

Borders Activities Calendar for Older People October 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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>11.15-12.15 Gentle Exercise Coldstream Comm. Hall booking must be made in advance call 01890 883332</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 91420</p> <p>10.00 Walk it Walk meet at Comm. Hall every 2nd Tuesday starts 12th Oct call Denise 07813 535 394</p> <p>11.45-12.45 Seated Exercise Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</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>11.40 – 11.55 RBS Mobile Van @ Henderson Park. Coldstream</p>	<p>09.15-10.15 Pilates Coldstream Comm. Hall with Ian 07929 618 936</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00-16.00 Coldstream Library Contact Centre</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07896 914206</p>	<p>12.00-13.30 Coldstream Social Lunch @ British Legion Hall All Welcome</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p> <p>13.30-15.30 Art Group Coldstream Comm Hall with Andrew call 07791 347 916</p>	<p>12.10 – 12.25 RBS Mobile Van @ Main St. Leitholm</p> <p>12.40 – 12.55 RBS Mobile Van @ The Green. Swinton</p> <p>14.00-16.00 Coldstream Library Contact Centre</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>17.30-18.30 Pilates with Jan Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p> <p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>16.30-18.30 Mobile Library Connect & Collect Service Home Place Coldstream</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>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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'bodys 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
Morning	<p>09.00-18.00 A Heart for Duns Comm. Fridge, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p>09.55-10.55 RBS Mobile Van Newtown Rd Duns</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>11.15-11.45 RBS Mobile Van @ Crosshill. Chirnside</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-Noon Duns Library Contact Centre</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 Walk it Walk Meet at Burnmouth Village Hall Call Su 07971 060 774</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-Noon Duns Library Contact Centre</p> <p>10.00 Walk it Walk Meet at Bus Shelter, Crosshill Fortnightly contact Denise 07813 535 394</p> <p>10.00 Walk it Walk meet at Ayton Castle contact Denise 07813 535 394</p> <p>10.45 – 11.15 RBS Mobile Van @Duns Rd. Greenlaw</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-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>12.35 – 12.50 RBS Mobile Van @ Cross Inn. Paxton</p> <p>14.00-16.00 Mobile Post Office Greenlaw War Memorial Hall</p> <p>14.00-16.00 Duns Library Contact Centre</p> <p>14.00-16.00 Abbey St Bathans Mini Larder. Riverside Bakery Car Park All welcome</p>	<p>14.00 Museum Walking for Wellbeing 2nd Tuesday of each month meet outside Jim Clark Museum book by calling 07467 917 777 starts 5th Aug</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>13.00-15.00 Musical Memories last Wed of each Month Day Lounge Turnbull Ct</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p> <p>16.15-18.30 Mobile Library Connect & Collect Service. Volunteer Hall Car Park. Duns</p>	<p>14.00-15.00 RBS Mobile Van Newtown Rd. Duns</p>	<p>10.00-Noon Duns Library Contact Centre</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>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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>12.00-12.15 RBS Mobile Van @ the Inn Allanton</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>10.00-Noon Eyemouth Library Contact Centre</p> <p>10.00-11.00 RBS Mobile Van @Co-op at Park Eyemouth</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</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>10.00-13.00 Eyemouth Library More info call 01750 726 400</p> <p>12.01-24.01 Longformacus Food Larder. Village Hall Storage Unit Tel. 01361 890311</p>	<p>10.00-10.45 Toning Class by zoom contact Norrie 07896 914206</p> <p>10.00 – 10.30 RBS Mobile Van @ Main St. Ayton</p> <p>10.45-11.45 RBS Mobile Van @ Co-op Car Park. Eyemouth</p>
Afternoon	<p>12.30-14.00 Memory Café last Mon of each Month Eyemouth Comm. Centre</p> <p>13.00-15.00 Post Office Services within Ayton Village Shop</p> <p>14.00 – 17.00 Eyemouth Library all facilities within open contact 01750 726 400</p> <p>14.00-14.15 RBS Mobile Van@ Car Park Foulden</p> <p>14.00-17.00 Eyemouth Library more info call 01890 752 767</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>13.15-15.15 Post Office Services within Ayton Village Shop</p> <p>13.30 Library Walking for Wellbeing 2nd Thur. of each month 1st walk 12th Aug. meet at Eyemouth Lib. book by calling 07467 917 777</p>	<p>12.00-17.00 Eyemouth Library More info call 01750 726 400</p>

