

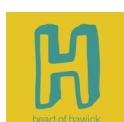


# Scottish Borders Diversity Week



23 - 29 September 2019

A week long programme of events to help us celebrate, value and enjoy the diversity in our local communities.



Come together, feel connected and celebrate diversity  
**#SBDiversityWeek2019**

For more information:

☎ 07811827228 or

Email [lizzie.macleish@borders.scot.nhs.uk](mailto:lizzie.macleish@borders.scot.nhs.uk)

[www.nhsborders.scot.nhs.uk/diversityweek](http://www.nhsborders.scot.nhs.uk/diversityweek)

Be  
Kind!



# Be Kind



**Kindness matters.** It can bring about powerful changes and support the wellbeing of individuals and communities. Research from the Carnegie UK Trust has shown that it can help to tackle loneliness, reduce social isolation and improve wellbeing.

We've chosen the theme 'Be Kind' because some groups of people may be at more risk of social isolation and loneliness - including people with disabilities, minority ethnic groups and those from LGBTI communities. Levels of inequality, poverty and disadvantage can have an impact on our ability to form and maintain relationships, which may affect our mental health.

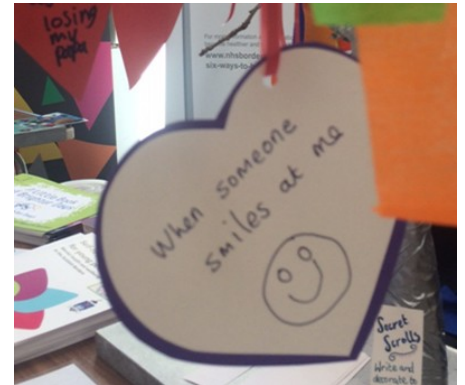
We can all contribute to building kinder communities in the Scottish Borders. We can help to create more welcoming spaces that are open to everyone. We can make an effort to connect and act in kindness. We can recognise and celebrate kindness. And we can be kinder to ourselves. Positive relationships and kindness are at the heart of our wellbeing and we all have the power to make a difference.

'Be Kind' is also a theme in our wellbeing guide 'Six Ways to Be Well in the Scottish Borders'. The guide offers ideas for self-help and signposting and can be found at our online

Wellbeing Point by visiting

[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

**With kind thanks to the many organisations, individuals and groups that have contributed to this programme.**



## Events leading up to Diversity Week

### Monday 2nd Sept

#### Duns

#### Workshop - Writing for Wellbeing

**2pm - 4.30pm**

**Duns Library**, 49 Newtown St, TD11 3AU

A collection of written pieces around the theme Diversity. For booklet launch on 23rd September

**Free, booking required**

#### Contact

Juliana.amaral@scotborders.gov.uk 07464055769

### Friday 20th Sept

#### Eyemouth

#### Activity - East Sleep Ride CIC

**1pm - 3pm**

**Heughhead Farm**, TD14 5TN

Welcoming all ages for coffee/ cake and meet our ponies and our amazing volunteers. Between 1-3pm we will offer free pony rides and an obstacle course. Our focus is on social inclusion, health and mental well being, confidence, team building.

**Free, no booking required**

**Contact** Stephanie Gilmarton 07886 853434

### Saturday 21st Sept

#### Stobo

#### Social - Diversity Coffee Morning

**10.30am - 12.30pm**

**Stobo Village Hall**, EH45 8NX

Come along, meet new people, and enjoy a cup of kindness at Stobo Village Hall.

**Free entry, no booking required**

**Contact** Anne Bain, ambain4@hotmail.co.uk

# Monday 23rd Sept

## Hawick

### Workshop - Dementia Friends Training

5.30pm - 6.30pm

**Burnfoot Community Hub**, Burnfoot Rd, TD9 8EJ

This workshop supported by Alzheimer Scotland is open to everyone who would like a little more information around how to become more dementia friendly within their community and/or organisation. This is a brilliant informal awareness session which covers what it's like to live with dementia and what can we do in our community to help those living with dementia and their carers. Come along, enjoy a cup of tea and learn something new.

