

# Public Document Pack

**Cheviot  
Area Partnership**

**Our Scottish Borders**  
Your community

## MEETING

**Date:** Wednesday, 20 September 2023

**Time:** 6.30pm - 8.30 p.m.

**Location:** Via Microsoft Teams

1.	<b>Appointment of Chairman</b>
2.	<b>Welcome</b>
3.	<b>A Dedication to Panel Member, Brian Burton</b>
4.	<b>Feedback from Meeting on 31 May 2023 . (Copy attached.)</b> (Pages 5 - 14) <ul style="list-style-type: none"><li>• Minute – Copy Minute from meeting held on 31 May 2023. (Copy attached.)</li><li>• Menti Feedback from meeting held on 31 May 2023</li></ul>
5.	<b>Section 1: Service &amp; Partner Update and Consultations</b>
	(a) <b>Local Heat and Energy Efficiency Strategy: Neil Robertson, Principal Heat and Energy Efficiency Strategy Coordinator, SBC</b>
	(b) <b>Community Heat Development Programme:</b> Ruth Dickson, Fife, Lothians and Borders, Local Energy Scotland
	(c) <b>Community Police Update:</b> Alison Granger, Community Sergeant, Police Scotland
	(d) <b>Youth Engagement Update:</b> Pam Rigby, Youth Engagement Worker, Community Learning and Development Services, SBC
6.	<b>Section 2: Community Empowerment and Community Funding</b>
	(a) <b>Cheviot Funding Table 2023/24</b> Pages 15 - 16) Overview from SBC Communities & Partnership Team
	(b) <b>Neighbourhood Support Fund</b> (Pages 17 - 24)

	<p>NSF recommendations to be presented by the Cheviot assessment panel on the following applications:</p> <ul style="list-style-type: none"> <li>(i) CFA000174 Kelso Football Club</li> <li>(ii) CFA000175 Abundant Borders</li> <li>(iii) CFA000182 Jedburgh Tourism Alliance</li> <li>(iv) CFA000183 Kelso in Bloom</li> <li>(v) CFA000184 St Boswells Village Hall</li> <li>(vi) CFA000186 St Boswells Christmas Lights Group</li> <li>(vii) CFA000187 Kelso Orchard Tennis Club</li> <li>(viii) CFA000188 Visit Kelso</li> <li>(ix) CFA000189 Morebattle Community Shop</li> <li>(x) CFA000190 Association South Scotland Entertainment Tent (ASSET)</li> </ul>
7.	<b>Section 3 : Local Priorities</b>
	(a) <b>Place Making - Update on Place Making progress in Cheviot.</b>
	(b) <b>Community Council update</b> Sharing good practice and current activity from across Cheviot.
8.	<b>Section 4 : Other</b>
	(a) <b>Appointment of Vice Chair</b>
	(b) <b>Any Other Competent Business</b>
	(c) <b>Date of Next Meeting</b> Wednesday, 22 November 2023 at 6.30 p.m. – Items for Discussion
	(d) <b>Meeting Evaluation</b>
	(e) <b>Additional Information Document</b> (Pages 25 - 34)

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SCOTTISH BORDERS COUNCIL  
CHIEVIOT AREA PARTENRSHIP

MINUTES of Meeting of the  
CHEVIOT AREA PARTNERSHIP  
held on Wednesday, 31 May 2023 at  
6.30 pm. Via Microsoft Teams.

Present:- Councillors P. Brown, (Chairman), S. Hamilton, S. Mountford, E. Robson, T. Weatherston, together with Representatives of the following Community Councils and Partner Organisations:-

Graeme Hayward - Jedburgh Community Council  
Gavin Horsburgh – Kelso Community Council  
Carol Spalton - Crailing Nisbet and Eckford Community Council  
David Watson – Ednam, Stichill and Berrymoss  
Andy Carter – Makerstoun, Nenthorn and Smailholm CC  
Cath Henderson – Kalewater CC  
Clare Starla-Nicoll – Heiton & Roxburgh CC

Hazel Woodsell – Kelso Heritage  
Dean Weatherston - Chair of Cheviot Assessment Panel  
Alison Grainger – Police Scotland  
Fiona Benton – The Bridge  
Katy Jackson  
Martin Sloan  
Shona Mitchell

Apologies:- Councillor S. Scott  
Susan Oliver – Headteacher, Jedburgh Campus  
Charles Strang – St Boswells, Mertoun and Community Council  
Louise Rawlins – CLDS Worker

In attendance: - Community Co-ordinator – Gillian Jardine, Community Engagement Officer – Emma Husband, Democratic Services Officer (F. Henderson).

1. **WELCOME**

The Chairman welcomed everyone to the in-person meeting, which included Elected Members, Community Council representatives, Community Organisations and guests attending within the meeting. She outlined how the meeting would be conducted.

2.0 **FEEDBACK FROM THE MEETING ON 29 MARCH 2023**

2.1 With reference to paragraph 2.3 of the Minute of 29 March 2023, the responses received had indicated that a discussion / workshop on climate change at the future meeting would be welcomed and Officers would look to organise this for the September meeting. They would like to hear what topics in particular people would like to see covered or any agencies / services to be invited to attend future meetings.

2.2 With reference to paragraph 3, of the Minute of 29 March 2023, Feedback from the five Area Partnerships on the draft Health and Social Care Strategic Framework was being worked into a report which would be presented to the Health and Social Care Partnership. There would be a full report and a summary report both of which would be made available.

