

Borders Activities Calendar for Older People June 2021

1. Coldstream
2. Duns, Chirnside & Greenlaw
3. Eyemouth & Coldingham
4. Earlston & Lauder
5. Galashiels & Clovenfords
6. Selkirk
7. Melrose & St Boswells
8. Jedburgh, Crailing & Ancrum
9. Kelso, Eckford & Maxton
10. Hawick, Denholm & Newcastleton
11. Innerleithen & Walkerburn
12. Peebles
13. West Linton
14. **Forthcoming Community Events**
15. Useful contact telephone numbers page

The information contained within this document is for general informational purposes only. All information is provided in good faith and is all found within public domain

1 COLDSTREAM

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Andrea: 07860 403738 or 01896 751888

Monday

Tuesday

Wednesday

Thursday

Friday

Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>11.30-12.30 Gentle Exercise Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 91420</p>	<p>09.30-10.30 Zumba Coldstream Comm Hall contact 07766 707 330</p> <p>10.00 Walk it Walk Burnmouth Village Hall contact Su 07971 060774</p>	<p>10.00-11.00 Gentle Exercise Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p> <p>10.00 Walk it Walk Comm. Centre Coldstream Fortnightly contact Denise 07813 535 394</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.15-12-15 Pilates Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p>	<p>09.15-10.15 Pilates Coldstream Comm. Hall with Ian 07929 618 936</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Afternoon</p>	<p>16.00-16.45 Toning Class by zoom contact Norrie 07896 914206</p>	<p>13.30-15.30 Art Group Coldstream Comm Hall with Andrew call 07791 347 916</p>		<p>13.00-14.00 Handicraft Group Coldstream Comm. Hall booking must be made in advance Tel: 01890 883332</p>

Evening	<p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>17.30 Pilates with Jan Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777 17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 16.30-18.30 Mobile Library Connect & Collect Service Home Place Coldstream 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'body's Yoga on zoom call Diane 07758 664 566</p>
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2 Duns Chirnside & Greenlaw

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Andrea: 07860 403738 or 01896 751888

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00 Walk it Walk Meet at Mercat Cross Duns Fortnightly contact Myra 07837 451 486</p> <p>10.00-Noon Chirnside Comm. Larder. Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p>11.00-13.00 Reston Food Larder. Reston Village Hall</p> <p>00.01-23.59 Auchencrowe Mini Larder. Craw Inn All Welcome Abbey St Bathans</p>	<p>09.00-11.00 Mobile Post Office Greenlaw War Memorial</p> <p>10.00 Walk it Further every 2nd & 4th start 29/06. Contact Myra 07837 451 496</p> <p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>11.00-13.00-Noon Reston Food Larder. Reston Village Hall All welcome</p> <p>00.01-23.59 Auchencrowe Mini Larder. Craw Inn All Welcome</p>	<p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>00.01-23.59 Auchencrowe Mini Larder. Craw Inn All Welcome</p> <p>10.00 Walk it Walk Meet at Greenlaw Memorial Hall. 1st & 3rd Wed of each Month contact Eileen 01361 810642</p> <p>10.00-Noon Chirnside Comm. Larder. Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p>11.00-13.00 Reston Food Larder. Reston Village Hall All welcome</p> <p>11.30-13.30 Mobile Post Office Greenlaw War Memorial Hall</p>	<p>09.00-11.00 Mobile Post Office Greenlaw War Memorial Hall</p> <p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>00.01-23.59 Auchencrowe Mini Larder. Craw Inn All Welcome</p> <p>10.00 Walk it Walk Meet at Bus Shelter, Crosshill Fortnightly contact Denise 07813 535 394</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00-13.00 Reston Food Larder. Reston Village Hall All welcome</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p>	<p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-Noon Chirnside Comm. Larder. Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>11.00-13.00 Reston Food Larder. Reston Village Hall All welcome</p> <p>00.01-23.59 Auchencrowe Mini Larder. Craw Inn All Welcome</p>
Afternoon	<p>14.00-16.00 Mobile Post Office Greenlaw War Memorial Hall</p> <p>14.00-16.00 Abbey St Bathans Mini Larder. Riverside Bakery Car Park All welcome</p>	<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>16.15-18.30 Mobile Library Connect & Collect Service. Volunteer Hall Car Park. Duns</p>		<p>15.00-16.00 Mobile Post Office Greenlaw War Memorial</p>

Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>
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3 Eyemouth & Coldingham

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Andrea: 07860 403738 or 01896 751888

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.00-09.45 Spin Class outside at Eyemouth Swim Pool 01890 750557 to book</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p>	<p>09.50 Walk it Walk Meet Widows & Bairns Statue on the Bantry Contact Sheila 01890 750 870</p> <p>10.00-11.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p> <p>10.00-14.00 Preston Mini Larder @Village Hall All Welcome</p>	<p>10.00-Noon Eyemouth Larder @ Eyemouth Parish Hall All Welcome also on facebook</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p>	<p>10.00 Walk it Walk Meet Ayton Castle South Lodge contact Denise 07813 535 394</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07896 914206</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p>
Afternoon	<p>13.00-15.00 Post Office Services within Ayton Village Shop</p> <p>13.50-14.40 RBS Mobile Branch Ayton</p>	<p>14.00-15.30 Cockburnspath & Cove Comm. Food Store Church Hall Cockburnspath All Welcome</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07896 914206</p>	<p>13.30-15.00 Mobile Library Connect & Collect Service Eyemouth Leisure Centre</p>	<p>13.15-15.15 Post Office Services within Ayton Village Shop</p>	<p>14.00-15.30 Cockburnspath & Cove Comm. Food Store Church Hall Cockburnspath All Welcome</p>
Evening	<p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00 Walk it Walk Eyemouth contact Fiona 01890 751483</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00 Walk it Walk Meet outside swimming pool contact Fiona 01890 751 483</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'body's Yoga on zoom call Diane 07758 664 566</p>

4 Earlston & Lauder

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Harry: 07515064527 or 01896 751888

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.00 Walk it Walk Meet outside Lauder Leisure Centre contact John 01578 722207 10.30 Walk it Further Meet outside Lauder Leisure Centre contact Anne 07814 336241</p>	<p>10.00 Walk it Walk Meet at Rhymers Tower Café Earlston contact Mary 07717 706 931 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>13.45-15.45 Mobile Post Office @ TD4 6DB</p>	<p>15.00-15.30 Mobile Post Office Oxtan 16.00-17.00 Mobile Library connect & collect service Earlston High School 16.00 16.45 Zumba by zoom contact Norrie 07896 914206</p>	<p>14.00-16.00 Mobile Post Office @TD4 6DB</p>
Evening	<p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00 Walk it Walk meet outside Tweedbank Comm. Centre 1st & 3rd Monday of each month contact Maureen 01896 757634</p> <p>10.15-11.15 Gala Walking Netball @ Focus Centre more info Contact 07990 071 896</p>	<p>10.00-10.45 Zumba Old Parish Church Gala Contact Norrie 07986 914206</p> <p>10.00 Walk it Walk Meet outside Darnick Comm. Garden Contact Denise 07813 535 394</p> <p>10.00 Walk it Walk meet outside Langlee Comm Centre ON HOLD</p>	<p>10.00 Walk it Walk meet outside Focus Centre contact Jon 07510 901839</p>	<p>10.00 Walk it Walk Meet at Rhymers Tower Café contact Mary 07717 706931</p> <p>10.00 Walk it Easy meet at entrance to Victoria Park contact Tracey 07547 024 592</p> <p>10.00 Walk it Walk Meet at St.Boswells contact Susan 07717 547858</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>10.30 Walk it Walk meet at Stow XRoads call 01578 730 546</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>10.00 Walk it Walk meet outside Langlee Comm Centre ON HOLD</p>
Afternoon	<p>12.15-14.45 Library Connect & Collect Service. Live Borders Car Park. Galashiels</p> <p>15.00-15.45 Mobile Post Office Clovenfords</p>	<p>12.30 Walk it Walk Meet @ Stow Station House contact 01578 730 546</p> <p>13.00-14.00 Mobile Post Office Bowden</p> <p>13.30-14.00 Mobile Post Office Clovenfords</p> <p>14.00-16.00 Circle Dancing @Yoga Mill Gala Tel Kate 07523 266 657</p> <p>16.00-16.45 Zumba by zoom contact Norrie 07986 914 206</p>	<p>13.30-15.30 Heart for Art. Trinity Church Hall contact heartfor.art@crossreach.org.uk</p>	<p>13.30-15.30 Gala Windbags Lucy Sanderson Hall. Gala contact Wilma 01896 753 493</p> <p>17.30-18.15 Zumba by Old Parish Church Gala contact Norrie 07986 914206</p>	

