

# Employability

A Guide to Support Available in the  
Scottish Borders



Helping people **Achieve, Maintain, Return or Move**  
towards to **Employment**



**Healthy  
Working  
Lives**









**Working Health Services Borders (Stages 4,5 & 6)** offers small to medium sized businesses in the Scottish Borders access to a specialist workplace team of health professionals who offer a range of services including physiotherapy, psychological services/counselling, occupational therapy, occupational health nurse/advisor and an occupational health physician.

The services allow employees to self-refer to a range of free, rapid access health services. Employers are also encouraged to use the services to help employees stay in work or return to work quicker following a period of sickness absence. GP's can also refer patients to the service. For more information please telephone 01896 825983 or visit the website at [www.healthyworkinglives.com](http://www.healthyworkinglives.com)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The services listed in the employability directory are in alphabetical order and information can be found on the following:

- Benefits and Employability Services
- Criminal Justice
- Financial Services
- Health/Rehabilitation Services
- Housing
- Mental Health Services
- Physical, Learning and Sensory Disabilities
- Substance Abuse
- Volunteering/Work Placements

The following benefits and employability programmes are offered by Job Centre Plus. To check whether you are eligible please contact your local Job Centre Plus on 0800 055 6688 or visit the website [www.direct.gov.uk](http://www.direct.gov.uk).

### Benefits

#### **Job Seekers Allowance (JSA)**

To claim JSA, you must be:

- available for, capable of and actively seeking work;
- 18 or over but below state pension age;
- Working less than 16 hours per week;
- In Great Britain

There are two types of JSA, 'contribution based JSA' and 'income-based JSA'. You may be entitled to claim contribution-based Jobseekers Allowance if you have paid enough National Insurance contributions. Jobcentre Plus can pay this for up to 182 days. Generally, self-employed contributions will not help you qualify for contribution-based Jobseeker's Allowance. Income-based JSA is based on your income and savings. You may get this if you have not paid enough National Insurance contributions (NICs) (or you've only paid contributions for self-employment) and you're on a low income.

#### **Income Support (IS)**

Income Support is extra money to help people on a low income. It's for people who don't have to sign on as unemployed. Whether you qualify or not and how much you get depends on your circumstances.

It's for people who all the following apply to:

- are between age 16 and the age they can get pension credit;
- Have a low income;
- Work less than 16 hours per week;
- Aren't in full-time study (there are some exceptions);
- Don't get Job Seekers Allowance or Employment and Support Allowance'
- Don't have savings above £16,000'
- Live in Great Britain

#### **The Third Sector, Scottish Borders (Stages 3,4 &5)**

The following voluntary sector organisations may be able to assist with finding work placements and/or work experience to people disadvantaged in the labour market, as well as training and support to develop life skills. The following organisations are the main points of contact and individuals can be referred to other Third Sector organisations as appropriate:

**The Social Enterprise Chamber** – 01835 822099 or visit

[www.sbsec.org.uk](http://www.sbsec.org.uk)

**The Bridge** – 01896 755370

**The Berwickshire Association for Voluntary Services (BAVS)** - 01361

883137 or visit [www.bavs.org.uk](http://www.bavs.org.uk)

**Volunteer Centre Borders**—0845 602 3921 or visit

[www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk)

**Trading Standards Money Advice Team (Stages 1&3)** offers free money advice Borders-wide; help with budgeting and liaising with creditors; home visits if necessary. Drop-in clinic in Eyemouth Fri 10.30am – 12.30pm. For more information please telephone 01896 823922.

**Trust Housing Association Ltd (Stages 1&3)** provides specialist housing for older people when their existing accommodation is no longer suitable or appropriate. The Trust has a total of 85 properties in the Scottish Borders, with sheltered developments in Chirside, Lauder and Galashiels and a number of very sheltered properties in Galashiels. For more information please telephone 0131 4441200 or visit [www.trustha.org.uk](http://www.trustha.org.uk).