Evening	<p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 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 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 19.00 Walk it Walk Meet outside swimming pool contact Fiona 01890 751 483 20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</p>	<p>18.00 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 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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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

	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</p>	<p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon	<p>14.20 – 14.50 RBS Mobile Van @ Main St. Earlston</p>	<p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>13.40 14.20 RBS Mobile Van @ Main St. Earlston 13.45-15.45 Mobile Post Office @ TD4 6DB 14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org 14.45 – 15.00 RBS Mobile Van @ Main St. Lauder</p>	<p>14.00 Earlston SWI 3rd Thursday of each month @ Earlston Bowling Club All Welcome 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 20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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>

5 Galashiels & Clovenfords

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 Comm. Centre 1st & 3rd Monday of each month contact Maureen 01896 757634</p> <p>10.00-15.00 Galashiels Library more info call 01750 726 400</p> <p>10.15-11.15 Gala Walking Netball @ Focus Centre more info Contact 07990 071 896</p> <p>11.00-12.30 Alzheimer Borders Walk Group meet at Abbotsford more details email LHornigold@Alzscot.org</p>	<p>10.00 Library Walking for Wellbeing meet at Gala Library 1st Tuesday of each month starts 3rd Aug. book by calling 07467 917 777</p> <p>10.00-10.45 Zumba St Pauls Church Hall Gala Contact Norrie 07986 914206</p> <p>10.00 Walk it Walk Meet outside Darnick Comm. Garden Contact Denise 07813 535 394</p> <p>10.00-11.00 Zumba Old Parish Hall Gala. Call 07826 914 206</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 Clovenfords Hotel contact Graham 07805 483 096</p> <p>10.00-15.00 Galashiels Library more info call 01750 726 400</p> <p>10.30 Gentle Exercise Langlee call Denise 07713 357 450</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-Noon Galashiels Library more info call 01896 664 170</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>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>10.00-11.30 Musical Memories @ Gala Rugby Club 3rd Friday of each month book 01896 755145</p> <p>Noon-17.00 Galashiels Library</p> <p>10.00-11.30 Memory Café 1st Friday each month book 01573 400324</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>14.00 U3A of Gala. Starts 18/10/21 in GRFC call 01896 823493 for more info</p> <p>14.30-15.30 Walking Football Netherdale call 07717 548105 All Welcome</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>13.00-18.00 Galashiels Library more info call 01750 726 400</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>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p>	<p>14.30-15.30 Walking Football Netherdale call 07717 548105</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</p> <p>18.00-18.45 Zumba by zoom contact Norrie 07986 914 206</p> <p>19.00 Langlee Comm. Choir all welcome contact langleecommunitychoir.org.uk</p> <p>19.00-21.00 AndyMansClub Male discussion Group @ Gala Rugby Club check facebook</p> <p>19.00-20.00 Clubbercise @ Caddonfoot Hall call 07794 657 018 for bookings</p> <p>19.30 - 21.00 Borders Philatelic