Evening	<p>18.00- 18.45 Zumba. Pavilion Cinema contact Lenore 07826 849 115 18.00-18.45 Zumba by zoom contact Norrie 07986 914 206 19.00 Langlee Comm. Choir all welcome contact langleecommunitychoir.org.uk</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 18.00 -19.00 Zumba by zoom contact Norrie 07986 914 206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566 19.00-21.00 Gala Water Singers. Fountainhall School All Welcome contact 01578 730 289</p>	<p>18.00-19.00 Zumba by zoom contact Norrie 07986 914 206 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.30- 19.15 Zumba. Pavilion Cinema contact Lenore 07826 849 115 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>
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Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Walk it Walk Meet at Town Clock contact Jon 07510 0901839</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.30 Walk it Walk meet Sustainable Selkirk Advice Centre contact Iain 07838 033281 ON HOLD</p>	<p>08.00-08.45 Spin Class Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>09.30-10.15 Spin Class Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon	<p>13.30-14.30 Mobile Post Office Ettrickbridge</p>	<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>17.30-18.30 Zumba by zoom contact Norrie 07986 914206</p>	<p>15.15-16.45 Mobile Library Connect & Collect Service Victoria Hall</p>
Evening	<p>18.00-18.45 Zumba in Selkirk Parish Church Contact Norrie 07986 914206</p>	<p>17.30-18.15 Spin Class Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>18.00-19.00 Zumba by zoom. contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom. contact Norrie 07986 914206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

7 Melrose & St Boswells

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Harry: 07515064527 or 01896 751888

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00 Walk it Walk Meet outside Tweedbank Community Centre 1st & 3rd Monday of each Month contact Maureen 01896 757634</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>10.00 Walk it Walk Meet outside Darnick Comm. Garden Contact Denise 07813 535 394</p>	<p>10.30 Walk it Walk Meet in The Square, Melrose contact Martin 07858 386485</p> <p>10.00 Macmillan Move More Walks meet at Tweedbank Sports Complex booking to made in advance Tel. 01750 726400 or email liveborders.org.uk</p> <p>10.30 Walk it Further Group Meet in Square, Melrose</p> <p>11.00-14.30 Mobile Post Office Melrose</p>	<p>10.00 Walk it Walk Meet at Newtown Comm. Centre 3rd Thursday of each month contact Susan 07717 754858</p> <p>10.00 Walk it Walk Meet at St Boswells Bus Station 1st Thursday of each month contact Susan 07717 547 858</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon	<p>14.45-16.15 Mobile Post Office Melrose</p>	<p>14.30-16.15 Mobile Post Office Melrose</p> <p>14.30 Walk it Walk meet outside Abbotsford Visitor Centre. Contact Anna 07985 724 938</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>14.45-15.15 Mobile Post Office Melrose</p> <p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p> <p>17.30-19.15 Mobile Library Connect & Collect Service Melrose Rugby Club</p>	<p>14.00 Walk it Walk Meet Edinburgh Woollen Mill. Melrose last Friday of each Month contact Isobel 07976 275796</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775</p> <p>18.00-19.00 Zumba in Newtown Comm. Centre contact Norrie 07986 914 206</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom. contact Norrie 07986 914206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Walk it Walk meet at Bandstand contact Denise 0781 3535394</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>		<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>07.00-07.30 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>13.00-16.00 Jed Mens Shed Abbey Place All welcome</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>13.00-16.00 Jed Mens Shed Abbey Place All welcome</p>	<p>12.45-14.15 Library Connect & collect service. Canongate Car Park</p> <p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p>	<p>13.15-13.45 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914 206</p> <p>18.30-20.30 Jed Mens Shed Abbey Place All welcome</p> <p>19.00-19.30 Indoor Studio Cycling LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-18.45 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-19.30 Indoor Studio cycling LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