**Vocational Training Team Borders Production Unit (Stages 4&5)** provides support and training to young unemployed people to enable them to enter a positive destination. For more information please telephone 01896 755110 or visit [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

**Welfare Benefits Service (Stage 3)** 01896 849 802 provides advice, support and information on welfare benefits. The duty service is available on a Monday pm, Tuesday and Wednesday am, Thursday pm and Friday am. People can be seen at local social work office or other mutually convenient place, such as client's home. Please telephone 01896 849802 or visit [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

**Sense Scotland (Stage 3)** We are a significant service providing organisation which is also engaged in policy development for children and adults with complex support needs because of deaf/blindness or sensory impairment, learning disability or physical disability. We are also a leader in the field of communication and innovative support services for people who are marginalised because of challenging behaviour, health care issues and the complexity of their support needs. For more information please telephone 0141 429 0294 or visit [www.sensescotland.org.uk](http://www.sensescotland.org.uk)

**The Samaritans (Stage 3)** supports people to improve their emotional health and well-being by providing a 24 helpline. People can also e-mail or write to the Samaritans and can arrange to see someone face-to-face. The Samaritans also work in the local community and visit schools, workplaces and prisons. Please telephone 08457 90 90 90 or visit [www.samaritans.org](http://www.samaritans.org).

**The Scottish Veterans Garden Association (Stages 1&3)** provides low cost accommodation for ex-members of HM Forces, the Merchant Navy, the Police and Fire Service, who while serving or later, suffered some form of disability or chronic illness. The Association has 35 properties in the area which can be found in the following locations: Eyemouth, Earlston, Duns, Coldstream, Hawick, Innerleithen, Lauder, Newstead, Peebles, St Boswells and Walkerburn. For more information please telephone 0131 557 1188 or visit [www.housesforheroes.org.uk](http://www.housesforheroes.org.uk).

**Shaw Trust (Stages 4&5)** is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently. For more information please visit [www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

**Skills Development Scotland (Stages 1, 4 & 5)** is made up of 4 organisations; Careers Scotland, Scottish University for Industry, Learndirect Scotland and the skills intervention arms of Scottish Enterprise and Highlands Enterprise. SDS offers careers advice and guidance, redundancy advice, learning advice and information on National Training Programmes. For more information please telephone 0845 8 502 502 or visit [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk).

You may get Income Support if you are one of the following:

- a lone parent;
- On parental or paternity leave;
- A carer;
- A refugee learning English who arrived less than a year ago

Young people in relevant education may also get Income Support. This might apply if you:

- are a lone parent;
- Don't live with a parent or someone acting as a parent;
- Are at serious risk of abuse or violence;
- Are a refugee learning English

Please contact Job Centre plus to find out more.

### **Employment and Support Allowance (ESA)**

Employment and Support Allowance helps people who are ill or disabled to move into work. For new customers, it has replaced Incapacity Benefit and Income Support paid because of an illness or disability. You may be able to get ESA if you have an illness or disability that affects your ability to work, and:

- you are off work or out of work;
- You are self-employed;
- You work for an employer but can't get statutory sick pay or;
- You have been getting statutory sick pay but it had now stopped

Please contact Job Centre Plus to find out more.

### **Employability Programmes**

#### **Flexible New Deal**

You must take part in Flexible New Deal if you've been getting Job-seeker's Allowance for 12 months (or after six months in some cases). If you do have to take part and refuse, you may lose benefits.

Flexible New Deal is delivered for Jobcentre Plus by organisations called 'providers'. Providers are professional organisations who will offer you support that's tailored to meet your needs. They will ensure that your time with them is a positive and helpful one.

- Draw up an action plan of things you'll do to improve your chances of getting a job;
- Treat each other fairly;
- Attend meetings or take phone calls at times agreed

Part of Flexible New Deal includes you doing work experience for four weeks to improve your chances of finding a job. You may also get training and other support to help you find a job. Jobcentre Plus hope that if you follow your action plan, you'll leave Flexible New Deal because you've got a job.

### Pathways to Work

Pathways to Work is a programme run by Jobcentre Plus to help people who are claiming Employment and Support Allowance or incapacity benefits to get work.

You will be expected to take steps to find work or prepare for work unless you have a health condition or disability that severely affects your ability to do so.

As well as help from Jobcentre Plus, you may get extra support from one of its partner organisations from the private and voluntary sectors. Those organisations are called 'providers'.

You may be entitled to extra money when you start or stay in work.

### Progress-2- Work

Progress-2-Work is a programme to support people aged 16+ who are homeless; have an offending background or a problem with alcohol to develop employability skills and progress into employment. For more information please contact Job Centre Plus or visit the website [www.direct.gov.uk](http://www.direct.gov.uk).