## SECTION 1: SERVICE & PARTNER UPDATE AND CONSULTATIONS

3.0 The Chair welcomed Lindsey Renwick, Strategic Housing Development Officer to the meeting to present some background on the proposed Local Housing Strategy (LHS) and raise awareness of the consultation which was underway. The 2001 Housing Scotland Act placed a requirement on Scottish Borders Council to prepare and submit a Local Housing Strategy every five years. The strategy was set within the context of a number of local and national strategies, but there were many more, covered in detail in the evidence paper, which was published alongside all the other supporting documents. Since August 2021, there had been engagement with stakeholders and the community on the LHS which had included the following and the formal consultation stage of the LHs had started: –

- Early Engagement Survey
- Resident and Stakeholder Workshops and Surveys
- Gypsy Travellers
- Key Workers
- Private Landlord Survey

3.1 Ms Renwick went on to highlight the key challenges the LHS was trying to address while operating in a challenging financial climate, particularly in terms of capital and construction costs, but more widely as the cost of living continued to impact on people across communities, and service delivery. This was also impacting on the delivery of housing, the costs of installing energy efficiency and renewable technologies, the general cost of repairing and maintaining homes and buildings, bringing empty homes back into use and generally the delivery of services and would impact on what realistically could be delivered in the coming years. The LHS was also required to set the Housing Supply Target which was reasonable and properly reflected the HNDA estimate of housing demands in the market sector and be compiling evidence. The HST was, however, a policy view of the number of homes that each authority had agreed would be delivered in each housing market area of the period of the LHS.

3.2 The draft vision was that “**Everyone in the Scottish Borders has access to a home which meets their needs and is part of a sustainable community**”. Meets their needs covered a range of factors, including affordability, (not just affordability in terms direct housing costs but was it affordable to maintain, keep warm), was it energy efficient, the right size, and in the right location, part of a community with access to local services, does it meet people’s needs in terms of physical or other disabilities, the needs of older people, younger people, families, people who required housing support or other support services So when we say meets their needs we are talking about a very wide range of diverse, but also changing needs. In order to deliver the vision successfully five draft strategic outcomes had been developed and are detailed below;-

Strategic Outcome 1: More homes in well designed, sustainable communities that increase opportunity for all

Strategic Outcome 2: People have access to homes which promote independence, health and wellbeing

Strategic Outcome 3: Improved energy efficiency of homes and a reduction in fuel poverty while supporting a Just Transition to Net Zero through decarbonising domestic heating and energy

Strategic Outcome 4: Communities are regenerated through improving the quality and condition of housing and the built heritage.

Strategic Outcome 5: Homelessness is prevented wherever possible and a range of housing options are provided so people can secure a suitable and sustainable housing outcome as quickly as possible

Where to find:

- The full version of the Consultative Draft LHS 2023 can be found here: [Local Housing Strategy 2023-2028](#)
- A number of documents have been developed to support the LHS. If you would like to read these documents you can find them using the link above.
- You can complete an online questionnaire through the Council's CitizenSpace website: <https://scotborders.citizenspace.com/housing/local-housing-strategy-2023-28-consultation>

- 3.3 Any further questions or anything to discuss please contact - [LHS@scotborders.gov.uk](mailto:LHS@scotborders.gov.uk) or Lindsey Renwick, Principal Officer – Housing Strategy, Policy and Development [lrenwick@scotborders.gov.uk](mailto:lrenwick@scotborders.gov.uk)

## **DECISION NOTED.**

### **4.0 REFRESHED COMMUNITY PLAN PRIORITIES**

The Chair welcomed Shona Mitchell, speaking on behalf of the Scottish Borders Community Planning Partnership (CPP) who were consulting on a range of potential priorities for the new Community Plan. It was explained that Community Planning was the process by which councils and other public bodies such as Health Boards and Police Scotland worked with local communities, businesses and community groups to plan and deliver better services and improve the lives of people who live in Scotland. Community Planning Partnerships was the name given to the group of organisations who delivered community planning. Initially the responsibility for leading CPPs sat with LAs, however the Community Empowerment (Scotland) Act 2015 changed the responsibility to sit equally with five public sector bodies: LAs, NHS, Police Scotland, SFRS and Enterprise companies – in the Borders these lead partners were:

NHS Borders  
Police Scotland  
SBC  
Scottish Fire & Rescue Service  
South of Scotland Enterprise

Other partners included:  
Borders College  
Borders Community Action (Third Sector)  
Health & Social Care Integration Joint Boards  
Live Borders  
Berwickshire Housing Association  
Eildon Housing Association  
Scottish Borders Community Councils' Network  
Scottish Borders Housing Association  
Waverley Housing

- 4.1 The last plan had been agreed in May 2018; however a lot had changed over the past five years, with new priorities for many and it was important that these were included in a new plan. Therefore, the Community Plan was being reviewed in order that it focused on what was most important for the area now and would cover a 10 year period, being reviewed at least twice in the ten year period to ensure that it remained relevant. In putting together the draft priorities for the new Plan, the data had been analysed to understand what was working well and what required improvement. The views of the public had been sought through other surveys and community based meetings, including the Council's Community Conversations and 16 priority areas identified which had been arranged under five themes - Economy, Skills and Learning; Enjoying Good Health and Wellbeing; Good Place to Live, Grow Up and Enjoy a Full Life and Community Empowerment and the partnership was seeking

information on which of these priorities were most important to the Community and whether these themes were the right ones. The consultation was available online on the SBC's website and also available as a paper copy.

- Consultation closes 16 July 2023
- Available online at <https://scotborders.citizenspace.com/>
- For paper copies contact Communities & Partnerships Team on 0300 100 1800 or [communityplanning@scotborders.gov.uk](mailto:communityplanning@scotborders.gov.uk)
- New Plan presented to Community Planning Strategic Board on 7 September 2023

**DECISION  
NOTED.**

**5.0 TWEED VALLEY RAILWAY CAMPAIGN**

The Chair welcomed Mr James Boulton and Ian Aitchison, representing the Tweed Valley Railway Campaign who were campaigning for the extension of rail networks from St Boswells to Berwick-Upon-Tweed to be known as the Tweed Valley Railway, which they believed was central to the strategic growth and sustainable low-carbon future of the Scottish Borders and north Northumberland. Extending the existing rail network east from St Boswells to Berwick-upon-Tweed would build upon the proven success of the Borders Railway and provide enormous benefits and opportunities for businesses, communities and individuals. The extension to the railway would provide a strategic rail connection corridor north-south and east-west, improving journey times, both in the region and across the border, offering greater connection for residents and visitors. There was the opportunity to ease road congestion and provide greater travel, business and tourist opportunities and to link the regions world-class cycling facilities and proposed walking trail with the Tweed Valley. Encouraging rail travel was a viable alternative to private vehicle, facilitating decarbonisation, improving health and wellbeing through less pollution. As explained that the aim was to build a railway connection between the Borders Railway and Berwick-Upon-Tweed. The three-point plan was to Gauge support; conduct a feasibility study and then build the railway. The exact route of networks from St Boswells to Berwick-Upon-Tweed would be decided by the results of the feasibility study.

