

What's on



**Alzheimer
Scotland**
Action on Dementia

April 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	Abbotsford Walking Group Abbotsford, Melrose, TD6 9BQ	11.00am – 1pm
	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.	Borders@alzscot.org 01573 400324
Tuesday 2 nd April	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 9 th April	Galashiels What Matters Hub Stitchers Café, High Street, Galashiels, TD1 1SD	10.00am – 12.30pm Second Tuesday 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.	Borders@alzscot.org 01573 400324
Tuesday 9 th April	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

<p>Tuesday 16th April</p>	<p>Selkirk - St John's Memory Café St John's Church, Selkirk, TD7 4LH</p> <p>A Dementia Advisor will be available at the café for information and advice on the 3rd Tuesday of each month.</p>	<p>2.00pm - 3.30pm 1st & 3rd Tuesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Tuesday 23rd April</p>	<p>Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS</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.</p>	<p>2.00pm – 3.30pm Fourth Tuesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Tuesday 30th April</p>	<p>Borders Dementia Working Group Venue to be confirmed.</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>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 3rd April</p>	<p>Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU</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 First Wednesday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 3rd April</p>	<p>Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU</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>Borders@alzscot.org 01573 400324</p>
<p>Wednesday 10th April</p>	<p>Peebles What Matters Hub Costa Coffee, High Street, Peebles EH45 8SF</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>Borders@alzscot.org 01573 400324</p>

Wednesday 10 th April & 24 th April	Selkirk Dementia Singing Café Selkirk Masonic Lodge, 32 Back Row. Selkirk	1.30pm – 3.30pm 2 nd and 4 th Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 17 th April	Kelso Poynder Apartments Cafe Poynder Apartments, Poynder Place (car access via Orchard Park) Kelso. TD5 7EH	2.00pm – 3.30pm 3 rd Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 24 th April	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG	10.30am – 12.30pm 4 th Wednesday of the month Borders@alzscot.org 01573 400324
Thursday 4 th April	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE	10.00am - 1.00pm 1 st Thursday of the month Borders@alzscot.org 01573 400324
Thursday 4 th April & 18 th April	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW	10.30am – 12.30pm 1 st & 3 rd Thursday of the month Borders@alzscot.org 01573 400324
Thursday 4 th April	Forget Me Not Café Wilkie Gardens, White Rose Place. Galashiels, TD12FF	2.30pm – 4pm 1 st Thursday of the month Borders@alzscot.org 01573 400324 Or juliehoughton@cerenians.scot 01750491090
Thursday 4 th April	Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD	2.30pm - 4.30pm Fortnightly on a Thursday Borders@alzscot.org 01573 400324

Thursday 18 th April	Hawick Dementia Café Masonic Lodge, 33 Commercial Road TD9 7AD	1.30pm - 3.00pm 3 rd Thursday of each month Borders@alzscot.org 01573 400324
Thursday 25 th April	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm 4 th Thursday of the month Borders@alzscot.org 01573 400324
Dates and times on Request	Dementia Friends Information Sessions	Borders@alzscot.org 01573 400324
	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.	
On request	Dementia Advisor Information and Support	Borders@alzscot.org 01573 400324
	Our Dementia Advisors are here to support people with dementia, their families and carers, along with local businesses and the community.	
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: Borders@alzscot.org Tel: 07827 823809

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

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>