9 Kelso, Eckford & Yetholm

For more information on any of the activities below please contact the British Red Cross Community Coordinator
Lukasz 07595 205725 or 01896 751888

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.00-09.30 Zoom online pre-book 01573 224944 email: kelso@liveborders.org.uk</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>10.00-14.00 Kelso Mens Shed Rox.St. open to all contact 07854 688 829 £1.00 daily fee</p>	<p>10.00 Macmillan Move More Walks meet at Kelso Swimming Pool booking to made in advance Tel. 01750 726400 or go to liveborders.org.uk</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>10.30 Bacon Butty & Blether Cross Keys (Oak Room) price £4.50 All welcome</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Walk it Walk Meet Tourist information, The Square contact Amanda 07918 186058</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>11.00 Walk it EASY Meet Tourist information, The Square contact Amanda 07918 186058</p>
Afternoon		<p>12.45-15.15 Mobile Library Connect & Collect Service Tait Hall</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p> <p>17.30-18.30 Zumba. St Pauls Church Contact Norrie 07986 914206</p>	
Evening	<p>18.00-18.45 Zumba Ednam Village Hal Contact Norrie 07986 914206</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-19.00 Zumba Ednam Village Hall contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-21.00 Kelso Camera Club (online at present) email: wcc54@gmail.com</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Morning	<p>06.30-07.00 Spin Class Teviotdale Leisure Centre Call 01450 374440 10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>06.30-07.00 Spin Class Teviotdale Leisure Centre Call 01450 374440 10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.30 Walk it Walk meet Bus Station at High School</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.30 Walk it Walk meet at Bus Stop High School contact Jon 07510 0901839 10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
	Afternoon		<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		
	Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 17.00-19.00 Library Connect & Collect Service. Heritage Hub Car Park</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-18.30 Spin Class Teviotdale Leisure Centre Call 01450 374440 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>
					<p>Saturday: Hawick Armed Forces Veterans Breakfast Club 10.00 – Noon @ Evergreen Hall. Hawick Sunday: 19.00 Bingo @ Hawick Burns Club. Tel 01450 372474</p>

11 Innerleithen & Walkerburn

For more information on any of the activities below please contact the British Red Cross Community Coordinator
07841 727 044 or **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.00 Walk it Walk Meet at Alexandra Park call Alice 07974 782 016</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206 10.00 Walk it Walk meet outside The Vale Club Contact Neil 07900 908 787</p>
Afternoon		<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>			<p>13.00-14.30 Library Connect & Collect Service. Memorial Hall</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>17.30-18.30 Zumba by zoom Contact Norrie 07986 914206 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	