**DECISION  
NOTED.**

**6.0 CAMPAIGN FOR A NATIONAL PARK**

The Chair welcomed Malcom Dickson from the Campaign for a National Park Group, who believed that a compelling case could be made for the National Park shaped for the Southern Border, and wished to share the advantages and potential that a National Park could bring. An independent Feasibility Study published in September 2017 confirmed that the proposed area met the three conditions for National Park status required by Scottish Legislation:-

- outstanding national importance;
- distinct character and cohesion; and
- special needs that National Park status can address.

6.1 The Feasibility Study also found that the designation would strengthen the economy within the Scottish Borders National Park and of the wider area surrounding it, encouraging tourism and attracting other businesses to the region. There was enthusiastic support from local people, communities and businesses as National Parks were proven contributors to sustainable economic growth in rural areas.

6.2 The proposed area as a National Park would provide Beauty, Cultural Heritage, Accessibility, Ecological variety and good Facilities and would help the struggling economy, Particularly Southern Border; ageing population declining faster than in urban areas, under-used valuable asset and to preserve the; landscape and cultural heritage in

perpetuity. In Scotland overall, 2019 was the strongest it had been in the previous ten years for overnight tourism; tourist businesses grew (15,000 -17,500); and GVA per head increased from £1.5 billion to £2.5 billion, however in the Scottish Borders 2013-19, there was a drop in domestic tourism spend and overseas spend remained more or less the same, therefore a decrease in real terms.

**DECISION  
NOTED.**

### **POLICE REPORT**

- 7.0 The Chairman welcomed Sergeant Alison Grainger to the meeting to give an update on policing in the Cheviot Area. Sergeant Grainger advised that following a re-structure there remained two Community Police Officers and two CAT Officers covering the Cheviot Area. Officers had been heavily involved in Hawick Common Riding and the St Boswells Fair. In terms of rural crime, there would be an event held on 29<sup>th</sup> June 2023. Work with partners was ongoing in terms of cross border crimes and the events season continued. Police Scotland happy to advise and work with Organisers of Community Events with regard to them providing Marshalls with support from the Police.

**DECISION  
NOTED.**

### 8.0 **SECTION 2: COMMUNITY EMPOWERMENT AND COMMUNITY FUNDING Cheviot Funding Tables 2023/24**

There had been circulated copies of the Cheviot Funding for 2023/2024 which detailed the funding available together with information on the allocation of the Neighbourhood Support Fund in 2023/24. The opening balance at 1 April 2023 was £46,383. Other sources of funding included Local Festival Grant Budget totalling £16,675.00, Annual Support Grant to Community Councils totalling £10,470.00, Common Goods, SBC Enhancement Grant, SBC Welfare Grant and SBC Small Schemes totalled £192,112.69. There had been no Neighbourhood Support Fund applications awarded since 1 April 2023 and applications assessed and awaiting decision totalled £1,628.00.

**DECISION  
NOTED.**

#### **Neighbourhood Support Fund**

- 8.1 There had been 2 applications received for the Cheviot Neighbourhood Support Fund totalling £1,628.00, which was a significant decrease on previous rounds, although to be expected following the very encouraging number approved in March 2023. There had been circulated copies of a report which detailed the recommendations of the Cheviot Community Fund Assessment Panel. The Meeting noted that there had only been three Members of the Assessment Panel present to discuss the applications received, as a result of resignations. The report provided a brief description of each application received and a recommendation on the sum to be awarded to each project. As previously reported, projects with a mean score of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore would be recommended for approval and those were detailed below:-

#### 8.2 **Ancrum Community Council**

An application had been received from Ancrum Community Council in the sum of £630 to develop the existing 'Community Poly tunnel and Hub' with the addition of raised planting beds and a secure, dry space for equipment storage. The project would encourage greater composting, recycling and improve a community asset. The Panel were supportive of the project and recommended that £630.00 be awarded.

A further application had been received and had been discussed by the Assessment as follows:-

### 8.3 **Jedburgh and District community News Group**

An application had been received from Jedburgh and District Community News Group in the sum of £998.00 for the development of a dedicated website. The website would allow the group to considerably expand its community news and information services and aimed to become self-sufficient through a subscription service. The Panel expressed concerns that the development of a new website, may a duplication of services. Following discussion and the receipt of additional information from the Group, there was consensus amongst the panel to recommend the application for funding of £998.00

8.4 With reference to paragraph 6.21 of the Minute of 29 March 2023, Mr D Weatherston again raised the matter of recruitment to the following positions:-

- Member of the Public (Jedburgh & District)
- Community Councillor (Jedburgh & District)
- SBC Councillor (Kelso & District)
- SBC Councillor (Jedburgh & District)

SBC Officers had publicised the available roles amongst their contacts with no noted interest. The Group were joined by Youth Engagement Worker, P. Rigby, who proposed that two places on the panel be kept aside for young people. After discussion and agreement of the benefit, P. Rigby agreed to work towards recruitment and training of two young people. The logistics and voting capacity of these young people would be decided depending on their age and abilities. The Group reviewed the roles available within the Assessment Panel, and as a result agreed that:

1. Permanent SBC Councillor positions be removed and, instead, applications be circulated to all Councillors in advance of the Assessment Panel for comments;
2. Two spaces would be made available to any individual in the community that wished to join regardless of the location within the Cheviot area, in order to assure the Group continued to be quorate.

### **DECISION AGREED:-**

(a) **that the following sums be awarded to each of those listed:-**

- **Ancrum Community Council - £630**
- **Jedburgh and District Community New Group - £998**

(b) **that the following recommendations by the Cheviot Assessment Panel be accepted:-**

- **Permanent SBC Councillor positions be removed and, instead, applications be circulated to all Councillors in advance of the Assessment Panel for comments; and**
- **Two spaces would be made available to any individual in the community that wished to join regardless of the location within the Cheviot area, in order to assure the Group continued to be quorate.**

### **SECTION 3: PLACE MAKING**

9.0 Having asked in advance for Community Councils to provide an update, only Makerstoun, Nenthorn and Smailholm CC had responded. Alan Carter explained that Smailholm had held two engagement meetings and had 30 participants (50% of Community). There were some challenges to be overcome including engagement with local Farmers, however the



local Estate Owner was very engaged and work on attracting funding would be undertaken and reported back at a future meeting.

