

Public Document Pack

Teviot & Liddesdale
Area Partnership

Our Scottish Borders
Your community

Meeting

Date: Tuesday, 21 June 2022
Time: 6.00 pm
Location: via Microsoft Teams

AGENDA

1.	Welcome and Meeting Protocols
2.	Feedback from Meeting of 22 March 2022 (Pages 3 - 6) Consider Minute of the Meeting held on 22 March 2022 for approval and signature by the Chairman. (Copy attached.)
Section 1: Service and Partner updates and Consultations	
3.	Place Making - next steps Outline from SBC Portfolio Manager, James Lamb, on next steps for Place Making in Teviot and Liddesdale. (To follow.)
Section 2: Local Priorities	
4.	Community Council update Sharing good practice and current activity from across Teviot and Liddesdale.
5.	Financial Inclusion Fund/Food Conversation Update on activity and conversations taking place across the Borders and in Teviot and Liddesdale.
Section 3: Community Empowerment and Community Funding	
6.	Overview of Community Funding SBC Communities and Partnership Team.
7.	Teviot and Liddesdale Funding Table 2022-23 (Pages 7 - 10) SBC Communities and Partnership Team.
8.	Neighbourhood Support Fund (Pages 11 - 14) Recommendations to be presented by the following assessment panels: Pot A Fund (Copy attached.) <ul style="list-style-type: none">- Southdean Community Council Panel Application: Southdean Village Hall

	<ul style="list-style-type: none"> - Hawick Community Council Panel Application: Hawick Community Council - Burnfoot Community Council Panel Application: Burnfoot Community Council <p>Pot B Fund (Copy attached.)</p> <ul style="list-style-type: none"> - Application: Burnfoot Community Council
9.	<p>Build Back a Better Borders (Pages 15 - 16) Underspend request from Hornshole Greenway Development Group. (Copy attached.)</p>
10.	<p>The National Lottery - Community Funding Stewart Sanderson/Neal Bennison</p>
11.	<p>Participatory Budgeting SBC Communities and Partnership Team</p>
Section 4: Other	
12.	<p>Additional Information document (Pages 17 - 20) (Copy attached.)</p>
13.	<p>Next Meeting of the Teviot and Liddesdale Area Partnership Next meeting: 13 September 2022, agenda issued 30 August 2022.</p>
14.	<p>Any Other Business</p>
15.	<p>Meeting evaluation via Menti</p>

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**SCOTTISH BORDERS COUNCIL
TEVIOT AND LIDDESDALE AREA PARTNERSHIP**

MINUTES of Meeting of the TEVIOT AND LIDDESDALE AREA PARTNERSHIP held in via Microsoft Teams on Tuesday, 22 March 2022 at 6.00 pm

- Present:- SBC Councillors: N. Richards (Chair), W. McAteer, C. Ramage, G. Turnbull. Other organisations attendees: Ms H. Batsch (The Bridge), Ms R. Dickson (SBHA), Mr W. Douglas (Upper Teviotdale and Borthwick Water CC), Ms B. Elborn (Newcastleton CC), Mr W. Fletcher (Burnfoot CC), Mr P. Kerr (Southdean CC), Mr C. Knox (Hawick CC), Mr G. Marshall (A Greener Hawick), Mr A. Warburton (Upper Liddesdale & Hermitage CC), Mr F. Wight (Hawick CC), Ms R. Woods (Southdean CC).
- Apologies:- Councillors S. Marshall and D. Paterson
- In Attendance:- Locality Development Coordinator (G. Jardine), Communities and Partnership Manager (S. Smith), Community Engagement Officer (S. McKail), Community, Place Planning and Reeneration Officer (J. Houghton), Corporate Policy Advisor (M. Cook), Environment Strategy Coordinator (L. Cox), Youth Engagement Worker (P. Rigby), Democratic Services Officer (W. Mohieddeen).
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1. WELCOME AND MEETING PROTOCOLS

The Chairman welcomed everyone to the meeting of the Teviot and Liddesdale Area Partnership. The meeting was held via Microsoft Teams and Chairman outlined how the meeting would be conducted and how those both in the meeting and watching the live stream could take part.

