

What's on



April 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 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		
Last session Monday 7 th April	Harestanes Walking Group Harestanes Visitor Centre, Ancrum, Jedburgh TD8 6UQ A wander through the woodlands around the Old Cricket Park at Harestanes. The walk is approximately one mile and moves at everyone's walking ability. Tea/coffee and a blether in the café afterwards.	11.00am –1pm Borders@alzscot.org 01573 400324
Every Monday from 14 th April	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN A wander through the woodland walk at Floors Castle. This walk will take approximately one hour followed by tea/coffee and scones in one of the cafés. A Dementia Advisor is available for information and advice. Meet at the Walled Garden Ticket Kiosk	11.00am –1pm Borders@alzscot.org 01573 400324
Tuesday 1 st April	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 April	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 Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 15 th April	Whitsome Ark Petanque & Games Club Whitsome, Duns. TD11 3NB Come along and try a game of boules or pétanque. Don't worry if you have never played before – we are all new to it. Come along and enjoy some fun, laughter and	10.30am - 12.30pm Third Tuesday of the month. Borders@alzscot.org 01573 400324

	good company. Afterwards we will enjoy a cuppa and chat.	
Tuesday 15 th April	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH 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.	2.00pm - 3.30pm Third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 22 nd April	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS Trading Standards will be coming along to the group to talk about consumer protection and how to protect yourself from scams. All welcome. Tea and coffee provided.	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 29 th April	Borders Dementia Working Group Venue to be confirmed. 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.	12.00 – 2.00pm Borders@alzscot.org 01573 400324
Wednesday 2 nd April	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU 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.	10.00am – 12.30pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 2 nd April	Duns Racing Reminiscence Jim Clark Motorsport museum, 44 Newtown St. Duns. TD11 3AU 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.	2.00pm – 3.30pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 9 th April This Session Is Now Full	Discovery Days – Abbotsford House Melrose, TD6 9BQ (Meet at the Visitor Centre) The theme for this session is 'Home Is Where the Heart Is' and staff from Abbotsford will deliver a free 2 hour session. This session is free however booking is essential as numbers are limited to 12 participants. Our Community Activities Organiser will be available to assist with these sessions.	1.30pm – 3.30pm Borders@alzscot.org 01573 400324
Wednesday 9 th April	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF	12.30am - 3pm Second Wednesday of the month

	<p>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.</p>	<p>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 23rd April</p>	<p>Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU</p> <p>Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome</p>	<p>2pm – 3.30pm Fourth Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 23rd April</p>	<p>Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG</p> <p>A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.</p>	<p>10.30am – 12.00pm Fourth Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 30th April No Dementia Advisor</p>	<p>Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG</p> <p>Dementia Advisor will not be attending the Hub today. What Matters Hubs offer drop-in sessions where you can meet with Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.</p>	<p>1.00pm – 3.00pm Last Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 3rd April</p>	<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 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.</p>	<p>10.00am - 1.00pm First Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 3rd April</p>	<p>Abbotsford Nature and Natter Walking Group</p> <p>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.</p>	<p>2pm - 4pm First Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 3rd and 17th April</p>	<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>
<p>Thursday 10th April</p>	<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</p>	<p>10.30am - 12.30pm Second Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>

	always remain on a leash. Pop into the Pavillion Café for Tea/Coffee and a blether afterwards.	
Thursday 3 rd and 17 th April	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 17 th April	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 April	Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS 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.	10.30am – 12.30pm 4 th Thursday of each month Borders@alzscot.org 01573 400324
Thursday 24 th April	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
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
Free Monthly Sessions	Borders Discovery Days The remaining sessions are as follows; Trimontium Museum (14 th May), Jedburgh Abbey (11 th June), Priorwood Gardens (9 th July), Borders Textile Towerhouse (13 th August) and Jim Clark Motorsport	1.30 – 3.30pm 2 nd Wednesday of the month. Borders@alzscot.org

Museum (10th September), providing a programme exploring our many historic sites, museums and exhibitions.

01573 400324

Booking is required for all sessions as places are limited. Click link for poster:

<https://www.alzscot.org/sites/default/files/2025-03/2025%20Borders%20discovery%20days%20poster%20v2%20%28002%29.pdf>

Contact details for groups:

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