Monday

Tuesday

Wednesday

Thursday

Friday

Morning	<p>10.00 Walk it Walk meet @ Burgh Hall contact Brian 01721 720981 10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-17.00 Eastgate Theatre Cafe contact 01721 725785 10.00-10.45 Zumba @ Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk 10.00-Noon PeeblesCAN Comm. Garden Volunteer Sessions emailinfo@peeblescan.org 10.00-10.45 Zumba by zoom Contact Norrie 07986 914206 11.00-11.45 Aerobics @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk 11.30-14.00 Food Foundation Mini Market Victoria Park Centre All welcome</p>	<p>10.00-17.00 Eastgate Theatre Cafe contact 01721 725785 10.00-11.00 Adult at the Barre Ballet classes Fiona Henderson school of Dance call 07733 409708 11.15-12.15 Adults Classical Ballet classes Fiona Henderson School of Dance call 07733 409708</p>	<p>08.00-08.30 Spin Class @The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk 10.00-17.00 Eastgate Theatre Cafe contact 01721 725785 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>09.45-12.15 Mobile Library Connect & Collect Service Gytes Leisure Centre 10.00-Noon PeeblesCAN Comm. Garden Volunteer Sessions emailinfo@peeblescan.org 10.00 Online Movement to Music Class call Susan 07841 761364 10.00-17.00 Eastgate Theatre Cafe contact 01721 725785 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206 10.00 -11.00 Adult Line Dancing Classes Fiona Henderson School of Dance call 07733 409708 11.15-12.15 Adult Beginners Ballet classes Fiona Henderson School of Dance call 07733 409708</p>
	Afternoon	<p>12.20-12.50 Mobile Post Office Heriot 13.00-15.00 PeeblesCAN Comm. Garden Volunteer Sessions emailinfo@peeblescan.org</p>	<p>14.00 U3A Peebles monthly zoom meetings 2nd Tuesday of each month-guest speakers. 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>12.20-12.50 Mobile Post Office Heriot 13.45-14.00- Mobile Post Office Fountainhall 17.30 18.30 Zumba by zoom contact Norrie 07986 914206</p>	

Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.30 Spin Class @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.15-20.15 Adult Contemporary Dance classes @ Fiona Henderson School of Dance call 07733 409708</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.15-20.15 Adult Dance for Exercise classes Fiona Henderson School of Dance call 07733 409708</p>	
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13 West Linton

For more information on any of the activities below please contact the British Red Cross Community Coordinator 07841 727 044 or **01896 751888**

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>11.00-11.45 Gentle Exercise. Newlands Centre for booking call Philippa 07707 048 362 cost £4.50</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>17.30 18.30 Zumba by zoom contact Norrie 07986 914206</p>	<p>13.45-14.15 Mobile Post Office Broughton</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-19.00 Zumba by zoom Contact Norrie 07986 914206 18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

Community Information

For more information on any of the activities below please contact the British Red Cross 01896 751888

Eildon	<p>Team Walking Challenge “Step Count” is an eight week long challenge, to register a team contact stepcount.org.uk</p> <p>16th June 13.00-16.00 online forum on Action on Health Inequalities to register attendance email katy.moffat@borders.scot.nhs.uk</p> <p>11th & 19th June 14.00-17.00 Prieston House, Melrose garden open day</p> <p>15th August 13.00-17.00 Gattonside Village Gardens tickets on sale from Village Hall, Main Street</p> <p>Gentle Exercise Class starting @ Langlee contact Denise 07713 357 450 for more information</p>	Cheviot	<p>Lauder Community Foodbank open every Sunday 10.00-13.00 @ Lauder Bowling Club. Check out their own face book page for more info</p> <p>Check out Kelso Shopping face book page for a list of retail premises who will deliver also click and collect</p>	Berwickshire	<p>Ayton Village Area news: check their face book page for all local food and service deliveries.</p> <p>Coldstream Comm. Centre 10.00-Noon Cake Sale</p> <p>Border Links check them out at borderlinks@btconnect.com: 07900 252 984/01289 305423</p> <p>For Bingo. Music. Chats. Sport. all online via zoom</p>	Tweeddale	<p>20th-26th June Peebles Beltane Festival checkout their facebook page for all online activities email peeblesbeltanefestival.co.uk</p> <p>21st -26th June 17.30-21.45 @ Traquair House Innerleithen seated performances of Hamlet & Macbeth pre booking essential contact Eastgate Theatre 01721 725 777</p> <p>Potting Shed Garden Broughton Place open 11.00-17.00 29th June & 6th July £5. Admission charge. Open by private arrangement can be made to 01899 830574 until end October</p> <p>4th July 13.00-16.00 Glen House Garden Innerleithen</p> <p>18th June 14.00-17.00 West Linton Village Gardens. Open days Tickets on sale at the Graham Institute</p> <p>26th June Garden Ceilidh</p> <p>Outdoor Concerts 10.00-Noon, 13.00-15.00 & 16.00-18.00 pre-booking through Eastgate Theatre 01721 725777</p> <p>Tweeddale U3A information on forthcoming online talks, demos etc., contact Gilliam Limb 01721 588352</p>
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15 Useful Contact Numbers