Society every 2nd Monday @ Church Hall. Galashiels</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 914 206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-21.00 Gala Chess Club Focus Centre checkout facebook for booking</p> <p>19.00-21.00 Gala Water Singers. Fountainhall School All Welcome contact 01578 730 289</p> <p>20.00 Meditation Classes @ Yoga Mill contact Sarah 07784 740 179</p> <p>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</p>	<p>18.00-19.00 Zumba by zoom contact Norrie 07986 914 206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.30- 19.15 Zumba. Pavilion Cinema contact Lenore 07826 849 115</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>
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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>11.45 – 12.15 RBS Mobile Van @ Market Place. Selkirk</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</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>09.30-10.15 Spin Class Selkirk Rugby Club Tel. 01750 20897 for booking</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>14.00-15.30 Memory Café St Johns Church 1st Tuesday each month All Welcome</p> <p>14.00-16.00 Selkirk Library Contact Centre All Welcome</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00 Yarrowford SWI @ Yarrowford Hall All Welcome</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p> <p>14.00 Scottish Country Dancing @ Ashkirk Village Hall All Welcome</p>	<p>14.00-16.00 Selkirk Library Contact Centre All Welcome</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 07773091775 email eileengrah@gmail.com</p> <p>18.30-19.30 Zumba Riverside Mills. Selkirk</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.99-20.00 Clubbercise @ Selkirk Rugby Club call 07794 657 018 for bookings</p> <p>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</p>	<p>18.00-19.30 Carpet Bowling @ Lindean Village Hall All Welcome</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> <p>19.30-21.00 Carpet Bowling @ Tory Club Selkirk All Welcome</p>
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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>10.00 – 15.00 Melrose Library for more info call 01750 726 400</p>	<p>10.30 Walk it Further 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>11.05 – 11.35 RBS Mobile Van @ Bus Station. St. Boswells</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>10.00 Library Walking for Wellbeing meet at Melrose RFC last Thur. of each month starts 29th July book by calling 07467 917 777</p>	<p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon	<p>13.30 – 14.00 RBS Mobile Van @ Health Centre. Melrose</p> <p>14.30-16.30 Tweedbank Indoor Bowling booking 01896 750 456 or tweedbank@liveborders.com</p> <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>14.30-16.30 Tweedbank Indoor Bowling booking 01896 750 456 or tweedbank@liveborders.com</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p>	<p>13.45 – 14.05 RBS Mobile Van @ Health Centre. Melrose</p> <p>14.00-17.00 Melrose Library for more info call 01750 726 400</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 St Boswells Village Hall call Dianne 07974 525021</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>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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>18.15 St Boswells Cricket Club training night contact Jamie 07368 303 414</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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8 Jedburgh

