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	Abbotsford Walking Group Abbotsford, Melrose, TD6 9BQ	11.00am –1pm Borders@alzscot.org		
	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.	01573 400324		
Tuesday 5 th March	Earlston Dementia Café Earlston Parish Church, High Street, TD4 6HG	2.00pm – 4.00pm 1st Tuesday of the month		
	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.	Borders@alzscot.org 01573 400324		
Tuesday 19th March	Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH	2.00pm - 3.30pm 1 st & 3 rd Tuesday of the month		
	A Dementia Advisor will be available at the café for information and advice.	Borders@alzscot.org 01573 400324		
Tuesday 12 th March	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 26 th March	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS	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. Dementia Advisor available for information and advice.	Borders@alzscot.org 01573 400324
Tuesday 26 th March	Borders Dementia Working Group Venue to be confirmed	11.30pm – 2.30pm
	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.	Borders@alzscot.org 01573 400324
Wednesday 6 th March	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU	10.00am – 12.30pm Borders@alzscot.org 01573 400324
	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.	
Wednesday 6 th March	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU	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.	Borders@alzscot.org 01573 400324
Wednesday 13 th March	Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF	10.00am - 12.30pm 2nd Wednesday for 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
Wednesday 13 th and 27 th March	Selkirk Dementia Singing Café Selkirk Masonic Lodge, 32 Back Row. Selkirk	1.30pm – 3.30pm 2 nd and 4 th Wednesday of the month
	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.	Borders@alzscot.org 01573 400324

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Wednesday 27 th March	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG	10.30am – 12.30pm 4 th Wednesday of the month
	A meeting place for family/carers of someone	Borders@alzscot.org 01573 400324
	with a diagnosis of dementia to chat with others in a similar situation.	
Wednesday 20 th March –	Kelso Poynder Apartments Cafe Poynder Apartments, Poynder Place (car	2.00pm – 3.30pm 3 rd Wednesday of the month
Please note	access via Orchard Park) Kelso. TD5 7EH	Borders@alzscot.org
this group is cancelled	Join us at Poynder Apartments for tea and a	01573 400324
due to staff annual leave.	blether. Make new friends and enjoy fun activities such as quiz's, music and memories, reminiscence and games. All welcome.	
Thursday	Forget Me Not Café	2.30pm – 4pm
7 th March	Wilkie Gardens, White Rose Place. Galashiels, TD12FF	1 st Thursday of the month
	A friendly, supportive group for anyone affected	Borders@alzscot.org 01573 400324
	by dementia, their friends or family. Enjoy a	Or
	cuppa, conversation, activities and friendship. In partnership with Cyrenians OPAL Borders and Eildon Group.	juliehoughton@cerenians.scot 01750491090
Thursday 7 th March	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE	10.00am - 1.00pm 1st Thursday of the month
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	What Matters Hubs offer drop-in sessions where you can meet a Dementia Advisor, Social Workers, Occupational Therapists, and other Community Groups.	Borders@alzscot.org 01573 400324
Thursday 21 st March	Hawick Dementia Café Masonic Lodge, 33 Commercial Road TD9 7AD	1.30pm - 3.00pm 3 rd Thursday of each month
		Borders@alzscot.org
	A Dementia Advisor will be available at the café for information and advice.	01573 400324
Thursday 14 th March	At Home at Jedburgh Abbey Abbey Bridge End, Jedburgh. TD8 6JQ	2.00 – 4.00pm
Maron	This is the final session postponed from November	Borders@alzscot.org 01573 400324
	Exploring who Jedburgh Abbey was home to	
	and the rooms they lived and worked in. We'll have mystery objects, photos, and film clips plus	
	hands on activities linked to our themes. In partnership with Historic Environment Scotland.	
Thursday 28 th March	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm 4 th 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

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Fortnightly on a Thursday 7 th and 21 st March	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD A Dementia Advisor will be available at the café for information and advice.	2.30pm - 4.30pm Fortnightly on a Thursday <u>Borders@alzscot.org</u> 01573 400324
Thursday 7 th and 21st March. Please note these groups are cancelled due to staff annual leave	Gentle Walking Group The Hirsel, Coldstream, TD12 4LW Come along and join us for a gentle stroll around the beautiful gardens at The Hirsel in Coldstream. Afterwards enjoy a cuppa and a blether in the café.	10.30am – 12.30pm 1 st & 3 rd Thursday 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
On request	Dementia Advisor Information and Support Our Dementia Advisors are here to support people with dementia, their families and carers, along with local businesses and the community.	Borders@alzscot.org 01573 400324
Coming soon	Innerleithen Dementia Café (time and venue to be confirmed)	Borders@alzscot.org 01573 400324

Contact details for groups:

Lyndsay Hornigold Dementia Advisor Email: <u>Borders@alzscot.org</u> Tel: 07827 823809

Gayle Thomson Community Activity Organiser Email: Borders@alzscot.org Tel: 07788 286312

National Dementia Advisor Service Email: <u>NDAS@alzscot.org</u> 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