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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.



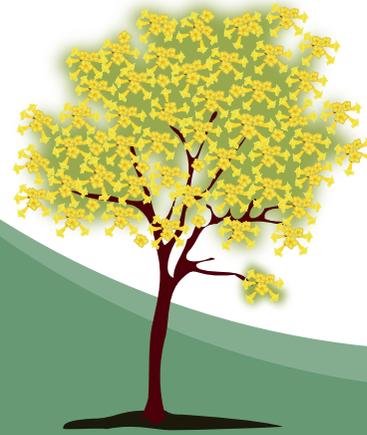
Borders  
Care  
Voice



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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

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

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.

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

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

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

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.

