

## **Borders Activities Calendar for Older People February 2025**

1. **Coldstream**

2. Duns, Chirnside & Greenlaw

3. **Eyemouth & Coldingham**

4. Earlston & Lauder

5. Galashiels & Clovenfords

6. Selkirk

7. Melrose & St Boswells

8. **Jedburgh, Crailing & Ancrum**

9. Kelso, Eckford & Maxton

10. Hawick, Denholm & Newcastleton

11. Innerleithen & Walkerburn

12. Peebles

13. West Linton

14. **Useful contact & Information telephone numbers**

# 1 COLDSTREAM

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>0900.10.00 Pilates</b> Tweed Room Coldstream Comm Centre All Welcome</p>	<p><b>10.00 -11.00 Walk it Walk</b> meet outside Comm. Centre every 2<sup>nd</sup> Tuesday call Paul 07718 664 282/Geoff 07742 747 959</p> <p><b>11.00-Noon Seated Exercise@</b> Coldstream Comm Centre every 2<sup>nd</sup> Tuesday All Welcome</p> <p><b>*Weekly Shopping Trip</b> every Tuesday to Berwick cost £15p/p more details call 0300 456 1985*</p>	<p><b>09.30-10.30 Zumba</b> Coldstream Comm Hall contact 07766 707 330</p>	<p><b>10.00-10.45 Gentle Walking Group</b> meet at The Hirsell booking must be made in advance 01573 400324</p> <p><b>10.30-12.30 Gentle Walking Group</b> Coldstream Comm Hall 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday call 01573 400 324 for more info</p> <p><b>11.00-12.00 Coldstream Village Voices Vocal Group</b> Coldstream Comm Centre Booking required call 07895 260 294 All Welcome</p> <p><b>11.00-Noon Pilates</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p>	<p><b>10.30-Noon Coffee Morning</b> monthly at Cornhill Village Hall cost 2.00p/p refreshments included contact Border Links for more info 01289 305423</p>
Afternoon	<p><b>13.00-14.30 Bingo</b> every month @ Cornhill Village Hall cost 2.00 p/p includes refreshment contact Border Links for more info 01289 305423</p>	<p><b>14.00-15.30 Café Connect</b> St Johns Lodge 4<sup>th</sup> Tuesday of each month call Alzheimer Scotland 01573 400324</p> <p><b>14.00-15.00 Chair Yoga</b>, Leet Room in Coldstream Comm. Centre All Welcome</p>	<p><b>12.00-13.30 Coldstream Social Lunch</b> @ British Legion Hall All Welcome</p> <p><b>12.00-17.00 Warm Hub</b> British Legion Drill Hall All Welcome</p> <p><b>13.30-15.30 Art Group</b> Coldstream Comm Hall with Andrew call 07791 347 916</p> <p><b>14.00-16.00 Bowling Group</b> Leitholm Village Hall All Welcome</p>	<p><b>12.10 – 12.25 RBS Mobile Van</b> @ Main St. Leitholm</p> <p><b>12.40 – 12.55 RBS Mobile Van</b> @ The Green. Swinton</p> <p><b>14.00 Over 60s Club</b> @ Coldstream Bowling Club twice monthly cost £2.50 All Welcome more info call Colleen 882686</p>	

<b>Evening</b>	<p><b>17.30-18.30 Pilates &amp; Yoga</b> Leet Room Coldstream Comm. Centre All Welcome 19.00-2-30 Archery Tweed Hall Coldstream Comm. Centre</p>	<p><b>17.30-18.30 Pilates with Jan</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777 <b>18.30-19.30 Yoga</b> Leet Room Coldstream Comm Hall</p>	<p><b>20.00-21.00 Gentle Online Yoga</b> for all with long term health conditions and cancer contact Yvonne 07896 801 664</p>	<p><b>19.00-21.00 Badminton</b> Tweed Hall All Welcome <b>19.30 Coldstream SWI</b> Comm. Centre 3<sup>rd</sup> Thursday of each month</p>	
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## 2 Duns Chirnside & Greenlaw

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00-Walk it Walk</b> 1 &amp; 3<sup>rd</sup> Monday Meet @ Mercat Cross Duns every Fortnight All welcome</p> <p><b>11.00-12.15 Pilates</b> Leitholm Village Hall call 07932 525 400</p> <p><b>11.00-15.00 The Womens Shed</b> @ The Mens Shed every 2<sup>nd</sup> Monday for more info email <a href="mailto:f.wilson606@btinternet.com">f.wilson606@btinternet.com</a> All welcome</p>	<p><b>09.30-14.30 RVS Social Centre</b> Turnbull Court booking is required call 01896 754481</p> <p><b>10.00-14.00 What Matters Hub</b> @ Duns Fare Share Cafe every 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday All welcome</p> <p><b>10.30-11.30 Seated Exercise Class</b> @ Trust Care Housing, Duns call 07458 088 531 for more info</p> <p><b>10.30-12.30 Petanque &amp; Games Club</b> @ Whitsome Ark 3<sup>rd</sup> Tuesday of each month Call Alzheimer Scotland 01573 400 324</p>	<p><b>10.00 Walk it Walk</b> meet at Greenlaw Town Hall 1<sup>st</sup> &amp; 3<sup>rd</sup> Wed of each month for more info call 01361 810 642</p>	<p><b>10.00-14.00 RVS Social Centre</b> Turnbull Ct, Duns booking required call 01896 754481</p>	<p><b>10.00-Noon Duns Library</b> Contact Centre</p> <p><b>10.30-12.30 RVS Social Centre</b> Dementia Friendly @The Loaning 3<sup>rd</sup> Friday of each month</p>
Afternoon	<p><b>13.15-14.45 Boccia</b> monthly at Southfield Comm Centre, Duns cost 2.00p/p contact Border Links 01289 305 423 for more info</p> <p><b>14.00-15.30 Boccia</b> @ Duns Parish Hall every 2<sup>nd</sup> Monday starts 23/09. Cost £4.00 for more info call 0777 311 5594</p>	<p><b>14.00-15.30 Memory Café</b> @ Trust Housing, Duns every 2<sup>nd</sup> Tuesday more info Alzheimer Scotland call 01573 400324</p> <p><b>*Weekly Shopping Trip</b> every Tuesday to Berwick cost £15p/p more details call 0300 456 1985*</p>	<p><b>Noon-13.30 Community Lunches</b>@ Chirnside Comm Centre 3<sup>rd</sup> Wed of each month call 07828 240 909 for more info</p> <p><b>14.00-16.00 Racing Reminiscence</b> 1<sup>st</sup> Wed of each month at the Jim Clark Museum call Alzheimer Scotland 01573 400324</p> <p><b>14.00-16.00 Duns Tea Dances</b> held monthly @Volunteer Hall £3.00 each call 07854 896 954 for more info</p> <p><b>14.00-16.00 Bowling Group</b> Leitholm Village Hall All Welcome</p>	<p><b>13.00-15.00 Knit &amp; Natter</b> @ Blackadder Hotel All Welcome £2.50 each for more info call 01361 810 642</p> <p><b>13.15-14.45 Bingo Beetle Drive</b> monthly at Southfield Comm. Centre 2.00p/p contact Border Links 01289 305 423 for more info</p> <p><b>14.00-15.30 Memory Café</b> 4<sup>th</sup> Thursday of each month @ Trust Housing call Alzheimer Scotland for more info 01573 400324</p> <p><b>14.00-15.00 RBS Mobile Van</b> Newtown Rd. Duns</p> <p><b>14.00- Walk it Easy</b> meet at Trust Housing</p>	<p><b>15.00-16.00 Mobile Post Office</b> Greenlaw War Memorial</p>

<b>Evening</b>	<p><b>16.30-18.30 Borders Community Sewing @</b> Leitholm Village Hall £6.00 per session All Welcome</p> <p><b>18.30-20.30 Borders Community Sewing @</b> Leitholm Village Hall £6.00 per session All Welcome</p>		<p><b>19.30 Whitsome SWI</b> Village Hall 3<sup>rd</sup> Wednesday of each month All Welcome</p> <p><b>19.00 Greenlaw SWI</b> 3<sup>rd</sup> Thursday of each month @ Blackadder Hotel All Welcome</p> <p><b>19.30 Leitholm SWI</b> Village Hall 2<sup>nd</sup> Wednesday of each month</p>	<p><b>17.00-19.00 Borders Community Sewing @</b> Gavinton Village Hall £6.00 session</p> <p><b>19.00 Cockburnspath SWI</b> Village Hall 3<sup>rd</sup> Thursday of each month <b>restarts Sept</b></p> <p><b>19.00 Greenlaw SWI</b> Fairbairn Hall 3<sup>rd</sup> Thursday of each month</p> <p><b>19.30 Chirnside SWI</b> Comm Centre 3<sup>rd</sup> Thursday of each month</p> <p><b>19.30 Langton SWI</b> Gavinton Village Hall 2<sup>nd</sup> Thursday of each month</p>	
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### 3 Eyemouth & Coldingham

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>09.00-09.45 Spin Class</b> at Eyemouth Studio 01890 750557 to book</p> <p><b>12.00-12.15 RBS Mobile Van</b> @ the Inn Allanton</p>	<p><b>09.00-09.45 Zumba</b> at Eyemouth Studio 01890 750557 to book</p> <p><b>10.00-14.00 RVS Social Centre</b> Burnmouth Village Hall book by calling 01896 754481</p> <p><b>09.50 Walk it Easy</b> Meet Comm. Centre, Eyemouth Contact Sheila 01890 750 870</p> <p><b>10.00 – 14.00 What Matters Hub</b> @ Eyemouth Comm. Centre every 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday of each month</p> <p><b>10.00 Walk it Easy</b> Meet at Ayton Comm. Hall call Denise 07989 731 974</p> <p><b>10.00-15.00 Eyemouth Mens Shed</b> Connect Building All Welcome</p> <p><b>*Weekly Shopping Trip</b> every Tuesday to Berwick cost £15p/p more details call 0300 456 1985*</p> <p><b>Trishaw Rides</b> book your ride in our accessible ebike around Eyemouth more info call 07515 859 693 <b>Also every fortnight</b> ebike rides come out on a led ride around Berwickshire contact Dixie dixie@seathechange.org.uk</p>	<p><b>10.00-Noon Eyemouth Larder</b> @ Eyemouth Parish Hall</p> <p>All Welcome also on facebook</p> <p><b>10.00-Noon RNID Drop in</b> @ Medical Practice 1<sup>st</sup> Wed of each month</p> <p><b>10.00-11.00 RBS Mobile Van</b> @Co-op at Park Eyemouth</p> <p><b>10.00 Walk it Walk</b> meet at Village Burnmouth Village Hall call Stu 07971 060 774</p> <p><b>10.00-11.00 Health Circuit Classes</b> @Eyemouth Comm. Centre All Welcome</p> <p><b>10.00-11.00 Supported Health Circuits</b> Eyemouth Comm. Centre All welcome</p>	<p><b>10.00 Walk it Walk</b> Meet Ayton Castle South Lodge contact Denise 07989 731 974</p> <p><b>10.30-13.30 Eyemouth Comm. Café</b> @ The Splash, Eyemouth Comm. Centre weekly All Welcome</p> <p><b>10.30-12.30 Friendship Café with Activities</b> @ Limkin Court 4th Thursday of each month for more info call Alzheimer UK 01573 400324 All Welcome</p> <p><b>10.30-12.30 Lip Reading Classes</b> Eyemouth Comm. Centre Eyemouth Comm. Centre call Eleanor 07777 601 584</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p>	<p><b>09.00-09.45 Zumba</b> @ Eyemouth Studio 01890 750557</p> <p><b>10.00 – 10.30 RBS Mobile Van</b> @ Main St. Ayton</p> <p><b>10.00-12.00 RNID</b> drop in session @ Eyemouth Library 3<sup>rd</sup> Friday of each month All Welcome</p> <p><b>10.00-10.45 Yoga</b> Eyemouth Community Centre All Welcome</p> <p><b>10.45-11.45 RBS Mobile Van</b> @ Co-op Car Park. Eyemouth</p>

