

What's on

May 2025 – 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. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Every Monday	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN A wander through the woodland walk at Floors Castle. This walk will take approximately one hour followed by tea/coffee and scones in one of the cafés. A Dementia Advisor is available for information and advice. Meet at the Walled Garden Ticket Kiosk	11.00am – 1pm Borders@alzscot.org 01573 400324
Tuesday 6 th May	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	12.00pm – 2.00pm First Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 13 th May	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA We meet in the lounge. A friendly, supportive meeting place to enjoy a cuppa, conversation, friendship and fun activities. All Welcome.	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 20 th May	Whitsome Ark Petanque & Games Club Whitsome, Duns. TD11 3NB Come along and try a game of boules or pétanque. Afterwards we will enjoy a cuppa and chat.	10.30am - 12.30pm Third Tuesday of the month. Borders@alzscot.org 01573 400324
Tuesday 20 th May	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 at the café for information and advice.	2.00pm - 3.30pm Third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 27 th	Coldstream Café Connect	2.00pm – 3.30pm

May	St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS Trading Standards will be coming along to the group to talk about consumer protection and how to protect yourself from scams. All welcome. Tea and coffee provided.	Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 27 th May	Borders Dementia Working Group Hawick - Venue to be confirmed Last Tuesday of the month - 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.	12.00 – 2.00pm Borders@alzscot.org 01573 400324
Wednesday 7 th May	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along if you require any information, advice, or support.	10.00am – 12.30pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 7 th May	Duns Racing Reminiscence Jim Clark Motorsport museum, 44 Newtown St. Duns. TD11 3AU Come along and enjoy a good blether about all things motorsport related. Have a cuppa and reminisce about the races of days gone by, sporting heroes and all things motorsport related.	2.00pm – 3.30pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 14 th May This Session Is Now Full	Discovery Days – Trimontium Museum Market Square, Melrose, TD6 9PN The theme for this session is 'Ancestry and Me' and staff from Trimontium will deliver a free 2 hour session. This session is free however booking is essential as numbers are limited to 12 participants. Our Community Activities Organiser will be available to assist with these sessions.	1.30pm – 3.30pm Borders@alzscot.org 01573 400324
Wednesday 14 th May	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	12.30am - 3pm Second Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 28 th May	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	2pm – 3.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday	Carers Café – Hawick	10.30am – 12.00pm

28 th May	Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.	Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 28 th May	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG What Matters Hubs offer drop-in sessions where you can meet with Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	1.00pm – 3.00pm Last Wednesday of the month Borders@alzscot.org 01573 400324
Thursday 1 st May	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE Please note there will be no Dementia Advisor in attendance this month. What Matters Hubs offer drop-in sessions where you can meet with a Dementia Advisor, Social Work and Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	10.00am - 1.00pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 1 st May	Abbotsford Nature and Natter Walking Group Join us for some gentle exercise with a stroll and natter around the beautiful Abbotsford estate. Meet at car park. Dogs welcome but must be kept on a lead. Afterwards we'll have a cuppa and a blether in the café.	2pm - 4pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 1 st and 15 th May	Gentle Walking Group 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.	10.30am – 12.30pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 8 th May	Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG Come along and join us for a gentle stroll around the beautiful Wilton Lodge Park. The walk moves at everyone's walking ability. Dogs are welcome but must always remain on a leash. Pop into the Pavillion Café for Tea/Coffee and a blether afterwards.	10.30am - 12.30pm Second Thursday of each month Borders@alzscot.org 01573 400324
Thursday 1 st , 15 th & 29 th May	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 15 th May	Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ	1.30pm - 3.00pm 3 rd Thursday of each month

	<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>Borders@alzscot.org 01573 400324</p>
<p>Thursday 22nd May</p>	<p>Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS</p> <p>Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship.</p>	<p>10.30am – 12.30pm 4th Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Dates and times on Request</p>	<p>Dementia Friends Information Sessions</p> <p>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>Borders@alzscot.org 01573 400324</p>
<p>Virtual Resource Centre</p>	<p>Online Group Sessions</p> <p>You can attend independently or with a companion. Please note our live sessions require pre booking at least 5 minutes before they are due to start. For further information visit www.alzscot.org and enter 'VRC' in search bar.</p>	<p>Click here to open link</p>
<p>Free Session</p>	<p>Borders Discovery Days</p> <p>Jim Clark Motorsport Museum (10th September). 'Borders Champion' is a session exploring Jim Clark and his many victories and achievements. Booking is required as places are limited.</p>	<p>1.30 – 3.30pm 2nd Wednesday of the month.</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Coming soon</p>	<p>Dementia Awareness Week 2025 Monday 2nd June to Sunday 8th June</p> <p>Look out for our What's on Guide in June to find out what we have planned during Dementia Awareness Week.</p>	

Contact details for groups:

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