- Alzheimer Scotland Borders 01573 400324/borders@alzscot.org
- Age Scotland 0800 12 44 22/age.scot/friendship
- Age UK 0800 678 1602
- AskSARA www.scotborders.gov.uk/askSara
- Borderline for adults with mental health needs call 0800 027 4466 opening times vary
- Borders Care and Repair 01750 724895
- Borders Carers Centre 01896 752431
- Borders Community Transport Service 0300 456 1985
- Borders Dental Helpline 0845 300 0930
- Borders Mobility Equipment Services 01896 750565
- Borders Podiatry Service 01896 826538
- Borders Talking Newspaper Service 01361 889211 Email: office@btn.org.uk www.btn.org
- Breathing Space 0800 838587 www.breathingspace.scot
- Chest Heart and Stroke Scotland 0808 801 0899
- Citizens Advice Scotland 0800 028 1456
- Duns Social Work Office 01361 886103
- Dementia Helpline Freephone 0808 808 3000/email helpline@alzscot.org available 24 hours
- Dynamic Community Fusion "Brain Injury Service" Call 07530 983750/07547 403469 Email: BBIS_Reconnect@dynamiccommunityfusion.co.uk
- Food Train 01896 751750
- Galashiels Social Work Office 01896 664157
- Hawick Social Work Office 01450 374545
- Home Energy Scotland call 0808 808 2282 email: warmth@changeworks.org.uk
- Home First Team 01896 661288
- Kelso Social Work Office 01573 223501/227977
- Live Borders 01896 661166
- Macular Society Advice and Support Line 0300 303 0111
- Macmillan Services Kirsty Smith/Clare Irvine 01896 826835 (Cancer Information Support Service)
- MS Society Borders Group Judy Eglington 01573 420576 email: judy.eglington@googlemail.com
- MS Society Helpline 0800 800 8000 Mon-Fri 09.00-19.00 email: helpline@mssociety.org.uk

- Myalgic Encephalomyelitis (ME) 01896 824570
- NHS Wellbeing Service emotional & health support 01896 824502 or visit www.nhsborders.scot.nhs.uk/wellbeing, email: wellbeing@borders.scot.nhs.uk or phone your GP surgery
- Parkinson's Society Borders Branch Gary Hattie 01750 22588 email:garyhattie1@gmail.com
- Peebles Social Work 01721 726355
- Red Cross Galashiels 01896 751888
- Royal Voluntary Service 01896 754481
- Queens House 01573 224886 / 07498799436
- RNIB: Alison Paton-Day [07771940387](tel:07771940387)/Alison.patonday@rnib.org.uk
- Samaritans (24hours) Tel 116 123 email jo@samaritans.org or visit www.samaritans.org
- Scottish Borders Council 0300 100 1800
- Scottish Veterans Fund <http://www.veteransscotland.co.uk>
- Scottish Borders Health & Social Care Partnership 01896 664 155 LAC@scotborders.gov.uk
- Shout 24 Hour crisis text line 85258
- Sight Scotland Veterans "Scottish War Blinded" <https://sightscotland.org.uk/veterans>
- The Silver Line 0800 470 8090
- Spark-Scottish Government Free National relationship counselling Helpline 0808 802 2088
- Turn 2 us 2 British Red Cross 0808 802 2000
- Walk it Walks Denise 01835 826702