**Decision  
NOTED.**

9.1 **Community Council Updates:-**

- Jedburgh CC -
- Town Library not up and running.
  - Business Plan being drawn up for the Town Hall
  - The Public Toilet Debate continued
  - No progress update available on Grammar School Site
  - progress on own Team
  - Gaps on the High Street being discussed.

Crailing, Nisbet and Eckford CC

- Lothian Hall Committee re-established following leafletting of the area and now has Committee of 8 who will be advertising the use of the hall through facebook and website.

**DECISION  
NOTED.**

10.0 **SECTION 4: Other**

10.1 **ADDITIONAL INFORMATION DOCUMENT**

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

**DECISION  
NOTED.**

11.0 **DATE OF FUTURE MEETINGS**

Future Meetings of the Cheviot Area Partnership would be held on the following dates:

Wednesday, 22 November 2023

Wednesday, 31 January 2024

Wednesday, 27 March 2024

The next meeting would be held on **Wednesday, 20 September 2023 at 6.30 p.m.** via Microsoft Teams.

12.0 **MEETING EVALUATION**

Ms Jardine reminded those present about the meeting evaluation form which could be accessed via the link <https://forms.office.com/r/HHH1dEcmz3>. She added that feedback about the Area Partnership meetings was really helpful and always appreciated.

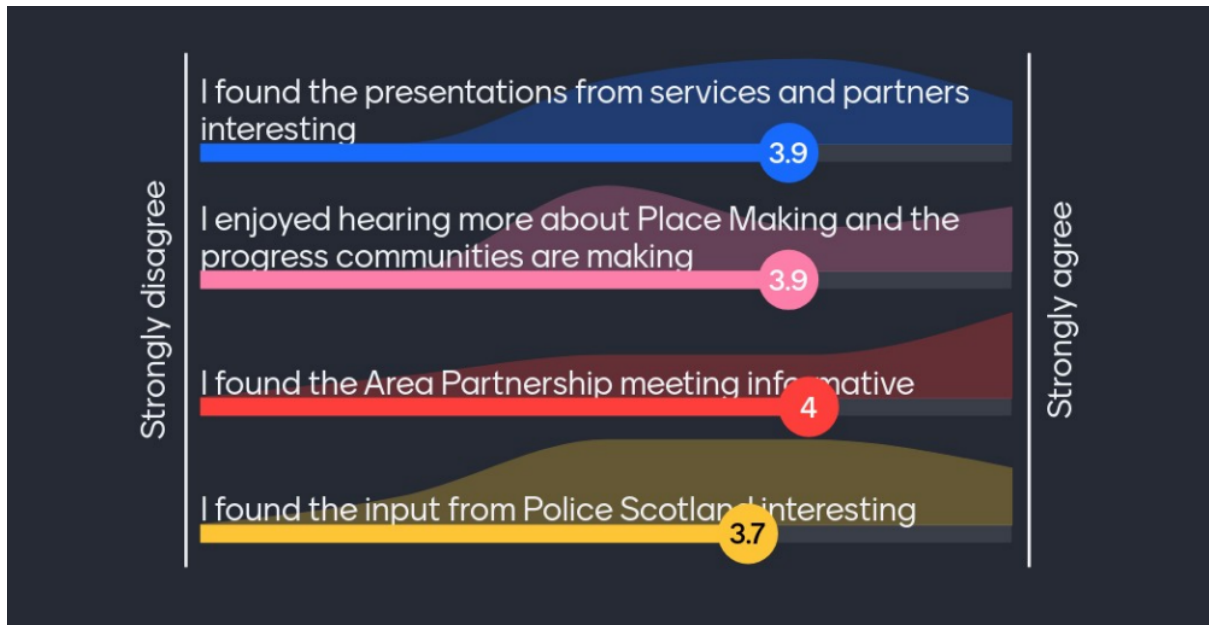
*The meeting concluded at 8.15 pm*

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## Cheviot Area Partnership 31<sup>st</sup> May 2023

### Evaluation Summary

1. Please use the sliders below to choose whether you agree or disagree with the following statements



2. If you have any comments, feedback or recommendations for panel of the Neighbourhood Support Fund, please share them here:
  - a. "Thanks for inviting me along found the presentation on national parks interesting"
  - b. "I already knew about Place Making. Other presentations were informative but National Park input was too long"
  - c. "I don't think online Area Partnerships are working. Little to no public attendance and even SBC and CC Councillors are in reduced numbers at recent meetings"
  - d. "I find it very disappointing how few members of the public attend! It's mostly elected members, CC members and staff. There was a few representing groups but I am not aware of any public there"
  - e. "As I have mentioned before and as Cllr Weatherston suggested the Area Partnership in Cheviot does not meet the objective of involving the Public. Even many active volunteers in the region don't attend"
  - f. "Presentations should be kept shorter (and circulated in advance) to allow more time for discussion and questions/. Starting at 6:30pm, the meetings end quite late".
3. What topics would you like to see covered at future area partnership meetings?
  - a. Output form Placemaking and Place planning
  - b. Solutions for public and community transport
  - c. What can be done about reduction in essential services – police, health, education
  - d. Transport along with Borders Busses
4. If you have any suggestions for a climate change workshop, please note them here
  - a. The Net Zero Team from SOSE
  - b. SOSE's Net Zero Team

- c. Why do people prefer cars to buses – How do we change that
  - d. The housing strategy team have a senior energy officer – it might be worth inviting them along.
- 5. If you would be interested in joining the Cheviot Assessment Panel, please leave your email and our team will get in touch:**
- a. No responses.
- 6. Do you have any further questions or comments?**
- a. Can the next meeting be in person or, at least, hybrid

