SBC officers) become the focal point for reporting to the Working Group and BAP on progress with place making in Berwickshire
- Recommend that SBC, explicitly, include community stakeholder participation on the Place Partnership Advisory Panel

Where do we begin?

It all begins with – and builds on – an assessment of your community using a tool like [The Place Standard](#). This is effectively an online checklist to prompt thoughts and discussion about all aspects of life in a community.

[Place Standard Video Clip.](#)



What is the process?

3 key steps....

Governance - Who will oversee delivery – is it the same team that developed the plan, are they formally constituted?

Deliver quick wins – at the earliest opportunity! (Don't wait for the plan to be completed!)

Project Development – Develop the shortlisted projects identified in the Place Plan

Business Case Development – Using the evidence gathered in steps 1 and 2 develop the business case to support projects

Funding Applications – develop applications based on the above and the evidence set out in the Place Plan

Deliver projects – implement projects in line with the priorities of the Place Plan

Local & Regional Strategies and Plans - Ensure that local priorities, needs and initiatives are reflected, as appropriate, in the strategies and plans of local and regional service providers (e.g. the Council Plan).

Monitoring and Evaluating Progress – develop arrangements (see governance above) to monitor and evaluate the delivery of the plan.

Review and renew.



Who will lead, drive & co-ordinate the development of the plan?

- A core team or steering group?
- What support/help may be needed and [what help is available?](#)
- Identifying a timetable to progress this work
- Agreeing [how we want to work together](#)

What kind of place is this?

- Information gathering
- Mapping of existing capabilities/capacity
- Strengths, weaknesses, challenges, opportunities' ambitions
- Existing/emerging local projects and initiatives

What needs to Change about this place?

- Use the [Place Standard](#) as a focus for engagement and to identify priorities for change

Using the [Place Planning Guidance](#) and building on information in Step 1:

- **Draft** vision, themes & objectives for the community
- **Longlist** of ideas, potential schemes, projects and public services changes or interventions
- **Shortlist** of priority projects and opportunities for quick wins
- **Draft the plan** using the above and the Place Planning Guidance
- **Engage throughout** – making sure all voices are heard and gather persuasive evidence of support for the plan and its projects
- **Seek out and use support as needed.**
- **Identify the support needed** to deliver the plan

Berwickshire Area Partnership: Community-Led Plan Guidance

July 2022

This guidance note describes the content and core information needed in a Community-Led Place Plan.

1. Purpose of Community-Led Plans

Community-Led Plans are a way for communities to change and improve their local area and local services and are:

- **Community-led** – the community is directly involved in creating and agreeing the plan and ensuring that the actions and projects are delivered
- **Collaborative** – it involves a wide range of people from the community and from the range of agencies and organisations that will be responsible for delivering at least some of the actions and projects contained within the plan
- **Open and inclusive** – all members of the community have the opportunity to be actively involved in creating the plan and in contributing to its delivery and are given the appropriate support to do so, if needed.
- **Holistic** – they should cover all aspect of life in a community – whatever is important to the community and whatever improves peoples' lives
- **Sustainable** – community-led place plans should seek to be sustainable not only from an environmental perspective but also in terms of financial and other resources – in particular, the capacity and capabilities of the community and local agencies to deliver it.

2. Format and content of Community-Led Plans

While the format and focus of each Community-Led Plan will differ according to the needs and opportunities of each community, each Plan should provide a common core of information and evidence.

The Plans must be evidence-based, demonstrating how evidence of need and demand has been used to identify the key opportunities and challenges for each community, and how this supports proposed actions, projects and changes in the delivery of public services that will be prioritised in the Plan.

While this guidance is not prescriptive, it sets out a template with the kind of information that will be essential in demonstrating to funders that a robust approach has been taken and that there is a credible body of evidence and narrative that supports potential funding applications.

A good starting point could be an assessment of what is good and bad about the community using the [Place Standard Tool](#).

A guide to the structure and content of a Community-Led plan is set out below.

