

What's on



February 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 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 from	Abbotsford Walking Group Abbotsford, Melrose, TD6 9BQ	11.00am – 1pm Borders@alzscot.org 01573 400324
	A wander through the woodland at Abbotsford. This walk will take approximately one hour followed by tea/coffee and scones in the café. A Dementia Advisor is available for information and advice.	
Tuesday 6 th February	Earlston Dementia Café Earlston Parish Church, High Street, TD4 6HG	2.00pm – 4.00pm 1st Tuesday of the month Borders@alzscot.org 01573 400324
	A cuppa, conversation and friendship in a supportive meeting place for anyone affected by dementia or a cognitive impairment, their friends or family. Our Community Activities Organiser will arrange activities around your interests or likes to make it a fun and enjoyable afternoon.	
Tuesday 20 th February	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH	2.00pm - 3.30pm 1 st & 3 rd Tuesday of the month Borders@alzscot.org 01573 400324
	A Dementia Advisor will be available at the café for information and advice.	
Tuesday 13 th February	Galashiels What Matters Hub Why Not, Channel Street, Galashiels TD1 1BJ	10.00am – 1.00pm 2nd Tuesday of the month Borders@alzscot.org 01573 400324
	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.	

Tuesday 13th February	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 27th February	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 27th February	Borders Dementia Working Group Venue to be confirmed.	12.00pm – 2.30pm Borders@alzscot.org 01573 400324
Wednesday 7th February	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU	2.00pm - 4.00pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 14th February	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF	10.00am - 12.30pm 2nd Wednesday for the month Borders@alzscot.org 01573 400324
Wednesday 28th February	Carer Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG	10.30am – 12.30pm 4th Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 21st February	Kelso Poynder Apartments Cafe Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH	2.00pm – 3.30pm 3rd Wednesday of the month Borders@alzscot.org 01573 400324

	activities such as quiz's, music and memories, reminiscence and games. All welcome.	
Thursday 1 st February	Forget Me Not Café Wilkie Gardens, White Rose Place. Galashiels, TD12FF A friendly, supportive group for anyone affected by dementia, their friends or family. Enjoy a cuppa, conversation, activities and friendship. In partnership with Cyrenians OPAL Borders and Eildon Group.	2.30pm – 4pm 1 st Thursday of the month Borders@alzscot.org 01573 400324 Or juliehoughton@cerenians.scot 01750491090
Thursday 1 st February	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups. Please feel free to pop along for chat if you require any information, advice, or support.	10.00am - 1.00pm 1 st Thursday of the month Borders@alzscot.org 01573 400324
Thursday 15 th February	Hawick Dementia Café Masonic Lodge, 33 Commercial Road TD9 7AD 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 15 th February	At Home At Jedburgh Abbey Abbey Bridge End, Jedburgh. TD8 6JQ This is the final session postponed from November Exploring who Jedburgh Abbey was home to and the rooms they lived and worked in. We'll have mystery objects, photos, and film clips plus hands on activities linked to our themes.. In partnership with Historic Environment Scotland.	2.00 – 4.00pm Borders@alzscot.org 01573 400324
Thursday 22 nd February	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 4 th Thursday of the month Borders@alzscot.org 01573 400324
Fortnightly on a Thursday 8 th and 22 nd February	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD 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 1 st and 15 th February	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW	10.30am – 12.30pm 1 st & 3 rd Friday of the month Borders@alzscot.org

	Come along and join us for a gentle stroll around the beautiful gardens at The Hirsle in Coldstream. Afterwards enjoy a cuppa and a blether in the café.	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
On request	Dementia Advisor Information and Support Our Dementia Advisors are here to support people with dementia, their families and carers, along with local businesses and the community.	Borders@alzscot.org 01573 400324
Coming soon – these groups are currently being developed.	Selkirk Dementia Singing Café Selkirk Masonic Lodge, 32 Back Row. Selkirk Music, memories and singing including creating individual play lists. 2 nd and 4 th Wednesday of the month from 1.30 until 3.30pm. Start date to be confirmed	Borders@alzscot.org 01573 400324
Coming soon	Innerleithen Dementia Café (time and venue to be confirmed)	Borders@alzscot.org 01573 400324

Contact details for groups:

Lyndsay Hornigold
Dementia Advisor
Email: Borders@alzscot.org Tel: 07827 823809

Gayle Thomson
Community Activity Organiser
Email: Borders@alzscot.org Tel: 07788 286312

National Dementia Advisor Service
Email: NDAS@alzscot.org Tel: 0300 373 5774



Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzheimer-scotland-borders-services>