

# Borders Discovery Days 2026



**Supported by Alzheimer Scotland in partnership with museums, historic sites, gardens and cultural services in the Scottish Borders.**

Opportunities to explore history and culture have been found to offer a range of benefits to people living with dementia. We are delighted to offer the following dementia friendly sessions, in partnership with many great venues, across the Scottish Borders. Each session takes place on a **Wednesday**. Booking is required as places are limited. Please contact [borders@alzscot.org](mailto:borders@alzscot.org) or telephone **01573 400324** to book your place.

| Date                       | Venue  | Time          |
|----------------------------|--|---------------|
| 18th February              | <b>Trimontium Museum</b> , Market Square. Melrose. TD6 9PN                   | 1.30 – 3.30pm |
| 18 <sup>th</sup> March     | <b>Coldstream Museum</b> , 12 Market Square, Coldstream. TD12 4BD            | 1.30 – 3.30pm |
| 15 <sup>th</sup> April     | <b>Great Tapestry of Scotland</b> , 14 – 20 High Street, Galashiels. TD1 1SD | 1.30 – 3.30pm |
| 20 <sup>th</sup> May       | <b>Abbotsford House</b> , Melrose. TD6 9BQ                                   | 1.30 – 3.30pm |
| 17 <sup>th</sup> June      | <b>Hawick Museum</b> , Wilton Lodge Park, Hawick                             | 1.30 – 3.30pm |
| 8 <sup>th</sup> July       | <b>Floors Castle</b> (House), Roxburghe Estate, Kelso. TD5 7RN               | 1.00 – 3.30pm |
| 15 <sup>th</sup> July      | <b>Floors Castle</b> (Walled Garden), Roxburghe Estate, Kelso. TD5 7RN       | 1.30 – 3.30pm |
| 19 <sup>th</sup> August    | <b>Jedburgh Abbey</b> , Abbey Bridge End, Jedburgh. TD8 6JQ                  | 1.30 – 3.30pm |
| 16 <sup>th</sup> September | <b>Priorwood Gardens</b> , Abbey Street, Melrose. TD6 9PX                    | 1.30 – 3.30pm |
| 21 <sup>st</sup> October   | <b>Borders Textile Towerhouse</b> , 1 Tower Knowe, Hawick. TD9 9EN           | 1.30 – 3.30pm |
| 18 <sup>th</sup> November  | <b>Jim Clark Motorsport Museum</b> , 44 Newtown Street, Duns. TD11 3AU       | 1.30 – 3.30pm |

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with Their memory, and their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453, [www.alzscot.org](http://www.alzscot.org)