Community-Led Plan Content

Type of information required	Description	Why this information is needed, and how it will be used
1. Introduction	At the beginning of the Plan, provide an introduction to the community and its unique features. Also provide a brief summary of the scope and duration of the Plan, the geography covered (e.g. just the community, a collection of communities or a wider area including outlying settlements) which organisations have been involved in its development, and how it has been developed (e.g. lead role, developing ideas and proposals, participation in focus groups, workshops or consultations)	<ul style="list-style-type: none"> ▪ Establish up-front the level of partner involvement and local 'buy-in' to the plans. ▪ Demonstrate the collective input / ownership of the Plan
2. Vision and objectives	The long-term vision for the community (e.g. 20 years), along with the specific objectives and themes (e.g. health, transport, young people, heritage, sustainability, leisure etc.). This section could identify how the community's objectives link to/inform wider regional and national legislation, targets, policies and/or initiatives.	<ul style="list-style-type: none"> ▪ Clear understanding of what the community wants to achieve / where it wants to get to. ▪ Demonstrate that the community has a clear vision and strategy upon which projects and initiatives will be based. ▪ Initial identification of themes, consistent with (but not limited to) potential funding programmes.
3. Description of the community	Describing the area covered by the Plan and its current situation, e.g. the plan may be limited to a specific community, or may include a wider geography covering small outlying areas or multiple communities. The description should include, for example: location and layout (including maps), and data available from the Council and local public service providers (e.g. demographics, local economic structure and performance, deprivation, educational achievement, housing stock, infrastructure, industrial / development land; visitor attractions; retail offer; empty commercial, retail, industrial units, rurality, public transport / accessibility / travel to work patterns).	<ul style="list-style-type: none"> ▪ Provide an overview of the community and the current challenges and issues it faces ▪ To bring to life the community, placing it in context, and enabling those that may not know much about the place to develop a better understanding.

Type of information required	Description	Why this information is needed, and how it will be used
4. Assets, opportunities, needs and challenges	<p>Description of the:</p> <ul style="list-style-type: none"> ▪ Needs and challenges facing the community e.g. poor transport links, declining working age population, poor employment opportunities, lack of things for young people to do etc. ▪ Existing assets in the community e.g. community facilities including educational facilities, development land, local employers/businesses ▪ Opportunities e.g. securing private sector investment; growing the visitor economy; growing the housing stock to attract more working age residents; investments/changes in services and infrastructure to match population change <p>All of the above must be supported with evidence and research (e.g. social and economic analysis, demand studies, local consultations and surveys – help from this may be available from the local authority and public bodies)</p>	<ul style="list-style-type: none"> ▪ To understand the focus of, and key drivers for the Plan ▪ To evidence the links between the vision, the investment objectives, and the needs / opportunities ▪ To demonstrate to funders the potential for growth / recovery / resilience in each community, alongside a strong evidence base to support projects.
5. Fit with National, Regional and Local Strategies and Initiatives	<p>Describe how the Plan is aligned to - and will inform -, and will help to deliver the objectives / priorities of other relevant plans and strategies e.g. Regional Economic Strategy, Legislation (such as the Community Empowerment Act, Planning Scotland Act, Public Bodies (Joint Working) (Scotland) Act 2014); Community Plan; Council Plan; locality, and statutory local development plans. Detail whether the plan builds on a previous / existing plan for the community, and how this Plan adds value, or moves the previous plan forward.</p>	<ul style="list-style-type: none"> ▪ Understanding how the Plan fits into a wider context and will contribute to the achievement of other strategies and plans covering the community. ▪ Demonstrating to funders the wider impact of the Plan, and its alignment with key national, regional and local priorities

Type of information required	Description	Why this information is needed, and how it will be used
6. Projects & Actions	<p>For each theme (e.g. health, transport, leisure etc.), there may be a number of projects and/or actions, each one of which may be at a different stage of development. The Plan should highlight each project/action to be delivered and its stage of development (e.g. aspiration / idea; initial concept / early stages of development; in development; fully developed and ready to start).</p> <ul style="list-style-type: none"> ▪ The Plan should include a summary description of the identified projects/actions that make up the Plan. ▪ The summary would be supported by a more detailed Action Plan, appended to the Place Plan, which would include more detail about each of the projects and actions (where known). This would include: brief description of the proposed project; stage of development; evidence of needs; the difference it will make; lead partner and delivery partners; total costs, indicative potential funding sources and amounts; indicative timescale for delivery; expected outputs and outcomes; delivery risks and constraints. 	<ul style="list-style-type: none"> ▪ To demonstrate how each project in the Plan contributes to the overall vision and adds value to the whole plan. ▪ To identify and clarify eligibility of those projects against funders criteria.
7. Costs and funding	<p>A high-level summary (for all projects) of the total costs of the Plan delivery, and the expected sources and amounts of funding (including public, private and other). This may be a simple table that summarises information from 6 above.</p>	<ul style="list-style-type: none"> ▪ To demonstrate the overall scale and value of the proposed projects in the community, at the same time as highlighting the likely funding requirement from funding sources.
8. Outputs, outcomes and benefits	<p>A high-level summary (for all projects) of the total outputs and outcomes to be delivered through the Plan.</p>	<ul style="list-style-type: none"> ▪ To demonstrate the overall scale and impact of the proposed investment in the community.

