

2025 Borders

Discovery Days

Supported by Alzheimer Scotland in partnership with museum 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 **7 dementia friendly sessions across the Scottish Borders in 2025** partnering with many great venues to provide a programme exploring our many historic sites, museums and exhibitions.

These sessions are for people living with a diagnosis. Should people need support to participate, they should attend with support. Family members/ carers are welcome to attend with their family member. Booking is required for all sessions as places are limited. Please contact borders@alzscot.org or telephone **01573 400324** to book your place.

Dates	Venue	Theme	Session times
Wednesday, 12th March	Great Tapestry of Scotland, 14-20 High Street, Galashiels TD1 1SD	<i>Timeless travelers</i>	1.30 – 3.30
Wednesday, 9th April	Abbotsford House, Melrose TD6 9BQ	<i>Home is where the heart is</i>	1.30 – 3.30
Wednesday, 14th May	Trimontium Museum, Market Square, Melrose TD6 9PN	<i>Ancestry and me</i>	1.30 – 3.30
Wednesday, 11th June	Jedburgh Abbey, Abbey Bridge End, Jedburgh TD8 6JQ	<i>The sounds of Jedburgh Abbey</i>	1.30 – 3.30
Wednesday, 9th July	Priorwood Gardens, Abbey Street, Melrose TD6 9PX	<i>The Borders discovery tour</i>	1.30 – 3.30
Wednesday, 13th August	Borders Textile Towerhouse, 1 Tower Knowe, Hawick TD9 9EN	<i>Work and wear</i>	1.30 – 3.30
Wednesday, 10th September	Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU	<i>Borders champion</i>	1.30 – 3.30