<b>Afternoon</b>	<p><b>12.30-14.00 Memory Café</b> last Mon of each Month Eyemouth Comm. Centre</p> <p><b>13.00-15.00 Post Office</b> Services within Ayton Village Shop</p> <p><b>14.00 – 17.00 Eyemouth Library</b> all facilities within open contact 01750 726 400</p> <p><b>14.00-17.00 Eyemouth Library</b> more info call 01890 752 767</p>	<p><b>13.00-16.00 Eyemouth Elderly and Disabled Sports Club</b> meet at Eyemouth Comm. Centre £2.00p/p All Welcome</p> <p><b>13.00-15.00 Chill, Skill &amp; Chat Ladies Group</b> Masons Hall Eyemouth Refreshments available more info <a href="mailto:Susie@eyemouth.org">Susie@eyemouth.org</a></p> <p><b>14.00 Library Walking Group Book Group</b> 1<sup>st</sup> Tuesday of each month for more info call 01890 752767</p>		<p><b>13.15-15.15 Post Office</b> Services within Ayton Village Shop</p>	<p><b>12.00-17.00 Eyemouth Library</b> More info call 01750 726 400</p>
<b>Evening</b>	<p><b>18.00-19.00 Yoga</b> Eyemouth Community Centre All Welcome</p>	<p><b>19.00 Walk it Walk</b> Meet outside swimming pool contact Fiona 01890 751 483</p> <p><b>19.00-20.00 Eyemouth &amp; District Prostate Cancer Group</b> Old Masonic Hall 1<sup>st</sup> Tuesday of each month contact 07478 690 729 Jimmy People</p> <p><b>19.30 Coldingham SWI</b> Village Hall 2<sup>nd</sup> Tuesday of each month</p>	<p><b>18.30-20.00 Eyemouth Community Community Choir</b> EU Church All Welcome</p> <p><b>19.15 Ayton SWI</b> Church Hall 4<sup>th</sup> Wednesday of each month</p> <p><b>19.00 Paxton SWI</b> Village Hall 2<sup>nd</sup> Wednesday of each month</p>	<p><b>19.30 Abbey St Bathans WI</b> Village Hall 2<sup>nd</sup> Thursday of each month</p>	

**4 Earlston & Lauder**

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>10.00-11.00 Zumba Gold</b> Church Hall Earlston call Norrie 07986 914 206</p>		<p><b>10.00 Walk it Easy</b> Meet outside Lauder Leisure Centre contact John 01578 722207 <b>10.00-Noon Earlston Community Larder</b> @ The Church Hall, pop in for a cuppa and chat All Welcome <b>10.30 Walk it Further</b> Meet outside Lauder Leisure Centre contact Anne 07814 336241 <b>10.30-Noon</b> Earlston Comm. Café Church Hall call Gill 07747 757214 All Welcome</p>	<p><b>10.00 Walk it Walk</b> Meet at The Square Earlston contact Mary 07717 706 931 <b>10.00-12.00 RNID Drop in</b> @ Leisure Centre every 2<sup>nd</sup> Month All Welcome</p>	<p><b>10.00-Noon Coffee &amp; Chat Fridays</b> at Lauder Comm Centre All Welcome</p>
<b>Afternoon</b>	<p><b>14.20 – 14.50 RBS Mobile Van</b> @ Main St. Earlston</p>		<p><b>13.40 14.20 RBS Mobile Van</b> @ Main St. Earlston <b>13.45-15.45 Mobile Post Office</b> @ TD4 6DB <b>14.00 Wednesday Club</b> Earlston Church Hall All Welcome <b>14.15-16.15 Bowls, Blether &amp; Brew</b> Oxtan War Memorial Hall £2.00 per session</p>	<p><b>14.00 Earlston SWI</b> 3<sup>rd</sup> Thursday of each month @ Earlston Bowling Club All Welcome <b>15.00-15.30 Mobile Post Office</b> Oxtan <b>16.00-17.00 Mobile Library connect &amp; collect service</b> Earlston High School <b>16.00 16.45 Zumba</b> by zoom contact Norrie 07896 914206  <b>19.30 Earlston SWI</b> @ Hanover Close 3<sup>rd</sup> Thur of each month</p>	<p><b>14.00-16.00 Mobile Post Office</b> @TD4 6DB <b>14.00-17.00 Earlston Library</b> Contact Centre call 01750 720400 more info</p>



# Galashiels & Clovenfords

For more information on any of the activities below please contact a British Red Cross Community Coordinator **01896 751888**

## Monday

**09.00-10.00 Fitness Class Low Impact** Bowden Village Hall call Katrina 07741 664100  
**09.30 14.30 RVS Social Centre** @ Darnick Village Hall book by calling 01896 754481  
**10.00 Walk it Walk** meet outside Tweedbank Comm. Centre 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month contact Maureen 01896 757634  
**10.00-Noon Bereavement Support Group** meets at Quins All Welcome  
**10.00-11.00 Zumba** @ Trifitness All Welcome

## Tuesday

**09.30-14.30 RVS Social Centre** Tweedbank Comm Centre for more info call 01896 754 481  
**10.00 Library Walking for Wellbeing** meet at Gala Library 1<sup>st</sup> Tuesday of each month book by calling 01896 664 170  
**10.00-10.00 Zumba** St Pauls Church Hall Gala Contact Norrie 07986 914206  
**10.00 Walk it Walk** Meet outside Darnick Comm. Garden  
**10.00-Noon St Johns Small Hall Drop in Friendly meeting place** All Welcome Church of Scotland Galashiels  
**10.00-11.00 Zumba** Old Parish Hall Gala. Call 07826 914 206  
**10.00-12.00 RNID** drop in session @ Langlee Comm. Centre 3<sup>rd</sup> Tuesday of each month All welcome  
**10.30-11.30 LAC Book Group & Chat** @ Tesco Café 3<sup>rd</sup> Tuesday of each month  
**11.00-Noon Steadi & Fall Protection Class** @ Tweedbank Sports Centre with Suzy

## Wednesday

**08.55-09.25 Silver Spin Class** Gala Swim Pool call 01896 752154  
**09.30 14.30 RVS Social Centre** Langlee Comm. Centre Melrose book by calling 01896 754 481  
**09.30 Walk it Walk** meet outside Clovenfords Hotel call Graham 07989 731974  
**10.00-Noon** Coffee Stop and Chat @ St Johns Small Hall Gala All Welcome  
**10.00 Walk it Walk** meet Tweedbank Sports Centre call Brenda 07855 510 747  
**10.00 – 11.00 Zumba** @ Trifitness All Welcome  
**10.00-15.00 What Matters Hub** ASDA Café All Welcome  
**10.00-Noon Badminton** Church of Scotland Galashiels  
**10.30 Walk it Easy** last Wed of each month meet @ Wilkie Gardens call Maureen 01896 757634  
**10.30-11.15 Gentle Exercise** @ Langlee Comm Centre to book space call 07713 357 450  
**11.00-13.00 Borders Parkinson's Cuppa & Chat** @ Weatherspoons every 2<sup>nd</sup> Wed more info call George 07546 553 863  
**11.00-11.45 Pilates** @ Trifitness All Welcome  
**11.00-12.30 Community Café** @ Bowden Village Hall All Welcome

## Thursday

**09.30-14.30 RVS Social Centre** Tweedbank Comm Centre for more info call 01896 754 481  
**10.00 Walk it Walk** 3<sup>rd</sup> Thursday of each month Meet at Newtown Comm Centre call John 07721 732 379  
**10.30 Walk it Easy** meet at entrance Victoria Park call Richard 07914 251 504  
**10.00-14.00 Dementia Friendly** Activities with Lunch @ Langlee Comm. Centre cost £5.00 per day booking essential call 01896 751888  
**10.30 Walk it Walk** meet at Stow Crossroads call 01578 730546  
**11.00-13.00 OPAL Activity Group** Seated Exercise and Quizzes incl. Lunch @ Oakwood Park Gala. pre-booking required contact opal@eildon.org.uk

## Friday

**10.00-11.30 Musical Memories** @ Gala Rugby Club 3<sup>rd</sup> Friday of each month book 01896 755145  
**10.00 Walk it Further** meet @ Hike & Bike Hub call 07476 316 242 Alternate Fridays & Saturdays  
**10.00-11.00 Seated Yoga** Teviotdale Leisure Centre cost £4,50 All Welcome  
**10.30-11.30 Gentle Movement Exercise** @ Tweedbank Sports Centre with Chris  
**10.30-11.30 Health Yoga** @ Old Gala House with Elaine