Type of information required	Description	Why this information is needed, and how it will be used
9. Complementary initiatives	Include details of complementary initiatives/Plans that are being developed or delivered in surrounding communities that will add value and benefit to the projects identified in the Place Plan.	<ul style="list-style-type: none"> ▪ Demonstrating the wider impact/links (including cross-community projects or activities (e.g. a footpath that crosses multiple communities or a facility in one community that benefits others). ▪ Highlighting to funders the broader context and added value of the Place Plans, and that the investments are not taking place in isolation.
10. Development of the Plan	A detailed description and evidence of how the plan has been developed through an inclusive engagement process involving all sections of the community and which organisations / partners have been involved. A description of how the projects have been selected for inclusion.	<ul style="list-style-type: none"> ▪ To clarify the level of community, stakeholder, and partner involvement. ▪ To demonstrate to funders that a robust process has been undertaken to select the proposed actions and projects
11. Management and Governance	Details of which organisations will be involved in managing and delivering the Plan including roles and responsibilities. Including a description of the decision-making processes involved in delivering the Plan, with a focus on how investment decisions will be made.	<ul style="list-style-type: none"> ▪ Clarify ongoing partnership involvement ▪ Demonstrate to funders that robust, transparent governance and decision-making processes are in place.
12. Monitoring and performance management	Describe how delivery of the Plan will be monitored and performance managed against its investment objectives and financial and output / outcome targets with clear linkage to how the Plan will contribute to the achievement of outcomes in relevant local or regional plans.	<ul style="list-style-type: none"> ▪ Demonstrate to funders that robust performance management processes are in place to ensure funded projects deliver on the outcomes and impacts identified in the Plan.

3. Community-Led Plan process and assessment

Each Plan will be reviewed by the Berwickshire Area Partnership with a view to:

- providing advice and feedback to communities to ensure plans are as effective and robust as possible;
- identify emerging themes and linkages across all community Place Plans that can help inform the development of a wider locality plan for Berwickshire; and
- informing and influencing local, regional and national strategy and policies.

Additional Information

SBC Current Consultations

Local Housing Strategy 2023-28 Consultation

The Scottish Borders Local Housing Strategy sets our vision for housing, setting our key partnership priorities and goals for the next five years, 2023-28. We want people to share their views on our proposed vision, outcomes, key actions and housing issues. We are interested to find out the view of anyone living or wanting to live in the Scottish Borders, as well as any group or organization with an interest in housing in the Scottish Borders.

Read more: [Local Housing Strategy 2023-28 Consultation - Scottish Borders Council - Citizen Space](#)

Have Your Say - Placemaking and Community Engagement Sign Up

Placemaking is a process of community engagement where the opinions and desires of the community are used to inform the future of the places we live, work and play - and by getting involved and telling us what matters to you, we can make sure the voices of all Scottish Borders residents are heard.

Read more: [Have Your Say - Placemaking and Community Engagement Sign Up - Scottish Borders Council - Citizen Space](#)

Scottish Government Current Consultations

New National Parks - appraisal framework

The Scottish Government has produced an appraisal framework to support the assessment of nominations for new National Park designations.

This consultation is seeking your views and comments on this Appraisal Framework and the selection criteria for new National Parks.

Read more: [New National Parks - appraisal framework - Scottish Government - Citizen Space \(consult.gov.scot\)](#)

Council tax on second and empty homes/ Non-domestic rates: consultation

The consultation asks whether councils should have additional powers giving them discretion to:

- charge up to 100% premium (double the full rate) on council tax for second homes
- charge more than 100% premium on council tax for second homes and long-term empty homes

Our aim is for everyone in Scotland to live in safe, secure and warm homes. We want your views on how local taxation and existing housing can help achieve this. Your responses will help inform policy development and what actions we take next.

Read more: [Council tax on second and empty homes/ Non-domestic rates: consultation - Scottish Government - Citizen Space](#)

Prescribing the minimum annual number of learning hours: consultation

This consultation seeks views on the Scottish Government's plans to set a legal minimum number of hours of school education school pupils should receive each year.