2. FEEDBACK AND EVALUATION OF MEETING OF 1 FEBRUARY

Copies of the Minute of the Meeting held on 1 February 2022 had been circulated. There were nine completed evaluations of the Meeting and three items suggested for future meetings which included a car scheme, impact of budget, and a resilience manager. A summary of all grants available was made available by the Locality Development Coordinator in the meeting chat function of Microsoft Teams

DECISION

AGREED to approve the Minute of the Meeting held on 1 February 2022 for signature by the Chairman.

3. PLACE MAKING UPDATE

Councillor Richards introduced Jess Houghton, Community Place, Planning and Reeneration Officer, to give an update on Place Making. Workshops were taking place for Place Making with the first in Tweeddale on 23 March 2022. The Teviot and Liddesdale Place Making workshop was arranged to take place on 26 April 2022, led by Planning Advice Scotland. The workshop would develop shared understanding of Place Making, how to be involved and participate and identify communities that wanted to be involved. There were still places available in the workshop and attendees were encouraged to sign up to the workshop.

DECISION

NOTED the update.

4. CLIMATE CHANGE/NET ZERO

4.1 Councillor Richards introduced Louise Cox, Environment Strategy Coordinator, and Michael Cook, Corporate Policy Advisor, to deliver a presentation on Climate Change and Net Zero which had been requested as an item on the agenda. Scottish Borders Council had declared a climate emergency in September 2022 and had developed a Scottish Borders Climate Change Route Map for action in the Scottish Borders Council area and the organisation. The Scottish Borders Climate Change Route Map (CCRM) set a strategic direction for the Council and its partners and communities to move to a net zero emissions Scottish Borders economy by 2045 in line with the national target set by the Scottish Government. The CCRM was structured around five themes which were Building Resilience, Decarbonised our Transport Use, Lowering our Energy Consumption, Decarbonising our Waste Management, and Nature-based Solutions to Climate Change. The CCRM was approved by Scottish Borders Council on 10 March 2022 and Place Making was identified as being key to take the CCRM forward with partners and communities. The CCRM promoted a citizen's assembly to see how people want to develop priorities and to engage societal effort. There had been guidance from the Scottish Government that any transition had to be just, ensuring that benefits were fairly distributed and the brunt of paying for net zero wouldn't rest on those least able to. The Environment Strategy Coordinator advised that conversations had been developing through Place Making looking at domestic energy efficiency and bulk purchasing. Price rises in energy had been concerning, and furthermore, the role of transport could be assessed as part of the Place Making Process.

4.2 Attendees discussed the CCRM and issues related to climate change and net zero, Graham Marshall of a Greener Hawick suggested that there should be an energy plan for the community and that the Greener Hawick organisation were working on hydrogen production. Mr Cook advised that energy 'masterplanning' was in development as part of the Borderlands inclusive growth deal to take a proactive approach to identifying energy need for the region. Local authorities would come under statutory obligation to develop local heating and energy efficiency strategy as part of a wider strategy on demand planning. Mr Cook advised that the Scottish Government were encouraged by district heating however there may be challenges in ensuring it was supported by an appropriate financial plan. Councillor McAteer stated that the Area Partnership should consider how to be practically involved in shaping and delivering an energy plan for the region. With regards to infrastructure for electric charging points for electric vehicles, the Corporate Policy Advisor advised that he had engaged previously in delivering strategic charging points and that half of charging points in the region were delivered by the local authority. Currently, electric vehicle charging points had been free of charge, however this may not be sustainable in the future. A quote received for an electric charging connection in Hawick was rated as £7,000 and the unit price of 25-30p per unit may need to increase closer to 50p.