<b>Afternoon</b>	<p><b>13.00-15.00 Clovenfords Craft Group</b> @ Clovenfords Hotel call Isobel 01896 850 888 info</p> <p><b>13.30-14.30 Seated Yoga</b> @ Tweedbank Sports Centre call 07748 088531 cost £4.50 All Welcome</p> <p><b>13.30-14.30 MS Pilates</b> @ Trifitness with Katrina All Welcome</p> <p><b>14.00-16.00 OPAL Activity Group</b> Wilkie Gardens contact opal@eildon.org.uk</p> <p><b>14.00 U3A of Gala.</b> in GRFC call 01896 823493 for more info</p> <p><b>14.00-16.00 Parkinson's Support Group</b> at BGH Chaplaincy Centre monthly call Anne 079220 93197</p> <p><b>14.00-15.30 Walking Football</b> Netherdale call 07717 548105 All Welcome 2.00 session</p> <p><b>15.00-15.45 Mobile Post Office</b> Clovenfords</p>	<p><b>12.30 Walk it Walk Meet</b> @ Stow Station House contact 01578 730 546</p> <p><b>14.00-16.00 Circle Dancing</b> @ Focus Centre Tel Kate 07523 466 657</p> <p><b>14.00-15.30 Scrabble Club</b> @ Gala Library All Welcome</p> <p><b>14.00-16.00 Tuesday Tea Club</b> @ Gala Baptist Church All Welcome</p> <p><b>14.30 Walk it Walk</b> meet at Abbotsford Visitor Centre call Anna 07985 724 938</p> <p><b>14.30 16.30 Cyrenians Pantry</b> @ Focus Centre call 0131 554 3900 for more info</p> <p><b>19.00-20.00 Walking Football</b> @Netherdale £2.00 session All Welcome</p>	<p><b>12.30-14.00 Games Group</b> @ Café Recharge All Welcome</p> <p><b>13.00-15.00 Crafty Creations</b> @ Gala Bowling Club £2/session call Trish 07709 854 841</p> <p><b>13.15-14.00 Exercise for Parkinsons</b> @ Trifitness with Pat All Welcome</p> <p><b>13.30-15.30 Heart for Art Dementia friendly art Group</b> @Trinity Church Hall contact <a href="mailto:heartfor.art@crossreach.org.uk">heartfor.art@crossreach.org.uk</a></p> <p><b>14.30-15.30 Exercise for Parkinsons</b> @ Trifitness with Pat All Welcome</p> <p><b>14.00-16.00 Arts &amp; Crafts Group</b> @ Gala Baptist Church All Welcome</p>	<p><b>13.00-16.00 Hope Central Comm. Drop</b> in Coffee and chat All Welcome</p> <p><b>13.30-15.30 Gala Windbags</b> Lucy Sanderson Hall. Gala contact Hazel 01896 753 788</p> <p><b>14.00-16.30 Abbotsford Nature &amp; Natter Walking Group</b> meet at car park 1<sup>st</sup> Thursday of each month call Alzheimer Scotland 01573 400 324</p> <p><b>14.30-15.30 Walking Football</b> Netherdale call 07717 548105</p> <p><b>17.15-19.00 Langlee Badminton Club at Queens Centre</b> ALL Welcome</p> <p><b>17.30-18.15 Zumba</b> by Old Parish Church Gala contact Norrie 07986 914206</p> <p><b>17.30-18.15 Kettlebells</b> @ Trifitness All Welcome</p> <p><b>18.30-21.00 Sewing Bees</b> Langlee Comm. Centre "Red Room" call 01896 757102</p>	<p><b>13.00-15.00 Crafty Creations</b> @ Gala Bowling Club £2/session call Trish 07709 854 841</p> <p><b>15.00-16.00 Seated Yoga</b> Chaplaincy Centre BGH more info contact <a href="mailto:kathmcdonald20@gmail.com">kathmcdonald20@gmail.com</a></p>
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<b>Evening</b>	<p><b>18.00- 18.45 Zumba.</b> Pavilion Cinema contact Lenore 07826 849 115</p> <p><b>18.30 Ormiston Bridge Club</b> every Monday @ Gala RFC All Welcome</p> <p><b>19.00 Langlee Comm. Choir</b> all welcome contact langleecommunitychoir.org.uk</p> <p><b>19.00-21.00 AndyMansClub</b> Male discussion Group @ Gala Rugby Club check facebook</p> <p><b>19.00-Late Gala Squash &amp; Racketball Club</b> @ Gala squash club All Welcome</p> <p><b>19.00-20.00 Clubbercise</b> @ Caddonfoot Hall call 07794 657 018 for bookings</p> <p><b>19.30 - 21.00 Borders Philatelic Society</b> every 2<sup>nd</sup> Monday @ Church Hall. Galashiels</p>	<p><b>18.00-19.00 Zumba</b> Newtown Comm. Centre call Norrie 07986 914 206</p> <p><b>19.00-21.00 Gala Chess Club</b> Focus Centre All Welcome</p> <p><b>19.00-21.00 Scottish Country Dancing</b> @ Old &amp; St Pauls Church Hall info call 01896 822 354</p> <p><b>19.00 The Inner Wheel</b> 3<sup>rd</sup> Tuesday of each month @ Café Recharge call Sheila 07708 732 320</p> <p><b>19.00-19.45 Pilates</b> @ Trifitness All Welcome</p> <p><b>19.00-21.00 Gala Water Singers.</b> Fountainhall School All Welcome contact 01578 730 289</p> <p><b>20.00 Meditation Classes</b> @ Yoga Mill contact Sarah 07784 740 179</p>	<p><b>17.30-18.30 Zumba</b> St Pauls Hall call Norrie 07986 914 206</p> <p><b>18.30- 19.15 Zumba.</b> Pavilion Cinema contact Lenore 07826 849 115</p> <p><b>19.00 Gala Pipe Band</b> each Wed at RBL Galashiels All welcome</p> <p><b>19.30 Lindean Carpet Bowling</b> all welcome call 01896 755 316 more info</p> <p><b>19.30 Bowden SWI</b> Village Hall 2<sup>nd</sup> Wed of each month</p> <p><b>19.30 Langshaw SWI</b> @ Gattonside Village Hall 3<sup>rd</sup> Wed of each month</p> <p><b>19.30-20.30 Gala Squash &amp; Racketball Club</b> “Ladies night” Gala Squash Club Ladies all welcome</p>	<p><b>19.00-20.15 Aw’Body’s Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.30 Gala Studio Club Art classes</b> @ Old Gala House call 07512 781577</p>	<p><b>SATURDAY</b></p> <p><b>10am Gala Waterways Group</b> 1<sup>st</sup> Sat. of each month All Welcome 07763 850087</p> <p><b>10.00-12.00 Gala Policies Group</b> last Saturday of each month “Litter picking” etc All Welcome</p> <p><b>10.00-Noon Qigong 5 element yoga</b> workshop @ The Yoga Mill, Galashiels call Gilly 07486 919394</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>09.00-10.00 Low Impact Exercise Class</b> Bowden Village Hall All Welcome</p> <p><b>09.30-10.30 Health Condition Class</b> @ Leisure Centre call 01750 20897</p> <p><b>10.00 Walk it Walk</b> Meet at Town Clock contact Jon 07510 0901839</p> <p><b>11.45 – 12.15 RBS Mobile Van</b> @ Market Place. Selkirk</p> <p><b>12.30 Walk it Walk</b> meet at Town Clock call Jon 0751 090 1839</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>10.30-11.30 Gentle Exercise</b> @ Selkirk Parish Church fortnightly call Jocelyn 07707 225 126</p>	<p><b>09.30 – 14.30 RVS Social Centre</b> Mungo Park Day Centre book by calling 01896 754481</p> <p><b>10.00-11.00 Ipad training</b> sessions for beginners @ Connections Selkirk. £2.00 donation</p> <p><b>10.00-11.00 Low Level Fitness</b> for all @ Selkirk Leisure call Jen 07458 088 531</p> <p><b>11.00-12.00 Ipad training</b> sessions for Intermediates @ Connections Selkirk £2.00 donation</p>	<p><b>08.00-08.45 Spin Class</b> Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p><b>10.00-12.00 RNID Drop in</b> @ Health Centre All Welcome</p> <p><b>11.30-13.30 Cyrenians Pantry</b> @ Philiphaugh Comm. Centre call 0131 554 390 for more info</p>	<p><b>08.30-09.15 Spin Class @ Leisure Centre</b> Tel. 01750 20897 for booking</p> <p><b>10.00 – 14.00 RVS Social Centre</b> Mungo Park Day Centre book by calling 01896 754481</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>

<b>Afternoon</b>	<p><b>13.30-14.30 Mobile Post Office</b> Ettrickbridge</p>	<p><b>14.00-15.30 Memory Café inc.</b> Companionship &amp; Activities St Johns Church 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday each month call Chris 01750 20092 / Heather 01750 779 278 for more info All welcome  <b>14.00-16.00 New Age Kurling</b> Yarrowford Hall 1 &amp; 3<sup>rd</sup> Tuesday of each month £3.00 p/p incl refreshments  <b>14.00-16.00 Selkirk Library</b> Contact Centre All Welcome  <b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>	<p><b>13.00-16.00 Reiver Petanque</b> meets at the Waterwheel Tea Room call Peter 07895 275 669 or Ron 07986 644 661 <b>All welcome</b>  <b>14.00-15.30 Selkirk Dementia Singing Café</b>, Riverside Health Centre 4<sup>th</sup> Wed of each month for more info 01573 400324 All Welcome  <b>14.00 Yarrowford SWI</b> @ Yarrowford Hall All Welcome  <b>14.00 Scottish Country Dancing</b> @ Ashkirk Village Hall All Welcome</p>	<p><b>14.00-16.00 Selkirk Library</b> Contact Centre All Welcome  <b>17.30-18.30 Zumba</b> by zoom contact Norrie 07986 914206</p>	<p><b>15.15-16.45 Mobile Library Connect &amp; Collect Service</b> Victoria Hall</p>
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<b>Evening</b>	<p><b>17.30-18.15 Spin Class</b> @Leisure Centre 01750 20897</p> <p><b>18.00-18.45 Zumba</b> in Selkirk Parish Church Contact Norrie 07986 914206</p>	<p><b>17.30-18.15 Spin Class</b> <b>Laisure Centre</b> Tel. 01750 20897 for booking</p> <p><b>18.30-19.30 Zumba</b> Riverside Mills. Selkirk</p> <p><b>19.00 Midlem SWI</b> in Village Hall 2<sup>nd</sup> Tuesday each month</p> <p><b>19.00 Ettrick SWI</b> Boston Hall 2<sup>nd</sup> Tuesday of each month</p> <p><b>19.00-20.00 Clubbercise @</b> Selkirk Rugby Club call 07794 657 018 for bookings</p> <p><b>19.30 Yarrowford SWI</b> in Village Hall 2<sup>nd</sup> Tuesday of each month</p>	<p><b>19.30 Carpet Bowling @</b> Lindean Village Hall All Welcome</p>	<p><b>19.30 Lindean SWI</b> Village Hall 1<sup>st</sup> Thursday each month</p>	<p><b>19.30-21.00 Carpet Bowling @</b> Tory Club Selkirk All Welcome</p>
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# 7 Melrose & St Boswells

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>09.00-10.00 Fitness Class @</b> Bowden Village Hall Low Impact call Katrina 07741 664100</p> <p><b>09.30 – 14.30 RVS Social Centre</b> The Smith Memorial Hall Darnick book by calling 01896 754481</p> <p><b>09.30-14.30 RVS Social Centre</b> St Boswells Village Hall Book by calling 01896 754 481</p> <p><b>10.00 Walk it Walk Meet</b> outside Tweedbank Community Centre 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of each Month contact Maureen 01896 757634</p> <p><b>11.00-12.00 Walking Hockey @</b> Tweedbank Sports Centre contact Sarah 07870 692 267 cost £2,50</p>	<p><b>10.00 Walk it Walk Meet</b> outside Darnick Comm. Garden Contact 07989 731 974</p> <p><b>10.00 – 15.00 Melrose Library</b> for more info call 01750 726 400</p> <p><b>10.00-14.00 RVS Social Centre @</b> St Boswells Village Hall call 01896 754 481</p>	<p><b>09.30-12.30 Wednesday Warm Ups</b> Community events St Boswells Village Hall All Welcome November thru to End March 2024</p> <p><b>10.30 Walk it Further</b> Meet in The Square, Melrose contact Martin 07858 386485</p> <p><b>10.00 Health Walk</b> meet at Tweedbank Sports Complex more info call 07855 510747 or jknox@liveborders.org.uk</p> <p><b>10.30 Walk it Easy wee walk</b> fortnightly call Martin 07858 386 485 Meet in Square, Melrose</p> <p><b>10.30-11.30 Supported Health Circuits</b> Tweedbank Sports Centre All Welcome</p> <p><b>11.00-14.30 Mobile Post Office</b> Melrose</p> <p><b>11.00-13.00 Bowden Community Café</b> Village Hall every 3<sup>rd</sup> Wednesday All Welcome</p> <p><b>11.05 – 11.35 RBS Mobile Van @</b> Bus Station. St. Boswells</p>	<p><b>10.00 Walk it Walk Meet</b> at Bus Station 1st Thursday of each month contact John 07721 732 379</p> <p><b>10.00 Library Walking for Wellbeing</b> meet at Melrose RFC last Thur. of each month starts 29<sup>th</sup> July book by calling 07467 917 777</p> <p><b>10.00-Noon Open Door</b> for Refreshments &amp; Chat Melrose Church Hall All Welcome</p> <p><b>11.00-12.00 Supported Gym Sessions @</b> Tweedbank Sports Centre All Welcome</p>	

<b>Afternoon</b>	<p><b>13.00-16.00 Arts Club @ St Boswells Village Hall</b> All Welcome</p> <p><b>13.30-14.30 Seated Yoga @ Tweedbank Sports Centre</b> Contact Angela 07913 896 116</p> <p><b>14.30-16.30 Tweedbank Indoor Bowling</b> booking 01896 750 456 or <a href="mailto:tweedbank@liveborders.com">tweedbank@liveborders.com</a></p> <p><b>14.00-16.00 Parkinsons UK</b> meets in Chaplaincy Centre 1<sup>st</sup> Monday of each month All Welcome</p> <p><b>14.45-16.15 Mobile Post Office</b> Melrose</p>	<p><b>13.45-14.45 Extend Class with Amanda</b> St Boswells Village Hall All Welcome</p> <p><b>14.00-16.00 Drop in Café @ St Johns Melrose</b> All Welcome</p> <p><b>14.00-15.30 Tuesday Club</b> for the over 65s All Welcome</p> <p><b>14.30-16.15 Mobile Post Office</b> Melrose</p> <p><b>14.30 Walk it Walk</b> meet outside Abbotsford Visitor Centre. Contact Richard 07914 251 504</p>	<p><b>14.30-16.30 Tweedbank Indoor Bowling</b> booking 01896 750 456 or <a href="mailto:tweedbank@liveborders.com">tweedbank@liveborders.com</a></p>	<p><b>13.45 – 14.05 RBS Mobile Van @ Health Centre.</b> Melrose</p> <p><b>14.00-17.00 Melrose Library</b> for more info call 01750 726 400</p> <p><b>14.45-15.15 Mobile Post Office</b> Melrose</p> <p><b>16.00 16.45 Zumba</b> by zoom contact Norrie 07986 914206</p> <p><b>17.30-19.15 Mobile Library Connect &amp; Collect Service</b> Melrose Rugby Club</p>	<p><b>14.00 Walk it Walk</b> Meet rear car park of G &amp; A Melrose last Friday of each Month contact Susan 0771 224 398</p>
<b>Evening</b>	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-19.00 Zumba</b> St Boswells Village Hall call Dianne 07974 525021</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775</p> <p><b>18.00-19.00 Zumba</b> in Newtown Comm. Centre contact Norrie 07986 914 206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.30 St Boswells SWI</b> Village Hall 2<sup>nd</sup> Tuesday each month</p>	<p><b>18.30-20.30 Newtown Stitched Up</b> knitting. Sewing, Crochet @ Dryburgh Arms £3.50 per person All Welcome</p> <p><b>19.15- 21.30 The Eildon Singers</b> Corn Exchange, Melrose call Margery 01750 21085 All Welcome</p>	<p><b>18.15 St Boswells Cricket Club</b> training night contact Jamie 07368 303 414</p> <p><b>19.00 Newtown St Boswells SWI @ Newtown Comm.</b> Wing 1<sup>st</sup> Thurs each month</p> <p><b>19.30-21.00 Scottish Country Dancing</b> Gattonside Village Hall call Bill 07443 529 068</p>	