Read more: <https://consult.gov.scot/learning-directorate/learning-hours-consultation/>

Review of the National Outcomes

The National Outcomes set out the kind of Scotland we all want to see. It is therefore vital that we hear from communities in Scotland about what matters most to you, so that we can ensure the National Outcomes reflect our shared priorities. Our collective wellbeing is a matter for all of us – government, charities, communities, businesses and people – working together to make these National Outcomes a reality. This consultation will inform the National Outcomes we work towards for the next five years.

Read more: [Review of the National Outcomes - Scottish Government - Citizen Space \(consult.gov.scot\)](#)

Draft Energy Strategy and Just Transition Plan consultation

This consultation provides an opportunity for communities, workers, citizens and businesses to engage in the process of designing Scotland's energy transition. In consulting on this draft vision and route map, our purpose is to:

- seek views on our vision and the actions we are taking to transition to an affordable, resilient and clean energy system
- understand how we secure the maximum social and economic benefits from the energy transition for Scotland

The Scottish Government will review responses to the consultation and the issues raised during engagement with stakeholders to inform development of the final version of the Energy Strategy and Just Transition Plan.

Read more: [Draft Energy Strategy and Just Transition Plan consultation - Scottish Government - Citizen Space](#)

Food Conversations

Feedback from the previous Food Conversations on Friday the 17th of March was mapped into four challenge areas, Policy and Public Services, Capacity and Resources, Communities and Services, Parents and Children. Feedback from this session will be presented at the next meeting alongside proposed next steps.

The next Food Conversation meeting will take place on Friday the 23rd of June 2023. If you are interested in joining these meetings, please let us know.

Community Choices

There are no updates for Community Choices. Should this change, an update on the latest meeting will be provided at the Area Partnership.

Community Empowerment

Currently, there are no formal Participation Requests being considered within the Berwickshire area. SBC is currently working with and advising groups for 7 asset transfer requests.

For information about the Community Empowerment (Scotland) Act 2015: [Parts of the Act | Community Empowerment \(Scotland\) Act 2015 | Scottish Borders Council \(scotborders.gov.uk\)](#)

Place Making

A place based approach is about understanding the potential of a place and coordinating action to improve outcomes, with community participation at the heart of the process. For information, tools and resources on place based approaches visit [Our Place](#)

Area Partnerships' Information Pack

[Berwickshire Area Partnership](#)

[Community engagement, planning and ownership | Area Partnership information pack | Scottish Borders Council \(scotborders.gov.uk\)](#)

Community Councils:

Scottish Community Councils Latest News, including information about funding opportunities and national consultations:

[Community Council News](#)

Scottish Borders Council Meetings

[Browse meetings - Scottish Borders Council - Scottish Borders Council \(moderngov.co.uk\)](#)

Cost of Living Support

[Financial support and advice | Cost of Living Crisis support | Scottish Borders Council \(scotborders.gov.uk\)](#)

Debt Advice:

[Citizens Advice Bureau](#)



Download the NHS
Borders Money Worries
App here

NHS Money Worries App – download from Google Play or the App Store

Covid-19 vaccination programme

<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/covid-19-vaccination-programme/>

NHS Borders website for current updates:

<http://www.nhsborders.scot.nhs.uk/patients-and-visitors/coronavirus/>

Business support

<https://www.scotborders.gov.uk/covid19business>

<https://findbusinesssupport.gov.scot/>

General Funding:

<https://fundingscotland.com/>

[Grants Online](#)

<https://www.tnlcommunityfund.org.uk/>

[Community grants and funding | Scottish Borders Council \(scotborders.gov.uk\)](#)

[Neighbourhood Support Fund | Scottish Borders Council \(scotborders.gov.uk\)](#)

[SBC Enhancement & Welfare Trust](#)

NHS Borders Wellbeing Service:

<http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/wellbeing-service/>

NHS Borders Wellbeing Point:

www.nhsborders.scot.nhs.uk/wellbeingpoint

<https://www.rcot.co.uk/conserving-energy>

This includes pacing, fatigue management and some ideas about restarting gentle exercise

<https://www.yourcovidrecovery.nhs.uk/>

This covers most aspects, including information from physiotherapy and occupational therapy websites

<https://www.chss.org.uk/advice-line-nurses/>

Phone or email to access their support/advice

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