

What's on



**Alzheimer
Scotland**
Action on Dementia

January 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		
Every Monday	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. Meet in the car park next to Buy Design Gallery.	11.00am – 1pm Borders@alzscot.org 01573 400324
Tuesday 7 th January	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 14 th January	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. For anyone who would wish to visit the Community Garden to see the mosaic attendees were involved in. Support will be provided.	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 21 st January	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.	2.00pm - 3.30pm Third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 28 th January	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream	2.00pm – 3.30pm Fourth Tuesday of the

	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.	month Borders@alzscot.org 01573 400324
Dementia Advisor will not attend the Hub in January.	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 8 th January (for January only)	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 Usually the First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 8 th January	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.	12.30am - 3pm Second Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 15 th January	Borders Hearing Care 52 Channel Street, Galashiels, TD1 1BA Come along and find out a bit about the support and services offered within the Scottish Borders. Join us for a reminiscence activity session which will encourage conversation, fun and laughter.	10am – 12pm Borders@alzscot.org 01573 400324
Wednesday 22 nd January	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU Come and join us for a Christmas themed 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 22 nd January	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 – 12.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 29 th January	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG What Matters Hubs offer drop-in sessions where you	12.30pm – 3.00pm Last Wednesday of the month Borders@alzscot.org

	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.	01573 400324
Dementia Advisor will not attend the hub in January.	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.	10.00am - 1.00pm First Thursday of the month Borders@alzscot.org 01573 400324
There will be no walk in January. Resuming on 6 th February.	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 16 th January only.	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. We will be having a Christmas lunch together with members of the Coldstream Café Connect group on the 19 th December. Lunch starts 12.00 noon	10.30am – 12.30pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 9 th January	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 9 th and 23 rd January	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 16 th January	Hawick Dementia Café Salvation Army Hall, Croft Road, Hawick, TD9 9RD 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 23 rd January	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	10.30am – 12.30pm 4 th Thursday of each month Borders@alzscot.org 01573 400324

	memories, and reminiscence.	
Thursday 23 rd January	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
Thursday 21 st January	Whitsome Ark Petanque & Games Club Join us for a game of pétanque on the purpose built court (weather permitting) or inside for some carpet bowls or table tennis when the weather is poor. Afterwards enjoy a tea and blether with your new friends in the community hall.	10.30am - 12.30pm 3 rd Tuesday 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
Starting Wednesday 12th March	Discovery Days We are delighted to offer 7 dementia friendly sessions including Jedburgh Abbey, Jim Clark Motorsport Museum, Abbotsford House, The Great Tapestry of Scotland, Trimontium Museum, Borders Textile Towerhouse and Priorwood Gardens, providing a programme exploring our many historic sites, museums and exhibitions. A different venue will host a session each month. More details to follow. Booking is required for all sessions as places are limited. For more details, please contact us.	1.30 – 3.30pm 2 nd Wednesday of the month. Borders@alzscot.org 01573 400324

Please Note: The Dementia Resource Centre will be closed from Tuesday 24th December opening again on Monday 6th January 2025. May we wish you all a merry festive season and joyful New Year.

Contact details for groups:

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Dementia Advisor

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