

What's on



**Alzheimer
Scotland**
Action on Dementia

October 2024 – 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 who 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	Harestanes Walking Group Harestanes, Ancrum, Jedburgh TD8 6UQ A wander through the woodlands around the Old Cricket Park at Harestanes Visitor Centre. The walk is approximately one mile and moves at everyone's walking ability. Tea/coffee and a blether in the café afterwards. A Dementia Advisor is available for information and advice. Meet in the car park next to Buy Design Gallery.	11.00am –1pm Borders@alzscot.org 01573 400324
Tuesday 1 st October	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	12.00pm – 2.00pm First Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 8 th October	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. For anyone who would wish to visit the Community Garden to see the mosaic attendees were involved in. Support will be provided.	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 15 th October	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH A Dementia Advisor will be available at the café for information and advice on the 3 rd Tuesday of each month.	2.00pm - 3.30pm First and third Tuesday of the month Borders@alzscot.org 01573 400324

Tuesday 22 nd October	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS	2.00pm – 3.30pm Fourth Tuesday of the month
	Information, support and a fun activity will be available to anyone worried about their memory, has a diagnosis of dementia or is supporting someone with dementia.	Borders@alzscot.org 01573 400324
Wednesday 2 nd October	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU	10.00am – 12.30pm First Wednesday of the month
	What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along if you require any information, advice, or support.	Borders@alzscot.org 01573 400324
Wednesday 2 nd October	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU	2.00pm - 4.00pm First Wednesday of the month
	The group meets in a relaxed informal atmosphere and spends time discussing motor sport from the past and using photographs and memorabilia to stimulate memories and communication.	Borders@alzscot.org 01573 400324
Wednesday 9 th October	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF	12.30am - 3pm Second Wednesday of the month
	What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	Borders@alzscot.org 01573 400324
Wednesday 23 rd October	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU	2pm – 3.30pm Fourth Wednesday of the month
	Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome	Borders@alzscot.org 01573 400324
Wednesday 23 rd October	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG	10.30am – 12.30pm Fourth Wednesday of the month
	A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.	Borders@alzscot.org 01573 400324
Wednesday 30 th October	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG	12.30pm – 3.00pm Last Wednesday of the month
	What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	Borders@alzscot.org 01573 400324

Thursday 3 rd October	<p>Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE</p> <p>What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups.</p>	<p>10.00am - 1.00pm First Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 3 rd & 17 th October	<p>Gentle Walking Group The Hirsell, Coldstream, TD12 4LW</p> <p>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.</p>	<p>10.30am – 12.30pm First and third Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 3 rd October	<p>Forget Me Not Café Wilkie Gardens, White Rose Place. Galashiels, TD12FF</p> <p>A friendly, supportive group for anyone affected by dementia, their friends or family. Enjoy a cuppa, conversation, activities and friendship. Cyrenians OPAL Borders will facilitate this group this month.</p>	<p>2.30pm – 4pm First Thursday of the month</p> <p>Borders@alzscot.org 01573 400324 Or juliehoughton@cyrenianscot.org 01750491090</p>
Thursday 10 th October	<p>Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG</p> <p>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 always remain on a leash. Pop into the Pavillion Café for Tea/Coffee and a blether afterwards.</p>	<p>10.30am - 12.30pm Second Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 3 rd , 17 th & 31 st October	<p>Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</p> <p>A Dementia Advisor will be available at the café for information and advice.</p>	<p>2.30pm - 4.30pm Fortnightly on a Thursday</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 17 th October	<p>Hawick Dementia Café Salvation Army Hall, Croft Road, Hawick, TD9 9RD</p> <p>A Dementia Advisor will be available at the café for information and advice.</p>	<p>1.30pm - 3.00pm Third Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 24 th October	<p>Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS</p> <p>Join us for a cuppa and a blether in a supportive meeting place for older people, anyone affected by dementia or a cognitive impairment, their friends and family. Enjoy fun activities such as quiz's, music and memories, and reminiscence.</p>	<p>10.30am – 12.30pm 4th Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>

Thursday 24 th October	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	2.00pm - 3.30pm Fourth Thursday of the month Borders@alzscot.org 01573 400324
Scotlands Garden Scheme - Garden Open Saturday 26 th & Sunday 27 th October 11am-4pm	Thirlestane (Near Yetholm) Kelso, TD5 8PD Thirlestane is a large informal garden. There is a walled garden with colour-themed borders and an orchard with many old varieties of fruit trees. Please feel free to bring a picnic to enjoy in the garden. Dogs welcome.	Catherine Ross and John Wylie Tel: 01573 420487 Email:catherineaross37@gmail.com £5, children free
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
Virtual Resource Centre	Online Group Sessions You can attend independently or with a companion. Please note our live sessions require pre booking at least 5 minutes before they are due to start. Places are limited so booking in advance is recommended. Click the link for further information or visit www.alzscot.org and enter 'VRC' in search bar.	Click here to open link
Coming soon: Swan Court Dementia Café. Eyemouth.	Swan Court Dementia Café, Eyemouth. 2 to 3.30pm starts on Tuesday 15 th October (to be confirmed) Please contact us for more information and to confirm start date.	Borders@alzscot.org 01573 400324

Contact details for groups:

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