# Agenda Item 6a

## Cheviot Funding 2023/24

20 September 2023

Neighbourhood Support Fund (NSF) 2023/24	
	£
Opening balance as of 01/04/2023	£ 46,383.00
Plus LBF2 Returned Funds	£ 15,073.36
<b>Total available</b>	<b>£ 61,456.36</b>
<b>Less:</b>	
NSF applications awarded since 01/04/2023	£ 1,628.00
NSF applications that are assessed and await decision	£ 43,791.77
Sub-total	£ 45,419.77
<b>Funds remaining if assessed applications are successful</b>	<b>£ 16,036.59</b>
NSF applications still to be assessed	£ -
<b>Potential Overall Position</b>	<b>£ 16,036.59</b>

Other sources of grant funding - Cheviot			
Grant Type	Available	Awarded	Remaining
Local Festival Grants	£ 16,675.00	£ 6,500.00	£ 10,175.00
Annual Support Grants (Community Councils)	£ 10,470.00	£ 2,340.00	£ 8,130.00
Village Halls (inc. Secretariat fee paid to the Bridge)	£ 9,140.00	£ 9,140.00	£ -
SBC Small Schemes	£ 73,320.00	£ 63,009.00	£ 10,311.00
Common Good (Jedburgh)	£ 76,000.00	£ 50,500.00	£ 25,500.00
Common Good (Kelso)	£ 2,500.00	£ 650.00	£ 1,850.00
SBC Enhancement Trust	£ 126.05	£ 79.88	£ 46.17
SBC Welfare Trust	£ 3,557.56	£ -	£ 3,557.56
<b>Totals</b>	<b>£ 191,788.61</b>	<b>£ 132,218.88</b>	<b>£ 59,569.73</b>

Summary of applications						
No.	Date	Fund	Organisation Name	Amount	Project	Status
1	16/04/2023	NSF	Jedburgh and District Community News Group	£ 998.00	Web Development for 'Jed Eye'	Awarded
2	16/04/2023	NSF	Ancrum Community Council	£ 630.00	Community Garden Development	Awarded
3	23/07/2023	NSF	Kelso Football Club	£ 5,000.00	Changing Room Development	Assessed
4	31/07/2023	NSF	Abundant Borders	£ 3,593.00	Accessible Planting and Outdoor Cooking	Assessed
5	04/08/2023	NSF	Jedburgh tourism Alliance	£ 3,947.00	Jedburgh Tourism Leaflet	Assessed
6	05/08/2023	NSF	Kelso in Bloom	£ 4,500.00	Flower Bed Planting	Assessed
7	05/08/2023	NSF	St Boswells Village Hall	£ 5,000.00	Solar Panel Installation	Assessed
8	07/08/2023	NSF	St Boswells Christmas Lights Group	£ 5,000.00	Christmas Lights	Assessed
9	07/08/2023	NSF	Kelso Orchard Tennis Club	£ 4,000.00	Free Tennis for Juniors	Assessed
10	09/08/2023	NSF	Visit Kelso	£ 3,761.30	IT Equipment	Assessed
11	09/08/2023	NSF	Morebattle Community Shop	£ 4,940.00	Retractable Awnings	Assessed
12	09/08/2023	NSF	ASSET	£ 4,050.47	Community Tent	Assessed
<b>Total</b>				<b>£ 45,419.77</b>		

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**SCOTTISH BORDERS COUNCIL  
CHEVIOT COMMUNITY FUND ASSESSMENT PANEL**

MINUTES of Meeting of CHEVIOT NEIGHBOURHOOD FUND ASSESSMENT PANEL held on Microsoft Teams on Wednesday the 30<sup>th</sup> of August 2023 at 6pm.

Present: - D. Weatherston (Chair)  
G. Hayward  
G. Horsburgh  
R. Flint  
E. Chalmers

In Attendance: - Community Co-ordinator (G Jardine),  
Community Engagement Officer (E. Husband)  
Youth Engagement Worker (P. Rigby)

**1. WELCOME & INTRODUCTIONS**

Chair, D. Weatherston began the meeting with a dedication to panel member, Brian Burton, who sadly passed away on Tuesday the 8<sup>th</sup> of August 2023. Brian was a dedicated and passionate member of the community and an integral part of the Cheviot Neighbourhood Fund Assessment Panel. Our thoughts are with his family at this difficult time.

D. Weatherston engaged a round-table introduction of the panel for the benefit of the new panel members: R. Flint and E. Chalmers, two young people joined and supported by Youth Engagement Worker (P. Rigby).

**2. REVIEW OF MEETING PROCESS FOR NEW MEMBERS**

Following protocol established in 22/23, any project with a mean score of 80+ would be recommended for approval. The Group agreed that they would continue this protocol unless a project score was significantly reduced by one individual or where a panel member has questions on a particular project, where further discussion would be required.

For this meeting, it was agreed that the panel would discuss all submitted applications regardless of score for the benefit of new panel members.

**3. OUTCOME OF ASSESSMENT PANEL RECCOMENDATIONS TO CAP**

With the new financial year, the opening balance of the fund was £46,383.00.

Following previous CAP meeting, all funding recommendations were supported totalling £1,628.00 leaving a balance of £44,755.00.

SBC Finance Team have confirmed £15,073.36 underspend from Localities Bid Fund 2.

At the time of the meeting, underspend from NSF 22/23 was not confirmed but the figure is due to be confirmed ahead of the Area Partnership meeting.

Approval of all pending NSF applications will leave a balance of £16,036.59 (pending underspend figures).

## **DISCUSSION OF CHEVIOT ASSESSMENT PANEL RECRUITMENT**

We have had one application for the assessment panel, recommended by Gavin Horsburgh. This application has been passed along to Resilient Communities Director, Jenni Craig, Cllr Brown, and Cllr Cochrane. Due annual leave, we are awaiting confirmation from both Councillors.

These posts have been marketed through SBC Comms and E. Husband has shared amongst contact, as well as reaching out to local community members.