DECISION

NOTED the update

5. EQUALITIES, DIVERSITY AND INCLUSION

Locality Development Coordinator, Ms Jardine, presented the item and summarised the work of Scottish Borders Council that addressed equalities and diversity, advising that it was a significant area of work and there was intention to start a discussion at the Area Partnership on the issue. If there was a better understanding of diversities in the region and at Scottish Borders Council, and the inequalities that exist, this would give a better understanding to look at the services that were being provided and to propose services and projects in the future. Scottish Borders Council could support communities to address diversity and inclusion needs. Mr Kerr noted that there were few younger people involved in the Area Partnership and that involving diverse people had to be just to ensure

they had power to enable them to participate and to make a difference. Members discussed the suitability of meeting times for the Area Partnership and community councils potentially acting as barriers to participation, notably that in some instances there were few women as community council members. Access to technology was highlighted as an unintended barrier to participation. The Locality Development Coordinator thanked attendees for feedbacks and advised that multiple approaches may be needed to engage more people.

DECISION

NOTED the update

6. COMMUNITY ASSISTANCE HUB UPDATE

The Community Engagement Officer, Mr McKail, presented an update on issues discussed at the Community Assistance Hub. Meetings had been taking place weekly as normal with a broad range of partners in attendance taking part in informal, open and constructive discussions. Recent issues raised included rising energy costs and the 2022 census. Paul Hyland, Engagement Officer for Scotland's Census at the Scottish Government provided information at the Community Assistance Hub including that the 2011 response rate had been one of the highest, that the census form was digital for the first time with paper-based forms available by request. The Low and Slow Project had seen great success and were assessing how to go into different localities. There were also ongoing updates from Newcastleton District Community Trust on the opening of Buccleuch House.

DECISION

NOTED the update

7. FUNDING TABLE

The Locality Development Coordinator, Ms Jardine, presented the funding table for grant fund available in Teviot and Liddesdale. Ms Jardine advised that there were two applications for the Hawick Community Council Pot A Fund that, if successful, would leave £11,081.20. The Build Back a Better Borders Recovery Fund was to be open until the end of May 2020 and had £378.90 remaining. There was funding remaining in the SBC Enhancement Grant fund that was too late to have been spent by the end of the financial year.

DECISION

NOTED the update

8. COMMUNITY FUND

8.1 Mr Cameron Knox of Hawick Community Council presented the summary of recommendations by the Hawick Community Council Fund Pot A Assessment Panel. The panel met to consider an application of £1,915.45 from Hawick Community Council for the purchase of two gazebos, associated equipment and tables to add to the stock used by local community groups. Hawick Community Council members withdrew during discussion leaving members of the panel from the public to consider the applications. The Assessment Panel agreed to recommend the awarding of £1,915.45 to the applicant. The panel considered an application of £1,434.83 from the Town of a Thousand Trails to hold community drop-in sessions. The Assessment Panel agreed to recommend the awarding of £1,434.83 to Town of a Thousand Trails.

8.2 Copies of the summary of the Teviot and Liddesdale Community Fund Working Group were circulated that summarised recommendations for the operation of the fund. The Working Group agreed that the Pot A and Pot B funds should continue and that there should be three application categories to access funding for Pot A. Pot A was proposed to include a micro-grant process for applications up to £500, assessed by the assessment panel and a decision made by an SBC Director; a fast-track resilience fund of £1,500 that would be assessed by the assessment panel and approved by Members; and a further

fund with no application limit where applications would be assessed by community council panels for recommendation to the Area Partnership. No change was proposed to the Pot B fund. It was proposed that community council with remaining funds could carry over their funding to 2022-23 to add to their share of their funding for that year. Mr Douglas of Upper Teviotdale and Borthwick Water indicated they wished to add their allocation of Pot A funding to Hawick Community Council for 2022-23 as they had done for 2021-22. Members agreed to this proposal.

**DECISION
AGREED to:**

- (a) Award Hawick Community Council a grant of £1,915.45;**
- (b) Award Town of a Thousand Trails a grant of £1,434.83;**
- (c) Approve the Teviot and Liddesdale Community Fund Working Group 2022-23 proposal for the Pot A and Pot B funds to create a micro-grant process for applications of a maximum of £500, a fast-track resilience-themed process for applications of a maximum of £1,500 and a process for applications without limit to be assessed according to community council panels; and,**
- (d) Transfer the Upper Teviotdale and Borthwick Water Community Council share of Pot A funding to Hawick Community Council for 2022-23.**

9. ADDITIONAL INFORMATION PACK

The Chairman advised that additional information was included in the agenda pack which contained information on current consultations and links to useful information.