**SANELINE (Stage 3)** is the national out of hours telephone helpline providing information and support for anyone affected by mental health problems, including families and carers. Confidential listening ear, support and reassurance during times of crisis, information to allow informed decisions, put you in touch with services in your local area, details of medical and psychological treatments, advise re current mental health legislation. For help and advice please telephone 0845 767 8000 or visit [www.sane.org.uk](http://www.sane.org.uk)

**Scan—Cancer Information network (Stage 3)** is a comprehensive website with up-to date information about cancer and local services. For more information please visit [www.scan.scot.nhs.uk](http://www.scan.scot.nhs.uk)

**Scottish Association of Mental Health (SAMH) (Stage 3)** in the Scottish Borders offers activities such as IT training, arts and crafts, life skills and outdoor activities for people with mental health issues. For more information please telephone 01896 759746 or visit the website at [www.samh.org](http://www.samh.org).

**Scottish Borders Children's Information Service (Stage 3)** provides a range of information on childcare, early years and pre-school education services. To find services in your area, please telephone 01896 758186 or visit [www.scottishchildcare.gov.uk](http://www.scottishchildcare.gov.uk).

**Scottish Borders Council (SBC) (Stages 1-6)** offers a range of services for people living in the Scottish Borders. Please telephone 01835 82400 or visit [www.scotborders.gov.uk](http://www.scotborders.gov.uk) for more information.

**Scottish Borders Housing Association (Stage 3)** 01750 724444 is an independent Housing Association serving communities in the Scottish Borders by providing quality, affordable homes. For more information please telephone 01750 72 4444 or visit [www.sbha.org.uk](http://www.sbha.org.uk)

**Scottish Debtline (Stages 1&3)** (Consumer Credit Counselling Service) 0800 138 3328 Free information on personal debts, store cards, credit cards (smaller debts only) – will be asked detailed questions relevant to problems and circumstances. For more information please telephone 0800 138 1111 or visit [www.cccs.co.uk](http://www.cccs.co.uk)



**Momentum Borders (Stages 3,4,&5)** supports adults in the Scottish Borders to rebuild their lives following a brain injury. For more information please telephone 01896 754517 or visit [www.momentumsotland.org](http://www.momentumsotland.org)

**NHS 24 (Stage 3)** works in partnership with local NHS Boards out-of-hours services to provide patients with health advice and help when GP practices are closed. visit: [www.nhs24.com](http://www.nhs24.com) or telephone 0845 424242.

**Online Borders (Stages 1-6)** offers a directory of information on a wide variety of services and activities including voluntary and community groups, sports groups, health services, informal learning groups, social care groups and much more across the Scottish Borders. [www.onlineborders.org.uk/directory](http://www.onlineborders.org.uk/directory)

**Penumbra (Stages 1&3)** provides person-centred support and counselling for young people with mental health issues and for people with mental health issues living in their own tenancies. For more information, please telephone 0131 475 2380 or visit the website [www.penumbra.org.uk](http://www.penumbra.org.uk)

**Rathbone (Stages 4&5)** is a UK-wide voluntary youth sector organisation providing opportunities for young people to transform their life circumstances by re-engaging with learning, discovering their ability to succeed and achieving progression to training, education and employment. For more information on Rathbone in the Borders please telephone 01450 378 963 or visit the website [www.rathboneuk.org](http://www.rathboneuk.org).

**Relationships Scotland Couple Counselling Borders (Stage 3)** offers a confidential counselling service for people in marriage and other intimate personal relationships; Provides information on aspects of marriage and family life; provides links with other organisations concerned with marriage and family life; will see one person from the couple if both people do not wish/cannot attend. For more information please contact 01721 724170 or visit the website [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk).

## Work Choice

Work Choice helps people with disabilities whose needs cannot be met through other work programmes, Access to Work or workplace adjustments. This might be because you need more specialised support to find employment or keep a job once you have started work.

If Work Choice is for you it will be tailored to meet your individual needs. It will focus on helping you achieve your full potential and moving towards being more independent, The Work Choice programme will be delivered by providers funded by the Government. There are three different sections called modules:

### Module 1: Work Entry Support

This will last for up to six months. You will receive help with personal skills and work-related advice to get you into supported or unsupported work.

### Module 2: In-Work Support

This will last for up to two years. You will receive help to start work and stay in your job.

### Module 3: Longer-term In-Work Support

You will receive help to progress in your job and where appropriate

For more information please contact Job Centre Plus.

## Training for Work

The Training for Work programme is a vocational programme for people aged 18+ who have been unemployed for at least 13 weeks within the last 52 weeks. The programme offers vocational training and work experience, supporting people to get back into work. For more information please telephone 0845 8 502 502 or visit the website [www.sds.co.uk](http://www.sds.co.uk) or [www.direct.gov.uk](http://www.direct.gov.uk).