**Free, no booking required**

**Contact** lizzie.macleish@borders.scot.nhs.uk 07811827228



## Eyemouth

### Social/Film/Activity - 100 Heads

2pm- 4pm

**Eyemouth Community Centre**, Albert Rd, TD14 5DE

How do you feel today? Come along to the Eyemouth premier of the fun and thought provoking short film by Works+ featuring 100 people from the Borders.

A kindness themed craft activity and afternoon tea will be available.

**Free, booking required, all welcome**

**Contact** penny.oliver@borders.scot.nhs.uk 07500917116 or  
steph.mackenzie@borders.scot.nhs.uk 07816340780

## Hawick

### Social - Scottish Night

6pm - 8pm

**Hawick Salvation Army**, Croft Rd, TD9 9RD

Come along and enjoy a night of Scottish music and traditional food. Celebrating Scottish culture this event is supported by local volunteers. Community Transport available but please contact Lizzie to book.

**£3 per ticket, booking required**

**Contact**

lizzie.macleish@borders.scot.nhs.uk  
07811827228 or  
caroline.hamilton@borders.scot.nhs.uk

### Borders College is supporting Diversity Week!

We're raising funds for LGBT Youth with a 'Step Count Challenge'. Look out for the free rainbow laces if you're taking part!



# Tuesday 24th Sept

## Hawick

### Social - Intergenerational Quiz

10am - 12noon

**Burnfoot Primary School**, Eildon Rd, TD9 8EU

Acts of kindness can stimulate memories & re-create special moments. Come along and join the pupils of Burnfoot Primary School with an intergenerational quiz focused on the 'old' and 'new' of today.

**Free, no booking required**

**Contact** lizzie.macleish@borders.scot.nhs.uk  
0781 1827228

## Duns

### Workshop – Thinking about Diversity

1.30pm - 3.30pm

**BAVS Duns**, Newtown St, TD11 3AU

Interactive workshop for 3rd sector staff and volunteers that explores how current equalities legislation can help us create inclusive and welcoming workplaces.

**Free, booking required**

**Contact** Jenny Haines 01361 883 137

## Hawick

### Social/Activity - Kindness and Self-care - Teatime Wellbeing Session

5.30pm - 6.30pm

**Hawick Library**, North Bridge St, TD9 9QT

Bring a friend along to this wellbeing session where we'll be looking at ways to bring more kindness into our lives. A fun and informative session based on the 'Be Kind' theme of Six Ways to Be Well.

**Free, no booking required**

**Contact** Julia Cawthorne  
libhawick@liveborders1.org.uk

## Galashiels

### Social - Fun & Friendship Afternoon Tea

4pm - 6pm

**Galashiels Focus Centre**, Livingstone Pl, TD1 1DQ

The British Sign Language group in Galashiels welcomes people to join them for afternoon tea and learn some sign language basics.

**Free, no booking required**

**Contact** Gordon Elliott 01896 755110 or  
Becca Childs 01896 664160 / 077 881 90 519  
bchilds@scotborders.gov.uk

## Galashiels

### Activity/Exhibition - Natures Unlimited Forest Garden

10am - 3pm - drop in

**Galashiels Focus Centre**, Livingstone Pl, TD1 1DQ (in woodland at back of centre)

Come along to our open day to learn more about creating a Forest Garden as well as take part in fun activities for kids and adults with our Nature Unlimited Leaders and have fun outdoors.

**Free, no booking required**

**Contact** Tara Boland 07579217794  
tara@natureunlimited.scot

## Hawick

### Activity – Kindness Garden

1pm - 3pm drop in

**Salvation Army Charity Shop**, Hawick High Street (look out for our sign)

Come and visit the Abundant Borders Community Garden. Help us pick our home grown vegetables and learn about organic growing and outdoor cooking. Come along, enjoy a cuppa, relax and help us create a tree of kindness as part of Diversity Week 2019.

**Free, no booking required**

**Contact** Cath Hodgkinson  
cath@abundantborders.org.uk

## Eyemouth

### Activity - Mixed Gender Walking Netball

6pm - 7pm

**Eyemouth High School**, Gunsgreenhill, TD14 5LZ

A mixed gender walking Netball session for fun. Come along and enjoy the health and social benefits of the sport.