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Morning

**09.00 Tai Chi** Queen Marys Gardens. if wet @ Bandstand all welcome Free Classes  
**09.30- 14.00 RVS Social Centre** @ Millfield Gardens cost £10.00 p/p contact 01896 754481  
**10.00 Walk it Walk** meet at Bandstand contact 07989 731 974  
**10.00-12.00 Ancrum Comm. Village Café** every 2<sup>nd</sup> Monday join us for light refreshments and chat £2.00  
**10.30-Noon Monthly Coffee Morning** @ Edgerston Hall 1<sup>st</sup> Monday of each month All Welcome  
**11.00-13.00 Walking Group** with Alzheimers UK meet at Harestanes call 01573 400324  
**Noon – 13.00 Jed Lunch Club** @ Thistle RFC clubrooms last Mon of each month Admission £4.00 Soup And sandwiches Call 07445 832 404 for transport

**09.00 Tai Chi** Queen Marys Gardens. If wet @Bandstand all welcome Free Classes  
**10.00-11.00 Pilates** @ St Johns Church for more info contact Marina 07879 613 821  
**11.00 Bacon Buttie with Tea/ Coffee & Chat @ Coffee Corner** cost £4.00 All Welcome

**09.00 Tai Chi** Queen Marys Gardens. if wet @ Bandstand all welcome Free Classes  
**09.30- 14.00 RVS Social Centre** @ Millfield Gardens cost £10.00 p/p contact 01896 754481  
**10.00-11.30 Awbody's Yoga** Ancrum Village Hall call Dianne 07758 664 566  
**10.00-12.00 RNID** drop in session @Jed Medical Practice 3<sup>rd</sup> Wed of each month  
**10.00-15.30 Millfield Mingle** @ Millfield Care Home Drop in Café All Welcome  
**10.00-16.00 Coffee and Activities** @ Lothian Hall Crailing every 2<sup>nd</sup> Wed. All Welcome

**09.00 Tai Chi** Queen Marys Gardens. If wet @ Bandstand all welcome Free Classes  
**10.05 -10.35 RBS Mobile Van** @ Bus Station. Jedburgh  
**10.00-12.00 Crailing Lothian Hall** Coffee Mornings fortnightly  
**10.00-11.30 Kenmore Coffee Morning** @ Kenmore Hall 2<sup>nd</sup> Thursday each month All Welcome  
**10.00-11.00 Pilates** @ St Johns contact Marina for more info 07879 613 821

**10.00-11.00 Pilates** @ St Johns contact Marina for more info 07879 613 821  
**10.00-14.00 RVS Living with Dementia** Lunch and activities, Jed Thistle Clubrooms cost £5.00p/p call 07890 434 663 for more info

<b>Afternoon</b>	<p><b>13.00-16.00 The Jed Shed</b> Womens Shed @ Abbey Place All Ladies Welcome £2.00 weekly</p> <p><b>14.00 Jedburgh Ladies Guild</b> meets every 2<sup>nd</sup> Monday each month Kenmore Hall All Welcome</p>	<p><b>11.30 – 13.30 Coffee Corner Lunch Club</b> each Tuesday Cost £5. Call Amanda 07818 039 669</p> <p><b>13.00-16.00 The Jed Shed</b> Mens day, Abbey Place All men welcome £2.00 weekly</p>	<p><b>12.00-14.00 Glen Douglas Hall Monthly Lunch Club.</b> £4.50 All Welcome</p> <p><b>13.00-16.00 The Jed Shed</b> Mens Day Abbey Place £2.00 weekly</p> <p><b>13.30- 14.15 Gentle Exercise</b> Jed Town Hall 4.00 p/p contact Sandra 07224 664 150</p>	<p><b>13.00-16.00 The Jed Shed</b> Womens Day Abbey Place All Ladies Welcome £2.00 weekly</p> <p><b>14.00-16.00 Knit &amp; Natter</b> every 2<sup>nd</sup> Thursday @ Coffee Corner All Welcome</p>	<p><b>13.00 Macmillan Move More Walks</b> Meet at Harestanes First Friday each Month</p> <p><b>13.30 Gentle Exercise</b> @ Jed Town Hall All Welcome</p> <p><b>14.00-17.00 Jedburgh Library Contact Centre</b> @ Jedburgh Grammar Campus call 01750 726 400 for more info</p>
<b>Evening</b>	<p><b>18.00 Dance with D @</b> Kenmore Hall booking info call Denise 07713 357 450</p> <p><b>18.00-19.00 Pilates @ St Johns</b> contact Marina 07879 613 821 for costs etc</p> <p><b>18.30-19.30 Jedburgh Bridge Club @ Jed Bowling Club</b> contact Kate 01835 862663 booking essential</p> <p><b>19.00-19.30 Indoor Studio Cycling</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>19.00 Whist Drive</b> at Glendouglas Comm Hall monthly Admiss. £3.00 inc refreshments All Welcome</p>	<p><b>19.00-21.00 Oxnam Valley Comm. Singers</b> Oxnam Village Hall contact <a href="mailto:emma.howie64@gmail.com">emma.howie64@gmail.com</a> you will be made very welcome</p> <p><b>19.30-21.00 Scottish Country Dancing</b> Drama room @ Jed Grammar Campus call 01835 830267 for more info</p> <p><b>19.30 Towford SWI</b> Hownam Village Hall every 1<sup>st</sup> Tuesday of each month</p>	<p><b>19.00 Bedrule SWI</b> Village Hall 3<sup>rd</sup> Wed of each month</p> <p><b>19.30 Storytelling Nights @</b> Tory Club every 2<sup>nd</sup> Wed of each month All welcome</p> <p><b>19.00-19.30 Indoor Studio cycling</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>18.00-19.00 Pilates @ St Johns</b> contact Marina 07879 613 821 for costs etc</p>		

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>09.00-10.00 Pilates @ MDS</b> Kelso call Lynn 07805 034 932</p> <p><b>10.15-11.15 Seated Pilates @MDS</b> call Lynn 07805 034 932</p> <p><b>10.30 Ednam Village Hall Bite &amp; Blether</b> All Welcome</p> <p><b>10.00-12.00 RNID</b> drop in session @Health Centre 2<sup>nd</sup> Monday of each month All Welcome</p> <p><b>11.00-13.00 Walking Group</b> meet at Floors Castle Visitor ticket kiosk more info call Alzheimer Scotland 01573 400 324</p> <p><b>11.00-Noon Gentle Exercise @ Yetholm Village Hall</b> contact Eddie 07563 520 591</p> <p><b>Noon- 15.00 Monday Mingle &amp; Lunch Group @ place &amp; space QME Care</b> 2 course meal and activities All Welcome booking essential call 01573 224 886</p>	<p><b>09.30 – 14.00 RVS @ Evangelical Church, Kelso</b> for more info contact 01896 754 481</p> <p><b>10.00 Kelso Knit 'N' Natter</b> Abbey Row contact Joan 07969 052 338 All Welcome</p> <p><b>10.00-15.00 Kelso Mens Shed</b> Rox.St. open to all contact 07854 688 829</p>	<p><b>10.00 Health Walk</b> meet at Riverside car park with Alan All Welcome</p> <p><b>10.00-12.30 Kelso Mens Shed</b> Rox.St. open to all contact 07854 688 829 £1.00 daily fee</p> <p><b>10.00-15.00 What Matters Hub @ Topiary Café, Mayfield Garden Centre</b> from 22/11/23 All very welcome</p> <p><b>10.30 Light Exercise @ Morebattle Village Hall</b> come &amp; Try. All Welcome</p> <p><b>10.30-12.00 Yetholm Village Choir</b> in Youth Hall All Welcome call Jennie 01573 420424 for more info</p> <p><b>11.30-12.30 Village Voices</b> Singing Group @ Abbey Row £5.00 per session All Welcome</p> <p><b>Noon-14.30 Wednesday Lunch Club @KRFC</b> cost £6.00 p/p call Pauline to book 07970 124223</p>	<p><b>09.45 – 12.15 Kelso Art Group</b> Abbey Row call Judi 07762 096 7623</p> <p><b>10.00-15.00 Kelso Mens Shed</b> Rox.St. open to all contact 07854 688 829 £1.00 daily fee</p> <p><b>10.30-12.00 Bacon Butty &amp; Blether</b> Cross Keys (Oak Room) price from £5.50 All welcome</p>	<p><b>10.00-Noon Sprouston Friday Group @ Village Hall</b> Fortnightly call Eleanor 01573 225276 for more info</p> <p><b>10.00 Walk it Walk</b> Meet Tourist information, The Square contact Peter 07484 302 132</p> <p><b>10.00-15.00 Kelso Mens Shed</b> Rox.St. open to all contact 07854 688 829 £1.00 daily fee</p> <p><b>10.00-Noon Coffee</b> Morning 1<sup>st</sup> Friday of each month @ Evangelical Church , Kelso call 01573 224849 for more info</p> <p><b>10.30 Gentle Exercise @ Kelso RFC</b> Open to All call Denise for more info 07713 357 450</p> <p><b>10.30-11.30 Walking Football @ KRFC</b> refreshments available more info call Murray 07842 250 425</p> <p><b>11.00 Walk it EASY</b> Meet Tourist information, The Square contact Peter 07484 302 132</p> <p><b>11.00-11.30 Seated Fitness @ Tait Hall</b> contact Jen 07458 088 531</p>

