

# What's on



## May 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 Starts 13 <sup>th</sup> May	<b>Floors Castle Walking Group</b> Floors Castle, Kelso TD5 7RN	11.00am – 1pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
	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.	
Tuesday 7 <sup>th</sup> May	<b>Earlston Dementia Café</b> Earlston Parish Church, High Street, TD4 6HG	2.00pm – 4.00pm First Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
	A cuppa, conversation, and friendship in a supportive meeting place for anyone affected by dementia or a cognitive impairment. Our Community Activities Organiser will arrange activities around your interests or likes to make it a fun and enjoyable afternoon.	
Tuesday 14 <sup>th</sup> May	<b>Duns Memory Café</b> Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Second Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 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.	
Tuesday 21 <sup>st</sup> May	<b>Selkirk - St John's Memory Café</b> St John's Church, Selkirk, TD7 4LH	2.00pm - 3.30pm First and third Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
	A Dementia Advisor will be available at the café for information and advice on the 3 <sup>rd</sup> Tuesday of each month.	
Tuesday 27 <sup>th</sup> May	<b>Coldstream Café Connect</b> St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS	2.00pm – 3.30pm Fourth Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
	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.	

Tuesday 28 <sup>th</sup> May	<b>Borders Dementia Working Group</b> <b>Venue to be confirmed.</b>  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.	11.30pm – 2.30pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 1 <sup>st</sup> May	<b>Kelso What Matters Hub</b> <b>Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</b>  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.	10.00am – 12.30pm First Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 1 <sup>st</sup> May	<b>Duns Racing Reminiscence</b> <b>Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU</b>  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.	2.00pm - 4.00pm First Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 8 <sup>th</sup> May	<b>Peebles What Matters Hub</b> <b>Costa Coffee, High Street, Peebles EH45 8SF</b>  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.	10.00am - 12.30pm Second Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 8 <sup>th</sup> & 22 <sup>nd</sup> May	<b>Selkirk Dementia Singing Café</b> <b>Selkirk Masonic Lodge, 32 Back Row. Selkirk</b>  Come and join us for a friendly sing along. Enjoy Music, memories and create an individual play lists of the songs that have meaning to you. All materials supplied.	1.30pm – 3.30pm Second and fourth Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 15 <sup>th</sup> May	<b>Kelso Poynder Apartments Cafe</b> <b>Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH</b>  Join us at Poynder Apartments for tea and a blether. Make new friends and enjoy fun activities such as quiz's, music and memories, reminiscence and games.	2.00pm – 3.30pm Third Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 22 <sup>nd</sup> May	<b>Carers Café – Hawick</b> <b>Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG</b>  A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.	10.30am – 12.30pm Fourth Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

Wednesday 29 <sup>th</sup> May	<p><b>Galashiels What Matters Hub</b> The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG</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>12.30pm – 3.00pm Last Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
Wednesday 29 <sup>th</sup> May	<p><b>Borders Older People’s Forum Information Event</b> Hawick Town Hall, Cross Wynd, Hawick TD9 9EF</p> <p><b>Dementia Awareness Week</b> Each year, Dementia Awareness Week is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.</p>	<p>10.30am – 2.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
Thursday 2 <sup>nd</sup> May	<p><b>Hawick What Matters Hub</b> 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><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
Thursday (please note there will be no walk on the 2 <sup>nd</sup> May) 16 <sup>th</sup> May	<p><b>Gentle Walking Group</b> 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><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
Thursday 2 <sup>nd</sup> May	<p><b>Forget Me Not Café</b> 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. In partnership with Cyrenians OPAL Borders and Eildon Group.</p>	<p>2.30pm – 4pm First Thursday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324 Or <a href="mailto:juliehoughton@cyrenians.scot">juliehoughton@cyrenians.scot</a> 01750491090</p>
Thursday 2 <sup>nd</sup> May	<p><b>Dementia Friendly Tweeddale – Firholm Memory Café</b> 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><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
Thursday 16 <sup>th</sup> May	<p><b>Hawick Dementia Café</b> Masonic Lodge, 33 Commercial Road TD9 7AD</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><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>

Thursday 23 <sup>rd</sup> May	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>  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  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 30 <sup>th</sup> May	<b>Mayfield Garden Centre</b> <b>Glebe Lane, Kelso, TD5 7AU</b>  <b>Dementia Awareness Week</b> Each year, Dementia Awareness Week is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
<b>Dates and times on Request</b>	<b>Dementia Friends Information Sessions</b>  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.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
<b>On request</b>	<b>Dementia Advisor Information and Support</b>  Our Dementia Advisors are here to support people with dementia, their families and carers, along with local businesses and the community.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
<b>Virtual Resource Centre</b>	<b>Online Group Sessions</b>  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 <a href="http://www.alzscot.org">www.alzscot.org</a> and enter 'VRC' in search bar.	<a href="#">Click here to open link</a>
<b>Starting on Thursday 13<sup>th</sup> June</b>	<b>Wilton Lodge Park Walking Group</b> <b>Meet at Volunteer Park Car Park. Hawick TD9 7JL</b>	10.30am – 12.20pm 2 <sup>nd</sup> Thursday of the month <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
<b>Coming soon</b>	Innerleithen Dementia Café (time and venue to be confirmed)	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

Contact details for groups:

**Lyndsay Hornigold**  
**Dementia Advisor**  
**Email:** [Borders@alzscot.org](mailto:Borders@alzscot.org) **Tel:** **07827 823809**

**Gayle Thomson**  
**Community Activity Organiser**  
**Email:** [Borders@alzscot.org](mailto:Borders@alzscot.org) **Tel:** **07788 286312**



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>