

EVERYONE LIVING IN, WORKING IN AND VISITING THE BORDERS WILL BE HEALTHIER, HAPPIER, STRONGER



RISE Arts & Mental Health Symposium was a ground breaking one day event founded on the belief that arts impact positively on mental health and wellbeing. Keynote speakers included both national and local organisations and artists. Breakout sessions included

Young People's Emotional Health and Creativity, Arts for Recovery and Arts & Wellbeing in Communities.

The Symposium was delivered in partnership with the Joint Health Improvement Team and was attended by over 70 people from a cross section of organisations and sectors.

" A gathering of passionate people who all want to improve mental health and wellbeing in the Borders"

"Informative and inspirational"

""Arts for Recovery break out session was so inspiring - great to see the success and great work being done".



Scottish Rugby in partnership with Live Borders is working on part of the #BeTheBestYou phase II initiative. The Scottish Borders is one of only 11 selected authorities, with 175 girls already engaged in rugby. In October 2017 the women and girls Borders strategy was implemented. There has been a noticeable growth in participation and interest. 30 girls came together from across the region (rather than an individual school) to compete in the Club Cup. 6 girls attended Rugby performance camp - a first for females. 2018/19 sees the introduction of a structured programme. This is being implemented with a focus on creating and developing an appropriate pathway for all girls, of all abilities. Hawick Rugby club have appointed a female assistant development officer with a focus to grow the girls game within the Hawick area "I feel it is important for the girls to see there is a pathway through to the national team, a good chance for me to pass on my knowledge and experiences, giving back to the community of Hawick, where it all started for me" Lana Skeldon, Scotland Womens Professional Player.

The Textile Study Group is a group of nationally and internationally recognised textile artists and tutors, well known for innovative and challenging approaches to art practice and contemporary teaching. In their latest show, the group explore the concept of disruption in its widest sense. We live in an uncertain world. The only certainty now seems to be uncertainty. Life is full of disruption on personal, political, local and global scales.

The Textile Study Group DIS/rupt exhibition brought contemporary textile art to the Scottish Borders, giving people the opportunity to engage with contemporary textile art and attracting new audiences to our Live Borders Museum and Gallery Venues.

"A coherent and exhilarating exhibition raising thought and discussion amongst us-beautiful work."

"Have had to return for a second visit as there is so much to see and absorb."



I wanted to message to say I have picked Evie up from the Sports Academy this afternoon and she has loved every minute. Please pass on our thanks to Neil Renton and the other coaches. Evie was buzzing when we arrived and still seems full of energy. She had discovered hurdles which she had never tried before and seems to love them. She has enjoyed every aspect of the three days and conquered some social anxiety. Thank you to everyone involved for giving her this wonderful opportunity.