**£3 per person, no booking required**

**Contact**  
Juliana.amaral@scotborders.gov.uk  
07464055769

# Wednesday 25th Sept

## Galashiels (Langlee)

### Social - Weekly Coffee and Support Group

8.45am - 10am

Langlee Primary School, Langlee Dr, TD1 2EB

Come along to the community room to have a cuppa and a chat with other friendly, supportive parents. Have your say on local issues and get involved in our community social enterprise – raising funds for our activities.

**Free, no booking required**

#### Contact

hope.robertson@scotborders.gov.uk  
07557177756

## Hawick

### Educational/CPD - Homophobia in Sport LEAP Scotland

Seminar in partnership with LGBT Equality and Healthy Living Network

12.30pm - 4.30pm

Hawick Rugby Club, Mansfield Rd, TD9 8AW

A fantastic training opportunity that will empower those in the sports sector to improve their knowledge of understanding of working with lesbian, gay, bisexual, transgender and intersex (LGBTI). The training will provide what you need in order to meet your equality duties with respect to these groups. Training is targeted at the sports sector to raise basic awareness and based at entry level.

**Free, booking required, limited spaces**

**Contact** Susan Hart or Lizzie Macleish  
lgbtborders@gmail.com or  
lizzie.macleish@borders.scot.nhs.uk

## Eyemouth

### Social - Berwickshire Big Diversity Lunch

12noon- 2pm

Eyemouth Community Centre, Albert Rd, TD14 5DE

Come along and share food with friends and neighbours who have made Berwickshire their home.

**Free, booking required**

**Contact** robin@abundantborders.org.uk  
07974450690

## Eyemouth

### Activity - Mixed Gender Walking Football

6pm - 7pm

Eyemouth High School, Gunsgreenhill, TD14 5LZ

A mixed gender walking Football session for fun. Come along and enjoy the health and social benefits of the sport.

**£2 per person, no booking required**

**Contact** Juliana.amaral@scotborders.gov.uk  
07464055769





## Thursday 26th Sept

### Duns

#### Workshop - Intergenerational Training

10am - 4pm

**BAVS Duns**, Newtown St, TD11 3AU

This course is divided into three areas and covers the following learning outcomes: **1.**What is Intergenerational Practice? **2.**Bringing groups together **3.**Social Impact.

**£50.00, booking required**

**Contact** Jenny Haines 01361 883 137

### Hawick

#### Social - Diversity Fashion Show

6pm - 6.45pm nibbles, show 7pm-8pm

**Burnfoot Primary School**, Eildon Rd, TD9 8EU

Celebrating Diversity through fashion. Local community groups from different backgrounds and cultures welcome you to come and enjoy an evening of upcycled fashion. All creations have been influenced by community, environment, and personal identity.

**Free, no booking required**

**Contact** lizzie.macleish@borders.scot.nhs.uk  
07811827228

### Hawick

#### Activity/Social - Burnfoot Grows Together, volunteer with lunch session

10am - 3pm

**Burnfoot Community Hub**, Burnfoot Road TD9 8LU

Join us at Burnfoot Community Garden for a day of gardening and community lunch from the vegetables you picked, the day will be open, relaxing and friendly. We will be doing a diversity project on the day so please join us.

**Free, no booking required** **Contact** Kat Dunlop [growing@burnfootcf.org](mailto:growing@burnfootcf.org) 01450390410

## Friday 27th Sept

### Eyemouth

#### Activity – Healthier, Happy, Stronger Taster Day

10am (light refreshments provided)

**Eyemouth Comm Centre**, Albert Rd, TD14 5DE

Come along and try out some low-level exercise classes that are part of the Live Borders Health Programme. We have options for all and will help support you in making physical activity part of your life.

**Free, no booking required**

**Contact** Paul Davis / Charlotte Jones  
01750 700110

### Galashiels (Langlee)

#### Social - Learn2Play Group

9.30am - 11am

**Langlee Community Centre** (Green Room),  
Marigold Dr, TD1 2LP

All parents, babies and pre-school children welcome. Come along to meet others in a safe, supportive, kind environment.

**Free, no booking required**

**Contact**

[hope.robertson@scotborders.gov.uk](mailto:hope.robertson@scotborders.gov.uk)  
07557177756

### Hawick

#### Activity – Messy Churches

1pm - 1.30pm for lunch, followed by crafts

**Hawick Salvation Army**, Croft Rd, TD9 9RD

A local project of Hawick Churches working together would like to invite you to come and join us.