<b>Afternoon</b>	<p><b>13.00-15.00 Kelso Boccia Club</b> @ KRFC All Welcome</p> <p><b>13.30-15.30 Indoor Bowling</b> @ Abbey Row All Welcome</p> <p><b>14.30-16.00 Broomlands SWI</b> Bonar Room Kelso North All Welcome</p>	<p><b>13.30-15.30 Snr Indoor Bowling</b> Abbey Row All Welcome</p> <p><b>13.15-14.45 Boccia</b> Drop in at Abbey Row Comm. Centre <b>monthly</b> cost 2.00p/p contact Border Links 01289 305 423 for more info <b>starts 27<sup>th</sup> Aug.</b></p> <p><b>13.30-15.30 OPAL activities</b> Group Poynder Apts Fortnightly opal@eildon.org.uk</p> <p><b>14.00-16.00 Kelso Stitchers</b> every 3<sup>rd</sup> Tue. Abbey Row call Rineke 01573 229414</p> <p><b>14.30 WI</b> 3<sup>rd</sup> Tuesday of each month All Welcome</p> <p><b>14.30-16.15 Kelso Writers</b> every 2<sup>nd</sup> Tuesday Abbey Row call Fiona 07918 666 424</p>	<p><b>14.00 Morebattle &amp; Hownam Guild</b> The Institute Morebattle</p>	<p><b>14.00-16.00 Table Tennis</b> @ Upper Hall Kelso North All Welcome</p> <p><b>13.30-15.30 Indoor Bowling</b> @ Abbey Row All Welcome</p> <p><b>17.30-18.30 Zumba.</b> St Pauls Church Contact Norrie 07986 914206</p>	
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<b>Evening</b>	<p><b>18.00-18.45 Zumba</b> Ednam Village Hall Contact Norrie 07986 914206</p> <p><b>18.00-18.45 Spin Class @</b> KHS Gym call 01573 224944</p> <p><b>18.00-19.00 Eddies Personal Fitness @</b> Sprouston Village Hall call 07563 520 591</p> <p><b>19.00-19.45 Kettlercise @</b> KHS Gym Hall</p> <p><b>19.00 Kelso Bridge Club @</b> Abbey Row call Vanessa 01573 226 064 for more info</p> <p><b>19.00-21.00 Kelso Mens Shed</b> Rox. St. All Welcome</p> <p><b>19.00-21.00 Jigsaw Puzzle</b> Club Abbey Row every Monday call Alison 07759 981 600 for booking and info</p> <p><b>19.00 Kelso Ladies Netball @</b> KHS contact Kate 07590 668 364</p>	<p><b>17.15-18.15 Gentle Exercise Zumba</b> KRFC call Denise 07713 357 450</p> <p><b>18.00-19.30 Sunflower Grief Café @</b> Royal British Legion 3<sup>rd</sup> Tuesday of each month All Welcome</p> <p><b>18.30-19.30 Walking Football @</b>KHS 3G pitch contact Alan on 07818 288744</p> <p><b>18.30-19.30 Eddies Personal Fitness @</b> Town Yetholm Villahe Hall call 07563 520 591</p> <p><b>18.45-20.30 Borders @</b> RoxburghVillage Hall £6.00 session All Welcome</p> <p><b>19.00-19.45 Spin Class @</b> KHS Gym call 01573 224944</p> <p><b>19.00 Makerstoun SWI</b> Village Hall 2<sup>nd</sup> Tuesday of each month</p> <p><b>19.00-21.00 Scot Country Dancing @</b> Kelso North call 01573 228514 for more info</p>	<p><b>17.00-18.00 Gentle Exercise @</b> KRFC call Denise 07713 357 450</p> <p><b>18.00-19.30 Sunflower Grief Café @</b> St Boswells Church Hall 1<sup>st</sup> Wed of each month All Welcome</p> <p><b>18.00-18.45 Supported Spin Class @</b>KHS Gym call 01573 224944</p> <p><b>16.30-18.30 Borders Community Sewing @</b> Stitchill Village Hall £6.00 session All Welcome</p> <p>18.30-20.30 <b>Borders Community Sewing @</b> Stitchill Village Hall £6.00 session All Welcome</p> <p><b>19.00 Walking Football @</b> KHS Games Hall call 07790 025 678 Kieran for more info</p> <p><b>19.00- Kelso Bridge Club</b> Abbey Row call Vanessa 01573 226041</p> <p><b>19.00-20.45 Kelso Writers Group</b> every 2<sup>nd</sup> Wed. Abbey Row call Peter 07483 852 492</p> <p><b>19.00 Kelso Accordion &amp; Fiddle Club @</b> KRFC last Wed of each month</p> <p><b>19.30 Borders Flower Club Flower Arranging</b> 1<sup>st</sup> Wed of each Month @ Kelso RFC All Welcome</p> <p><b>19.30-20.30 Piladdies Men Only @</b>MDS D call Lynn 07805 034 932</p>	<p><b>17.30-18.30 Eddies Personal Fitness @</b> Sprouston Village Hall every 2<sup>nd</sup> Friday call 07563 520 591</p> <p><b>18.00-10.45 Spin Class @</b> KHS Gym call 01573 224 944</p> <p><b>19.00-21.00 Kelso Camera Club</b> (online at present) email: <a href="mailto:wdcc54@gmail.com">wdcc54@gmail.com</a></p> <p><b>19.00 Kelso Bridge Club @</b> Abbey Row call Shirley 07974 790 521 for more info</p>	<p><b>18.00 Boxcercise @KHS</b> gym call 01573 224 944</p> <p><b>20.00 Kelso Bowling Club Bingo</b> every 2<sup>nd</sup> Friday. All welcome</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>06.30-07.00 Spin Class</b> Teviotdale Leisure Centre Call 01450 374440</p> <p><b>09.30-17.00</b> Hawick Library open hours</p> <p><b>09.30 – 14.00 RVS Social Centre</b> Katherine Elliot Centre for more info call 01896 754 481</p> <p><b>10.00 Health Walks</b> meet at car park opp 3G pitches call Nathan/Sam 07388 954 965</p> <p><b>10.00-11.30 Hawick &amp; District Stroke Group</b> Hawick South Church contact Jane 01450 373536</p> <p><b>10.00-12.00 RNID</b> drop in session @ Comm. Hospital 3<sup>rd</sup> Monday of each month All welcome</p> <p><b>10.00-12.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p>10.00 11.45 Stroke Group @ Hawick South Church for more info call Jan 01450 373536</p> <p><b>11.00-13.30 Warm Welcome Hub</b> with the Salvation Army</p> <p><b>11.30-12.30 Pilates with MS &amp; Parkinson's</b> @ Teviotdale Leisure Centre with Kitrina</p>	<p><b>06.30-07.00 Spin Class</b> Teviotdale Leisure Centre Call 01450 374440</p> <p><b>09.30-10.30 Supported Gym Class</b> for all with health conditions join Amy at Teviotdale Leisure Centre</p> <p><b>10.00-12.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p><b>10.30-11.30 Singing for Wellbeing</b> Buccleuch House Newcastleton weekly unless Hub is on</p> <p><b>10.00-12.00 Fancy a Chat</b> @ Hawick Library Fortnightly All Welcome</p> <p><b>10.00-14.00 Living with Dementia</b> activities with Lunch @ Saltgreens Res. Home contact 01896 75188</p> <p><b>11.00-13.00 Chatty Café</b> @ Costa Coffee, Hawick All Welcome</p> <p><b>11.00-14.00 Warm Welcome Hub</b> with Wilton Church</p> <p><b>11.00-12.30 Pie &amp; a Brew Mens Group</b> @ Teviot Court More info call email opal@ eildon.org.uk</p>	<p><b>10.00-11.30 Awbody's Yoga</b> @ Ancrum Hall call Diane 07758 664 566 for more info</p> <p><b>10.00-14.00 Dementia Friendly</b> Activities with Lunch @ Katherine Elliot Centre £5.00 Booking essential call 01896 751888</p> <p><b>10.00-Noon RNID Drop in</b> @ Newcastleton Health Centre every 2<sup>nd</sup> month from 13<sup>th</sup> Dec</p> <p><b>10.00-15.00 Ladies Group Knit &amp; Natter</b> @ Mens Shed refreshments available 50p weekly or £25.00 annum</p> <p><b>10.30-12.30 Carers Café</b> @ Teviotdale Leisure Centre. For more info call 01573 400 324</p> <p><b>10.30-12.30 New Age Kurling</b> @ Burnfoot Comm Hub every 4<sup>th</sup> Wed</p> <p><b>10.00-Noon Seniors Fitness Sessions</b> @ Evergreen Hall All Welcome</p> <p><b>11.00- Knit &amp; Natter</b> @ HC Comm Church All Welcome</p>	<p><b>06.30 – 07.00 Spin Class</b> Teviotdale Leisure Centre Call 01450 374440</p> <p><b>09.00- Noon Community Pop in</b> @ Buccleuch House Newcastleton All Welcome</p> <p><b>10.00 – 15.00 What Matters Hub</b> @ Heart of Hawick All Welcome</p> <p><b>10.00-11.00 Supported Health Pilates</b> Teviotdale Health Centre</p> <p><b>10.00-12.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p><b>10.30-12.30 Gentle Walking Group</b> meet @ Wilton Lodge Park more info call 01573 400524</p> <p><b>10.30-11.30 Tai Chi</b> @ Escape Youth Café £7.00 contact Mike 07366 606 596</p> <p><b>10.30-11.30 Singing for Wellbeing</b> @ Buccleuch House Newcastleton All Welcome</p> <p><b>11.15 – 12.15 RBS Mobile Van</b> @ The Haugh. Hawick</p>	<p><b>09.30-12.20 Sew &amp; Sews Group</b> @ Burnfoot Community Hub All Welcome</p> <p><b>09.30 – 14.00 RVS Social Centre</b> Katherine Elliot Centre for more info call 01896 754 481</p> <p><b>10.00 Walk it Further</b> meet at Douglas Square Newcastleton call 013873 75908</p> <p><b>10.00-17.00 Warm Welcome Hub</b> @ Elm Comm Church starts 02/12/23 – 20/01/24</p> <p><b>10.00 Health Walks</b> meet at Bus Stop near High School call Jon 0751 090 1839</p> <p><b>10.00-11.00 Supported Yoga Sessions</b> @ Teviotdale Leisure Centre</p> <p><b>10.30-11.30 Coffee Morning</b> with the Salvation Army, Croft Road All Welcome</p> <p><b>Noon Lunch</b> at Old Parish Church last Friday of each month All Welcome</p>

<b>Afternoon</b>	<p><b>13.15-15.00 Art &amp; Stitches @</b> Buccleuch House Newcastleton booking required 013873 75908</p> <p><b>13.00-15.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p><b>13.00-14.00 Newcastleton Walk</b> meet at Buccleuch House more info call 013873 75908</p> <p><b>14.00-15.00 Cameo Group @</b> Salvation Army Hall call Angela/Carolyn 01450 378612</p> <p><b>14.00-16.00 Needlecraft Group</b> meets at Hawick Library All Welcome</p> <p><b>14.30-16.30 Boccia</b> at the Evergreen Hall contact Ryan 07825 138 098</p>	<p><b>Noon-15.00 Community Lunch @</b> Burnfoot Hub £2.50 p/p every Tuesday All Welcome</p> <p><b>13.15-15.00 In Stitches/Art Club @</b> Buccleuch House Newcastleton booking 013873 75908</p> <p><b>13.00-15.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p><b>13.00 Walk &amp; Talk</b> 1<sup>st</sup> Tue of each month @ The haugh call Kaye 07394 506 251</p> <p><b>13.15-14.30 Ritual &amp; Restore Yoga Class @</b> Burnfoot Hub classes donation based bring your own mat etc every 2<sup>nd</sup> Tuesday</p> <p><b>13.30-15.30 New Age Kurling @</b> No 8 Club Newcastleton 2<sup>nd</sup> Tuesday of each month £2.50</p> <p><b>13.30-14.30 Low Impact exercise</b> for all with Amy @ Teviotdale Leisure Centre</p> <p><b>14.00-16.00 Indoor Carpet Bowling @</b> Evergreen Hall All Welcome</p> <p><b>14.00-16.00 Coffee Tea &amp; Biscuits, social chats @</b> Bonchester Bridge Village Hall for more info call Gerry 01450 860758</p> <p><b>16.00-17.45 Chess Club</b> within Hawick Library All Welcome</p>	<p><b>Noon-13.00 Lunch @</b> Hawick Con. Comm. Church All welcome</p> <p><b>14.00-16.00 OPAL Activity Group Seated Gentle Exercise</b> Teviot Court every 2<sup>nd</sup> Wednesday contact opal@eildon.org.uk</p>	<p><b>12.00-13.30 Lunch Club @</b> Evergreen Hall more info call Derek 07908 137656</p> <p><b>13.00 Walk N Talk Group</b> 1<sup>st</sup> Thursday each month Meet at The Haugh call Kaye 07394 506251</p> <p><b>13.00-15.00 Art &amp; Craft Classes</b> at Artbeat Studios to book call 01459 379 547 cost £10.00 session</p> <p><b>13.00-16.00 Art Club</b> Catholic Church Hall 1st Thursday of each month All Welcome</p> <p><b>13.30 Abody's Yoga @</b> Escape Youth Centre call Diane 07758 664 566</p> <p><b>13.30-15.30 Tea Dance @</b> Lodge 424 Union St. Hawick last Thursday of each month Cost £3.00 All Welcome</p> <p><b>13.30-15.00 Dementia Café @</b> Masonic Lodge 111 3<sup>rd</sup> Thur each month call Alzheimer Scotland 01573 400324 All Welcome</p> <p><b>13.45-14.45 Singing for Fun</b> Denholm Village Hall every Thursday All Welcome</p> <p><b>14.00-15.30 Warm Welcome Hub</b> with Salvation Army @ Burnfoot Hub</p> <p><b>14.00-16.00 Indoor Carpet Bowling @</b> Evergreen Hall restarts 17<sup>th</sup> Sept. All welcome</p> <p><b>14.30-16.30 Scottish Country Dancing</b> Evergreen Hall £3.50 per class call 01450 375167 for more info</p>	<p><b>14.00-16.00 Carpet Bowls</b> for Snr Citizens @ Evergreen Hall call 01450 372409 for more info</p> <p><b>14.00 The Blether Club @</b> Hawick Con. Comm. Church All Welcome</p> <p><b>14.00 over 50s Badminton @</b> St Mary's &amp; Old Parish Hall</p> <p><b>15.00 Awbody's Yoga @</b> Teviotdale Leisure Centre call Dianne -7758 664 566</p> <p><b>15.00 Walk it Walk</b> meet at car park opp. 3G pitches call 07388 954 965</p>
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<b>Evening</b>	<p><b>17.30-18.00 Spin Class @TLC</b> call 01450 374 440</p> <p><b>17.55-19.25 Awbody's Yoga @ Wilton Dean Hall</b> Booking essential call Diane 07758 664 566</p> <p><b>18.00-19.00 Aerobics @ Evergreen Hall</b> call Jen 07458 088 531 for more info</p> <p><b>19.30-21.00 Scottish Country Dancing</b> Evergreen Hall £3.50 per class call 01450 373940 for more info</p> <p><b>19.35 21.05 Awbody's Yoga @ Wilton Dean Hall</b> Booking Essentail call Diane 07758 664 566</p>	<p><b>17.15-17.45 Spin Class @ Teviotdale Leisure Centre</b> Call 01450 374440</p> <p><b>18.30-21.00 Knitting, Sewing and Crochet @ Denholm Village Hall</b> £3.00 each refreshments provided All Welcome</p> <p><b>19.00 Newmill &amp; Teviothead SWI</b> meet at Teviothead Hall All Welcome</p> <p><b>19.00-20.00 Awbody's Yoga</b> Denholm Village Hall call Diane 07758 664 566</p> <p><b>19.00 Newmill &amp; Teviothead SWI</b> Village Hall 1<sup>st</sup> Tuesday each month</p> <p><b>19.30 Wilton Dean SWI</b> Village Hall 2<sup>nd</sup> Tuesday of each month</p> <p><b>19.30 Southdean SWI</b> Village Hall 1<sup>st</sup> Tuesday of each month</p>	<p><b>17.15-17.45 Spin Class</b> Teviotdale Leisure Centre Call 01450 374440</p> <p><b>18.00-18.30 Spin Class</b> Teviotdale Leisure Centre Call 01450 374440</p> <p><b>18.30-20.00 Tai Chi</b>@Escape Youth Café call Mike 07366 605 596</p> <p><b>19.00 Hawick Stamp Club @ Mansfield House Hotel</b> every 2<sup>nd</sup> Wednesday</p> <p><b>19.00 Walking Football</b> Hawick Legion Auld Baths call 07712 604533 £2.00 session</p> <p><b>19.30 Bingo @The Bourtree</b> last Wed of each month more info call 01450 360450</p> <p><b>19.15 – 20.00 Sh'Bam Class</b> Teviotdale Leisure Centre Call 01450 374440</p>	<p><b>19.00-20.00 Clubbercise @ Evergreen Hall</b> call 07794 657 018 for bookings</p> <p><b>17.00 Quiz Night</b> at the Bourtree last Thursday of each month for more info call 01450 360450</p>	<p><b>19.00 Bingo @ Hawick Burns Club.</b> Tel 01450 372474</p> <hr/> <p><b>Saturday:</b> Hawick Armed Forces Veterans Breakfast Club 10.00 – Noon @ Evergreen Hall. Hawick</p> <p><b>Sunday: 19.00 Bingo @ Hawick Burns Club.</b> Tel 01450 372474</p>



