

What's on



July 2025 – Scottish Borders

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to these community activities safely. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Every Monday	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN	11.00am – 1pm Borders@alzscot.org 01573 400324
A wander through the grounds at Floors Castle. The walk will take approximately one hour followed by tea/coffee and scones in one of the cafés. Meet at the Walled Garden Ticket Kiosk. A Dementia Advisor is available for information and advice.		
Tuesday 1 st July and Tuesday 15 th July	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE	10.00pm – 2.00pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the first Tuesday of each month from 12pm until 2pm.		
Tuesday 8 th July	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
We meet in the lounge. A friendly, supportive meeting place to enjoy a cuppa, conversation, friendship and fun activities. All Welcome.		
Tuesday 1 st July and Tuesday 15 th July	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH	2.00pm - 3.30pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available for information and advice at the café on the third Tuesday of each month.		

Tuesday 22 nd July	<p>Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS</p> <p>Support and a fun activity will be available to anyone worried about their memory, is living with dementia or a condition which impacts on memory or is supporting someone with dementia. Tea and coffee provided.</p>	<p>2.00pm – 3.30pm Fourth Tuesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
There is no meeting in July	<p>Borders Dementia Working Group Venue to be confirmed</p> <p>Last Tuesday of the month - For people living with dementia and their carers who are interested in influencing local and national policy, making the Borders more dementia friendly, helping reduce stigma, campaigning for change and being the voice of local people with dementia.</p>	<p>12.00pm – 2.00pm</p> <p>Borders@alzscot.org 01573 400324</p>
Every Wednesday	<p>Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</p> <p>What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the first Wednesday of each month from 10am until 12.30pm.</p>	<p>10.00am – 3pm</p> <p>Borders@alzscot.org 01573 400324</p>
Wednesday 2 nd July	<p>Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown St. Duns. TD11 3AU</p> <p>Come along and enjoy a good blether about all things motorsport related. Have a cuppa and reminisce about the races of days gone by, sporting heroes and all things motorsport related.</p>	<p>2.00pm – 4.00pm First Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
Every Wednesday	<p>Peebles What Matters Hub Costa Coffee, 2-4 High Street, Peebles, EH45 8SF</p> <p>What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the second Wednesday of each month from 12.30pm until 3pm.</p>	<p>10.00am – 3pm</p> <p>Borders@alzscot.org 01573 400324</p>
Wednesday 9 th July This Session Is Now Full	<p>Discovery Days – Priorwood Gardens Abbey Street, Melrose TD6 9PX</p> <p>The theme for this session is The Borders Discovery Tour and staff from Priorwood Gardens will deliver a free 2-hour session. Booking is essential as numbers are limited to 12 participants.</p>	<p>1.30pm – 3.30pm</p> <p>Borders@alzscot.org 01573 400324</p>

Wednesday 23 rd July *please note later start time for this month only.	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome	2.30pm – 4pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 23 rd July	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG Our Carer Café is for carers to share stories, support each other, exchange information, advice, experiences, and coping mechanisms.	10.30am – 12.00pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Every Wednesday	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the last Wednesday of each month from 1.00pm until 3pm.	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Every Thursday	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the first Thursday of each month from 10.00pm until 12.30pm.	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Thursday 3 rd July	Abbotsford Nature and Natter Walking Group Join us for some gentle exercise with a stroll and natter around the beautiful Abbotsford estate. Meet at car park. Dogs welcome but must be kept on a lead. Afterwards we'll have a cuppa and a blether in the café.	2pm - 4pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 3 rd July and Thursday 17 th July	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW Come along and join us for a gentle stroll around the beautiful gardens at The Hirsell in Coldstream. Afterwards enjoy a cuppa and a blether in the café.	10.30am – 12.30pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 10 th July	Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG Come along and join us for a gentle stroll around the beautiful Wilton Lodge Park. The walk moves at everyone's walking ability. Dogs are welcome but must	10.30am - 12.30pm Second Thursday of each month Borders@alzscot.org 01573 400324

	always remain on a leash. Pop into the Pavillion Café for Tea/Coffee and a blether afterwards.	
Thursday 10 th and 24 th July	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.	2.30pm - 4.30pm Fortnightly on a Thursday Borders@alzscot.org 01573 400324
Thursday 17th July	Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.	1.30pm - 3.00pm 3 rd Thursday of each month Borders@alzscot.org 01573 400324
Thursday 24 th July	Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship.	10.30am – 12.30pm 4 th Thursday of each month Borders@alzscot.org 01573 400324
Dates and times on Request	Dementia Friends Information Sessions Understand a bit more about dementia and the small things you can do to help people living with dementia. Information sessions are free, interactive, and informative.	Borders@alzscot.org 01573 400324
Online Sessions	Our Virtual Resource Centre is an online space where you can access groups, activities, and information sessions all from the comfort of your own home. Online Carer Awareness Sessions are also available. Dementia the basics, Focus on Caring, Strategies for the future and Technology Enabled Care. https://www.alzscot.org/community-support/virtual-resource-centre/	Click here to open link vrc@alzscot.org
Free Session	Borders Discovery Days Places still available at our session at Jim Clark Motorsport Museum on Wednesday 10 th September.	1.30 – 3.30pm Borders@alzscot.org 01573 400324

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