

LAUDERDALE COMMUNITY HEALTH and WELL BEING PROGRAMME

Lauderdale Community Council is co-ordinating a Community Health and Well Being project during August/September/October 2013 to coincide with the opening of the new Health Centre based in Lauder and to reflect their intention to feature the people of the Lauderdale Community rather than buildings and places as in the recent past.

The main aim of the Programme is to improve awareness and increase confidence in all health matters - Physical; Emotional and Spiritual - and to consider possible legacies arising from the programme.

If you are involved or interested in any aspect of Health and Well Being please make contact directly with Graeme Donald (graeme.donald@btopenworld.com) who is co-ordinating the planning of the project.

To date 24 individuals and organisations have agreed to participate. Some examples of programme content already confirmed are: Stow and Lauder Health Practice – an Public Open Day in early August as soon as the Health Centre is handed over by Morrison/Border Construction; Pupils, Staff and Parents' Councils of Channelkirk and Lauder Primary Schools – activities including sponsored walk, whole school intergenerational workshops, a Health/Fitness Week, Lunch Box preparation and Label Reading; Guided by Community Learning and Development Staff, Earlston High School Students planned the key features of the six week programme and will assist in running some of the events; Leader Leisure Centre – membership and class promotions with social events held during the Physical Week; Channelkirk and Lauder Church – Spiritual work perhaps through 'Praise in the Park'; Exhibitions on Complementary Therapies; Emotional Well-Being and Advice for the Elderly are at an active planning stage through Border Therapies; Lauder Trading Post and Elder Voice; Borders Sport and Leisure will contribute to the Physical Week and offer support to schools through Active Health Co-ordinators; NHS Borders will participate through their Fitness is Fun Programme, including Healthy Eating and Budget Cooking.

Recently appointed Chairman of Lauderdale Community Council Mrs Gaye Colquhoun commented "We are delighted with the positive response from local organisations associated with community well-being and particularly encouraged by the willingness of both the Council and NHS(Borders) to participate. This will be the longest project we have undertaken as a Community Council - usually a one day or weekend is all we can manage!! If this event proves successful we may continue to focus on people rather than places in Lauder by organising an annual or biennial event."

The official opening of the new Health Centre will not take place until late September or early October on completion of the community programme when a special collage of tiles painted by all pupils of Channelkirk School will be unveiled. On that occasion it is planned to launch a special review of health needs and services across Lauderdale as part of the SBC/NHS review of Health Services in the Borders 2020 (following the consultative report by Dr Eric Baijal released recently for public consultation). Other possible legacies include plans by Lauderdale Development Trust to open a monthly drop in facility to allow those who perhaps don't socialise as often as they would like to meet and chat with their friends and peers in a friendly atmosphere. Also present could be various service providers and support services to give advice and arrange further appointments if required and, further work on establishing an Allotment.

A novel legacy could well be 'The Lauderdale Shed'

The idea of 'The Shed' (a workshop and a hobby/relaxation area for men) is based on the successful project developed in Australia. Men bring in their own projects to work on in the workshop or 'Shed'. Some because they don't have the facilities at home, or simply come along for the company; others to get advice on a technique they are not familiar with or to pass on their knowledge. 'The Shed' is not just for the retired though- working age men can come along during late night opening hours!!.

Most of the core programme will be finalised by the beginning of July so there is still time to bring ideas and contributions to the attention of the organisers. The detailed programme will be available towards the end of July.