

What's on



July 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	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN	11.00am –1pm Borders@alzscot.org 01573 400324
Please note this group will no longer be running.	Earlston Dementia Café Earlston Parish Church, High Street, TD4 6HG	First Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 2 nd July	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE	12.00pm – 2.00pm First Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 9 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

Tuesday 16 th July	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 23 rd July	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS 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.	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Wednesday 3 rd July	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 for chat if you require any information, advice, or support.	10.00am – 12.30pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 3 rd July	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU 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 Borders@alzscot.org 01573 400324
Wednesday 10 th July	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF 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 Borders@alzscot.org 01573 400324
Wednesday 10 th July and 24 th July	Selkirk Dementia Singing Café Selkirk Masonic Lodge, 32 Back Row. Selkirk 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 Borders@alzscot.org 01573 400324
Wednesday 17 th July	Kelso Poynder Apartments Cafe Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH 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 Borders@alzscot.org 01573 400324

Wednesday 24 th July	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 31 st July	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
Please note that the hub on the 4 th July is cancelled due to the election.	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE	10.00am - 1.00pm First Thursday of the month
	What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups.	Borders@alzscot.org 01573 400324
Thursday 4 th July and 18 th July	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW	10.30am – 12.30pm First and third Thursday of the month
	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.	Borders@alzscot.org 01573 400324
Thursday 4 th July	Forget Me Not Café Wilkie Gardens, White Rose Place. Galashiels, TD12FF	2.30pm – 4pm First Thursday of the month
	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.	Borders@alzscot.org 01573 400324 Or juliehoughton@cyrenianscot.org 01750491090
Thursday 11 th July	Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG	10.30am - 12.30pm Second Thursday of each month
	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..	Borders@alzscot.org 01573 400324
Thursday 11 th July and 25 th July	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD	2.30pm - 4.30pm Fortnightly on a Thursday
	A Dementia Advisor will be available at the café for information and advice.	Borders@alzscot.org 01573 400324

Thursday 18 th July	Hawick Dementia Café To Be Confirmed Please note that a Dementia Advisor will not be available at the June café, but the café will run as normal. Please also note that there is a change of venue for the June café. Contact us for more information.	1.30pm - 3.00pm Third Thursday of each month Borders@alzscot.org 01573 400324
Thursday 25 th July	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 and enter 'VRC' in search bar.	Click here to open link
Coming soon	Eyemouth Dementia Café (time and venue to be confirmed) Innerleithen Dementia Café (time and venue to be confirmed)	Borders@alzscot.org 01573 400324
Garden Open Saturday 26th and Sunday 27th October 11am-4pm Also open by arrangement	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

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**



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.