

What's on

February 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	Harestanes Walking Group Harestanes, Ancrum, Jedburgh, TD8 6UQ 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 Borders@alzscot.org 01573 400324
Tuesday 3 rd February	Coldstream What Matters Hub Community Larder, Coldstream Community Annexe, Home Place, Coldstream TD12 4DN 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 Borders@alzscot.org 01573 400324
Tuesday 3 rd February	Sporting Memories Brew and Blether Gala Rugby Football Club, Nether Road, Galashiels. TD1 3HE 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 st Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 10 th & 24 th February	Duns What Matters Hub Duns Fare Share Café, Murray Street, Duns, TD11 3DF 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 Borders@alzscot.org 01573 400324
Tuesday 10 th February	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	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.	Borders@alzscot.org 01573 400324
Tuesday 3 rd & 17 th February	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available for information and advice at the café on the 3 rd Tuesday of each month.	2.00pm - 3.30pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 17 th February	Sporting Memories Brew and Blether The Loaning (Trust Housing) Chirnside TD11 3YE 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 Borders@alzscot.org 01573 400324
Tuesday 24 th February	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS 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 Borders@alzscot.org 01573 400324
Tuesday 24 th February	Borders Dementia Working Group Peebles 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 Borders@alzscot.org 01573 400324
Every Wednesday	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU 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 st Wednesday of each month.	10.00am – 3pm Borders@alzscot.org 01573 400324
Every Wednesday	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG 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 th Wednesday of each month.	10.00am – 3pm Borders@alzscot.org 01573 400324
Every Wednesday	Peebles What Matters Hub Costa Coffee, 2-4 High Street, Peebles, EH45 8SF	10.00am – 3pm Borders@alzscot.org 01573 400324

	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 nd Wednesday of each month.	
Wednesday 4 th February	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown St. Duns. TD11 3AU 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.	2.00pm – 3.45pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 18 th February	Borders Discovery Days 2026 starting with: Trimontium Museum, Market Square, Melrose. TD6 9PN Join us for an afternoon of Roman and Iron Age history and try your hand at making a Roman wire wrap ring. This session is free to attend however booking is required as numbers are limited. Each month there will be a different venue. Please contact us to book.	1.30 – 3.30pm Monthly sessions Borders@alzscot.org 01573 400324
Wednesday 25 th February	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome.	2.00pm – 3.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 25 th February	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG Our Carer Café is for carers to share stories, support each other, exchange information, advice, experiences, and coping mechanisms.	10.30am – 12.00pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Every Thursday	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE 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 st Thursday of each month.	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Thursday 5 th & 19 th February	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE 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 rd Thursday of each month.	10.00am – 2.00pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday	Gentle Walking Group	10.30am – 12.30pm

19 th February only	The Hirsell, Coldstream, TD12 4LW Come along and join us for a gentle stroll around the beautiful gardens at The Hirsell in Coldstream. Afterwards enjoy a cuppa and a blether in the café.	First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 5 th & 19 th February	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.	2.30pm - 4.30pm Fortnightly on a Thursday Borders@alzscot.org 01573 400324
Thursday 19 th February	Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road, Hawick, TD9 7AQ A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. A Dementia Advisor will be available at the café for information and advice.	1.30pm - 3.00pm 3 rd Thursday of the month Borders@alzscot.org 01573 400324
Thursday 26 th February	Swan Court Friendship Café 1 Swan Court, Eyemouth TD14 5JG Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship. All welcome.	10.30am – 12.30pm 4 th Thursday of the month Borders@alzscot.org 01573 400324
Dates and times available on request	Dementia Friends Information Sessions Understand a bit more about dementia and the small things you can do to help people living with dementia. Information sessions are free, interactive, and informative.	Borders@alzscot.org 01573 400324
Online Sessions	Virtual Resource Centre 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.	www.alzscot.org/community-support/virtual-resource-centre/ vrc@alzscot.org
Wednesday 18 th March	Borders Discovery Days 2026: Coldstream Museum, 12 Market Square, Coldstream. TD12 4BD Join us for an afternoon at Coldstream Museum. This session is free to attend however booking is required as numbers are limited. Each month there will be a different venue. Please contact us to book.	1.30 – 3.30pm Monthly sessions Borders@alzscot.org 01573 400324

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