

What's on

September 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.	11.00am – 1pm Borders@alzscot.org 01573 400324
Tuesday 2 nd September	Coldstream What Matters Hub Community Larder, Coldstream Community Annexe, Home Place, Coldstream TD12 4DN 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.	8.00am – 10.00am First Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 2 nd and 16 th September	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.	10.00am – 2.00pm First and third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 9 th September	Duns What Matters Hub Duns Fare Share Café, Murray Street, Duns, TD11 3DF 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 – 2.00pm Second and fourth Tuesday of the month Borders@alzscot.org 01573 400324
There will be no group in September	Duns Memory Café Trust Housing, Longfield Crescent, Duns TD11 3FA	2.00pm - 3.30pm Second Tuesday of the month Borders@alzscot.org

	We meet in the lounge. A friendly, supportive meeting place to enjoy a cuppa, conversation, friendship and fun activities. All Welcome.	01573 400324
Tuesday 2nd and 16th September	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
Tuesday 16 th September	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 will invite guest speakers to join us on occasion to share their stories with us.	10.30am to 12.30pm Third Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 23 rd September	Coldstream Café Connect 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.	1.00pm – 3.30pm Fourth Tuesday of the month Borders@alzscot.org 01573 400324
Tuesday 30 th September	Borders Dementia Working Group Venue to be confirmed 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
There will be no group in September	Duns Racing Reminiscence Jim Clark Motorsport Museum, 44 Newtown St. Duns. TD11 3AU	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	10.00am – 3pm Borders@alzscot.org 01573 400324

	activities, as well as support to remain independent and involved in their community.	
Wednesday 10 th September	Discovery Days – Jim Clark Motorsport Museum 44 Newtown Street, Duns. TD11 3AU <p>The theme for this session is 'Borders Champion' and staff from the museum will deliver a free 2-hour session. Booking is essential as numbers are limited to 12 participants. Places still available</p>	1.30pm – 3.30pm Borders@alzscot.org 01573 400324
Wednesday 24 th September	Selkirk Dementia Singing Café Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU <p>Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome</p>	2.00pm – 3.30pm Fourth Wednesday of the month Borders@alzscot.org 01573 400324
Wednesday 24 th September	Carers Café – Hawick Teviotdale Leisure Centre Café, 6 Mansfield Road, Hawick TD9 8AG <p>Our Carer Café is for carers to share stories, support each other, exchange information, advice, experiences, and coping mechanisms.</p>	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 <p>What Matters Hubs are information and support centres where individuals can receive support regarding health, social care and community activities.</p>	10.00am – 3.00pm Borders@alzscot.org 01573 400324
Every Thursday	Hawick What Matters Hub Heart of Hawick, Kirkstile, Hawick TD9 0AE <p>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.</p>	10.00am – 3.00pm Borders@alzscot.org 01573 400324
There will be no walk in September	Abbotsford Nature and Natter Walking Group <p>Join us for some gentle exercise with a stroll and natter around the beautiful Abbotsford estate. Meet at parking ticket machine. Dogs welcome but must be kept on a lead. Afterwards we'll have a cuppa and a blether in the café.</p>	2pm - 4pm First Thursday of the month Borders@alzscot.org 01573 400324
Thursday 18 th September only	Gentle Walking Group The Hirsell, Coldstream, TD12 4LW <p>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.</p>	10.30am – 12.30pm First and third Thursday of the month Borders@alzscot.org 01573 400324
Thursday 11 th September	Hawick Gentle Walking Group Wilton Lodge Park, Hawick, TD9 7LG	10.30am - 12.30pm Second Thursday of the month

	<p>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. We pop into the Pavillion Café for Tea/Coffee and a blether afterwards.</p>	Borders@alzscot.org 01573 400324
<p>Thursday 4th and 18th September</p>	<p>Dementia Friendly Tweeddale – Firholm Memory Café Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</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. A Dementia Advisor will be available at the café for information and advice.</p>	<p>2.30pm - 4.30pm Fortnightly on a Thursday</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Thursday 21st September</p>	<p>Hawick Dementia Café Masonic Lodge No 111, 33 Commercial Road. Hawick. TD9 7AQ</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. A Dementia Advisor will be available at the café for information and advice.</p>	<p>1.30pm - 3.00pm 3rd Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>There will be no group in September</p>	<p>Linkim Court Friendship Café Linkim Court. Northburn Road. Eyemouth. TD14 5AS</p> <p>Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship.</p>	<p>10.30am – 12.30pm 4th Thursday of the month</p> <p>Borders@alzscot.org 01573 400324</p>
<p>Dates and times on Request</p>	<p>Dementia Friends Information Sessions</p> <p>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.</p>	<p>Borders@alzscot.org 01573 400324</p>
<p>Online Sessions</p>	<p>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.</p>	<p>Click here to open link vrc@alzscot.org</p>
<p>Coming Soon</p> <p>Date to be confirmed</p>	<p>Borders Discovery Days – Trimontium Museum Market Square, Melrose. TD6 9BQ Wire Wrap Ring Making</p> <p>Join us for an afternoon of Roman and Iron Age history and try your hand at making a Roman wire wrap ring. This session is free to attend however booking is required as numbers are limited.</p>	<p>1.30 – 3.30pm</p> <p>Borders@alzscot.org 01573 400324</p>

Contact details:

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