The Training for Work programme is offered by the following training providers in the Scottish Borders:

**DHP Scotland Ltd**

**JHP Training**

**Lagta Group Training Ltd**

**Life Skills Central**

### **Life Skills and Get Ready for Work (GRW)**

The Life Skills programme and the Get Ready for Work Programme is designed to support young people aged 16 -17 develop the necessary life skills and employability skills to enable them to progress into employment, training, and/or education. Young people are referred to Careers Advisers in Skills Development Scotland. Please telephone 01896 758964 or visit the website

[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

The Life Skills programme is offered by the following training providers in the Scottish Borders:

**Rathbone**  
**Apex**

The Get Ready for Work programme is designed to support young people aged 16-17 develop vocational and employability skills to enable them to progress into employment and other positive destinations. Young people are referred to Careers Advisers in Skills Development Scotland. Please telephone 0845 8 502 502 or visit the website

[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

The Get Ready for Work programme is offered by the following Training providers in the Scottish Borders:

**Vocational Training Team, Scottish Borders Council**

**BC Consultants**  
**JHP Training**  
**Working Rite**  
**Apex Scotland**  
**Rathbone**  
**Life Skills Central**

### **Ways-2-Work**

Ways-2-Work Employment Support Workers assist clients with disabilities to find suitable work placements and employment opportunities. For more information please telephone 01835 825080 or visit the website [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

**Lauder College Employment and Enterprise Centre (Stages 4&5)** offers information, support and guidance on matters relating mainly to employment and enterprise. The Programme Centre and Resource Centres provide job seeking skills and resources to clients. Enterprise training is offered across the Borders for clients considering setting up their own businesses. We also provide Get Ready 4 Work personal development strand and Princes Trust Team Programme for unemployed aged between 18-24. For more information please telephone 01450 377279 or visit [www.lauder.ac.uk](http://www.lauder.ac.uk)

**Life Skills Central (Stages 4&5)** provides training opportunities for unemployed people in the Scottish Borders. For more information please telephone 0845 8 502 502.

**Link Housing Association Ltd (Stages 1&3)** has over 100 general needs properties in the Scottish Borders, specifically in Coldstream, Eyemouth, Kelso, Melrose and Galashiels. For more information please telephone 08451400100 or visit [www.linkhousing.org.uk](http://www.linkhousing.org.uk).

**Lifestyle Adviser Support Service (Stages 1&3)** offers support and advice to people wishing to make a lifestyle change to improve their health. For more information please telephone 01896 824502.

**Learning for all – Adult Literacy's Learning (Stages 3&4)** provides Individual or group tuition for those who wish to improve their reading, writing and numbers, tailored to individual needs and covering specific skills, knowledge and understanding required by learner(s) to support their everyday lives. Learning is free and related to learners' contexts, aspirations and purposes. Contact local workers directly for tuition. Learners can attend sessions arranged in community settings. A tutor can visit other agencies to provide a service to learners. Contacts in: Duns/ Coldstream, Eyemouth, Innerleithen/Walkerburn, Peebles, Kelso and Borders College. Please telephone 01896 755110 or visit [www.scotborders.gov.uk](http://www.scotborders.gov.uk) for more information.

**Margaret Blackwood Housing Association Ltd (Stages 1&3)** provides housing for disabled and non-disabled people in Peebles. For more information please telephone 0131 317 7227 or visit [www.mbha.org.uk](http://www.mbha.org.uk).

## General Practitioners (Stages 1&3)

Contact your own GP or practice nurse if you feel your health is having an adverse effect on your ability to sustain, return to or engage in employment.

**Hanover (Scotland) Housing Association (Stages 1&3)** provides and manages a range of specialist housing for older people in the Scottish Borders. Sheltered schemes can be found in the following areas: Earlston, Galashiels, Hawick, Innerleithen, Jedburgh, Kelso, Peebles and West Linton. For more information please telephone 0131 557 7404 or visit [www.hsha.org.uk](http://www.hsha.org.uk).

**Health Improvement Services Borders (Stages 3, 4 & 5)** offers advice and support with improving the lifestyles of vulnerable people in the Scottish Borders. Training is also available to people already in employment on nutrition and the relationship between food and well-being. For more information, please telephone Anila Khan on 01896 824500.

