

What's on



March 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		
Every Monday	Harestanes Walking Group Harestanes Visitor Centre, Ancrum, Jedburgh TD8 6UQ 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.	11.00am –1pm Borders@alzscot.org 01573 400324
Monday 24 th March	Living with and Caring for Dementia Event Heart of Hawick, 2 Kirkstile, Hawick TD9 0AE The Scottish Borders Health and Social Care Partnership event is designed to provide practical support and a platform for sharing experiences for people living with dementia and the people who care for them.	1pm –4.30pm Borders@alzscot.org 01573 400324
Tuesday 4 th March	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 11 th March – group cancelled due to annual leave	Duns Memory Café (No Tuesday Group this month) Trust Housing, Longfield Crescent, Duns TD11 3FA 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 Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 18 th March	Whitsome Ark Petanque & Games Club Whitsome, Duns. TD11 3NB In March we will be enjoying a game of table tennis in the warm hall and a tea and blether afterwards. Don't worry if you have never played before – we are all new	10.30am - 12.30pm Third Tuesday of the month. Borders@alzscot.org 01573 400324

	to it. Come along and enjoy some fun, laughter and good company.	
Tuesday 18 th March	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 25 th March	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS Support and a fun activity will be available to anyone worried about their memory, is living with dementia or a condition which impacts on memory or is supporting someone with dementia. Tea and coffee provided.	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 25 th March	Living with and Caring for Dementia Event Burgh Hall, High St, Peebles EH45 The Scottish Borders Health and Social Care Partnership event is designed to provide practical support and a platform for sharing experiences for people living with dementia and the people who care for them.	1pm –4.30pm Borders@alzscot.org 01573 400324
Wednesday 5 th March	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 5 th March	Duns Racing Reminiscence Group Outing Riverside Museum, Glasgow. G3 8RS Our group will be going to Riverside Museum in Glasgow for a day trip to enjoy transport from times gone by and a walk down memory lane. There for no group will be held at Jim Clark Motorsport Museum on this day.	9.30 am – 5.00pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 12 th March	Discovery Days – Great Tapestry of Scotland 14-20 High St, Galashiels TD1 The theme for this session is Timeless Travellers. Staff from the Great Tapestry will deliver a free 2 hour session which will provide an introduction to their exhibit. This session is free however booking is essential as numbers are limited. Our Community Activities Organiser will support with this session.	1.30pm –3.30pm Borders@alzscot.org 01573 400324
Wednesday 12 th March	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	12.30am - 3pm Second Wednesday of the month Borders@alzscot.org

	Occupational Therapists. Please feel free to pop along for chat if you require any information, advice, or support.	01573 400324
Wednesday 26 th March	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 26 th March	Carers Café – Hawick 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.	10.30am – 12.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 26 th March	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 a Dementia Advisor, 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 6 th March	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE 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 6 th March	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 6 th and 20 th March	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 13 th March	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 6 th and 20 th March	<p>Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</p> <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>2.30pm - 4.30pm Fortnightly on a Thursday</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 20 th March	<p>Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ</p> <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>1.30pm - 3.00pm 3rd Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 27 th March	<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 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.</p>	<p>10.30am – 12.30pm 4th Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
Thursday 27 th March	<p>Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA</p> <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.</p>	<p>2.00pm - 3.30pm Fourth Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
Dates and times on Request	<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>
Virtual Resource Centre	<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. Places are limited so booking in advance is recommended. Click the link for further information or visit www.alzscot and enter 'VRC' in search bar.</p>	<p>Click here to open link</p>
Starting Wednesday 12 th March	<p>Discovery Days (all of these sessions are free)</p> <p>We are delighted to offer 7 dementia friendly sessions starting with The Great Tapestry of Scotland (12th March) and thereafter at Abbotsford House (9th April), Trimontium Museum (14th May), Jedburgh Abbey (11th June), Priorwood Gardens (9th July), Borders Textile</p>	<p>1.30 – 3.30pm 2nd Wednesday of the month.</p> <p>Borders@alzscot.org 01573 400324</p>

Towerhouse (13th August) and Jim Clark Motorsport Museum (10th September), providing a programme exploring our many historic sites, museums and exhibitions.

Booking is required for all sessions as places are limited. For more details, please contact us.

Coming Soon **Love to Move – Kelso**

The British Gymnastics Foundation, Love to Move Programme is an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia. Our Community Activities Organiser will be delivering the programme, which lasts up to 1 hour, and then supporting a tea and blether afterwards.

For more information. Please contact us.

Contact details for groups:

Lyndsay Hornigold

Dementia Advisor

Email: Borders@alzscot.org Tel: **07827 823809**

Gayle Thomson

Community Activity Organiser

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