# 11 Innerleithen & Walkerburn

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00-14.30 RVS Social Centre</b> Hall of Friendship Innerleithen Parish Church for more info call 01896 754 481</p> <p><b>10.00 Walk it Walk</b> meet at Alexandra Park "Swings" contact Alice 07974 782 016</p>	<p><b>09.45 Probus Club</b> @ Union Club Innerleithen 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday of each month for info gray.douglasgray@gmail.com</p> <p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>11.00-12.00 The Cheyne Gang</b> Singing @ Parish Church Innerleithen call 07570 415 266 Joan</p>	<p><b>09.00-Noon Community Café</b> Innerleithen Church Hall every 2<sup>nd</sup> Wednesday All Welcome</p> <p><b>10.00-15.00 What Matters Hub</b> @ Costa Coffee Peebles All Welcome</p> <p><b>10.30-Noon Crafting Class</b> @ Cardrona Village Hall every 2<sup>nd</sup> Wednesday call Mandy 07958 158 181</p>	<p><b>09.00-Noon Community Café</b> Walkerburn Village Hall every 2<sup>nd</sup> Thursday All Welcome</p> <p><b>10.00-12.00 RNID</b> drop in session @ Peebles Library every 2<sup>nd</sup> Thursday of the month All welcome</p>	<p><b>10.00-14.00 RVS Social Centre</b> Hall of Friendship Innerleithen Parish Church Hall Booking 01896 754481</p> <p><b>10.00 Walk it Walk</b> meet outside Vale Club Innerleithen Whistle Stop Cafe Contact Neil 07368 341 487</p>
Afternoon		<p><b>12.30-14.00 Walkerburn Food Hugs Lunch</b> Henry Ballantyne Club Donations booking 01896 870 200</p> <p><b>13.00-15.00 The Cheyne Gang</b> Singing @ Parish Church Innerleithen Fortnightly call 07769 322 583 Anne</p> <p><b>14.30 – 15.30 Crafting Class</b> @ Henry Ballantyne Club every 2<sup>nd</sup> Tuesday £3.00 call Mandy 07958 158 181</p> <p><b>13.00 – 16.30 Crafting Class</b> @ Innerleithen Parish Church every 2<sup>nd</sup> Tuesday starts call Mandy 07958 158 181</p> <p><b>14.00-16.00 RNID Drop in</b>@ St Ronans Health Centre 1<sup>st</sup> Tuesday of each month</p>	<p><b>14.00 Innerleithen Senior Citizens</b> meet at Union Club. Last Wednesday of each month All Welcome</p>		<p><b>13.00-14.30 Library Connect &amp; Collect Service.</b> Memorial Hall</p> <p><b>14.30-16.30 Tweeddale Dementia Friendly Tea Dance</b> 15<sup>th</sup> March @ Innerleithen Church of Scotland cost £4.00 tickets available from the Allotment or 01896 602621 Help with transport call 0756 602621</p>
Evening	<p><b>19.00-21.00 Knit &amp; Natter</b> Masonic Hall call Molly 01896 831885</p> <p><b>19.00 Andysman Club</b> Peer to Peer support for men over 18s @ Vale Club</p>			<p><b>17.30-19.00 Dance from the Heart Movement &amp; Meditation</b> for Beginners call 07986 961 809</p> <p><b>19.00 Bingo</b> @ Union Club Innerleithen All Welcome</p> <p><b>15.30-17.30 Cyrenians Pantry</b> @ Walkerburn Village Hall call 0131 554 3900</p>	<p><b>Saturday: 10.00 Leithen Walk &amp; Talk</b> 1<sup>st</sup> Sat. of each Month register call Ruth 07845 122 356</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>09.00-10.00 Pilates</b> @ Gytes Leisure Centre call 01721 723 688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>10.00 – 14.00 RVS Social Centre</b> St Andrews Leckie call 0189 754481</p> <p><b>10.00 Walk it Walk</b> meet @ Burgh Hall contact Brian 01721 720981</p> <p><b>10.30-11.30 Peebles Reading Group</b> @ Peebles Library 1<sup>st</sup> Monday of each month more info contact Sheila 07971 323 734</p> <p><b>Mens Shed</b> School Brae Comm. Hub more info call 07854 294 350</p> <p><b>11.00-12.30 Pie &amp; Brew “Mens Group”</b> Dovecot Ct. Social Activity Group call 01750491090 or <a href="http://opal.eildon.org.uk">opal.eildon.org.uk</a></p> <p><b>11.30-14.00 Warm Space</b> @ Victoria Park Centre Food Foundation refreshments available lunch available with a donation All Welcome</p>	<p><b>10.00 – 14.30 RVS Social Centre</b> St Andrews Leckie call 01896 754481</p> <p><b>10.00-10.45 Zumba</b> @ Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>10.00-Noon Greener Peebles Comm. Garden</b> Volunteer Sessions email <a href="mailto:info@greenerpeebles.org">info@greenerpeebles.org</a></p> <p><b>10.30-11.00 Qigong classes</b> @ Silver Tree Studio All Welcome</p> <p><b>11.00-15.00 Peebles Library</b> for more info call 01750 726 400</p> <p><b>10.00-15.00 Mens Shed</b> School Brae Comm. Hub more info call 07854 294 350</p> <p><b>10.00-10.45 Low Impact Aerobics</b> @ The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>10.30-12.20 U3A Art Club.</b> Comm Hall every 2<sup>nd</sup> Tuesday</p> <p><b>11.00-11.45 Zumba</b> @ The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>11.15-12.15 Peebles Comm Centre (Drill Hall)</b> Extend by Carmen exercise classes for the over 60s £5 incl refreshments more info call Carmen 07917 032 435/<a href="mailto:carmen@carmenskeepfit.com">carmen@carmenskeepfit.com</a></p> <p><b>11.30-14.00 Warm Space</b> @ Victoria Park Centre Food Foundation refreshments available lunch available with a donation All Welcome</p>	<p><b>09.15-10.15 Qigong Class</b> @ Breathe Studio All Welcome</p> <p><b>10.00-14.00 RVS Social Centre</b> St Andrews Leckie call 01896 754481</p> <p><b>10.00-15.00 What Matters Hub</b> @ Costa Coffee All Welcome</p> <p><b>10.00-11.00 Supported Gym Classes</b> with Katrina @ Gytes Leisure Centre All Welcome</p> <p><b>10.15-11.15 Carmen’s Movers</b> over 65s meet at Drill Hall £5. Session incl. Refreshments call Carmen 07917 032 435/<a href="mailto:carmen@carmenskeepfit.com">carmen@carmenskeepfit.com</a></p> <p><b>10.30 – Noon Crafting Class</b> Firholm Day Centre every fortnight from 27<sup>th</sup> March call Mandy 07958 158 181</p> <p><b>10.30-Noon Nomad Beat Music Group for people with Dementia and Carers</b>@ Eastgate Theatre booking essential 01721 725 777.</p> <p><b>11.30-14.00 Warm Space</b> @ Victoria Park Centre Food Foundation refreshments available lunch available with a donation All Welcome</p> <p>11.45-12.30 Seated Flexercise @ Drill Hall with Carmen call - 7917 032 435 for more info</p> <p><b>12.00-14.00 Lunch Club</b> @ St Joseph’s Neighbourhood Centre All Welcome</p> <p><b>12.00-13.30 Bite &amp; Blether</b> @ Eddleston Village Hall All Welcome</p>	<p><b>08.00-08.30 Spin Class</b> @The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>10.30-11.30 Tai Chi</b> Macfarlane Hall call Anne 01896 870757</p> <p><b>10.00-10.45 Zumba</b> @The gytes Leisure Centre contact 01721 723 688</p> <p><b>10.00-13.00 Mens Shed</b> School Brae Comm. Hub more info call 07854 294 350</p> <p><b>10.00-11.00 Flexercise</b> for the over 50s @ Drill Hall £5. Incl refreshments call Carmen 07917 032435/<a href="mailto:carmen@carmenskeepfit.com">carmen@carmenskeepfit.com</a></p> <p><b>10.30 Museum Walking for Wellbeing</b> 1<sup>st</sup> Thur. of each month meet at Quad of Chambers Inst. Book by calling 07467 917 771</p> <p><b>11.15-12.00 Zumba</b> @ Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p> <p><b>11.30-14.00 Warm Space</b> @ Victoria Park Centre Food Foundation refreshments available lunch available with a donation All Welcome</p> <p><b>12.30 – 13.30 Walking Netball</b> @ Comm. Hall. Call 01721 720975</p>	<p><b>09.30 – 11.30 Creative Space</b> Peebles Comm Hall</p> <p><b>10.00-Noon Greener Peebles Comm. Garden</b> Volunteer Sessions email <a href="mailto:info@greenerpeebles.org">info@greenerpeebles.org</a></p> <p><b>10.00-17.00 Eastgate Theatre Cafe</b> contact 01721 725785</p> <p><b>10.00 -11.00 Adult Line Dancing</b> Classes Fiona Henderson School of Dance call 07733 409708</p> <p><b>11.15-12.15 Adult Beginners Ballet</b> classes Fiona Henderson School of Dance call 07733 409708</p> <p><b>10.00 – 15.00 Peebles Library</b> for more info call 01750 726 400</p> <p><b>12.00-14.00 Intergenerational Skill Share Group “New Skills”</b> @ MacFarlane Hall every Friday call 01896 664 155 for more info</p>