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 Tai Chi Queen Marys Gardens. if wet @ Bandstand all welcome Free Classes</p> <p>09.30- 14.00 RVS @ Millfield Gardens contact Alison 07714 898 545</p> <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>10.30 Jedburgh British Legion open for coffee, chat and biscuits</p>	<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>09.00 Tai Chi Queen Marys Gardens. If wet @Bandstand all welcome Free Classes</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>10.30 Jedburgh British Legion open for coffee, chat and biscuits</p> <p>10.30-12.00 Jed Probus Club @ RBLs 1st & 3rd Tuesday of each month.</p>	<p>09.00 Tai Chi Queen Marys Gardens. if wet @ Bandstand all welcome Free Classes</p> <p>09.30- 14.00 RVS @ Millfield Gardens contact Alison 07714 898 545</p> <p>10.15 – 10.45 RBS Mobile Van @ Bus Station. Jedburgh</p> <p>10.30 Jedburgh British Legion open for coffee, chat and biscuits</p>	<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>09.00 Tai Chi Queen Marys Gardens. If wet @ Bandstand all welcome Free Classes</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>10.05 -10.35 RBS Mobile Van @ Bus Station. Jedburgh</p> <p>10.30 Jedburgh British Legion open for coffee, chat and biscuits</p>	<p>07.00-07.30 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>10.00 Jed Art Project @ St Marys Church contact 07746 419 879</p> <p>10.30 Jedburgh British Legion open for coffee, chat and biscuits</p>
Afternoon	<p>13.30-15.00 Dementia Café Co-op Comm. Room 1st Mon of month All Welcome</p> <p>14.00 Jedburgh Ladies Guild meets every 2nd Monday each month Kenmore Hall All Welcome</p>	<p>14.00 Jed Ladies Group every Tuesday Kenmore Hall. All Welcome</p>	<p>12.00-14.00 Glendouglas Hall Lunch Club each Wednesday £3.50 All Welcome</p> <p>13.30- 14.30 Gentle Exercise Jed British Legion contact Denise 0771 357 450 Price £3.</p> <p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</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>13.00 Macmillan Move More Walks Meet at Harestanes First Friday each Month</p> <p>13.15-13.45 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>13.30 Gentle Exercise @ Jed RBLs All Welcome</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>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>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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>
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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 Zumba via zoom pre-book 01573 224944 email: kelso@liveborders.org.uk</p> <p>10.00 Online Movement to Music Classes call Susan 07841 76136</p> <p>10.00-Noon Kelso Library Contact Centre Tel 01573 223171</p> <p>11.00-Noon Walk n' Talk Walking Group meet at Floors Castle booking call 07827 823809 Alzheimer Borders</p>	<p>09.30 – 14.00 RVS @ Evangelical Church, Kelso contact Harry on 07714 898 660</p> <p>10.00 Kelso Knit 'N' Natter Abbey Row All Welcome</p> <p>10.00-15.00 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>10.30 Light Exercise @ Morebattle Village Hall come & Try. All Welcome</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>10.00 Walk it Walk Meet Tourist information, The Square contact Amanda 07918 186058</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>10.00-Noon Kelso Library Contact Centre Tel 01573 223171</p> <p>10.30 Gentle Exercise @ Kelso RFC Open to All</p> <p>10.30-12.00 Dementia Café Cross Keys Hotel 2nd Friday of month</p> <p>11.00 Walk it EASY Meet Tourist information, The Square contact Amanda 07918 186058</p>
Afternoon	<p>13.00-15.00 Kelso Boccia Club @ KRFC All Welcome</p>	<p>14.00-16.00 Kelso Library Contact Centre Tel 01573 223171</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p>	<p>14.00-16.00 Kelso Library Contact Centre Tel 01573 223171</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>18.30-19.30 Walking Football @KHS 3G pitch contact Alan on 07818 288744</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-21.00 Scot Country Dancing @ Kelso North call 01573 228514 for more info</p> <p>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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 Kelso Accordion & Fiddle Club @ KRFC last Wed of each month</p> <p>19.15 Morebattle SWI @ Morebattle Hall All Welcome</p> <p>19.30 Borders Flower Club Flower Arranging 1st Wed of each Month @ Kelso RFC All Welcome</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: wdcc54@gmail.com</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>20.00 Kelso Bowling Club Bingo every 2nd Friday. All welcome</p>
