

# What's on



## March 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 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 from	<b>Abbotsford Walking Group</b> <b>Abbotsford, Melrose, TD6 9BQ</b>  A wander through the woodland at Abbotsford. This walk will take approximately one hour followed by tea/coffee and scones in the café. A Dementia Advisor is available for information and advice.	11.00am –1pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 5 <sup>th</sup> March	<b>Earlston Dementia Café</b> <b>Earlston Parish Church, High Street, TD4 6HG</b>  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 1st Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 19th March	<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.	2.00pm - 3.30pm 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 12 <sup>th</sup> March	<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 Second Tuesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

<p>Tuesday 26<sup>th</sup> March</p>	<p><b>Coldstream Café Connect</b> <b>St Johns Masonic Lodge, Duke Street,</b> <b>Coldstream TD12 4BS</b></p> <p>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.</p>	<p>2.00pm – 3.30pm Fourth Tuesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Tuesday 26<sup>th</sup> March</p>	<p><b>Borders Dementia Working Group</b> <b>Venue to be confirmed</b></p> <p>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.</p>	<p>11.30pm – 2.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 6<sup>th</sup> March</p>	<p><b>Kelso What Matters Hub</b> <b>Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</b></p> <p>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.</p>	<p>10.00am – 12.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 6<sup>th</sup> March</p>	<p><b>Duns Racing Reminiscence</b> <b>Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU</b></p> <p>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.</p>	<p>2.00pm - 4.00pm First Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 13<sup>th</sup> March</p>	<p><b>Peebles What Matters Hub</b> <b>Costa Coffee, High Street, Peebles EH45 8SF</b></p> <p>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.</p>	<p>10.00am - 12.30pm 2nd Wednesday for the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Wednesday 13<sup>th</sup> and 27<sup>th</sup> March</p>	<p><b>Selkirk Dementia Singing Café</b> <b>Selkirk Masonic Lodge, 32 Back Row. Selkirk</b></p> <p>Come and join us for a friendly sing along. Enjoy Music, memories and create an individual play lists of the songs that have meaning to you. All materials supplied.</p>	<p>1.30pm – 3.30pm 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>

Wednesday 27 <sup>th</sup> March	<b>Carers Café – Hawick</b> <b>Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG</b>	10.30am – 12.30pm 4 <sup>th</sup> Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Wednesday 20 <sup>th</sup> March – <b>Please note this group is cancelled due to staff annual leave.</b>	<b>Kelso Poynder Apartments Cafe</b> <b>Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH</b>	2.00pm – 3.30pm 3 <sup>rd</sup> Wednesday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 7 <sup>th</sup> March	<b>Forget Me Not Café</b> <b>Wilkie Gardens, White Rose Place. Galashiels, TD12FF</b>	2.30pm – 4pm 1 <sup>st</sup> Thursday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324 Or <a href="mailto:juliehoughton@cerenians.scot">juliehoughton@cerenians.scot</a> 01750491090
Thursday 7 <sup>th</sup> March	<b>Hawick What Matters Hub</b> <b>Heart of Hawick, Kirkstile, Hawick TD9 0AE</b>	10.00am - 1.00pm 1 <sup>st</sup> Thursday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 21 <sup>st</sup> March	<b>Hawick Dementia Café</b> <b>Masonic Lodge, 33 Commercial Road TD9 7AD</b>	1.30pm - 3.00pm 3 <sup>rd</sup> Thursday of each month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 14 <sup>th</sup> March	<b>At Home at Jedburgh Abbey</b> <b>Abbey Bridge End, Jedburgh. TD8 6JQ</b> <b>This is the final session postponed from November</b>	2.00 – 4.00pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 28 <sup>th</sup> March	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>	2.00pm - 3.30pm 4 <sup>th</sup> Thursday of the month  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

Fortnightly on a Thursday 7 <sup>th</sup> and 21 <sup>st</sup> March	<b>Dementia Friendly Tweeddale – Firholm Memory Café</b> Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD	2.30pm - 4.30pm Fortnightly on a Thursday <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Thursday 7 <sup>th</sup> and 21 <sup>st</sup> March. <b>Please note these groups are cancelled due to staff annual leave</b>	<b>Gentle Walking Group</b> The Hirsell, Coldstream, TD12 4LW	10.30am – 12.30pm 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of the month <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Dates and times on Request	<b>Dementia Friends Information Sessions</b>	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
On request	<b>Dementia Advisor Information and Support</b>	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Coming soon	Innerleithen Dementia Café (time and venue to be confirmed)	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

### Contact details for groups:

**Lyndsay Hornigold**  
Dementia Advisor  
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**Gayle Thomson**  
Community Activity Organiser  
Email: [Borders@alzscot.org](mailto:Borders@alzscot.org) Tel: **07788 286312**

**National Dementia Advisor Service**  
Email: [NDAS@alzscot.org](mailto: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>