

Worried about your memory or caring for someone with Dementia?

Why not visit one of our Dementia cafés for an informal chat. Get friendly advice and support and find out how others are living well with dementia.



Jedburgh	1st Monday of every month 1.30pm—3.00pm Jed Thistle Rugby Club Rooms, Jedburgh	01450 378 028
Kelso	3rd Thursday of every month 2.30pm—4.00pm Abbey Row Community Centre, Kelso	01573 226 760
Selkirk	Last Monday of every month 11.30am—1.00pm Our Lady and St Joseph' s Church, Selkirk	01896 664 167
Galashiels	Last Wednesday of every month 2.00pm—4.00pm St Peters Church, Parsonage Road, Galashiels	01896 827 105
Hawick	3rd Thursday of every month 1.30pm—3.00pm 111 Masonic Lodge, Commercaill Road, Hawick	01450 378 028
Peebles	2nd Thursday of every month 2.00pm—4.00pm Leckie Hall, Peebles	01896 827 105
Eyemouth	2nd Thursday of every month 2.30pm—4.00pm Tedda Centre, Wellbraes, Eyemouth	01573 226 760