Positions Remaining:

- Jedburgh & District (Rural) Community Council
- Jedburgh & District Member of the Public
- Kelso & District Member of the Public

## **4. DECLARATIONS OF INTEREST**

D. Weatherston – CFA000183 Kelso in Bloom  
G. Hayward – CFA000182 Jedburgh Tourism Alliance  
G. Horsburgh – CFA000183 Kelso in Bloom  
G. Horsburgh – CFA000188 Visit Kelso

## **5. PROJECT ASSESSMENTS**

### **A. OVERALL REVIEW OF MARKS**

Following protocol established in 22/23, any project with a mean score of 80+ would be recommended for approval. The Group agreed that they would continue this protocol unless a project score was significantly reduced by one individual, where further discussion would be required.

Projects which fell in this category were:

- CFA000174 Kelso Football Club
- CFA000175 Abundant Borders
- CFA000182 Jedburgh Tourism Alliance
- CFA000183 Kelso in Bloom
- CFA000184 St Boswells Village Hall
- CFA000186 St Boswells Christmas Lights Group
- CFA000187 Kelso Orchard Tennis Club
- CFA000188 Visit Kelso

These projects scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards grants in full.



## **Further project discussion went as follows:**

### **B. CFA000174 Kelso Football Club**

An application for £5,000 was submitted by Kelso Football Club to upgrade their shower room which has fallen into a state of disrepair. The group hope to gain additional players and community sport with these improved facilities.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

However, the panel would like to suggest that the group look to address the route of their issues, i.e., freezing pipes as noted in their application. If perhaps this was addressed, less repair and renovation works would be required.

### **C. CFA000175 Abundant Borders**

An application for £3,593.00 was submitted by Abundant Borders to create raised bed planters and an outdoor cooking space within the Community Garden space in Kelso. This project continues their work to create a sustainable community food garden in Kelso town centre and is supported by Abundant Borders.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

### **D. CFA000182 Jedburgh Tourism Alliance**

An application for £3,947.00 was submitted by Jedburgh Tourism Alliance to update and print 30,000 copies of their Jedburgh leaflet and specifically distribute them out-with the town in designated tourism locations in Northumberland, East Lothian, and other Borders town in the promotion of Jedburgh. This project aims to maximise opportunities to build local and regional economy as well as enhance the visitor experience.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

The panel wish for the group to consider the environmental challenges in producing single-use paper leaflets and encourage the group to use recyclable paper and online publication where possible.

### **E. CFA000183 Kelso in Bloom**

An application for £4,500 was submitted by Kelso in Bloom to renew greenspace with a mix of bedding and perennial planting. This will allow more diversity planting, improve sustainability, reduce costs, and create year-round colour to the town.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

#### **F. CFA000184 St Boswells Village Hall**

An application for £5,000 was submitted by St Boswells Village Hall to support their ambitious 3-part 'Greening' project. Specifically, this application supports Phase 1 – the installation of solar panels on the hall's roof. This project will dramatically reduce their dependence on the national electricity grid and keep ongoing costs under control.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

**NOTE:** Application is currently ineligible, pending planning permission. Conditions will be set before funds are released.

#### **G. CFA000186 St Boswells Christmas Lights Group**

An application for £5,000 was submitted by St Boswells Christmas Lights Group in partnership with the Village Week Committee to establish a village festive Christmas tree lighting-up event. This funding will support the installation of a permanent accessible power supply point which will enable temporary lights for festive occasions.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

#### **H. CFA000187 Kelso Orchard Tennis Club**

An application for £4,000 was submitted by Kelso Orchard Tennis Club to offer free tennis taster sessions to many junior players including toddlers aged 2 to 4 and juniors aged 5 to 18. These sessions can provide young people with the opportunity to exercise in a known environment and enjoy the many benefits that tennis has to offer in terms of physical and mental health.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

The panel noted that they should encourage young players to bring their own water bottles and offer free refill to lower refreshment costs and reduce environmental impact.

#### **I. CFA000188 Visit Kelso**

An application for £3,761.30 was submitted by Visit Kelso to purchase in-house IT equipment such as a laptop, and printer. These items will support the group to grow, develop and reduce financial pressures on employing external help for existing work.

The panel raised queries on the necessity of Apple products due to their cost, as well as the requirement for branded pens. Information provided noted that the group predominately use Apple products, so an iPad was required to ensure their existing products link. The branded pens are used as a marketing tool and are often given as gifts to such events such as their window dressing competition. The panel were happy with the information provided.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability and therefore is recommended the Cheviot Area Partnership awards a grant in full.

#### **J. CFA000189 Morebattle Community Shop**

An application for £4,940.00 was submitted by Morebattle Community Shop to install a retractable awning to the front of the shop, to provide essential sun screening and shelter for those waiting for the bus service.

Following the panel meeting, the panel asked SBC Transport for the request of a bus shelter to support the shop's request. It was noted:

*Passenger Transport would support the request for Bus shelters in Morebattle, it is likely that given the location of the village that "Heritage style" structures would be required.*

*We currently have no plans or funding to provide for this, although elected members may have access to small scheme or other funding as their community requests.*

*Passenger Transport have no comment to make about the suggested electric awning as it would serve the community shop and is not suitable as a bus shelter structure.*

**DECISION NOTED that:** - Following discussions and an additional meeting, the panel feel that the awnings proposed are too expensive and that cheaper alternatives are available. The panel have agreed to grant the group 50% of the request, totalling £2,470, as a contribution to a more economical awning.

**NOTE:** Application is currently ineligible, pending planning permission. Conditions will be set before funds are fully released.

#### **K. CFA000190 Association South Scotland Entertainment Tent (ASSET)**

An application for £4,050.47 was submitted by Association South Scotland Entertainment Tent (ASSET) to support the purchase of items, training, and marketing to initiate use of the community asset.

The panel queried certain costs detailed in their application, specifically, asset depreciation, catering aprons, catering gloves, catering tongues, napkins. The panel did not feel these were appropriate costs for the application.

The group were also asked to provide further information on the insurance costs and whether this included public liability.

**DECISION NOTED that:** - This project scored an average of 80+ in terms of their ability to deliver, clear evidence of need, potential impact, use of public money, innovation and sustainability. However, the panel did not feel some of the costs listed were suitable for the fund and therefore decided part-fund the project and grant £3,500.

