

SCOTTISH BORDERS PROGRAMME OF EVENTS

SUNDAY 25TH OCTOBER TO FRIDAY 30TH OCTOBER

**CARE
EXPERIENCED
WEEK 2026**

CHANGING PERCEPTIONS



HEAR MY VOICE



**MENTAL HEALTH
AND WELLBEING**



SUNDAY 25TH OCT



CEW26 LAUNCH FUN DAY

12:00PM – 3:00PM

MACARTS, BRIDGE ST, GALASHIELS TD1 1SP

☀️ ALL AGES

🎨 CRAFTS

🎮 GAMES

💚 WELLBEING

🧱 LEGO & BUILDING

🍔 FOOD

AND MUCH MORE!

Come and join us as we launch Care Experienced Week 2026 with an afternoon of fun, friendship and celebration. This free, family-friendly event is for care experienced children and young people, families, carers and the people who support them. Whether you'd like to get creative, take part in activities, meet new people or simply enjoy spending time together, there will be something for everyone.

With activities for all ages, a dedicated Teen Zone for older young people, games, music, creative activities and wellbeing spaces, the event is designed to be relaxed, welcoming and enjoyable for the whole family. Food and refreshments will be provided, so come along, have fun and make the most of the start of Care Experienced Week.

Most importantly, the day is a chance to celebrate the strengths, talents and achievements of care experienced children and young people, connect with others, and be part of a community where everyone feels valued, included and supported. We can't wait to welcome you.

[CLICK HERE TO SIGN UP](#)



MONDAY 26TH OCT



HEAR OUR VOICE: VALUING FAMILY VOICES IN DECISION-MAKING

11:00AM – 12:00PM

ONLINE



PROFESSIONAL DEVELOPMENT



VOICE



RELATIONSHIP-BASED PRACTICE

Join us for this Children First webinar during Care Experienced Week as we explore how Family Group Decision Making (FGDM) helps ensure the voices, experiences, and relationships of care experienced children and young people are at the centre of decision making. Through practice insights and real-life examples, we will highlight the power of family-led solutions, meaningful participation, and relational approaches that support children to feel heard, connected, and valued.

**Open to Professionals only*

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SUPPORTING THROUGH CONNECTION: THE ROLE OF RELATIONSHIPS IN CARE

2:00PM – 3:00PM

ONLINE



KINSHIP & FOSTER CARERS



INFO



MENTAL HEALTH



Q&A

As part of Care Experienced Week, Children First invites Scottish Borders kinship and foster carers to join in exploring the vital role that safe, nurturing relationships play in supporting children's mental health, wellbeing, and recovery from trauma. This webinar will highlight how connection, belonging, and trusted relationships can help care experienced children and young people heal, build resilience, and thrive. Together, we will reflect on practical ways carers can support children through everyday relationships that help them feel heard, valued, and understood.

**Open to Kinship & Foster Carers only.*

[CLICK HERE TO SIGN UP](#)

TUESDAY 27TH OCT



MAKE YOUR OWN PIZZA

4:00PM – 8:00PM

FOOD FUNK, 25 HIGH ST, PEEBLES EH45 8AN

 ALL AGES

 FOOD

 LIMITED SPACES

 LEARN A NEW SKILL

 GO SOLO OR TEAM UP

Learn how to make pizzas from the professionals in a fun, hands-on session where you'll create your own delicious pizza from scratch. From preparing the dough and choosing your favourite toppings to learning expert tips and techniques, you'll get the chance to experience what it's like to be a real pizza chef. Once your pizzas are baked to perfection, sit back, relax, and enjoy eating the delicious creations you've made!

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WEDNESDAY 28TH OCT



BORDERS INDEPENDENT ADVOCACY SERVICE INFO SESSION

11:00AM – 12:00PM

ONLINE



PROFESSIONAL DEVELOPMENT



ADVOCACY



LOCAL SERVICES



Q&A

This session will provide an overview of Borders Independent Advocacy Service (BIAS), and the important role independent advocacy plays in ensuring children and young people have their voices heard.

Attendees will learn about the support BIAS offers, how advocacy can help children and young people express their views, understand their rights, and participate in decisions that affect their lives. The session will also cover who can access the service, when an advocacy referral may be appropriate, and the referral process.

There will be an opportunity to hear how advocacy supports positive outcomes for young people, ask questions, and explore how trusted adults can work alongside advocates to ensure children's rights, views, and experiences remain at the centre of planning and decision-making.

