



**Alzheimer
Scotland**
Action on Dementia

Sporting Memories Brew and Blether Gala Rugby Football Club



Join us if you love all things sports related from rugby, football, tennis, bowling, darts, golf, motorsport or another sport.

If you played, coached, watched, come along and meet like minded people and enjoy a brew and blether.

We'll have the occasional guest speakers, fun facts, memorabilia, photo's etc to reminisce, share stories and enjoy the company of others.

Date: 1st Tuesday of the month. (Starts 3rd February 2026)

Time: 10.30am to 12.30pm

Location: Gala RFC, Nether Road. Galashiels. TD1 3HE

For more information, please contact, Tel: 01573 400324

Email: Borders@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with Their memory, and 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 don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453, www.alzscot.org