Useful Information

Alzheimer Scotland are offering online video one-to-one consultations with a Dementia Advisor they are available to book on the 1st & 3rd Wednesday of every month. To book a consultation please contact borders@alzscot.org or call 01573 400324

Mondays 14.00-15.00 Quiz & Blether **Tuesdays** 10.30-11.15 Carer/Family Support Group **Wednesdays** 14.00-15.00 Music & Memories
2nd Tuesday of each month 14.00-15.00 Digital Dogs for more info on these contact borders@alzscot.org or call 01573 400324

To view the latest Edition of the **Borders Blether Together** log onto Alzheimer Scotland – Borders facebook page.

Berwickshire Association for Voluntary Service (BAVS) Tel 01361 883137 email: admin@bavs.org.uk also checkout their facebook page for all community information to Berwickshire

Berwickshire Wheels 0300 456 1985 contact them for booking of covid safe transport

Connecting Scotland Programme aims to get 50,000 digitally excluded households online by end of 2021 for people who are digitally excluded and on low incomes. Check out Live Borders face book page for more info

Dance for Parkinson's Scotland Weekly classes standing and or sitting down: Mondays @ 11.30 Level 2 / Wednesdays @ 11.30 Level 1 / Thursdays @ 11.30 Level 1 all videos available to watch and download by checking out **Dance for Parkinson's FACEBOOK** page

Yoga/Pilates exercise classes to music for the over 60s available on Youtube 6 weekly sessions available for prices etc., contact Amanda by email: amanda@funtastic-fitness.co.uk

Digital Buddies Get help to get connected tel: 07921 265515 and or email: Christine@otbs.org

Flowerpot Café, Victoria Park Centre, Kingsmeadow Road. Food Foundation Open Mon-Sat. 10am-3pm opening times are all weather dependant as outside. Check on facebook before attending **Suspended at this time**

Generation Arts "Boundless Project" Arts projects for the over 50s. internet access not required Tel. 07717740595.

Help with Winter Energy Bills Call 0808 808 2282 email adviceteam@sc.homeenergyscotland.org

Live Borders eLibraries: Free access for all library members in a wide range of electronic formats check out Live Borders website and or face book page for more info, easy access to become a member

Live Borders stay connected and keep moving with their free online fitness classes access from Live Borders face book page

Have you browsed through the **BORROWBOX** app yet, its free and available all day every day access through Live Borders

Library-Connect and Collect Call Library HQ on 01721 726400 Monday-Friday from 11am-3pm (membership number required) or visit www.liveborders.org.uk to collect and drop off library books

NHS Wellbeing Service: Manages stress and worry, help you relax and sleep, improve your emotional wellbeing, improve low mood

This is organised by a 30 minute pre-booked telephone appointment 01896 824502 or email wellbeing@borders.scot.

Peer2Peer Mindfulness Free of charge for 16 weeks commencing 7th April **Mindfulness Based living with Dementia Course** contact 07462 891 549/ email peer2peermindfulness@gmail.com for registration details

Riddell Fiddles traditional fiddle teaching for the young and old. Are you interested in singing or playing an instrument join in with our virtual lessons. Please contact LAC@scotborders.gov.uk for registration and more information

Scottish Borders versus arthritis Free series of bitesize interactive sessions for people living with long term health conditions:
Sleep Tuesday 27th April 11.00-13.00 **Managing Anxiety** Wednesday 26th May 14.00-16.00 **Fibromyalgia**
For more info and registration details please contact livewell@versusarthritis.org and or Tel 0141 954 7776

SPLASH volunteering4splash@gmail.com community recipes/ideas and information sheets in and around the Eyemouth area also on facebook

St. Andrews Leckie Church support sessions (Kickstart) in partnership with Christian Action Against Poverty, advice on help for budgeting and support around stress <https://standrewsleckie.co.uk/kickstart/> **available from 28th October This is for Peebles area only**

What Wheely Matters Tel 07754 318 077 email wwm@Bavs.org.uk transport and community information for the Berwickshire area also check out their facebook page.