**JHP Training Hawick (Stages 4&5)** is a dedicated Employability Business Centre offering support to find employment for young people and adults. The programmes are tailored to suit the needs of clients looking for work and the requirements of employers looking to recruit. JHP Employability offers a range of programmes focused on finding people employment. For more information please telephone 01450 812 566 or visit the website [www.jhptraining.com](http://www.jhptraining.com)

**Job Centre Plus (Stages 4, 5 & 6)** is a national employment organisation with 3 centres in the Scottish Borders; Eyemouth, Galashiels and Hawick. People can receive advice on benefits and job seeking. For more information or to arrange to see an adviser, please Telephone 0800 055 6688 or visit the website at [www.direct.gov.uk](http://www.direct.gov.uk)

**Lagta (Stages 4&5)** provides opportunities for people of all ages who seek to enter or progress in the automotive or logistics industries. For

## The Work Programme

The Work Programme has been devised by the Department of Work and Pensions to replace the current Pathways to Work and Flexible New Deal Programmes. It has been designed to support people claiming Job Seekers Allowance back into employment.

The Work Programme will begin in most areas in the UK from July 2011. In Scotland, seven Prime Contractors submitted Work Programme bids in February 2011 and there will eventually be two successful Prime Contractors delivering the Work Programme in Scotland. It is likely that the Prime Contractors will sub-contract Work Programme delivery to local providers across Scotland.

The directory will be updated from July 2011 and will provide more details on the work programme. For more information please visit [www.direct.gov.uk](http://www.direct.gov.uk).

**The Abbeyfield Society for Scotland (Stage 1&3)** is a national charity providing housing with care to older people. Their houses are set up and run by groups of volunteers. Abbey field has properties in Hawick and Galashiels in the Scottish Borders. For more information please telephone 0131 225 7801.

**Addaction Scottish Borders (Stage 1& 3)** offers advice and information, one-to-one counselling and support for people with alcohol problems. As well as providing information, counselling and advice, Addaction can help with building self-esteem, relationships and general wellbeing. Please contact 01896 757843 for more information.

**Al-Anon family groups (Stage 1& 3)** provides support to anyone whose life is, or has, been affected by someone else's drinking. Please call the confidential helpline on 020 7403 0888 for support and advice.

**Apex Scotland (Stages 4&5)** supports people with offending backgrounds to get back into work. For more information please telephone 01896 755711 or visit the website at [www.apexscotland.org.uk](http://www.apexscotland.org.uk)

**Ark Housing Association Ltd (Stage 1&3)** provides mainstream and supported accommodation for adults with learning disabilities in Peebles, Hawick, Tweedbank, Kelso, Sprouston and Swinton. For more information please telephone 0131 447 9027 or visit [www.arkha.org.uk](http://www.arkha.org.uk).

**BC Consultants Ltd (Stage 5)** assists companies with the training and development of their staff. Our services include training needs analysis, advice on VQ implementation and employment programmes- Skillseekers, Get Ready for Work and Modern Apprenticeships. Please telephone 01896 662571 or visit the website [www.bcconsultants.co.uk](http://www.bcconsultants.co.uk).

**Community Learning and Development (Stages 3,4, & 5)** operates across a range of informal settings within communities. The services focuses on issues relating to community generation, social inclusion, adult learning and youth participation. For more information please visit [www.scotborders.gov.uk](http://www.scotborders.gov.uk).

**Community Mental Health Teams (Stages 1&3)** provides support to people with mental health issues across the Scottish Borders. For more information please visit [www.nhsborders.org.uk](http://www.nhsborders.org.uk) or [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

**Cruse Bereavement Care Scotland (Stage 3)** exists to promote the well-being of the bereaved in Scotland. Please telephone 0845 600 2227 or visit [www.crusescotland.org.uk](http://www.crusescotland.org.uk).

### **Dentists (Stages 1&3)**

**Borders Dental Enquiry Line (DEL)** For unregistered patients who may require **Borders Emergency Dental Services (BEDS)**  
An out of hours emergency dental service 6pm –8am Mon—Fri 08454 24 24 24  
re dental care or advice 9am—4.30pm Mon—Fri 0845 300 0930

**Depression Alliance Scotland (Stages 1&3)** runs self-help support groups in various parts of Scotland. They offer people affected by depression the opportunity for confidential local support, contact with others in a similar situation and the opportunity to explore positive ways of coping with depression. Anyone who has depression is welcome to come along to a group. The service offers support and information on depression to individuals, their families and friends and professionals working with people who have depression. For help and advice please telephone 0845 123 2320 or visit the website [www.dascot.org](http://www.dascot.org).

