

NEWSLETTER

SUMMER 2026



Pip

Scott



Alice

Frances

In Eyemouth – Good News!!!
Following graduation of our hospitality course, Marcus has begun volunteering at Eyemouth Museum and doing a fabulous job!

In Galashiels –
Margaret went from our parents' course to working as our Admin Assistant and has now moved on to become the Galashiels Food Bank Coordinator.

Everyone at Works+ is extremely proud of these two.
As we are of everyone that comes through our courses



Marcus



Margaret

We want to help you

Works+ is busy creating new opportunities for residents across the wider Borders community.

Whether you're looking for a new job, exploring training opportunities, interested in volunteering, or wanting to gain valuable skills and experience, we're here to support you every step of the way.

Whatever your goals, get in touch with our team and let us help you find the opportunities that are right for you!



Coming soon: Mental Health and Wellbeing practitioner

We're excited to announce that a dedicated Mental Health & Wellbeing Practitioner will soon be joining the Works+ Charity team! Their role will be to provide support, guidance and practical strategies to help individuals improve their mental health and overall wellbeing. Whether you're looking for someone to talk to, need help managing everyday challenges, or want to build confidence and resilience, this new service will offer a safe, supportive space. We can't wait to introduce them properly and share more details about how you can access this valuable support.

Calling Everyone!!

Have you finished school? A parent looking to get back into work? Or maybe just need some extra help? Not sure what to do next? Want to explore your next steps – training/ education?

Kickstart your future with guidance and support from Works+!

- Get tips on CVs & applications
- Learn interview skills
- Connect with local employers and job opportunities
- Meet others on the same journey

We have a 16-24 employability course, drop- in1 on 1 and an all-age course available in Galashiels and Eyemouth.

If you would like to find out more, please get in contact by email.



www.worksplus.works



enquiries@worksplus.works



pip@worksplus.works
(Galashiels)



alice@worksplus.works
(Eyemouth)

OPPORTUNITIES

Outward Bound Adventure Spaces

We have a 16/17 yrs old age group and something for everyone – Basecamp 5 day adventure, Ridge 7 day adventure and for anyone ready for a higher level challenge Summit & Pinnacle expeditions. The idea behind summer adventures is for young people to pick the level of course they are ready for and then build on their experience in future years – perhaps a change of centre or the next level of adventure.

For those in 18/22 yrs age group we have Pinnacle 19 day adventure – we do recommend some outdoor experience ahead of joining the expedition course but mindset is key if they feel they can step up to 19 days under canvas. What they gain from such a challenge can be transformational but they do need to understand what they are taking on.

If you are interested, please do not hesitate to email and get extra information.

Please Email enquiries@workspplus.works



Traditional Building Skills – Eyemouth

The traditional building skills, like stonemasonry and joinery, needed to work on Scotland's historic buildings are in demand. Join SHBT trainers to learn new skills on a 20-week part-time training course.

Open to all ages 16+, whether you are just leaving school or looking for a rewarding new career path.

What you will get:

- 2 days of training per week
- All PPE provided
- CSCS card
- First Aid Qualification
- Training bursary available

If you are interested, please do not hesitate to email and get extra information.

Please Email alice@workspplus.works



Forklift Training

Works+ and Eildon Housing are building a list of individuals interested in Forklift Training. If we get enough interest we will look to host a session.

For more information or to register your interest, please contact:

enquiries@workspplus.works



www.workspplus.works



enquiries@workspplus.works



pip@workspplus.works
(Galashiels)



alice@workspplus.works
(Eyemouth)

BORDERS CARE VOICE

Spaces are limited to 2 per organisation – training is free to people who work or volunteer in health and social care, unpaid carers, family carers or personal assistants in the Scottish Borders. [Training | Borders Care Voice](#) and you can book by following – [April – September](#)



Learning Disability Awareness

Monday 24th August
10am – 1pm
Galashiels

- What is a learning disability?
- Differences between learning disability, learning difficulty and neurodivergence
- The Community Learning Disability Team
- Communication

Borders Care Voice
Learning Network

Delivered by the Scottish Borders Community Learning Disability Team

Our training is FREE to people who work/volunteer in health and social care, unpaid carers and personal assistants in the Scottish Borders.



NEW Navigating Anxiety

Thursday 27th August
10am – 3pm
Galashiels

- Understand the different types of anxiety
- Their impact on mental and physical health
- Explore practical self-management strategies

Borders Care Voice
Learning Network

Our training is FREE to people who work/volunteer in health and social care, unpaid carers and personal assistants in the Scottish Borders.



NEW Peer2Peer

Tuesday 1st September
10am – 3pm
Galashiels

in partnership with Scottish Recovery Network and Borders Care Voice

- Explore the history of peer support
- Understand what peer support is and how it is unique from other types of support
- Discover the many ways peer support can look in practice
- Explore how personal values can guide peer to peer interactions
- Understand the core values of peer support, including their roots in lived experience movements
- Reflect on how peer values influence peer practice

Our training is FREE to people who work/volunteer in health and social care, unpaid carers and personal assistants in the Scottish Borders.



Scotland's Mental Health First Aid

Tuesday 8th September &
Tuesday 15th September
9.30am – 5.30pm
Galashiels

- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- The importance of good listening skills
- Practice listening and responding
- Understanding recovery from mental health problems

Borders Care Voice
Learning Network

You must attend on both days to complete this training **Certificated by Public Health Scotland**



Mental Health Improvement & Suicide Prevention

Tuesday 29th September
10am – 3pm
Galashiels

This Informed Level training is the foundation level of the Knowledge and Skills Framework for mental health improvement and prevention of self-harm and suicide prevention, which was co-produced by NHS Health Scotland and NHS Education for Scotland.

Borders Care Voice
Learning Network

Our training is FREE to people who work or volunteer in health and social care in the Scottish Borders, and unpaid carers.



Emergency first aid at work

Wednesday 23rd September
9.30am – 4.30pm
Galashiels

- Responsibilities and reporting
- Dealing with an unresponsive casualty
- Resuscitation
- Bleeding control
- Other first aid scenarios.

Borders Care Voice
Learning Network

Our training is FREE to people who work or volunteer in health and social care in the Scottish Borders, and unpaid carers.

*Please note there are minimum requirements for participants to gain the first aid certificate - contact us for details.