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Monday**Tuesday****Wednesday****Thursday****Friday**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>06.30-07.00 Spin Class Teviotdale Leisure Centre Call 01450 374440</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00 – 15.00 Hawick Library Opening Hours 01750 726 400</p> <p>10.15 – 11.15 RBS Mobile Van @ The Haugh. Hawick</p>	<p>06.30-07.00 Spin Class Teviotdale Leisure Centre Call 01450 374440</p> <p>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>06.15 – 06.45 Spin Class Teviotdale Leisure Centre Call 01450 374440</p> <p>10.00 -15.00 Hawick Library opening Hours -01750 726 400</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.15 – 12.15 RBS Mobile Van @ The Haugh. Hawick</p>	<p>10.00 11.30 Coffee Morning @ Salvation Army Hall call Angela/Carolyn 01450 378612</p> <p>10.30 Walk it Walk meet at Bus Stop High School contact Jon 07510 0901839</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p> <p>11.00-16.00 Hawick Library opening hours 01750 726 400</p>
Afternoon	<p>14.00-15.00 Cameo Group @ Salvation Army Hall call Angela/Carolyn 01450 378612</p> <p>14.30-16.30 Boccia at the Evergreen Hall contact Ryan 07825 138 098</p>	<p>13.30-15.30 New Age Kurling @ No 8 Club, Newcastleton 2nd Tues. of each month start 14.09.21 cost £2. Refreshments included</p> <p>14.00-16.00 Carpet Bowls for Snr Citizens @ Evergreen Hall</p> <p>13.00-18.00 Hawick Library opening Hours 01450 726 400</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</p> <p>15.00-16.30 For the Young at Heart Burnfoot Comm. Hub book by calling 01450 390 410</p>	<p>Noon – 15.00 What Matters Hub@Heart Of Hawick All Welcome</p> <p>12.00-13.30 Lunch Club @ Evergreen Hall more info call Derek 07908 137656</p> <p>13.30 Abody's Yoga @Escape Youth Centre call Diane 07758 664 566</p> <p>13.30-15.30 Dementia Café @ Masonic Lodge 3rd Thur each month All Welcome</p>	<p>14.00-16.00 Carpet Bowls for Snr Citizens @ Evergreen Hall</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>17.15-17.45 Spin Class @ Teviotdale Leisure Centre Call 01450 374440</p> <p>19.00 Newmill & Teviothead SWI meet at Teviothead Hall All Welcome</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>19.00-20.30 Aw'Body's Yoga Denholm Village Hall call Diane 07758 664 566 starts 26/10/2021</p> <p>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</p>	<p>17.15-17.45 Spin Class Teviotdale Leisure Centre Call 01450 374440</p> <p>18.00-18.30 Spin Class Teviotdale Leisure Centre Call 01450 374440</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>18.30-20.00 Tai Chi@Escape Youth Café call Mike 07366 605 596</p> <p>19.00 Hawick Stamp Club @ Mansfield House Hotel starts 06/10 every 2nd Wednesday</p> <p>19.00 Bingo @The Bourtree last Wed of each month more info call 01450 360450</p> <p>19.15 – 20.00 Sh'Bam Class Teviotdale Leisure Centre Call 01450 374440</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>19.00-20.00 Clubbercise @ Evergreen Hall call 07794 657 018 for bookings</p> <p>17.00 Quiz Night at the Bourtree last Thursday of each month for more info call 01450 360450</p> <p>20.00-21.00 Walking Football Hawick Legion contact 07712 604533</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00 Bingo @ Hawick Burns Club. Tel 01450 372474</p>
	<p>Saturday: Hawick Armed Forces Veterans Breakfast Club 10.00 – Noon @ Evergreen Hall. Hawick</p> <p>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 Iain: 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 11.00-12.00 The Cheyne Gang Singing @ Parish Church Innerleithen call 07570 415 266 Joan</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</p>	<p>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>12.30-13.30 The Cheyne Gang Singing @ Parish Church Innerleithen call 07769 322 583 Anne 14.30 – 15.30 Crafting Class @ Innerleithen Parish Church every 2nd Tuesday starts 07/09/21 call Mandy 079581 158 181 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00 Innerleithen Senior Citizens meet at Union Club. All Welcome 14.00-15.00 Crafting Class @ Walkerburn Village Hall for the Seniors every 2nd Wed, starts 08/09/21 call Mandy 079581 158 181 14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org 14.30 – 15.30 Crafting Class @ Cardrona Village Hall for the Snrs every 2nd Wed. starts 15/09/21 call Mandy 079581 158181</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</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.30 Tweed Valley Male Voices @ Church Hall of Friendship call Chris 01721 724 756 more info</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>19.30 Innerleithen & District SWI Masonic Hall All Welcome</p> <p>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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>Saturday: 10.00 Leithen Walk & Talk 1st Sat. of each Month register call Ruth 07845 122 356</p>
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

