



Are you interested in Walking? Why not join a Walk It walk in the Borders. A Walk It walk is a Health Walk – Short, Safe, Social, Low Level, Led and Free. If you are interested in joining a walk or want to find out more about Walk It, please contact Denise Carmichael on 01835 826702

Abbotsford Dementia Friendly

Weekly – every Tuesday at 2.30pm. Meet outside the Abbotsford Visitor Centre. Contact Walk Leader Anna on 07985724938. OPEN

Ayton – Dementia Friendly

Weekly – every Thursday at 10.00am. Meet at Ayton Castle South Lodge. Contact – Denise 07813535394 OPEN

Burnmouth – Dementia Friendly

Weekly – every Wednesday at 10am. Meet at Burnmouth Village Hall. Contact Su 07971060774

Chirnside – Dementia Friendly

Every fortnight on a Thursday at 10am. Meet at the Bus Shelter at Crosshill. Contact – Denise 07813535394

Coldstream – Dementia Friendly

Every fortnight on a Thursday at 10am. Meet just outside the Community Centre in Coldstream. Contact – Denise 07813535394

Clovenfords – Dementia Friendly

Every week on a Wednesday at 10am. Meet just outside Clovenfords Hotel in Clovenfords. Contact – Graham 0780 5483096 OPEN

Darnick – Dementia Friendly

Weekly - every Tuesday at 10am. Meet outside Darnick Community Garden, Tower Road. Contact – Denise 0781 3535394 - OPEN

Duns – Dementia Friendly

First and Third Monday at 10am. Meet at the Mercat Cross in Duns Square. Also Walk It Further Second and Fourth Tuesday. Contact Walk Leader - Myra – 07837451486 OPEN

Earlston

Weekly - every Thursday at 10am. Meet outside Rhymers Tower Café (next to Co-op on the A68). Contact Walk Leader - Mary – 07717706931 OPEN

Eyemouth – Dementia Friendly

Weekly - every Tuesday at 9.50am. Meet at the Widows and Bairns Statue on the Bantry. Contact Walk Leader – Sheila – 01890 750870 OPEN

Weekly - every Monday at 7pm. Meet outside the swimming pool. Contact walk leader - Fiona - 01890 751483

Galashiels – Centre – Dementia Friendly

Weekly every Wednesday at 10am. Meet just outside the Focus Centre, Livingstone Place, Galashiels. Contact – Jon on 07510901839 OPEN

Galashiels – Tweedbank – Dementia Friendly

Fortnightly - every 1st and 3rd Monday at 10am. Meet outside Tweedbank Community Centre. Contact Walk Leader – Maureen – 01896 757634 OPEN

Galashiels – Walk It Easy

Weekly – every Thursday at 10.30am,. Meet at the entrance to Victoria Park. Contact – Walk Leader Tracey on 07547024592 OPEN

Greenlaw

First and third Wednesday of every month. Meet at Greenlaw Memorial Hall at 10am. Contact Eileen on: 01361810642 OPEN

Hawick – Town Centre – Dementia Friendly

Weekly – every Friday at 10.00am. Meet at the Bus stop at the High School. Contact Walk Leader Jon on 07510901839 OPEN

Innerleithen – Dementia Friendly

Weekly - every Friday at 10am. Meet outside The Vale Club Innerleithen. Contact Walk Leader –Neil on 07900908787 OPENS (4/6/2021)

Jedburgh – Dementia Friendly

Weekly – every Monday at 10am. Meet at the Bandstand, Murrays Green in Jedburgh. Contact – Denise – 07813535394 OPEN

Kelso – Dementia Friendly

Weekly – Every Friday at 10am. PLUS Walk It EASY Every Friday at 11.. Both Walks meet outside the Tourist Information Centre. Contact Walk Leader Amanda on 07918186058 OPEN

Lauder

Walk It - Weekly - every Wednesday at 10.am. Meet outside Lauder Leisure Centre, Lauder. - Contact Walk Leader John - 01578 722207 OPEN

Walk It Further – Dementia Friendly Weekly every Wednesday at 10.30 am. Meet outside Lauder Leisure Centre, Lauder. Contact Walk Leader – Anne on 07814336241 OPEN

Melrose - Dementia Friendly

Walk It Further Group - Weekly – every Wednesday at 10.30am – Meet in the Square in Melrose. Contact Walk Leader Martin on 07858386485. OPEN

Newtown St Boswells

Third Thursday in every month at 10am. Meet outside Newtown Community Centre - Contact Walk Leader – Susan – 07717547858. OPEN

Newstead, Melrose and Gattonside – Dementia Friendly

Monthly last Friday of every Month at 2pm – Meet at the Back Car Park of George & Abbotsford Hotel, Melrose Contact Walk Leader - Isobel on 07976 276 796 OPEN

Peebles – Dementia Friendly

Weekly every Monday at 10am. Meet outside the Burgh Hall, High Street, Peebles. Contact Walk Leader – Brian - 01721 720981 or 01721 722917

Selkirk - Dementia Friendly

Weekly every Monday at 10am, meet at the Town Clock Contact – Jon on 07510901839 OPEN
Weekly every Wednesday at 10.30 meet at the Town Clock – Walk Leader Graham 0780 5483096 – ON HOLD

St Boswells

First Thursday in every month at 10am. Meet at St Boswells Bus Station. Contact Walk Leader Susan – 07717547858 OPEN

Stow

Weekly Every Tuesday – Meet at Stow Station House at 12.30 (45 minute walk) and Weekly Every Thursday – Meet at Stow Crossroads at 10.30 (30 min walk) Contact 01578 730546

Walkerburn Dementia Friendly

Weekly - every Wednesday at 10am. Meet at Alexandra Park (near the swings). Contact Alice on 07974 782016