## L. CONDITIONS OF FUNDING AND EVALUATION REQUIREMENTS

CFA000184 St Boswells Village Hall – Pending successful planning permission.

CFA000189 Morebattle Community Shop - Pending successful planning permission.

## 6. REVIEW OF FUNDING AVAILABLE AND CLOSING DATE FOR NEXT FUNDING ROUND

Entering this Cheviot Assessment Panel, the panel were presented with 10 applications totalling £43,791.77.

Following the panel's recommendations, funding approved totals £40,771.30

Pending Finance approval regarding underspend, the total remaining in the pot will be £19,057.06.

Round 3 of the 2023-2024 financial year Neighbourhood Support Fund will close for applications on the 18 October 2023.

## 7. DECISIONS AND REPORT TO AREA PARTNERSHIP

CFA000174 Kelso Football Club	£5,000.00	Awarded
CFA000175 Abundant Borders	£3,593.00	Awarded
CFA000182 Jedburgh Tourism Alliance	£3,947.00	Awarded
CFA000183 Kelso in Bloom	£4,500.00	Awarded
CFA000184 St Boswells Village Hall	£5,000.00	Awarded
CFA000186 St Boswells Christmas Lights Group	£5,000.00	Awarded
CFA000187 Kelso Orchard Tennis Club	£4,000.00	Awarded
CFA000188 Visit Kelso	£3,761.30	Awarded
CFA000189 Morebattle Community Shop	£2,470.00	Awarded in-part
CFA000190 Association South Scotland Entertainment Tent (ASSET)	£3,500.00	Awarded in-part

## 8. REVIEW OF DATES FOR FUTURE MEETINGS

Application Deadline	Assessment Panel	Area Partnership
18 October 2023	01 November 2023	22 November 2023
13 December 2023	10 January 2024	31 January 2024
14 February 2024	06 March 2024	27 March 2024

## 9. AOB

The panel wished to note to Cllr. Brown and SBC's Democratic Services that it would be their preference to host future Area Partnerships in person regardless of the capacity to provide

hybrid. They noted that meeting in-person is far more engaging, and they felt they get a lot more out of the meeting compared to online.

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## Additional Information

### Climate / Energy Resources

Please note this list is not exhaustive and will be subject to change as conditions for funding change.

Eligibility for funding will depend on the constitutional status of the organisation.

Information below does not provide details of match funding or any specific fund requirements.

- [Local Energy Scotland](#)
- [Scottish Communities Climate Action Network](#)
- [Stop Climate Chaos Scotland](#)
- [Keep Scotland Beautiful](#)
- [Heat Hack](#)
- [Community Energy Scotland](#)
- [Business Energy Scotland](#)
- [South of Scotland Enterprise](#)
- [Zero Waste Scotland](#)

### Potential Funding Streams

<b>Organisati on</b>	<b>Fund</b>	<b>Website</b>	<b>What is Funded</b>	<b>Timeline</b>
<b>Scottish Governmen t</b>	Scotland's Heat Network Fund	<a href="#"><u>Scotland's Heat Network Fund: application guidance - gov.scot (www.gov.scot)</u></a>	Support the development and roll out of heat networks across Scotland	The fund opened to applications in February 2022 and will remain open to applications until all the funding has been assigned. Grant funding must be fully drawn down by March 2026.
<b>Local Energy Scotland</b>	Let's Do Net Zero Community Buildings	<a href="#"><u>Let's Do Net Zero Community Buildings Fund · Local Energy Scotland</u></a>	Helps community organisations reduce their building energy costs and	Plan to run the fund until the end of March 2025, subject to

	Fund (CARES)		greenhouse gas emissions by installing renewable technologies such as heat pumps, batteries, and solar photovoltaic (PV) panels, along with energy efficiency measures.	funding availability.
<b>The National Lottery Community Fund</b>	Climate Action Fund - Energy and Climate	<a href="https://tnccommunityfund.org.uk">Climate Action Fund - Energy and Climate   The National Lottery Community Fund (tnccommunityfund.org.uk)</a>	Looking for projects that show how communities can address climate change while tackling the energy challenges through community-led climate action.	You can apply when you're ready. We expect the programme to remain open until at least December 2023 but it will depend on when and how many others apply for our funding.
<b>SUEZ Recycling and Recovery UK</b>	The SUEZ Communities Fund – Scotland	<a href="https://grantscope-scotland.scot">SUEZ Communities Fund – Scotland – Details   Grantscope Scotland (grantscope-scotland.scot)</a>	The fund supports projects under the following themes: <ul style="list-style-type: none"> <li>- Land reclamation</li> <li>- Community Recycling</li> <li>- Public Amenities</li> <li>- Biodiversity</li> <li>- Historic Building,</li> </ul>	The next closing date is 15 November 2023, decision by end of January 2024  The following closing date is 3 April 2024, decision by end of June 2024



			Structure s or Sites	
<b>SP Energy Networks</b>	Transmission Net Zero Fund	<a href="#">Transmission Net Zero Fund - SP Energy Networks</a>	To help vulnerable communities develop their net zero plans to ensure that no one is left behind on the Scotland's journey to Net Zero.	Expressions of interest for the next round of funding support will open in 2024.
<b>FCC Communities Foundation</b>	FCC Scottish Action Fund	<a href="#">FCC Community Action Fund / FCC (fcccommunitiesfoundation.org.uk)</a>	<p>The fund supports projects under the following themes:</p> <ul style="list-style-type: none"> <li>- Land reclamation</li> <li>- Community Recycling</li> <li>- Public Amenities</li> <li>- Biodiversity</li> </ul> <p>Historic Building, Structures or Sites</p>	<p>2022-4 Round opens 21 September 2022 and closes at 5.00pm on 7 December 2022. Decisions will be made by the Board in March 2023.</p> <p>2023-2 Round opens 22 March 2023 and closes at 5.00pm on 7 June 2023. Decisions will be made by the Board in September 2023</p> <p>2023-4 Round opens 20 September 2023 and closes at 5.00pm on 6 December 2023. Decisions will be made by</p>

				the Board in March 2024.
<b>Energy Saving Trust</b>	Main Fund and Small Projects Fund	<a href="#">Apply for funding   Energy Redress scheme</a>	<p>support energy consumers in vulnerable situations</p> <p>deliver benefits to the types of consumers that were negatively impacted by the specific issues that triggered the redress payment</p>	
<b>Energy Saving Trust</b>	Innovation Fund and Carbon Emissions Reduction Fund	<a href="#">Apply for funding   Energy Redress scheme</a>	<p>have a realistic prospect of delivering benefits to existing and/or future energy consumers</p> <p>help to reduce the environmental impact of energy use (or minimise negative impacts where</p> <p>the scheme is delivering significant social benefit) are efficiently managed and provide value for money</p>	
<b>Sustrans</b>	Places for Everyone	<a href="#">Places for Everyone - Sustrans Showcase (showcase-sustrans.org.uk)</a>	Places for Everyone is Sustrans' permanent infrastructure fund for Scotland. Supported by Transport	TBC