09.00-10.00 Pilates @ Gytes Leisure Centre call 01721 723 688 email: gytes@liveborders.org.uk
10.00 Walk it Walk meet @ Burgh Hall contact Brian 01721 720981
10.00 Online Movement to Music Classes call Susan 07841 761364
11.00 – 15.00 Peebles Library for more info call 01750 726 400

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 email info@peeblescan.org
10.00-10.45 Zumba by zoom Contact Norrie 07986 914206
11.00-15.00 Peebles Library for more info call 01750 726 400
10.00-10.45 Low Impact Aerobics @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk
11.00-11.45 Zumba @ 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 Sally Floyd Exercise Class Peebles Comm. Hall
10.15-11.00 Macfarlane Movers over 60s meet at Macfarlane Hall contact Jean 01721 723855
10.00-11.00 Adult at the Barre Ballet classes Fiona Henderson school of Dance call 07733 409708
10.30-Noon Nomad Beat Music Group for people with Dementia and Carers@ Eastgate Theatre booking essential 01721 725 777.
11.15-12.15 Adults Classical Ballet classes Fiona Henderson School of Dance call 07733 409708

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
10.00-10.45 Zumba @The Gytes Leisure Centre contact 01721 723 688
10.30 Museum Walking for Wellbeing 1st Thur. of each month meet at Quad of Chambers Inst. Book by calling 07467 917 771
11.00 – 15.00 Peebles Library for more info call 01750 726 400
11.15-12.00 Zumba @ Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk
11.30 – 12.30 Walking Netball @ Comm. Hall. Call 01721 720975

09.30 – 11.30 Art Group Peebles Comm House
09.45-12.15 Mobile Library Connect & Collect Service Gytes Leisure Centre
10.00-Noon PeeblesCAN Comm. Garden Volunteer Sessions emailinfo@peeblescan.org
10.00-17.00 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
11.00 – 15.00 Peebles Library for more info call 01750 726 400
11.30-12.15 Gentle Exercise @ Comm. Hall All Welcome call 01721 720 975

Afternoon	<p>13.00-15.00 PeeblesCAN Comm. Garden Volunteer Sessions emailinfo@peeblescan.org</p>	<p>13.30 – 14.30 Walking Hockey @ Comm. Centre call 01721 720975 14.00-16.00 Peebles Stroke Group @ Haylodge call 07918 723 786 14.00 U3A Peebles monthly zoom meetings 2nd Tuesday of each month-guest speakers. 14.00-16.00 Painting & Drawing Workshop Peebles Comm. Centre Call 07432 234 759 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00 – 16.00 Ladies Over 60s Badminton @ Comm. Hall call 01721 720975 14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org 14.30 – 15.30 Crafting Class@ Cardrona Village Hall for the Snrs every 2nd Wed. starts 15/09/21 call Mandy 079581 158181</p>	<p>13.30-14.30 Badminton Mixed for over 60s @ Comm. Hall call 01721 729 975</p>	<p>13.00-14.30 Table Tennis, Bowling, Curling Peebles Comm Hall 14.00-16.00 Art Class Peebles Comm. House 14.30-16.00 Walking Football Peebles Drill Hall/Whitestone Park All Welcome 15.00-17.00 Walking Football for the over 50s @ Comm. Hall call 01721 729 975</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 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 18.30 Highland Hustle Zero Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com 19.00-21.00 Carpet Bowls Peebles Comm Centre All Welcome 19.00 Traquair & Kailzie SWI every 2nd Tuesday meet at Masonic Hall 19.15-20.15 Adult Contemporary Dance classes @ Fiona Henderson School of Dance call 07733 409708 20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</p>	<p>18.00-19.00 Clubbercise Exercise Class Peebles Comm. Hall All Welcome 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 18.00-19.00 Clubbercise @ Comm. Hall call for pre-bookings 07794 657 018 18.00-19.00 Walking Football Cardrona Hotel Pitch All Welcome 19.00-21.00 Scottish Borders Prostate Support Group@ Macmillan Centre 1st Wed each month not Dec, Jan, Feb, March 19.30 Fountainhall SWI meet at the Hall All Welcome</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566 19.15-20.15 Adult Dance for Exercise classes Fiona Henderson School of Dance call 07733 409708 19.15 Whitebridge SWI @ St Andrews Leckie Church Hall starts 14/10/21 monthly 19.30-21.00 Eddleston Voices meet at Eddleston Church contact Andrew 07788 165 279 All Welcome</p>	