10. NEXT MEETING OF TEVIOT AND LIDDESDALE AREA PARTNERSHIP

It was noted that the next meeting of the Area Partnership was scheduled for 21 June 2022.

11. BUILD BACK A BETTER BORDERS RECOVERY FUND AWARD UNDERSPEND USE REQUEST

There had been circulated copies of a request for use of grant award underspend from Future Hawick. Future Hawick were awarded grant funding of £14,471 from the Build Back a Better Borders Recovery Fund to support Hawick Cycling Festival. Their evaluation detailed the impact of the cycling festival and plans to host a wellbeing festival centred on the 2022 Ken Laidlaw Sportif alongside an underspend of £1,401.50. Future Hawick requested that the Area Partnership allow use of the underspend to cover costs associated with the staging of the Day of Wellbeing on August 2022. Funding was proposed to be used to cover insurance costs, first aiders, kids play provided by G10Sport and for promotion.

DECISION

AGREED to approve the use of £1,401.50 grant award underspend by Future Hawick for the 2022 Day of Wellbeing.

12. ANY OTHER BUSINESS

Thanks were given to Councillor Richards for his chairmanship of the Teviot and Liddesdale Area Partnership.

The meeting concluded at 7.45 pm.

Teviot & Liddesdale F

07-Jun

Neighbourhood Support Fund 2022/2023		
		£
Opening balance as of 01/04/2022		£74,039.56
Local Festival Grant Underspend from 2021/22		£1,625.00
Pot A underspend from 2021/22		£11,081.20
Pot B underspend from 2021/22		£709.24
Total available		£87,455.00
Less:	POT A	POT B
Neighbourhood Support Fund & Neighbourhood Support Fund Fast Track applications awarded since 01/04/2022	£ -	£ -
Neighbourhood Support Fund & Neighbourhood Support Fund Fast Track applications that are assessed and await decision	£ 14,168.68	£5,500
Sub-total	£ 14,168.68	5,500.00
Funds remaining if assessed applications are successful	£ 34,777.22	£32,332.50

Community Fund & Community Fund Fast Track applications still to be assessed		£0
Potential Overall Position		

Summary of all			
No.	Date	Fund	Organisation Name
1	14/04/22	NSF A	Hawick Community Council
2	21/04/22	NSF A	Burnfoot Community Council
3	21/04/22	NSF B	Burnfoot Community Council
4	11/05/22	NSF B	Hawick Archaeology Society
5	13/05/22	BBBB	TD9 Radio
6	15/05/22	NSF A	Southdean Community Council

Other sources of grant funding - Teviot &	
Grant Type	
Local Festival Grants	
Annual Support Grants (Community Councils)	
SBC Small Schemes	
Common Good - Hawick, Denholm & Hermitage	
SBC Enhancement Grant	
SBC Welfare Grant	

Funding 2022/2023

-22

Build Back a Better Borders		£
	Opening balance as of 01/06/2021 (£500k split 80%/20% per head of population and S.I.M.D.)	£98,003.00
	Total available	£98,003.00
Less:		
	Build Back a Better Borders Recovery Fund applications awarded since 01/06/2021	£97,624.10
	Build Back a Better Borders Recovery Fund applications that are assessed and await decision	£157.88
	Sub-total	£97,624.10
	Funds remaining if assessed applications are successful	£378.90

	Build Back a Better Borders Recovery Fund applications still to be assessed	£0.00
	Potential Overall Position	£378.90

applications			
	Amount	Project	Status
	£2,916.25	Williestruther Path completion	Assessed
	£7,566.50	Wilton Cemetary Garden of Remembrance	Assessed
	£3,783.25	Wilton Cemetary Garden of Remembrance	Assessed
	£500.00	PA Equipment	Assessed
	£157.88	Equipment	Assessed
	£3,685.93	Replacement heating system	Assessed

Liddesdale			
	Available	Awarded	Remaining
	£12,550.00	£ -	£12,550.00
	£6,370.00	£ -	£6,370.00
	£69,400.00	£ -	£69,400.00
	£52,000.00	£ -	£52,000.00
	£1,974.13	£ -	£1,974.13
	£2,069.99	£ -	£2,069.99

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Teviot & Liddesdale Area Partnership

Neighbourhood Support Fund Assessment Panel Pot A Recommendations

Pot A applications

Southdean Community Council Fund Pot A Assessment Panel

Minutes of meeting of the Southdean Community Council Fund Pot A Assessment Panel.

