

# What's on



## November 2024 – 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		
Every Monday	<b>Harestanes Walking Group</b> <b>Harestanes Visitor Centre, Ancrum, Jedburgh TD8 6UQ</b>  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. Meet in the car park next to Buy Design Gallery.	11.00am – 1pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 5 <sup>th</sup> November	<b>Eyemouth What Matters Hub</b> <b>Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE</b>  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  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 12 <sup>th</sup> November	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>  A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. For anyone who would wish to visit the Community Garden to see the mosaic attendees were involved in. Support will be provided.	2.00pm - 3.30pm Second Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 19 <sup>th</sup> November	<b>Selkirk - St John's Memory Café</b> <b>St John's Church, Selkirk, TD7 4LH</b>  A Dementia Advisor will be available at the café for information and advice on the 3 <sup>rd</sup> Tuesday of each month.	2.00pm - 3.30pm First and third Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

Tuesday 26 <sup>th</sup> November	<b>Coldstream Café Connect</b> <b>St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS</b>	2.00pm – 3.30pm Fourth Tuesday of the month
	Information, support and a fun activity will be available to anyone worried about their memory, has a diagnosis of dementia or is supporting someone with dementia.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 6 <sup>th</sup> November	<b>Kelso What Matters Hub</b> <b>Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</b>	10.00am – 12.30pm First Wednesday 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 if you require any information, advice, or support.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 6 <sup>th</sup> November	<b>Duns Racing Reminiscence</b> <b>Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU</b>	2.00pm - 4.00pm First Wednesday of the month
	The group meets in a relaxed informal atmosphere and spends time discussing motor sport from the past and using photographs and memorabilia to stimulate memories and communication.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 13 <sup>th</sup> November	<b>Peebles What Matters Hub</b> <b>Costa Coffee, High Street, Peebles EH45 8SF</b>	12.30am - 3pm Second Wednesday 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.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 27 <sup>th</sup> November	<b>Selkirk Dementia Singing Café</b> <b>Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU</b>	2pm – 3.30pm Fourth Wednesday of the month
	Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 27 <sup>th</sup> November	<b>Carers Café – Hawick</b> <b>Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG</b>	10.30am – 12.30pm Fourth Wednesday of the month
	A meeting place for family/carers of someone with a diagnosis of dementia to chat with others in a similar situation.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 27 <sup>th</sup> November	<b>Galashiels What Matters Hub</b> <b>The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG</b>	12.30pm – 3.00pm Last Wednesday 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.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

Thursday 7 <sup>th</sup> November	<b>Hawick What Matters Hub</b> <b>Heart of Hawick, Kirkstile, Hawick TD9 0AE</b>  What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups.	10.00am - 1.00pm First Thursday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 7 <sup>th</sup> and 21 <sup>st</sup> November	<b>Gentle Walking Group</b> <b>The Hirsell, Coldstream, TD12 4LW</b>  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  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 14 <sup>th</sup> November	<b>Hawick Gentle Walking Group</b> <b>Wilton Lodge Park, Hawick, TD9 7LG</b>  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  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 14 <sup>th</sup> and 28 <sup>th</sup> November	<b>Dementia Friendly Tweeddale – Firholm Memory Café</b> <b>Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</b>  A Dementia Advisor will be available at the café for information and advice.	2.30pm - 4.30pm Fortnightly on a Thursday  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 21 <sup>st</sup> November	<b>Hawick Dementia Café</b> <b>Salvation Army Hall, Croft Road, Hawick, TD9 9RD</b>  A Dementia Advisor will be available at the café for information and advice.	1.30pm - 3.00pm Third Thursday of each month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 28 <sup>th</sup> November	<b>Linkim Court Friendship Café</b> <b>Linkim Court. Northburn Road. Eyemouth. TD14 5AS</b>  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.	10.30am – 12.30pm 4 <sup>th</sup> Thursday of each month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 28 <sup>th</sup> November	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>  A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	2.00pm - 3.30pm Fourth Thursday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

<b>Dates and times on Request</b>	<b>Dementia Friends Information Sessions</b>  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.	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
<b>Virtual Resource Centre</b>	<b>Online Group Sessions</b>  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 <a href="http://www.alzscot">www.alzscot</a> and enter 'VRC' in search bar.	<a href="#">Click here to open link</a>
<b>Coming soon: Starts Thursday 5<sup>th</sup> December</b>	<b>Abbotsford Nature and Natter Walking Group.</b> 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 on the First Thursday of the month. <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

**Contact details for groups:**

**Lyndsay Hornigold**  
**Dementia Advisor**

**Email:** [Borders@alzscot.org](mailto:Borders@alzscot.org) **Tel:** 07827 823809

**Gayle Thomson**

**Community Activity Organiser**

**Email:** [Borders@alzscot.org](mailto:Borders@alzscot.org) **Tel:** 07788 286312

