

What's on



June 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 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 A wander through the grounds at Floors Castle. The 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 3 rd June	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 10 th June (group cancelled)	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA There will be no group this month	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 17 th June	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 24 th June	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS Support and a fun activity will be available to anyone worried about their memory, is living with dementia or	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324

	a condition which impacts on memory or is supporting someone with dementia. Tea and coffee provided.	
Tuesday 24 th June	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 4 th June	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 4 th June	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown St. Duns. TD11 3AU Dementia Awareness Week – Scalextric Challenge Come along for some nostalgic fun and laughter' Enjoy a race with others, chat and reminisce.	2.00pm – 4.00pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 11 th June This Session Is Now Full	Discovery Days – Jedburgh Abbey Abbey Bridge End. Jedburgh. TD8 6JQ The theme for this session is 'The sounds of Jedburgh Abbey' and staff from Historic Environments Scotland will deliver a free 2 hour session. This session is free however booking is essential as numbers are limited to 12 participants.	1.30pm – 3.30pm Borders@alzscot.org 01573 400324
Wednesday 25 th June	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome	2pm – 3.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 25 th June	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.	10.30am – 12.00pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 25 th June	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG What Matters Hubs offer drop-in sessions where you can meet with Social Work and Occupational	1.00pm – 3.00pm Last Wednesday of the month Borders@alzscot.org 01573 400324

	Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	
There will be no hub on the 5 th June due to Hawick Common Riding	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE 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 - 1.00pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 5 th June	Abbotsford Nature and Natter Walking Group 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.	2pm - 4pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 5 th June only this month	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW 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.	10.30am – 12.30pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 12 th June	Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG 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.	10.30am - 12.30pm Second Thursday of each month Borders@alzscot.org 01573 400324
Thursday 12 th and 26 th June	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 19 th June	Hawick Dementia Café To be confirmed 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 26 th June	Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship.	10.30am – 12.30pm 4 th Thursday of each 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. For further information visit www.alzscot.org and enter 'VRC' in search bar. Click here to open link
Free Session	Borders Discovery Days Jim Clark Motorsport Museum (10 th September). 'Borders Champion' is a session exploring Jim Clark and his many victories and achievements. Booking is required as places are limited. 1.30 – 3.30pm 2 nd Wednesday of the month. Borders@alzscot.org 01573 400324



The theme this year focuses on the importance of maintaining friendships and social connections

Join us at the following free events.

Monday 2nd June	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN A wander through the woodland walk at Floors Castle followed by tea/coffee and scones in one of the cafés. Meet at the Walled Garden Ticket Kiosk	11.00am – 1pm Borders@alzscot.org 01573 400324
Tuesday 3rd June	Mayfield Garden Centre, Information Stand Glebe Lane, Kelso TD5 7AU Come along, show your support, donate or speak to our Dementia Advisor and Community Activities Organiser about support and services on offer in the Scottish Borders.	10.00am – 4pm Borders@alzscot.org 01573 400324

Wednesday 4th June	Coldstream Medical Centre, Information Stand Kelso Road, Coldstream. TD12 4LQ We will have an information stand providing info, leaflets and our What's on Guide detailing what is on offer locally. Community Activities Organiser will be available in the morning and our Dementia Advisor will be available in the afternoon for a chat.	10.00am – 4pm Borders@alzscot.org 01573 400324
Wednesday 4th June	Jim Clark Motorsport Museum Scalextric Challenge. Jim Clark Museum, 44 Newtown St. Duns. TD11 3AU Come along for some nostalgic fun and laughter. Enjoy a race with others, find your inner 'boy racer', chat and reminisce.	2pm – 4pm Borders@alzscot.org 01573 400324
Thursday 5th June	Abbotsford Nature and Natter Walking Group. Abbotsford House, Melrose. TD6 9BQ Come along for a gentle stroll and natter around the grounds of Abbotsford. Enjoy a cuppa afterwards in the Ochiltree Café. Meet at parking ticket machine.	2pm – 4pm Borders@alzscot.org 01573 400324
Friday 6th June 2025	Milestone Information Stand. Milestone Garden Centre, Newtown St Boswells. TD6 0PL Come along to speak to a Dementia Nurse Consultant and Occupational Therapist about support and services on offer in your area with an interactive planting session.	10.00am – 2pm Christine.proudfoot@nhs.scot

Contact details for groups:

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Dementia Advisor

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Gayle Thomson

Community Activity Organiser

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Get involved
 Find out more: www.alzscot.org/DAW2025