Present: Craig Macadam, Philip Kerr at the CC meeting. Emily Douglas and Ros Davies submitted comments by email.

All panelists were in total agreement to support the project for the full amount applied for, hence approval recommendations. No disagreements whatsoever.

(There was a subsequent discussion at the Southdean CC Meeting on the merits and needs for the change and upgrade to heating which validated the reason for the application and our decision to approve.)

All agreed on the Multiple factor of 10 for Community and 6.3 for Carbon reduction 3. This gives a total score of 1744.1 or an average of 436.025 per panelist 4. The panel is very pleased to see a project of this nature being brought forward.

DECISION: It was agreed to recommend that Teviot & Liddesdale Area Partnership award a grant of £3685.93.

Meeting of Hawick Community Council Community Fund Pot A Assessment Panel

The meeting was held in person at the Future Hawick Offices on Wednesday, 1 June 2022 at 4.00 pm

Present: Alistair Cook, Katherine Scoular, Marion Short (observer)

An application from Hawick Community Council requesting £2916.25 was received for a project which will finalise the walkway around the whole perimeter of Williestruther Loch, some of which has boardwalk and the remainder gravel.

The application was scored using the provided matrix and the decision made by the two members of the Panel that a recommendation should be made to the Teviot & Liddesdale Area Partnership to award a grant of £2916.25 to Hawick Community Council

Decision: After due consideration it was agreed to recommend the Teviot & Liddesdale Area Partnership award a grant of £2916.25 funding for the Williestruther Loch project.

Burnfoot Community Council Neighbourhood Support Fund Pot A Assessment Panel

Minutes of meeting of the Burnfoot Community Council Fund Pot A Assessment Panel. The meeting was held in Burnfoot Hub, 2nd June 11.30am.

Present: Carly, Joyce.

The panelists met and discussed the project, which they were aware of. The panelists recognised this was a long standing project and felt it would be very positive to complete it. The panelists did raise questions about alternative funds and the shortfall. The panelists also requested more information regarding ring fenced carnival monies.

Decision: After due consideration it was agreed to recommend the Teviot & Liddesdale Area Partnership award a grant of £7,566.50 funding for Wilton Cemetery Garden of Remembrance project.

Conditions: Panelists recommended the following conditions;

- The panelists asked that funding be paid when the funding shortfall is successfully found.
- If there is a change to any costs, the Burnfoot Community Council cannot reapply to the Pot A fund for the shortfall.

Overall funding position for Pot A

Budget		
Funds Remaining		
CC Ward	Budget	Active
Burnfoot	£12,346.42	£7,566.50
Denholm	£5,173.21	£-
Hawick	£11,513.35	£2,916.25
Hobkirk	£6,173.21	£-
Newcastleton	£3,783.25	£-
Southdean	£3,783.25	£3,685.93
Upper L & H	£6,173.21	£-
Upper T & B	£-	£-
Totals	£48,945.90	£14,168.68
Potential Budget Remaining	£73,286.32	

Scottish Borders Council

Teviot & Liddesdale Neighbourhood Support Fund Pot B

Assessment Panel Recommendations

Teviot & Liddesdale Council Community Fund Pot B Assessment Panel feedback

Meetings and feedback gathered from Panel B assessment panel members: Marion Short (Chair), Duncan Taylor, Andrew Warburton, Jacqueline McNeill.

1. Assessment of application

Burnfoot Community Council

- A garden of remembrance is both needed and a great idea
- It will be a town facility as the cemetery is for the population of Burnfoot and Hawick
- The area that is proposed to be used is an area which can be developed
- Recognise that the CC will need to continue to fundraise to achieve their targets
- Aware that they also have a Pot A application submitted and are likely to submit an application to the Common Good

Recommendation: Supportive of the group receiving 100% of funding

DECISION: It was agreed to recommend that Teviot & Liddesdale Area Partnership award a grant of £5000.

