

# What's on

## March 2026 - Scottish Borders

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to these community activities safely.

As a charity, these services are only made possible through the kindness and contributions of those who take part. If you're able, we invite you to make a donation when attending our groups – suggested amounts are there as a guide. Every contribution helps us continue supporting those who need us most, and we're deeply grateful for your kindness and ongoing support.

In Person Groups		
Every Monday	<b>Harestanes Walking Group</b> <b>Harestanes, Ancrum, Jedburgh, TD8 6UQ</b>  A wander around the old Cricket Park at Harestanes. The walk is a woodland walk of approximately 1 mile, followed by tea/coffee and cakes. Meet in Harestanes Visitor Centre car park.	11.00am – 1pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 3 <sup>rd</sup> March	<b>Coldstream What Matters Hub</b> <b>Community Larder, Coldstream Community Annexe, Home Place, Coldstream TD12 4DN</b>  What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice.	8.00am – 10.00am First Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 3 <sup>rd</sup> March	<b>Sporting Memories Brew and Blether</b> <b>Gala Rugby Football Club, Nether Road, Galashiels. TD1 3HE</b>  Join us if you love all things sports related. If you played, coached, watched, come along and meet likeminded people and enjoy a brew and blether about sports. We will invite guest speakers to join us on occasion to share their stories with us. All welcome	10.30 – 12.30pm 1 <sup>st</sup> Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 10 <sup>th</sup> & 24 <sup>th</sup> March	<b>Duns What Matters Hub</b> <b>Duns Fare Share Café, Murray Street, Duns, TD11 3DF</b>  What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 2nd Tuesday of each month.	10.00am – 2.00pm Second and fourth Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
No Group in March	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>	2.00pm - 3.30pm Second Tuesday of the month

	We meet in the lounge. A friendly, supportive meeting place to enjoy a cuppa, conversation, friendship and fun activities. All Welcome.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 3 <sup>rd</sup> & 17 <sup>th</sup> March	<b>Selkirk - St John's Memory Café</b> <b>St John's Church, Selkirk, TD7 4LH</b>  A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available for information and advice at the café on the 3 <sup>rd</sup> Tuesday of each month.	2.00pm - 3.30pm First and third Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 17 <sup>th</sup> March	<b>Sporting Memories Brew and Blether</b> <b>The Loaning (Trust Housing) Chirnside TD11 3YE</b> Join us if you love all things sports related. If you played, coached, watched, come along and meet likeminded people and enjoy a brew and blether about sports. All welcome.	10.30am to 12.30pm Third Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 24 <sup>th</sup> March	<b>Coldstream Café Connect</b> <b>St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS</b>  Join us for coffee, a blether and some fun activities if you are worried about your memory, has a diagnosis of dementia or is supporting someone with dementia.	2.00pm – 3.30pm Fourth Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 31 <sup>st</sup> March	<b>Borders Dementia Working Group</b> <b>Galashiels</b>  For people living with dementia and their carers who are interested in influencing local and national policy, making the Borders more dementia friendly, helping reduce stigma, campaigning for change and being the voice of local people with dementia.	11.30am – 2pm Last Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Every Wednesday	<b>Kelso What Matters Hub</b> <b>Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</b>  What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 1 <sup>st</sup> Wednesday of each month.	10.00am – 3pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Every Wednesday	<b>Galashiels What Matters Hub</b> <b>The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG</b>  What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 4 <sup>th</sup> Wednesday of each month.	10.00am – 3pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Every Wednesday	<b>Peebles What Matters Hub</b> <b>Costa Coffee, 2-4 High Street, Peebles, EH45 8SF</b>	10.00am – 3pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