**Free, no booking required**

**Contact** [val.garry@gmail.com](mailto:val.garry@gmail.com)

### Kelso

#### Social – Curry & Chaat

6pm - 8pm

**Cafe U Kelso**, Roxburgh St, TD5 7DS

Opportunity to come together from curry and chat around kindness and mental wellbeing.

**By donation, no booking required**

**Contact** [Frances.Clifton@scotborders.gov.uk](mailto:Frances.Clifton@scotborders.gov.uk)  
07790910916



# The Big Diversity Picnic

Sunday 29th  
September  
12noon - 4pm

**Wilton Lodge Park,**  
Wilton Rd, Hawick,  
TD9 7LG

The BIG picnic aims to bring people together to share and try new foods, have fun and get to know others better. As well as a BIG celebration the afternoon will be filled with music, story telling and family fun.

**Strictly no BBQ's, No alcohol**

Bring yourself, invite friends and family, bring a picnic.  
If it rains, we have gazebos.


Free, no booking required

Contact - [Lizzie.macleish@borders.scot.nhs.uk](mailto:Lizzie.macleish@borders.scot.nhs.uk) 07811827228



Scottish Borders LGBT Equality with Live Borders, Behind the Curtain and Cornucopia present:

# Queer Borders Film Festival



A day of films celebrating LGBT lives - here and around the world.

Information stalls will be present at Towermill on the day 12 - 4pm and the Scottish LGBT History Timeline will be on view from Monday 23<sup>rd</sup> to Sunday 29<sup>th</sup> September

**Saturday 28th September - Be Here, Be Queer!**

**At Tower Mill, Heart of Hawick, Kirkstile, Hawick, TD9 0AE**

## Pride

**1hr 47 min | certificate 15 1pm - £ 5.00 entrance**

Tells the story of the activists who in 1984 formed Lesbians and Gays Support the Miners, in solidarity with the miners' strike. Supported by Behind the Curtain.

## The Adventures of Priscilla Queen of the Desert

**1hr 44 min | certificate 15 7pm - £5.00 entrance**

Two drag queens and a trans woman journey across the Australian Outback in a tour bus that they have named "Priscilla". 25th anniversary screening!

Preceded by: **Landline** A short documentary about the UK's only helpline for gay farmers. Opportunity for audience Q&A and discussion.

**At Unit 4, The Cornucopia Room, 4 Towerdykeside, Hawick, TD9 9EA**

## Look Back, Move Forward

**Presented by Behind the Curtain**

**4pm - Free/donation entrance**

Our shorts programme looks at the activism that helped move the fight for equality forward, highlights the relationship of queer people to their bodies and identity and celebrates the individuals and communities that are uplifting the queer experience.

**All shorts: Advisory certification: 15**

**Lasting Marks** - *Charlie Lyne* | 2018 | UK | 14 min ~ Documentary about the men who were put on trial for sadomasochism under Thatcher's rule.

**These Are My Hands** - *Evi Tsiligaridou* | 2018 | UK | 8 min ~ Written and performed by playwright Jo Clifford, a short documentary film-poem revealing the body as a site of personal history and experience.

**Nirvana** - *Jess Kohl* | 2018 | UK, India | 15 min ~ A beautiful and tender documentary about the Koovagum festival in the village of Villipurgam in Southern India, where each year the largest gathering of trans women in Asia takes place.

**Invisible Women** - *Alice Smith* | 2018 | UK | 30 min ~ In danger of being forgotten, the story of Luchia Fitzgerald and Angela Cooper and how their activism advanced the fight for women's equality and LGBT rights in the UK.

**Anemone** - *Amrou Al-Kadhi* | 2018 | UK | 18 min ~ A second-generation teenager channels the magic of marine life to express their non-binary identity to their religious family.

Following the screening, we invite the audience to join us for a conversation, with a chance to ask questions of *These Are My Hands* filmmaker Evi Tsiligaridou and playwright, performer, trans woman Jo Clifford.

[behind-thecurtain.com](http://behind-thecurtain.com) @behindthecurtainborders

For further information please contact Susan Hart [lgbtborders@gmail.com](mailto:lgbtborders@gmail.com)