**Open to Professionals only*

[CLICK HERE TO SIGN UP](#)



THURSDAY 29TH OCT



CARE FAIR

10:00AM – 1:00PM

NEWTOWN COMMUNITY WING, NEWTOWN ST BOSWELLS TD6 0RZ

 DROP IN ANYTIME

 INFORMATION, ADVICE & SUPPORT

 LOCAL SERVICES

 WELLBEING

 COFFEE & CAKE

We are delighted to invite foster carers and kinship carers to the very first Care Fair in the Scottish Borders. We hope the fair will feel warm, welcoming and relaxed. A space for carers to take a little time out, enjoy a coffee and a catch-up, meet other carers, and connect with organisations who can offer information, advice and support.

Following feedback from foster carers and kinship carers, there will be a range of local organisations on hand with information stalls covering wellbeing, education and employment, participation and advocacy, rights, youth projects and other services that help children and young people thrive. Whether you are looking for practical information, new connections or simply a friendly conversation, there will be plenty of opportunities to learn, share experiences and build your network.

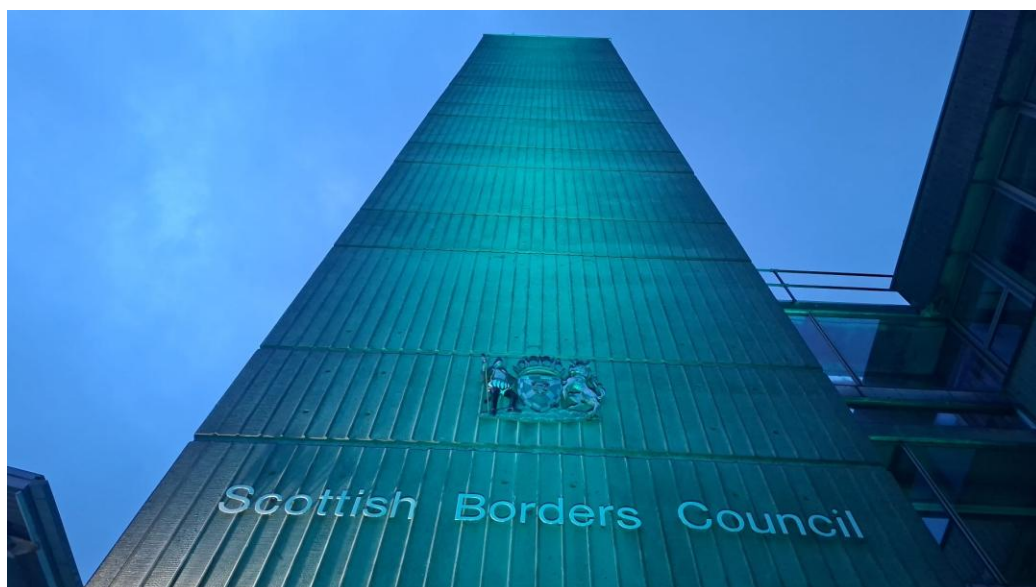
As part of Care Experienced Week 2026, the fair celebrates the important role that carers play in helping care experienced children and young people feel loved, safe, respected, heard and supported to thrive. Together, we can make a difference through the relationships, support and opportunities we create every day.

**Open to Kinship & Foster Carers only. Little ones are very welcome too, so please don't let childcare be a barrier to coming along.*

NO SIGN UP NEEDED! JUST COME ALONG ON THE DAY.



FRIDAY 30TH OCT



On **Friday 30 October**, Scottish Borders Council Headquarters will be lit up blue to celebrate Care Experienced Week and show our shared commitment to children, young people and adults with care experience. This year's themes invite us to change perceptions, listen to and value care experienced voices, and recognise the importance of love, belonging, connection and wellbeing. Lighting up SBC HQ is a visible reminder that every child and young person should feel heard, valued, inspired and supported to thrive and that, together, we can help build a brighter future for all our communities.





Borders College recognises the importance of engaging with Care Experienced Week and has a programme of activities to raise awareness and challenge perceptions of being care experienced.

Across the week we will be sharing information from care experienced people about 'what they want people to know,' engaging in creative activities, raising awareness of the Champions Board and rights for care experienced students, and holding well-being drop ins.



Can your group crack the code? Join us during Care Experienced Week 2026 for the Cyber Escape Room. A fun, hands-on challenge that gives children, young people and the adults alongside them the chance to work together, solve puzzles and build practical cyber safety skills.

Based at our Tweedbank Office car park, sessions will run during the week from Monday 26 October. The experience is best suited to S3+ pupils, with groups supported by an adult from their school or organisation. Spaces are limited and must be booked in advance, with access and support needs welcomed as part of the booking conversation.

To book or find out more, please contact Norrie Tait, Service Manager Community Learning and Development: ntait1@scotborders.gov.uk

