What's on November 2026 – The 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 and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink when our Kelso Hub is open. Please see below for more details.

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		
Tuesday 3rd November	**Selkirk Memory Cafe** **St John's Church, Selkirk TD7 4EE** This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities. **1st Tuesday of the Month**	2.00pm – 3.30pm
Wednesday 4th November	**Racing Reminiscence** **Jim Clarke Motorsport Museum** **44 Newtown Street. Duns. TD11 3AU** This group meets in a relaxed informal atmosphere and spends time discussing motor sport and bikes from the past and using photographs and memorabilia to stimulate memories and communication. **1st Wednesday of the month**	2.00pm – 3.30pm
Thursday 5th November	**1:1 Support – Booking required** To talk about any questions or concerns you have about your brain health or dementia	10am-3pm

Thursday 5th November	**Nature and Natter** **Hirsel Estate, Coldstream. TD12 4LW –** Meet outside The Homestead Cafe. (Car park charge £2.50) Come along and join us for some gentle exercise with a stroll and a natter around the beautiful Hirsel Estate. We will pop into the The Homestead Café afterwards where refreshments are available for purchase. Join us at 10am for a nature walk, whatever the weather, or pop along at 11am for a friendly blether and a cuppa! **Nature and Natter** **Abbotsford House, Melrose. TD6 9BQ –** Meet at the entrance to the visitors' centre. (Car park charge £1 for 2hrs) Come along and join us in partnership with '**Walk It**' for some gentle exercise with a stroll and a natter around the beautiful Abbotsford Estate. We will pop into the The Ochiltree Café afterwards where refreshments are available for purchase. Join us at 2pm for a nature walk, whatever the weather, or pop along at 3pm for a friendly blether and a cuppa! **1st Thursday of the Month.**	10am - 12Noon 2.00 – 3.30pm
Tuesday 10th November	**Duns Memory Cafe** **Trust Housing, Longfield Crescent, Duns, TD11 3FA** Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship. All welcome. **2nd Tuesday of the Month.**	2.00 - 3.30pm
Wednesday 11th November	**Cafe Connect Jedburgh** **The Jed Eye Hub** **Murray's Green, Jedburgh, TD8 6BE** Information, support and activities will be available for anyone worried about their memory, living with dementia, or supporting someone with dementia. Everyone attending must be able to meet their own care needs or come with a carer who can assist them. Activities may include tabletop games, crafts, gentle exercise and quizzes, depending on participants' interests. **2nd Wednesday of the month**	2.00 – 3.30pm

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Registered office: 69 North Gyle Terrace, Edinburgh EH12 8JY.
It is recognised as a charity by the Office of the Scottish Charity Regulator SC022315.

Tuesday 17th November	**Braw Herts Brain Gym** **Firholm Day Unit, Peebles. EH45 8BD** This is an informal session which includes fun, gentle activities designed to stimulate the mind, encourage memory and concentration, and promote cognitive wellbeing in a relaxed and enjoyable environment. **3rd Tuesday of the month**	10am-1pm (lunch included)
Wednesday 18th November	**Borders Discovery Day -** **Jim Clarke Motorsport Museum** **44 Newtown Street. Duns. TD11 3AU** Rev up your memories and join us for a relaxed and welcoming afternoon celebrating the exciting world of motorsport! Enjoy a cuppa, a blether and good company as we share stories, reminisce about unforgettable racing moments, and explore fascinating photographs, videos and memories from motorsports' rich history. Whether you're a lifelong motorsport enthusiast, a fan of the legendary drivers, or simply love a good story, there's something for everyone to enjoy. Come along, share your memories, discover something new and celebrate the people, places and moments that have made motorsport so special. BOOKING REQUIRED - **bordersservices@alzscot.org** **Various discovery days on 3rd Wednesday of the month**.	1.30pm - 3.30pm
Thursday 19th November	**1:1 Support – Booking required** To talk about any questions or concerns you have about your brain health or dementia	10am-3pm
Tuesday 24th November	**Café Connect Coldstream** **Masonic Lodge. 50 Duke Street. Coldstream** Information, support and activities will be available for anyone worried about their memory, living with dementia, or supporting someone with dementia. Everyone attending must be able to meet their own care needs or come with a carer who can assist them. Activities may include tabletop games, crafts, gentle exercise and quizzes, depending on participants' interests. **4th Tuesday of the month**	2pm - 3pm

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Wednesday 25th November	**Selkirk Dementia Singing Café** **Riverside Healthcare Centre, Bridge Street. Selkirk. TD7 5BU** Come and join us for a friendly sing along. Enjoy Music, memories and laughter with a coffee break and a blether afterwards. All welcome. **4th Wednesday of the Month**	2pm - 3pm
Thursday 26th November	**Swan Court Friendship Café** **1 Swan Court, Eyemouth TD14 5JG** Join us for a cuppa and a blether in a supportive meeting place. Enjoy fun activities and friendship. All welcome. **4th Thursday of the month** **1:1 Support – Booking required** To talk about any questions or concerns you have about your brain health or dementia	10.30-12noon 10am - 3pm

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
	There may also be opportunities to join some online groups. To find out more about these please contact the relevant person below for full details. https://www.alzscot.org/community-support/virtual-resource-centre/	TIME - various

Contact details for groups:

Borders - bordersservices@alzscot.org

Community Activity Coordinator - Nikki Speirs
Email: nspeirs@alzscot.org
Tel: 07827 823 809

Service Manager – Lauren Heap
Email: lheap@alzscot.org
Tel: 07769 364 179

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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/

24 HOUR Dementia Helpline
Alzheimer Scotland
Freephone 0808 808 3000
Email helpline@alzscot.org

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