What's on April 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 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 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				
Last session Monday 7 th April	Harestanes Walking Group Harestanes Visitor Centre, Ancrum, Jedburgh TD8 6UQ	11.00am –1pm <u>Borders@alzscot.org</u> 01573 400324		
	A wander through the woodlands around the Old Cricket Park at Harestanes. The walk is approximately one mile and moves at everyone's walking ability. Tea/coffee and a blether in the café afterwards.			
Every Monday from 14 th April	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN	11.00am –1pm		
	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	Borders@alzscot.org 01573 400324		
Tuesday 1 st April	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE	12.00pm – 2.00pm First Tuesday of the 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.	Borders@alzscot.org 01573 400324		
Tuesday 8 th April	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Second Tuesday of the month		
	A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	Borders@alzscot.org 01573 400324		
Tuesday 15 th April	Whitsome Ark Petanque & Games Club Whitsome, Duns. TD11 3NB Come along and try a game of boules or pétanque. Don't worry if you have never played before – we are all	10.30am - 12.30pm Third Tuesday of the month.		
	new to it. Come along and enjoy some fun, laughter and	Borders@alzscot.org 01573 400324		

	good company. Afterwards we will enjoy a cuppa and	
Tuondou 45th	chat.	2.00pm 2.20pm
Tuesday 15 th April	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH	2.00pm - 3.30pm Third Tuesday of the
	A friendly, supportive meeting place for anyone	month
	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.	Borders@alzscot.org 01573 400324
Tuesday 22 nd	Coldstream Café Connect	2.00pm – 3.30pm
April	St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS	Fourth Tuesday of the month
	Trading Standards will be coming along to the group to	Borders@alzscot.org
	talk about consumer protection and how to protect yourself from scams. All welcome. Tea and coffee	01573 400324
	provided.	
Tuesday 29 th April	Borders Dementia Working Group Venue to be confirmed.	12.00 – 2.00pm
		Borders@alzscot.org
	Last Tuesday of the month - For people living with dementia and their carers who are interested in	01573 400324
	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.	
Wednesday 2 nd April	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU	10.00am – 12.30pm First Wednesday of the month
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Wednesday	Duns Racing Reminiscence	2.00pm – 3.30pm
2 nd April	Jim Clark Motorsport museum, 44 Newtown St. Duns. TD11 3AU	First Wednesday of the month
	Come along and enjoy a good blether about all	Borders@alzscot.org
	things motorsport related. Have a cuppa and	01573 400324
	reminisce about the races of days gone by, sporting heroes and all things motorsport related.	
Wednesday	Discovery Days – Abbotsford House	1.30pm –3.30pm
9 th April This Session	Melrose, TD6 9BQ (Meet at the Visitor Centre)	Borders@alzscot.org
Is Now Full	The theme for this session is 'Home Is Where the	01573 400324
	Heart Is' and staff from Abbotsford 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	
Wednesday	assist with these sessions. Peebles What Matters Hub	12.30am - 3pm
9 th April	Costa Coffee, High Street, Peebles EH45 8SF	Second Wednesday of
		the month

Weak 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 chait if you require any information, advice, or support.Borders@aizsot.org 01573 400324Wednesday 23° AprilSelkirk Dementia Singing Café Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a bether atterwards, All welcome2pm - 3.30pm Fourth Wednesday of the monthWednesday 23° AprilCarers Café - Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AGBorders@aizsot.org 01573 400324Wednesday 23° AprilCarers Café - Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AGBorders@aizsot.org 01573 400324Wednesday 23° AprilGalashiels What Matters Hub Galashiels. TD1 2AG1.00pm - 3.00pm Last Wednesday of the monthWednesday 30° AprilGalashiels What Matters Hub Galashiels. TD1 2AG1.00pm - 3.00pm Last Wednesday of the avick What Matters Hub Social Work and Occupational Therapists. Please feel free to pop along for chait if you require any information, advice, or support.1.00pm - 1.00pm First Thursday of the monthThursday 3°a AprilAbotsford Nature and Natter Walking Group or upport.2pm - 4pm First Thursday of the monthThursday 3°a AprilGenele Walking Group The Hirsel, Coldstream, TD12 4LW2pm - 4pm First Autraday of the monthAprilGenele Walking Group The Hirsel, Coldstream, TD12 4LW2pm - 4pm First Autraday of the monthAprilGenele Walking Group The Hirsel, Coldstream, TD			
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	always remain on a leash. Pop into the Pavillion Café for Tea/Coffee and a blether afterwards.	
Thursday 3 rd and 17 th April	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD	2.30pm - 4.30pm Fortnightly on a Thursday
	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.	Borders@alzscot.org 01573 400324
Thursday 17 th April	Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ	1.30pm - 3.00pm 3 rd Thursday of each month
	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.	Borders@alzscot.org 01573 400324
Thursday 24 th April	Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS	10.30am – 12.30pm 4 th Thursday of each month
	Join us for a cuppa and a blether in a supportive meeting place for older people, anyone affected by dementia or a cognitive impairment, their friends and family. Enjoy fun activities such as quiz's, music and memories, and reminiscence.	Borders@alzscot.org 01573 400324
Thursday 24 th April	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Fourth Thursday of the month
	A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	Borders@alzscot.org 01573 400324
Dates and times on	Dementia Friends Information Sessions	
Request	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
Virtual Resource	Online Group Sessions	<u>Click here to open link</u>
Centre	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. Places are limited so booking in advance is recommended. Click the link for further information or visit <u>www.alzscot</u> and enter 'VRC' in search bar.	
Free Monthly Sessions	Borders Discovery Days The remaining sessions are as follows; Trimontium Museum (14 th May), Jedburgh Abbey (11 th June), Priorwood Gardens (9 th July), Borders Textile	1.30 – 3.30pm 2 nd Wednesday of the month.
	Towerhouse (13 th August) and Jim Clark Motorsport	Borders@alzscot.org

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 Museum (10th September), providing a programme exploring our many historic sites, museums and exhibitions.
 01573 400324

 Booking is required for all sessions as places are limited. Click link for poster:
 01573 400324

 https://www.alzscot.org/sites/default/files/2025-03/2025%20Borders%20discovery%20days%20poster%200x2%20%28002%29.pdf

Contact details for groups:

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