Friendship Phone Calls

Turn 2 Us 2 British Red Cross 0808 802 2000

Age Scotland Helpline 0800 12 44 222 www.age.scotland/friendship service

Re-engage for over 75s 0800 716 543 www.reengage.org.uk

Chest Heart & Stroke Scotland Kindness Volunteers 0808 801 0899 www.chss.org.uk/coronavirus

Rev. Andrew Cooper. St Johns Church 07943 509 905 **Jedburgh area only**



Assisted Discharge & Community Led Services
Application to use the service

Priority Level: High <input type="checkbox"/> Medium <input type="checkbox"/> Low <input type="checkbox"/>		Date of Application:	
Name of person who would like to use the service:			
D.O.B:		Male <input type="checkbox"/> Female <input type="checkbox"/>	
Address:		Contact Number:	
Next of Kin details: Name, Address, Tel. No.			
*Should we contact this person for info/access <input type="checkbox"/>			
<u>Medical Conditions</u>			
<u>Physical Conditions</u>			
Memory Difficulties	YES/NO	Speech Difficulties	YES/NO
Deaf Aid Worn	YES/NO	Sight Problem	YES/NO
Drugs/Alcohol	YES/NO		YES/NO
Verbal and/or Physical Challenging Behaviour			YES/NO
Mobility: Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>			

Other services in place:

Package of Care Occupational Therapy Physio Social Work

Speech Therapy Voluntary Organisation Other

Please give some brief details of why the applicant would benefit from our services and what sort of help is required, please explain reason for chosen priority level:

Name, number and position held of person making the referral:

.....

Applicant's signature approving consent for referral (Must be completed or have verbal consent):

.....

***Please note if verbal consent given for referral then the referee takes responsibility for information being given to the Red Cross. All information received will remain confidential and will be held securely at our office. Please send this application form to the address below.**

Please note that our workers operate generally as lone workers when visiting clients and therefore any additional information relating to known challenging behaviours of clients must be shared at the point of referral.

**British Red Cross, 1 Wheatlands Mill, Wheatlands Road, Galashiels, TD1 2HQ
Tel:- 01896 751888 or 07713 385270**

E-mail:- CommunityServices@redcross.org.uk

Red Cross Borders/Current Services C-19

Safety Aspects	Personal alarms, key safe, fire safety check referrals, Energy Scotland referrals, Border Care and Repair.
Financial Support	DWP referrals, Emergency Food Packs, Hardship Fund, Red Cross Charity Shop vouchers.
Discharge Support/Support in the Community	Discharge shopping, emergency food packs, welfare phone calls, support provided by community coordinators which can be based on the signposting around patient's needs e.g., personal alarm set up for safe discharge, prescription pick up.
Social isolation/Mental Health	Regular welfare calls by Co-ordinators and use of phone buddies (we are expecting that in days to come more walking groups should restart so we will be able to signpost there, at the moment most of the lunch/social groups are not operating). We are reviewing an option of 'home visits' by volunteers and coordinators based on 'the garden to window' contact or with keeping a safe distance outside client's property. We also have a Social Activities Calendar and are able to signpost people to support groups and social activities like exercise, dance, interest groups this is updated and distributed monthly (please note most activities are currently conducted online).
Mobility Aid	Wheelchair, commodes hire (0300 4561914).
Generic Signposting	Based on the individual needs (COVID Calendar, AskSARA, Food Train, Silver Line, local support, resilience groups); including information leaflets which can be posted to clients.
Support for Carers	Carers Centre referrals, welfare checks, phone calls.
Borders Activities Calendar for Older People	Signposting people to their local support groups, available on the request.
Social Media	Dissemination of information.

Contact details:

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