Afternoon

**13.00-16.00 Mary Allen Lunch Club** monthly from 4<sup>th</sup> April  
**14.00-16.00 OPAL Activity Group** Dovecot Court opal@eildon.org.uk for more info  
**13.15-15.15 Peebles Stroke Group** @ Firholm Day Centre every 2<sup>nd</sup> Monday call Mags 07812 113 506

**13.30 – 14.30 Walking Hockey** @ Comm. Hall call 07870 692 267  
**14.00 U3A Tweeddale** monthly meets at St Joseph's Hall call Susan 01896 830786  
**14.00-16.00 Painting & Drawing Workshop** Peebles Comm. Hall Call 07432 234 759  
**14.45-15.25 Dovecot Choir** @ Dovecot Court, refreshments available too call 07483 176225  
**All Welcome**

**13.00-16.00 Painting & Drawing Workshops** start 13<sup>th</sup> then every 2<sup>nd</sup> Wed in Comm. Centre call Richard 07432 234 759  
**13.30-15.30 Peebles Stroke Group** 1<sup>st</sup> & 3<sup>rd</sup> Wed of each month @ Firholm Day Centre call Mags 01721 723 328 for more info  
**14.00-15.30 Sight Loss Support Group** @ The Cross Keys join us for refreshments, support and chat 1<sup>st</sup> Wed of each month call 07858 687 528  
**14.00-15.00 Seated Fitness Class** @ Gytes Leisure Centre call Pat 07467 91777  
**14.00 – 16.00 Ladies Over 60s** Badminton @ Comm. Hall call 01721 720975  
**14.00-16.00 Knitting Group** Leckie Church Hall, call 01721 720 599. All Welcome  
**15.30-17.30 Café for the Community** @ St Andrews Leckie Church every Wednesday All Welcome  
**14.30 – 15.30 Crafting Class** @ Cardrona Village Hall for the Snrs every 2<sup>nd</sup> Wed. call Mandy 07958 158181

**13.30-15.30 Badminton Mixed for over 60s** @ Comm. Hall call 01721 729 975  
**14.30-16.00 Dementia Friendly Tweeddale Memory Café** @ Firholm Day Unit fortnightly call Transport is available but must be booked 07561 602 621 for more info  
**14.00-16.00 OPAL Activity Group** @ Riverside House every 2<sup>nd</sup> Thursday [opal@eildon.org.uk](mailto:opal@eildon.org.uk) for more info  
**14.00-16.00 RNID** drop in session @Community Centre every 2<sup>nd</sup> Thursday of each month All Welcome

**12.15-13.15 Soup & Sandwich Lunch** Peebles Comm Hall cost from £2.15 All Welcome call 01721 720 975  
**13.00-14.30 Table Tennis, Bowling, Curling** Peebles Comm Hall  
**14.30-16.00 Walking Football** Comm. Hall All Welcome  
**15.00-17.00 Walking Football** for the over 50s @ Comm. Hall call 01721 729 975

Evening

**18.00-18.30 Spin Class @**  
The Gytes Leisure Centre  
contact 01721 723688  
email:  
[gytes@liveborders.org.uk](mailto:gytes@liveborders.org.uk)  
**19.00 InChorus Choir @**  
Macfarlane Hall All  
welcome or email  
[manager@inchoruschoir.co.uk](mailto:manager@inchoruschoir.co.uk)  
**19.15-21.15 SWI** Peebles  
Comm. Centre monthly  
23/01/23

**19.00 Bingo @** Cross Keys  
Peebles call 01721 723 467 for  
prices and more info  
**19.15-21.15 Peebles Singers**  
@ Eastgate Theatre call Jim  
01721 724 444 All Welcome  
**18.30-21.00 Carpet Bowls**  
Peebles Comm Hall All  
Welcome  
**19.00 Traquair & Kailzie SWI**  
every 2<sup>nd</sup> Tuesday meet at  
Masonic Hall  
**19.15-20.15 Adult**  
**Contemporary Dance** classes  
@ Fiona Henderson School of  
Dance call 07733 409708  
20.00-21.00

**18.00-19.00 Clubbercise**  
**Exercise Class** Peebles  
Comm. Hall All Welcome  
**18.00-19.00 Walking Football**  
Cardrona Hotel Pitch All  
Welcome  
**19.00-21.00 Scottish Borders**  
**Prostate Support Group@**  
Macmillan Centre 1<sup>st</sup> Wed each  
month not Feb, March  
**19.00-21.00 Peebles Camera**  
**Club** Peebles Comm Hall Room  
1 monthly  
**19.30-21.30 Kirklands**  
**Badminton Club @** Peebles  
Comm Centre 01721 720  
975

**19.15-20.15 Adult Dance for**  
**Exercise** classes Fiona  
Henderson School of Dance call  
07733 409708  
**19.15 Whitebridge SWI @** St  
Andrews Leckie Church Hall 2<sup>nd</sup>  
Thursday of each month  
**19.30-21.00 Eddleston Voices**  
meet at Eddleston Church  
contact Patricia 07985 053 652  
07788 165 279 All Welcome

**19.30-21.30 Table Tennis**  
@ St Joseph  
Neighbourhood Centre All  
Welcome more info call  
01721 721 680  
  
**Peebles Library, Museum**  
**& Gallery opening times**  
Mon, Tue & Fri 10.00-15.00  
Thursday: 10.00-17.00  
Saturday: 10.00-15.00

**13 West Linton**

For more information on any of the activities below  
please contact a British Red Cross Community  
Coordinator **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Walk it Group</b> meet at Golf Course All Welcome call Denise 07989 731 974 <b>On Hold until Spring</b></p>	<p><b>10.00-Noon Community Café</b> West Linton Old Church Hall monthly All Welcome <b>10.00-Noon RNID @</b> Health Centre 3<sup>rd</sup> Tuesday of each month</p>	<p><b>10.00 -15.00 What Matters Hub</b> Costa Coffee Peebles All Welcome</p>	<p><b>09.30-14.30 RVS Social Centre</b> Village Centre for more info and booking call 01896 754 481</p>	
Afternoon				<p><b>17.30 18.30 Zumba</b> by zoom contact Norrie 07986 914206</p>	<p><b>13.45-14.15 Mobile Post Office</b> Broughton</p>
Evening	<p><b>19.00 West Linton Bowling Club</b> all welcome see facebook for booking</p>		<p><b>19.30</b> Lamancha Newlands and Kirkurd SWI 1<sup>st</sup> Wednesday of each month meets at Newlands Centre <b>19.30 Dolphinton SWI</b> Village Hall 3<sup>rd</sup> Wednesday of each month</p>	<p><b>19.00 West Linton Bowling Club</b> all welcome see facebook for booking <b>19.15 Gentle Movement &amp; Meditation Classes</b> Traquair Village Hall call Shauna 07758 220 743</p>	

## 14 Useful Contact Numbers

- Alzheimer Scotland Borders The National Dementia Advisor Service is available Mon-Fri 09.00-17.00 call 0300373 5774 out of hours 08088083000
- Advice Direct Scotland (Scam Aware) 0808 164 6000
- Age Scotland 0800 12 44 22/age.scot/friendship
- Age UK 0800 678 1602
- AskSARA [www.scotborders.gov.uk/askSara](http://www.scotborders.gov.uk/askSara)
- Borders Care and Repair 01750 724895
- Borders Carers Centre 01896 752431
- Borders Carers Voice 01896 757 290/ 01896 802 535 email [lynsay@borderscarevoice.org.uk](mailto:lynsay@borderscarevoice.org.uk)
- Borders Community Transport Service 0300 456 1985
- Borders Dental Helpline 0845 300 0930
- Borders Mobility Equipment Services 01896 750565
- Borders Podiatry Service 01896 826538
- Borders Talking Newspaper Service 01361 889211 Email: [office@btn.org.uk](mailto:office@btn.org.uk) [www.btn.org](http://www.btn.org)
- Breathing Space 0800 838587 [www.breathingspace.scot](http://www.breathingspace.scot)
- Changeworks call 0800 870 880 email [warmth@changeworks.org.uk](mailto:warmth@changeworks.org.uk) [www.changeworks.org.uk/referral](http://www.changeworks.org.uk/referral)
- Chest Heart and Stroke Scotland 0808 801 0899
- Citizens Advice CAB 111 High Street Galashiels 01896 753889 10.00-16.00 Mon-Thu  
Duns Social Work Office 01361 886103
- Dementia Helpline Freephone 0808 808 3000/email [helpline@alzscot.org](mailto:helpline@alzscot.org) available 24 hours
- Dynamic Community Fusion "Brain Injury Service" Call 07530 983750/07547 403469 Email: [BBIS\\_Reconnect@dynamiccommunityfusion.co.uk](mailto:BBIS_Reconnect@dynamiccommunityfusion.co.uk)
- Food Train 01896 751750
- Galashiels Social Work Office 01896 664157
- Hawick Social Work Office 01450 374545
- Health in Mind contact Health in mind Online Enquiry [health-in-mind.org.uk](http://health-in-mind.org.uk)
- Home Energy Scotland call 0808 808 2282 or online portal User details Home Energy Scotland HUB
- Home First Team 01896 661288, Duns 01361 885037, Kelso 01573 227904

- Kelso Social Work Office 01573 227444
- Live Borders [www.liveborders.org.uk](http://www.liveborders.org.uk) /01896 661166 Mobile library Timetable on website
- Local Citizens Panel for people with learning difficulties contact Eileen 01896 802353 email [lcp@borderscarersvoice.org.uk](mailto:lcp@borderscarersvoice.org.uk)
- Macular Society Advice and Support Line 0300 303 0111
- Macmillan Services Kirsty Smith/Clare Irvine 01896 826835 (Cancer Information Support Service)
- MS Society Borders Group Judy Eglington 01573 420576 email: [judy.eglington@googlemail.com](mailto:judy.eglington@googlemail.com)
- MS Society Helpline 0800 800 8000 Mon-Fri 09.00-19.00 email: [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)
- Myalgic Encephalomyelitis (ME) 01896 824570
- NHS Wellbeing Service emotional health, wellbeing support & lifestyle changes 01896 824502 or visit [www.nhsborders.scot.nhs.uk/wellbeingnews](http://www.nhsborders.scot.nhs.uk/wellbeingnews)
- NHS24 Mental Health Hub Dial 111(24/7)
- [opalborders@cyrenians.scot](mailto:opalborders@cyrenians.scot) or 01750 491 090
- Parkinson's Society Borders Branch Gary Hattie 01750 22588 email: [garyhattie1@gmail.com](mailto:garyhattie1@gmail.com)
- Pain Association Scotland "Borders Group" Chaplaincy Centre BGH Melrose 0800 783 6059
- Peebles Social Work 01721 726355
- British Red Cross 01896 751888
- Reading is Caring for people living with dementia & their carers online workshops available for more info contact [koren.calder@scottishbooktrust.com](mailto:koren.calder@scottishbooktrust.com)
- Reduce Stress with Mindfulness Courses starting Sept. 2023 contact 07462 891 549
- Royal Voluntary Service 01896 754481
- Queens House 01573 224886 / 07498799436
- RNIB: Alison Paton-Day [07771940387/Alison.patonday@rnib.org.uk](http://07771940387/Alison.patonday@rnib.org.uk)
- Samaritans (24hours) Tel 116 123 email [jo@samaritans.org](mailto:jo@samaritans.org) or visit [www.samaritans.org](http://www.samaritans.org)
- Scottish Borders Council 0300 100 1800
- Scottish Veterans Fund <http://www.veteransscotland.co.uk>
- Scottish Borders Health & Social Care Partnership 01896 664 155 [LAC@scotborders.gov.uk](mailto:LAC@scotborders.gov.uk)
- Shout 24 Hour crisis text line 85258
- Sight Scotland Veterans "Scottish War Blinded" 07880 199 408 email [rachel.thomas@sightscotlandveterans.org.uk](mailto:rachel.thomas@sightscotlandveterans.org.uk)
- The Silver Line 0800 470 8090
- Spark-Scottish Government Free National relationship counselling Helpline 0808 802 2088