13 West Linton

For more information on any of the activities below please contact the British Red Cross Community Coordinator Iain: 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</p>	<p>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</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>14.00-15.00 Online Music & Memories contact Lhornigold@alzscot.org</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</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>19.00 West Linton Bowling Club all welcome see facebook for booking</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>20.00-21.00 Online Yoga for People with Palliative Illnesses call 07918 247209 for more information & Costs</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 West Linton Bowling Club all welcome see facebook for booking</p> <p>19.15 Gentle Movement & Meditation Classes Traquair Village Hall start 30/09/ for 6 weeks call Shauna 07758 220 743</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>Abbotsford now open daily from 10.00-17.00 bookings call 01896 752 043</p> <p>Sir Walter Scott's Courtroom, Selkirk now open Mon,Thu & Fri. 11.30-16.00 booking essential liveborders.org.uk</p> <p>Wilton Lodge Park Tri-shaw trips to book a 20-30 min free ride through the park call Keith 07703 538 001/Cheryl 07966 614 257 enquiries@liveborders.org.uk</p> <p>Old Gala House open Fri, Sat & Sun booking essential call 01896 752 611</p> <p>Great Tapestry of Scotland book by calling 01896 809354 email tapestry@iveborders.org.uk</p> <p>Selkirk: Ettrick Marshes guided tours each Wed. @ Noon meet at Honey Cottage Caravan Park</p> <p>Borders Book Festival @ Abbotsford 2nd to 7th November. 22nd -31st October Floors Castle Halloween Trail</p>	Cheviot	<p>River Tweed Salmon Fishing Museum @ Kelso Town Hall Mon-Sat.10.00-16.00 Sun. 10.00-15.00 Free Entry</p> <p>Hawick Mens Shed contact 01450 219281 for usage and times</p> <p>Jedburgh Market 28th November</p> <p>Jedburgh Castle Jail open Mon, Fri, Sat & Sun booking essential call Tel.01835 864750</p> <p>Mary Queen of Scots House open Mon,Thu,Fri, Sat & Sun booking required call 01835 863331</p> <p>Christmas Market 4th December Oliver Place/Oliver Crescent 10.00-16.00 Hawick</p> <p>Burnfoot Community Hub Open daily call 01450 390 410/ facebook for more information of what's on</p> <p>18th Oct Kelso Heritage Society @ KRFC. 19.30 start Booking essential call 07766 781 555</p> <p>Bernat Klein Exhibition @ Borders Textile Towerhouse, Hawick, June – 24th December, booking essential call 01450 377615</p> <p>Hawick Christmas Market 4th December</p> <p>Denholm Folk Festival 4th – 7th Nov</p> <p>Glendouglas Hall Whist Drive 11th Oct includes raffle and bingo @ 19.00</p> <p>Friday 29th October Kelso Comm. Cinema @ Springwood.</p> <p>No Time to Die</p>	Berwickshire	<p>Ayton Village Area news: check their face book page for all local food and service deliveries.</p> <p>Coldstream Museum open Thu, Fri & Sat. booking essential call 01890 882 630</p> <p>Border Links check them out at borderlinks@btconnect.com: 07900 252 984/01289 305423 For Bingo. Music. Chats. Sport. all online via zoom</p> <p>Artisan Craft Fayre Cockburnspath Village Hall 13th November 10.00-14.00</p>
		Tweeddale		Berwickshire	<p>Potting Shed Garden Broughton Place Open by private arrangement can be made to 01899 830574 until end Oct</p> <p>St Ronans Wells Visitor Centre Free Admission Booking required 01896 833 583</p> <p>Tweeddale Museum & Gallery Open Mon,Thu,Sat & Sun booking essential call 01721 724 820</p> <p>St Ronan's Wells Visitor Centre open Mon,Fri, Sat & Sun booking essential call 01896 833 583</p> <p>Traquair Open Daily 11am -17.00 Tel. 01896 830 323</p> <p>Eastgate Theatre, Peebles call 01721 723 777 for more information of what's on</p> <p>Bonnie Peebles are holding a quiz night on 19th Nov @ Peebles Golf Club 19.30 start</p> <p>Tweeddale Comm. Fair Sat 9th October. Innerleithen Mem. Hall Noon-16.00</p> <p>Fireworks Display. St Ronans Medical Centre. Friday 5th Nov at 19.00 All Welcome</p> <p>Fireworks Display Victoria Park 6th Nov @ 19.00</p>