- A recommendation was made to hold funds until the remainder of the money has been successfully raised.
- A recommendation was made to phase the project in line with funding.

Overall funding position for Pot B

Pot B	
Budget	£37,832.50
Grants Awarded	£-
Actual Budget Remaining	£37,832.50

Active	£5,500.00
Applied	£-
Potential Budget Remaining	£32,332.50

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Teviot & Liddesdale BBBB: Hornshole Greenway Development Group (HGDG)

- Grant Awarded: £15,000
- Total project cost: £18,000 (£3,000 HGDG contribution)
- Grant spend: £14,970.89

HGDG has successfully delivered a number of community workshops as part of their Eco Education programme. HGDG were not required to use the full £18,000 they had in funding as it was possible to deliver workshops 3 - 5 with the use of community volunteers thus saving on the projected costs for external staff.

HGDG request that the Area Partnership approve HGDG to retain the underspend and run a similar set of workshops in October 2022 working with a different primary school within the town.

As an example of the impact their workshop activity has had, a booklet detailing the impact of the first set of workshops is attached.

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Additional Information

Current consultations

Place Making and Community Engagement Sign Up

The way we are engaging with our residents is changing - and we want you to have your say

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.

Sign up to receive updates from Scottish Borders Council on community engagement events in your areas, to find out about active consultations, funding opportunities, and who to contact when you have an amazing idea to benefit your neighbourhood.

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

[Priorities for the Scottish Borders \(2022\) - Scottish Borders Council - Citizen Space](#)

Electric Vehicle Consultation

With the clear commitments to deliver Net-Zero there are several key targets to hit over the coming 23 years. This will require a significant change in Local Authority, business and citizens travel habits and adoption of sustainable travel options like Electric Vehicles. To enable this to be a reality, the Scottish Borders is starting from a very low level of provision and must undertake a comprehensive review of how demand will develop across the region, how the electricity grid can cater for that demand and the commercial models available to deliver the infrastructure equitably across the region.

To give your views go to

[Electric Vehicle consultation - Scottish Borders Council - Citizen Space](#)

Survey closes June 24th

School Meals Survey

A good diet is essential for good health and it is important that children and young people are provided with a solid foundation for establishing healthy life-long eating habits. Although schools alone cannot be expected to address poor eating habits, schools can make a valuable contribution to improving the nutritional quality of diets and promoting consistent messages about healthy eating within a health promoting schools environment.

Since the introduction of the Healthy Eating in Schools 2020 regulations, which came into force in April 2021, we would like to gather more information around your thoughts on school meals and what we could improve on.

Please note that this survey is anonymous.

If you have a child(ren) in nursery a separate survey is being conducted.

[School Meals Survey 2022 - Scottish Borders Council - Citizen Space](#)

Improving Mental Health in the Scottish Borders

The Scottish Borders Joint Health Improvement Team (part of Public Health) is working with a multi-agency steering group of statutory and third sector partners to create a new three year action plan aiming to improve mental health and prevent suicide. This is not about our mental health services; it is about the things that help to prevent mental ill health and that promote good mental wellbeing.

This consultation will ask you to share any ideas that you have about improving the mental health and wellbeing of the Borders' population and preventing suicide.

[Improving Mental Health in the Scottish Borders - Scottish Borders Council - Citizen Space](#)

Community Empowerment:

Currently, there is 1 formal Participation Requests being considered within the Teviot & Liddesdale area. SBC is currently working with and advising groups on requests for 6 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:

[Teviot and Liddesdale area partnership | Scottish Borders Council \(scotborders.gov.uk\)](#)

[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 \(moderngov.co.uk\)](#)

Covid-19 vaccination programme

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/>

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

General Funding:

<https://fundingscotland.com/>

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

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

[SBC Community Fund](#)

[SBC Enhancement & Welfare Trust](#)

Heating & energy:

www.scotborders.gov.uk/affordablewarmth

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