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The Forum meets **six times a year**  
at:  
**Borders Care Voice**  
**Triest House,**  
**Bridge Street,**  
**Galashiels TD1 1SW**

Meetings are held from **10.30am-12.30pm**,  
and are followed by a **free lunch**.

We also host **Consultation**  
**Cafés** three times each year.



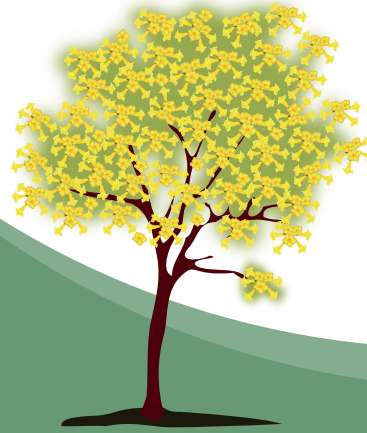
Borders  
Care  
Voice



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**shirley@borderscarevoice.org.uk**

Published November 2019

A safe space to  
share your  
experience of  
mental health



Mental Health  
and Wellbeing  
Forum

Scottish Borders

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Do you have experience (past or present) of using mental health services in the Scottish Borders?

Maybe you are caring for someone who does.

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### The Mental Health and Wellbeing Forum

aims to give a voice to people with lived experience - and their carers and families - to improve services and the outcomes of the people who use them.

You can raise concerns and share information and experiences.

At the Mental Health and Wellbeing Forum you can:

- have your say
- lobby for change
- influence services
- make friends
- get support

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Come along, enjoy the friendly atmosphere, chat with others over tea and coffee and tell us what you think about local mental health services.

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There is no pressure to take part if you just want to come and listen. And you don't have to attend every meeting. Feel free to bring a friend, family member or support worker.

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We provide a free lunch and pay back agreed travel expenses.

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You can hear from guest speakers including local mental health providers who will give updates on developments in services.

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The views of the Forum are raised with NHS Borders, Scottish Borders Council and the Mental Health Board.

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Our work helps others to access the support they need.

### Welfare Benefits

We were instrumental in setting up a petition to Scottish Borders Council following changes to its Welfare Benefits Service

### Co-production Charter

We produced a document setting out how people with lived experience of mental health issues and their carers would be involved in co-production in relation to mental health policies and services.

### Transforming services

We were influential in developing mental health transformation work.

### Transport

We lobbied over transport issues and concerns.

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