# Useful Information

**ASDA Cafés** £1.00 Soup & Roll with unlimited Tea or Coffee for all over 60s within all Cafes

**Border Links Ltd** 4a Grove Gardens Tweedmouth TD15 2EN call 01289 305423/ [admin@borderlinks.co.uk](mailto:admin@borderlinks.co.uk)

**Border Buddies Hawick and Tweeddale area only** for more information call Ruth 07711 210 431/ Christine 07936 330 765

**Borders Care Voice** for people who need help and support while recovering from substance abuse and mental health problems for more info email [lynsay@borderscarevoice.org.uk](mailto:lynsay@borderscarevoice.org.uk)

**Berwickshire Association for Voluntary Service (BAVS)** Tel 01361 883137 email: [admin@bavs.org.uk](mailto:admin@bavs.org.uk) also checkout their facebook page for all community information to Berwickshire

**Berwickshire Wheels** 0300 456 1985 contact us and or any of the below for the booking of any transport

**Tweed Wheels** 01721 723123

**Teviot Wheels** 01835 863554

**Gala Wheels** 0300 456 1985

**Royal Voluntary Services** 01896 754481

**Borders Taxibus** [Teviot Taxi DRT](#) | [Pingo DRT](#) | [Scottish Borders Council](#)/ 07709 171 506

**Dance for Parkinson's Scotland** Weekly classes standing and or sitting down: Mondays @ 11.30 Level 2 / Wednesdays @ 11.30 Level 1 / Thursdays @ 11.30 Level 1 all videos available to watch and download by checking out **Dance for Parkinson's FACEBOOK** page

**DDL Services Care Hub** call 01721 724930 Peebles

**Yoga/Pilates exercise** classes to music for the over 60s available on Youtube 6 weekly sessions available for prices etc., contact Amanda by email: [amanda@funtastic-fitness.co.uk](mailto:amanda@funtastic-fitness.co.uk)

**Digital Buddies** Get help to get connected tel: 07921 265515 and or email: [Christine@otbs.org](mailto:Christine@otbs.org)

**Flowerpot Café, Victoria Park Centre, Kingsmeadow Road. Food Foundation** Open Mon-Sat. 10am-3pm opening times are all weather dependant as outside. Check on facebook before attending

**Generation Arts** "Boundless Project" Arts projects for the over 50s. internet access not required Tel. 07717740595.

**Help with Energy Bills** Call 0808 808 2282 email [adviceteam@sc.homeenergyscotland.org](mailto:adviceteam@sc.homeenergyscotland.org)



**Kelso Archaeological Project** every Wednesday morning throughout September & October contact Jane 07874 896620 for more info

**Live Borders eLibraries:** Free access for all library members in a wide range of electronic formats check out Live Borders website and or face book page for more info, easy access to become a member

**Live Borders** stay connected and keep moving with their free online fitness classes access from Live Borders face book page  
Have you browsed through the **BORROWBOX** app yet, its free and available all day every day access through Live Borders

**Library-Connect and Collect** Call Library HQ on 01721 726400 Monday-Friday from 11am-3pm (membership number required) or visit [www.liveborders.org.uk](http://www.liveborders.org.uk) to collect and drop off library books

**NHS Wellbeing Service:** Manages emotional health, Wellbeing support & lifestyle changes

This is organised by a 30minute pre-booked telephone appointment 01896 824502 or download a very useful leaflet from [www.nhsborders.scot.nhs.uk/wellbeingnews](http://www.nhsborders.scot.nhs.uk/wellbeingnews)

**Peebles & District Citizens Advice Bureau:** Drop In. Open Monday, Wednesday & Friday 10.00 – 13.00 call 01721 721722 for more info

**QME Care** “place and space” day opportunities available at QME Care, Kelso Tuesdays-Thursdays 10.00-15.00 costs from £45.00 per day, lunch provided at extra cost call 01573 224886/email [placeandspace@qmecare.org](mailto:placeandspace@qmecare.org)

**Reading is Caring** online workshops for people with dementia and the people who care about them email [koren.calder@scottishbooktrust.com](mailto:koren.calder@scottishbooktrust.com)

**Riddell Fiddles** traditional fiddle teaching for the young and old. Are you interested in singing or playing an instrument join in with our virtual lessons. Please contact [LAC@scotborders.gov.uk](mailto:LAC@scotborders.gov.uk) for registration and more information

**Salvation Army HAWICK** 01450 378612

**Scottish Borders versus Arthritis** meet up online 1<sup>st</sup> Saturday of each month 11.00-12.30 with an assortment of speakers and interesting articles and helpful tips if you wish to join email [info@scottishbordersversusarthritis.org](mailto:info@scottishbordersversusarthritis.org)

**SPLASH** [volunteering4splash@gmail.com](mailto:volunteering4splash@gmail.com) community recipes/ideas and information sheets in and around the Eyemouth area also on facebook



# RN I:D

Supporting people  
who are deaf, have  
hearing loss or tinnitus

## Visit a free drop-in session - our friendly volunteers can help with:

- Tube replacement, cleaning & general maintenance (advised every 6 months)
- Information on managing hearing loss & tinnitus
- Information on how to do a hearing check

Town	Venue	Day	Time
Coldstream	Medical Practice, TD12 4LQ	1st Weds	10am - 12pm
Duns	Southfield Community Centre (TD11 3EL)	4th Fri	10am - 12pm
Eyemouth	Library (TD14 5JE)	3rd Fri	10am - 12pm
Galashiels	Health Centre, Currie Road TD1 2UA	Every tues	10am - 12pm
Hawick	Community Hospital, (TD9 7AH)	1st Mon 3rd Mon	10am - 12pm
Innerleithen	St Ronan's Health Centre (EH44 6QE)	1st Tues	2pm - 4pm
Jedburgh	Medical Practice (TD8 6EN)	3rd Weds	10am - 12pm
Kelso	Health Centre (TD5 7LF)	2nd Mon	10am - 12pm
		4th Mon	2pm - 4pm
		2nd Weds	10am - 12pm
Newcastleton	Health Centre (TD9 0RU) <b>Bi-monthly:</b> Feb, Apr, Jun, Aug, Oct, Dec	2nd Weds	10am - 12pm
Peebles	Community Centre/ Drill Hall (EH45 8AU)	2nd Thurs	10am - 12pm
		4th Thurs	10am - 12pm
		4th Weds	10am - 12pm
Selkirk	Health Centre (TD7 4LJ)	4th Weds	10am - 12pm
West Linton	Health Centre (EH46 7EX)	3rd Tues	10am - 12pm

Updated Oct 2024: Please check our website for more details - [www.rnid.org.uk](http://www.rnid.org.uk)

We're still looking for new **volunteers** in your area. Apply via our website.

Contact: [sian.bertram@rnid.org.uk](mailto:sian.bertram@rnid.org.uk)

Text: 07436 838 164

Phone RNID: 0808 808 0123

RNID is the trading name of the Royal National Institute for Deaf People (RNID) (SC038926).



Case no \_\_\_\_\_

Co-ordinator \_\_\_\_\_

## Community Led Support

Application to use the service

Priority Level: High <input type="checkbox"/> Medium <input type="checkbox"/> Low <input type="checkbox"/>	Date of Application:																
Name of person who would like to use the service:																	
D.O.B:	Male <input type="checkbox"/> Female <input type="checkbox"/>																
Address:	Contact Number:  Ethnicity																
Next of Kin details   *Should we contact this person for info/access <input type="checkbox"/>																	
<u>Medical Conditions</u>																	
<u>Physical Conditions</u>  <table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Memory Difficulties</td> <td style="width: 25%;">YES/NO</td> <td style="width: 25%;">Speech Difficulties</td> <td style="width: 25%;">YES/NO</td> </tr> <tr> <td>Deaf Aid Worn</td> <td>YES/NO</td> <td>Sight Problem</td> <td>YES/NO</td> </tr> <tr> <td>Drugs/Alcohol</td> <td>YES/NO</td> <td>Hard of hearing</td> <td>Yes/No</td> </tr> <tr> <td>Verbal and/or Physical Challenging Behaviour</td> <td></td> <td></td> <td>Yes/No</td> </tr> </table> Mobility: Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>		Memory Difficulties	YES/NO	Speech Difficulties	YES/NO	Deaf Aid Worn	YES/NO	Sight Problem	YES/NO	Drugs/Alcohol	YES/NO	Hard of hearing	Yes/No	Verbal and/or Physical Challenging Behaviour			Yes/No
Memory Difficulties	YES/NO	Speech Difficulties	YES/NO														
Deaf Aid Worn	YES/NO	Sight Problem	YES/NO														
Drugs/Alcohol	YES/NO	Hard of hearing	Yes/No														
Verbal and/or Physical Challenging Behaviour			Yes/No														

**Other services in place:**

**Power of Attorney Yes/No (If yes, does the POA agree to the referral? Yes/No)**

**Package of Care  Occupational Therapy  Physio  Social Work   
Speech Therapy  Voluntary Organisation  Other**

**Please give some brief details of why the applicant would benefit from our services and what sort of help is required, please explain reason for chosen priority level:**

**Name, telephone number, and position held of person making the referral:**

.....

**Applicant's signature approving consent for referral (Must be completed or have verbal consent):**

.....

**Do you wish to receive any Feedback? Yes/No**

**\*Please note if verbal consent given for referral, then the referee takes responsibility for information being given to the Red Cross. All information received will remain confidential and will be held securely at our office. Please send this application form, make a telephone referral or email to the address and/or number below.**

**Tel:- 01896 751888**

**E-mail:- [CommunityServices@redcross.org.uk](mailto:CommunityServices@redcross.org.uk)**

**What we aim to do...**

- Identify people with low to moderate level support needs who would benefit from local services or social contact.
- Promote and develop existing preventative services to support people to stay at home and remain in their local communities.
- Helping people that find themselves isolated and hard to reach.

**Examples of the Red Cross Borders Services**

Supported Referrals	Personal alarms (e.g., personal alarm set up for safe hospital discharge) Key safe Fire Safety Check Energy Scotland Border Care and Repair (inc. home adaptations) Opticians at home Frozen food services such as Appetito, Parsley Box Food Train (home shopping delivery service)
Financial Support	DWP supported referral Welfare checks Emergency food parcels and hygiene packs
Hospital Discharge Support	Hospital discharge shopping Emergency food packs Follow up discharge phone call Weekly welfare phone calls Supporting people to access local social groups Person centred home visit to assess support planning Supported referrals based on the individual's needs
Practical Support	Assistance with form filling e.g., Blue Badge, Attendance Allowance, and housing/ sheltered housing forms To find a mobile hairdresser, optician, gardener, podiatrist, in your area Provision of a Message in a Bottle – which allows for vital medical and contact information to be kept in one container for use by emergency services Information on Talking Books/ Newspapers Information on local butchers, fresh cooked meal suppliers, and local shop deliveries

Social Isolation and Wellbeing	Regular welfare calls by Co-ordinators and Outreach Volunteers Provision of our Social Activities Calendar which provides information on local groups, useful telephone numbers, as well as social activities like exercise, dance, and interest groups Walking groups: - location, dates, and meeting times
Red Cross Outreach workers	Support from a Red Cross Outreach Volunteer - a short term service to be assessed by a Co-ordinator
Digital Support	Support on how to use your Tablet for on-line shopping and support
Support for Carers	Carers Centre referrals Welfare checks Regular wellbeing phone calls Supported referrals
Generic Information	Based on the individual needs; Food Train, Silver Line, local support and so much more. information leaflets which can be posted to clients Local library times and mobile library timetable
Borders Activities Calendar for Older People	Packed full of Information on local area activities covering the whole of the Borders as well as other useful information
Social Media	Dissemination of information through Facebook

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