**Eildon Housing (Stages 1&3)** offers housing and housing support services across the Scottish Borders. For more information please telephone 01750 724895 or visit [www.eildon.org.uk](http://www.eildon.org.uk).

**Fab Pad (Stages 4&5)** is a creative employability and housing project working with young people aged 16-35 to help them sustain their tenancies and to progress into positive opportunities. Please contact Olly Walker on 0753 091 6369.

**Borders Independent Advocacy Service (Stage 3)** advocate on behalf of people with disabilities and sensory impairments. For more information please telephone 01896 752200 or visit [www.bordersdisabilityforum.org.uk](http://www.bordersdisabilityforum.org.uk).

**Borderline (Stage 3)** is a free telephone service offering confidential emotional support to anyone in emotional distress or with mental health issues. Please telephone 0800 027 4466 or e-mail [newborderline@hotmail.co.uk](mailto:newborderline@hotmail.co.uk).

**Business Gateway (Stage 5)** offers practical advice and support for new and growing businesses in Scotland. Please telephone 0845 609 6611 or visit [www.bgateway.com](http://www.bgateway.com).

**Breathing Space (Stage 3)** is a free confidential helpline for any individual who is experiencing low mood or depression. Please telephone 0800 838 587 or visit [www.breathingspacescotland.org.uk](http://www.breathingspacescotland.org.uk).

**Cairn Housing Association (Stage 1&3)** provides housing in the Scottish Borders in the following areas: Eyemouth, Hawick, Newcastleton and Galashiels. For more information please telephone 0131 556 4415 or visit [www.cairnha.org.uk](http://www.cairnha.org.uk).

**Capital Credit Union (Stage 3)** can best be described as organisations that encourage their members to save together and lend to each other responsibly. This allows these members the opportunity to gain greater control over their finances. For more information on credit unions please visit [www.capitalcreditunion.com](http://www.capitalcreditunion.com)

**Carnegie College (Stages 4&5)** offers a range of full , part-time and evening courses. Whether you are a school leaver, returning to learning or striving to improve your skills and knowledge in the workplace Borders College can help you to achieve your goals. Please telephone 0844 248 0115 or visit the website [www.carnegiecollege.ac.uk](http://www.carnegiecollege.ac.uk).

**Citizens Advice Bureau (Stage 1&3)** provides help with legal advice such as employment issues, money and debt management. Please contact your local office: Galashiels 01896 753889 Hawick 01450 374266 Peebles 01721 721722

**Berwickshire Housing Association (Stages 1&3)** offers housing and housing support services in Berwickshire. Please telephone 01361 883115 or visit [www.b-h-a.org.uk](http://www.b-h-a.org.uk).

**The Big River Project (Stage1& 3)** works with people with substance misuse issues. Support is also available to family members that are affected by someone else's substance misuse. For more information please telephone 01896 759740 or visit the website at [www.turningpointscotland.com](http://www.turningpointscotland.com).

**Borders Community Addictions Team ( Stage 1&3)**(BCAT) supports one counselling; inpatient detoxification; health promotion; liaison with other agencies; training; and advocacy. For more information please telephone 01896 664430.

**Borders College (Stages 3-5)** offers a range of courses for people of all ages. For more information please telephone 08700 50 51 52 or visit [www.borderscollege.ac.uk](http://www.borderscollege.ac.uk).

**Borders Direct Payment Agency (Stage 3)** offers a fee service for anyone wishing to use direct payments. Please telephone 01896 759700 or visit [www.bordersdpa.org.uk](http://www.bordersdpa.org.uk).

**Borders Disability Forum (Stage 3)** exists to improve the lives of people with disabilities and sensory impairments. The forum works with individuals, groups, statutory and voluntary agencies to promote the interests of people with disabilities and tackle disability issues. There is a drop-in facility in Galashiels on Tuesday, Wednesday and Thursday from 10am-1pm where information and advice is given. For more information please telephone 01896 668578 or visit [www.bordersdisabilityforum.org.uk](http://www.bordersdisabilityforum.org.uk).

**Borders Community Care Forum (Stage 3)** is an independent organisation that aims to represent the interests of local people in the planning and provision of community care. For more information please contact 01896 757290 or visit [www.bvccf.org.uk](http://www.bvccf.org.uk).