

What's on



December 2023 – 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 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	Abbotsford Walking Group Abbotsford, Melrose, TD6 9BQ A wander through the woodland at Abbotsford. This walk will take approximately one hour followed by tea/coffee in the café. Dementia Advisor available for information and advice.	11.00am – 1pm Borders@alzscot.org 01573 400324
Monday 18 th December	Dementia Carers Hub The Chaplaincy Centre, Borders General Hospital If you are caring for someone with a diagnosis of dementia, and you have questions, drop in for information and support from the specialists. In partnership with Borders Carers Centre. NHS and Social Work.	3.30pm-5pm Borders@alzscot.org 01573 400324
Tuesday 5 th December	Earlston Dementia Café Earlston Parish Church, High Street, TD4 6HG A cuppa, conversation and friendship in a supportive meeting place for anyone affected by dementia or a cognitive impairment, their friends or family. Our Community Activities Organiser will arrange activities around your interests or likes to make it a fun and enjoyable afternoon.	2.00pm – 4.00pm 1 st Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 5 th & 19 th December	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. Dementia Advisor available for information and advice on the third Tuesday.	2.00pm - 3.30pm 1 st & 3 rd Tuesday of the month Borders@alzscot.org 01573 400324

Tuesday 12 th December	Galashiels What Matters Hub Why Not, Channel Street, Galashiels TD1 1BJ What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups. Please feel free to pop along for chat if you require any information, advice, or support.	10.00am – 1.00pm 2nd Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 12 th December	Duns Memory Café 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
There will be no café in December. Our group Christmas lunch takes place on Friday 1 st December. Café returns on Tuesday 23 rd January.	Café Connect Coldstream St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS 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. Dementia Advisor available for information and advice.	2.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Wednesday 6 th December	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU 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.	2.00pm - 4.00pm First Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 13 th December	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups. Please feel free to pop along for chat if you require any information, advice, or support.	10.00am - 12.30pm 2nd Wednesday for the month Borders@alzscot.org 01573 400324
Wednesday 20 th December	Carer 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 Borders@alzscot.org 01573 400324

<p>Wednesday 13th December</p> <p>There will be no group on Wednesday 27th December.</p>	<p>Memory Lane Music The Focus Community Centre, Livingston Place, Galashiels TD1 1DQ</p> <p>Come and join us on a trip down memory lane and enjoy singing together. The group is for anyone affected by dementia.</p>	<p>2.00pm - 3.30pm 2nd & 4th Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 15th December</p>	<p>Kelso Poynder Apartments Cafe Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH</p> <p>Join us at Poynder Apartments for tea and a blether. Make new friends and enjoy fun activities such as quiz's, music and memories, reminiscence and games. All welcome.</p>	<p>2.00pm – 3.30pm 3rd Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 7th December</p>	<p>Forget Me Not Café Wilkie Gardens, White Rose Place. Galashiels, TD12FF</p> <p>A friendly, supportive group for anyone affected by dementia, their friends or family. Enjoy a cuppa, conversation, activities and friendship. In partnership with Cyrenians OPAL Borders and Eildon Group.</p>	<p>2.30pm – 4pm 1st Thursday of the month</p> <p>Borders@alzscot.org 01573 400324 Or juliehoughton@cerenians.scot 01750491090</p>
<p>Thursday 7th December</p>	<p>Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE</p> <p>What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups. Please feel free to pop along for chat if you require any information, advice, or support.</p>	<p>10.00am - 1.00pm 1st Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 21st December</p>	<p>Hawick Dementia Café Masonic Lodge, 33 Commercial Road TD9 7AD</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. Dementia Advisor available for information and advice.</p>	<p>1.30pm - 3.00pm 3rd Thursday of each month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>No café on Thursday the 28th December. Next café Thursday 25th January</p>	<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 4th Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>

Fortnightly on a Thursday 7th and 21st December	Peebles Memory Café – Dementia Friendly Tweeddale 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. Dementia Advisor available for information and advice.	2.30pm - 4.30pm Fortnightly on a Thursday Borders@alzscot.org 01573 400324
Friday 1st and 15 th December	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 1 st & 3 rd Friday of the month Borders@alzscot.org 01573 400324
Dates and times on Request	Dementia Friends Information Sessions 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

Contact details for groups:

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Dementia Advisor

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Gayle Thomson

Community Activity Organiser

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David Henderson

Dementia Advisor

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National Dementia Advisor Service

Email: NDAS@alzscot.org **Tel:** 0300 373 5774



Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzheimer-scotland-borders-services>