	<p>What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 2<sup>nd</sup> Wednesday of each month.</p>	
<p>Wednesday 4<sup>th</sup> March</p>	<p><b>Duns Racing Reminiscence</b> <b>Jim Clark Motorsport Museum, 44 Newtown St.</b> <b>Duns. TD11 3AU</b></p> <p>Come along and enjoy a good blether about all thing's motorsport related. Have a cuppa and reminisce about the races of days gone by, sporting heroes and all things motorsport related.</p>	<p>2.00pm – 3.45pm First Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 18<sup>th</sup> March</p>	<p><b>Borders Discovery Days 2026:</b> <b>Coldstream Museum, 12 Market Square,</b> <b>Coldstream. TD12 4BD</b></p> <p>Join us for an afternoon exploring the museum, it's new art exhibition and trying some seated yoga. All welcome however booking is required as numbers are limited. Each month there will be a different theme and venue. Please contact us to book.</p>	<p>1.30 – 3.30pm Monthly sessions</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 25<sup>th</sup> March</p>	<p><b>Selkirk Dementia Singing Café</b> <b>Riverside Healthcare Centre, Bridge Street. Selkirk.</b> <b>TD7 5BU</b></p> <p>Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome.</p>	<p>2.00pm – 3.30pm Fourth Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 25<sup>th</sup> March</p>	<p><b>Carers Café – Hawick</b> <b>Teviotdale Leisure Centre Café, 6 Mansfield Road,</b> <b>Hawick TD9 8AG</b></p> <p>Our Carer Café is for carers to share stories, support each other, exchange information, advice, experiences, and coping mechanisms.</p>	<p>10.30am – 12.00pm Fourth Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Every Thursday</p>	<p><b>Hawick What Matters Hub</b> <b>Heart of Hawick, Kirkstile, Hawick TD9 0AE</b></p> <p>What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 1<sup>st</sup> Thursday of each month.</p>	<p>10.00am – 3.00pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 5<sup>th</sup> &amp; 19<sup>th</sup> March</p>	<p><b>Eyemouth What Matters Hub</b> <b>Eyemouth Community Centre, Albert Road,</b> <b>Eyemouth TD14 5DE</b></p> <p>What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities. A Dementia Advisor will be available for information and advice on the 3<sup>rd</sup> Thursday of each month.</p>	<p>10.00am – 2.00pm First and third Thursday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 5<sup>th</sup> March only</p>	<p><b>Gentle Walking Group</b> <b>The Hirsell, Coldstream, TD12 4LW</b></p>	<p>10.30am – 12.30pm</p>

	<p>Come along and join us for a gentle stroll around the beautiful gardens at The Hirsell in Coldstream. Afterwards enjoy a cuppa and a blether in the café.</p>	<p>First Thursday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 5<sup>th</sup> &amp; 19<sup>th</sup> March</p>	<p><b>Dementia Friendly Tweeddale – Firholm Memory Café</b> <b>Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</b></p> <p>A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.</p>	<p>2.30pm - 4.30pm Fortnightly on a Thursday</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 19<sup>th</sup> March</p>	<p><b>Hawick Dementia Café</b> <b>Masonic Lodge No 111, 33 Commercial Road, Hawick, TD9 7AQ</b></p> <p>A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.</p>	<p>1.30pm - 3.00pm 3<sup>rd</sup> Thursday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 26<sup>th</sup> March</p>	<p><b>Swan Court Friendship Café</b> <b>1 Swan Court, Eyemouth TD14 5JG</b></p> <p>Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship. All welcome.</p>	<p>10.30am – 12.30pm 4<sup>th</sup> Thursday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p><b>Dates and times available on request</b></p>	<p><b>Dementia Friends Information Sessions</b> Understand a bit more about dementia and the small things you can do to help people living with dementia. Information sessions are free, interactive, and informative.</p>	<p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p><b>Online Sessions</b></p>	<p><b>Virtual Resource Centre</b> Our Virtual Resource Centre is an online space where you can access groups, activities, and information sessions all from the comfort of your own home.</p>	<p><a href="http://www.alzscot.org/community-support/virtual-resource-centre/">www.alzscot.org/community-support/virtual-resource-centre/</a> <a href="mailto:vrc@alzscot.org">vrc@alzscot.org</a></p>
<p>Wednesday 15<sup>th</sup> April</p>	<p><b>Borders Discovery Days 2026: Great Tapestry of Scotland, 14 – 20 High Street. Galashiels. TD1 1SD</b> Join us for an afternoon exploring the tapestry and trying a hands on activity ourselves. This session is free to attend however booking is required as numbers are limited. Each month there will be a different theme and venue. Please contact us to book.</p>	<p>1.30 – 3.30pm Monthly sessions <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 23<sup>rd</sup> &amp; 30<sup>th</sup> April, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup> May 4<sup>th</sup> &amp; 11<sup>th</sup> June (8 weeks in total)</p>	<p><b>Intergenerational Pottery Classes: Unit 9 &amp; 10 Tweedbank Craft Centre. TS1 3RU</b> Learning new skills and getting to try the potter's wheel. Working alongside young people from Works + you will make pottery to take home and also take part in a shared project of a tiled mural. Booking is required as places are limited. Contact us to book.</p>	<p>2.00 – 4.00pm Every Thursday for 8 weeks. <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>

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