

What's on

August 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 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	Floors Castle Walking Group Floors Castle, Kelso TD5 7RN A wander through the grounds at Floors Castle. The walk will take approximately one hour followed by tea/coffee and scones in one of the cafés. Meet at the Walled Garden Ticket Kiosk. A Dementia Advisor is available for information and advice.	11.00am – 1pm Borders@alzscot.org 01573 400324
Tuesday 5th and Tuesday 19th August	Eyemouth What Matters Hub Eyemouth Community Centre, Albert Road, Eyemouth TD14 5DE What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community.	10.00pm – 2.00pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 12th August	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA We meet in the lounge. A friendly, supportive meeting place to enjoy a cuppa, conversation, friendship and fun activities. All Welcome.	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 5th and Tuesday 19th August	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 for information and advice at the café on the third Tuesday of each month.	2.00pm - 3.30pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
Starting Tuesday 19th August	*New* Sporting Memories Brew and Blether Chirnside Bowling Club. Main Street West End. Chirnside. TD11 3UQ Join us if you love all things sports related. If you played, coached, watched, come along and meet likeminded people and enjoy a brew and blether about sports. We	10.30am to 12.30pm Third Tuesday of the month Borders@alzscot.org 01573 400324

	will invite guest speakers to join us on occasion to share their stories with us.	
Tuesday 26th August	Coldstream Café Connect St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS The August group will be hosting the Borders Dementia Working Group's monthly meeting at a slightly earlier time (1pm) We will find out what the dementia working group have been working on and what people living with a diagnosis can do to get involved in local and national policy.	1.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 26 th August	Borders Dementia Working Group St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS 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.	1.00pm – 3.30pm Last Tuesday of the month Borders@alzscot.org 01573 400324
Every Wednesday	Kelso What Matters Hub Mayfield Garden Centre Restaurant, Glebe Lane, Kelso, TD5 7AU What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community.	10.00am – 3pm Borders@alzscot.org 01573 400324
Wednesday 6 th August	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown St. Duns. TD11 3AU Come along and enjoy a good blether about all thing's motorsport related. Have a cuppa and reminisce about the races of days gone by, sporting heroes and all things motorsport related.	2.00pm – 4.00pm First Wednesday of the month Borders@alzscot.org 01573 400324
Every Wednesday	Peebles What Matters Hub Costa Coffee, 2-4 High Street, Peebles, EH45 8SF What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community.	10.00am – 3pm Borders@alzscot.org 01573 400324
Wednesday 13 th August	Discovery Days – Border Textile Towerhouse 1 Tower Knowe, Hawick. TD9 9EN The theme for this session is 'Work and Wear' and staff from the Textile Towerhouse will deliver a free 2-hour session. Booking is essential as numbers are limited to 12 participants.	1.30pm – 3.30pm Borders@alzscot.org 01573 400324
Wednesday 27 th August	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU	2.00pm – 3.30pm Fourth Wednesday of the month

	Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome	Borders@alzscot.org 01573 400324
Wednesday 27 th August	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG Our Carer Café is for carers to share stories, support each other, exchange information, advice, experiences, and coping mechanisms.	10.30am – 12.00pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Every Wednesday	Galashiels What Matters Hub The Café in ASDA Superstore, Currie Road. Galashiels. TD1 2AG What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community. A Dementia Advisor is available at the Hub on the last Wednesday of each month from 1.00pm until 3pm.	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Every Thursday	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE What Matters Hubs are information and support centres where individuals can receive help with various aspects of social care, health services, and community activities, as well as support to remain independent and involved in their community.	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Thursday 7 th August	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 7 th and Thursday 21 st August	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 14 th August	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 7 th and 21 st August	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

	A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	
Thursday 21 st August	Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ 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.	1.30pm - 3.00pm 3 rd Thursday of each month Borders@alzscot.org 01573 400324
Thursday 28 th August	Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship.	10.30am – 12.30pm 4 th Thursday of each 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
Online Sessions	Our Virtual Resource Centre is an online space where you can access groups, activities, and information sessions all from the comfort of your own home. Online Carer Awareness Sessions are also available. Dementia the basics, Focus on Caring, Strategies for the future and Technology Enabled Care. https://www.alzscot.org/community-support/virtual-resource-centre/	Click here to open link vrc@alzscot.org
Free Session	Borders Discovery Days Places still available at our session at Jim Clark Motorsport Museum on Wednesday 10th September.	1.30 – 3.30pm Borders@alzscot.org 01573 400324

Contact details:

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