			Scotland, we provide funding and expertise to help deliver walking, wheeling and cycling improvements across the country	
<b>Nature Scot</b>	Nature Restoration Fund (NRF)	<a href="#">Nature Restoration Fund (NRF) - Information for applicants   NatureScot</a>	<p>Fund priority themes:</p> <p>Habitat and species restoration: Management for enhancement and connectivity.</p> <p>Freshwater restoration, including restoration of natural flows in rural catchments</p> <p>Coastal and marine initiatives which promote restoration, recovery, enhancement or resilience</p> <p>Control of invasive non-native species (INNS) impacting on nature</p> <p>Urban: Enhancing and connecting nature across, and between, towns and cities.</p>	<p>Monday 9 October 2023 at 12 noon for a decision in late December/early January</p> <p>Monday 29 January 2024 at 12 noon for a decision in late April/early May</p> <p>Thursday 25 April 2024 at 12 noon for a decision in July</p> <p>Monday 12 August 2024 at 12 noon for a decision in November.</p>

**Check out:** [Active Travel funding opportunities | Transport Scotland](#) for even more active travel funding opportunities

To look into further funding opportunities, head to the following pages, [Funding Scotland](#) and [Grants Online](#)

### **SBC Current Consultations**

#### **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](#)

#### **SBC Local Festival Grant Scheme Review**

In June 2023, SBC's Executive Committee agreed to undertake a review of Local Festival Grant Scheme with agreed recommendations being fed into the budget setting process for 2024/25.

As part of the review process, we would like to consider the financial support and in-kind support that Festival Committees require to host an annual event.

Read more: [SBC Local Festival Grant Scheme Review - Scottish Borders Council - Citizen Space](#)

#### **Shared Access Network 2023**

Linking to the 2023 UCI Cycling World Championships that are due to take place in the Scottish Borders and throughout Scotland in August, we are asking communities and members of the public to tell us where new shared access routes should be developed in the Scottish Borders and which routes should be given priority.

Read more: [Shared Access Network 2023 - Scottish Borders Council - Citizen Space](#)

#### **South of Scotland Responsible Tourism and Marketing Strategy 2023**

As agreed in the Delivery Plan of the South of Scotland's Regional Economic Strategy (RES), all key agencies in the region are coming together in 2023 to develop and agree a single Responsible Tourism Strategy for the South of Scotland, with a clear Action Plan for successful delivery.

Our objective is to engage with residents, businesses, and community organisations, to gather valuable insight and perspectives on the tourism industry in our region.

Read more: [South of Scotland Responsible Tourism and Marketing Strategy 2023 - Scottish Borders Council - Citizen Space](#)

## **Scottish Government Current Consultations**

### **Democracy Matters**

Somebody, somewhere is making decisions on your behalf. Democracy Matters conversations have already started to explore whether far more of these decisions could be made by communities themselves. This is a key and connected part of the wider Local Governance Review which is looking across all of Scotland's vital public services to consider how power and resources should be shared between national and local government.

Read more: [Democracy Matters - Scottish Government consultations - Citizen Space](#)

### **A Human Rights Bill for Scotland: Consultation**

Scotland is a modern, inclusive nation which respects, protects, and fulfils all internationally recognised human rights. We have made great strides in our collective human rights journey and have committed to go further through a new Human Rights Bill that will incorporate international human rights standards already signed and ratified by the UK into domestic law in Scotland.

Read more: [A Human Rights Bill for Scotland: Consultation - Scottish Government consultations - Citizen Space](#)

### **Enhancing the accessibility, adaptability and usability of Scotland's homes: consultation**

Housing to 2040, Scotland's first long-term national housing strategy, reaffirmed the Scottish Government's commitment to review the Housing for Varying Needs design guide. It also contained a commitment to develop and introduce an all-tenure Scottish Accessible Homes Standard, which will be implemented through changes to building standards and guidance from 2025-26.

Read more: [Enhancing the accessibility, adaptability and usability of Scotland's homes: consultation - Scottish Government consultations - Citizen Space](#)

### **Burial and cremation consultation collection**

The Scottish Government is currently hosting a range of consultations on proposed regulations to be made under the Burial and Cremation (Scotland) Act 2016. Please read the foreword from Jenni Minto MSP, Minister for Public Health and Women's Health.

Read more: [Burial and cremation consultation collection - Scottish Government consultations - Citizen Space](#)

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## **Food Conversations**

Feedback from the previous Food Conversations on Friday the 8<sup>th</sup> of September 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 in December. If you are interested in joining these meetings, please let us know.

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### **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.

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### **Community Empowerment**

Currently, there are no formal Participation Requests being considered within the Cheviot 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 \(scotborders.gov.uk\)](#)

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### **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](#)

For details on existing Borderlands Towns Place Making progress visit [Place Programme \(arcgis.com\)](#)

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### **Area Partnerships' Information Pack**

[Cheviot Area Partnership | Scottish Borders Council \(scotborders.gov.uk\)](#)

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

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### **Community Councils:**

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

[Community Council News](#)

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### **Scottish Borders Council Meetings**

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

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### **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 \(scotborders.gov.uk\)](https://www.scotborders.gov.uk/community-grants-and-funding)

[Neighbourhood Support Fund | Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk/Neighbourhood-Support-Fund)

[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](http://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