Library Mobile Route 1 *Subject to change at any time*

4th Oct	Eddleston	Glebe Car Park	10.00 – 10.45
	West Linton	Broomlee Ct	11.15 – 12.00
	Romanno Bridge	School Area	12.15 – 12.45
	Blyth Bridge	Tarth Cresc	13.30 - 14.00

5th Oct	Tweedsmuir	The Church	10.30 – 11.30
	Broughton	Village Hall	11.50 – 12.30
	Broughton	Springwell Brae	12.35 – 12.50
	Skirling	Village Hall	13.30 – 14.00

6th Oct	Ashkirk	The Glebe	09.30 – 10.00
	Lilliesleaf	Mueslie Dr	10.15 – 10.45
	Ancrum	Village Green	11.00 – 11.45
	Eckford	Village Hall	12.00 – 12.45
	St Boswells	Bus Station	13.45 – 14.30
	Newtown St B	Glenburn Av	14.40 – 15.00
	Newtown St B	Whitefield Cr	15.05 – 15.20
	Midlem	Village Hall	15.30 – 16.10

7th Oct	Ettrick	Tushielaw	09.30 – 09.45
	Ettrick	Mem. Hall	09.55 – 09.45
	Ettrick	Crosslee	10.25 – 10.40
	Ettrick	East Deloraine	10.50 – 11.00
	Ettrick Bridge	Woodend Rd	11.15 – 11.45
	Yarrow	Fues Hall	12.45 – 13.15
	Yarrowford	Minchmoor Rd	13.30 – 14.15

8th Oct	The Meldons	TBC	10.15 – 10.45
	Lyne Station	TBC	11.00 – 11.30
	Stobo	TBC	11.45 – 12.15
	Drumelzier	TBC	12.30 – 13.00

11th Oct	Walkerburn	Park Avenue	10.00 – 10.45
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Library Mobile Route 2 *subject to change at any time*

4th Oct	Blainslie	The Croft	09.45 – 10.00
	Lauder	Croft Rd	10.15 – 10.45
	Oxton	Shop	11.00 – 11.30
	Carfrae	Carfrae	11.45 – 12.15
	Greenlaw	Duns Rd	13.15 – 13.45
	Gordon	The Glebe	14.00 – 14.30
	Gordon	Main St	15.00 – 15.15

5th Oct	Kelso	Kerfield Ct	10.00 – 10.30
	Kelso	Rennie Ct	10.35 – 11.00
	Kelso	Plenderleith Ct	11.10 – 11.30
	Melrose	Priorwood Ct	13.15 – 13.45
	Selkirk	Mungo Park	14.10 – 14.45

6th Oct	Hutton	Main St.	10.30 – 10.45
	Hutton	Knowes Close	10.50 – 11.10
	Paxton	Merse View	11.20 – 11.40
	Whitsome	The Hub	11.55 – 12.30
	Swinton	Wellfield	13.15 – 13.25
	Swinton	The Green	13.30 – 13.45
	Leitholm	Play Park	14.10 – 14.30

7th Oct	Foulden	Car Park	10.30 – 11.30
	Chirnside	Clock	11.45 – 12.15
	Preston	Law View	12.30 – 13.00
	Duns	Turnbull Ct	14.00 – 14.30
	Gavinton	South St.	14.45 – 15.00

8th Oct	Harestanes		10.00 – 10.30
	Jedburgh	Canongate Car	11.00 – 12.30
	Earlston	Square	13.30 – 14.30

11th Oct	Innerwick	Kirk Brae	10.30 – 11.00
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	Cardrona	Village Hall	11.00 – 12.00		Cove	Car Park	11.15 – 12.00
	Traquair	Cemetery	13.00 – 13.30		Grantshouse	Harelawside	12.10 – 12.30
	Innerleithen	Outside Library	13.45 – 14.45		St Abbs	Murrayfield	13.30 – 14.00
12 th Oct	Nisbet	TBC	10.00 – 10.20		Reston	Main St 1	14.15 – 14.30
	Oxnam	Village Hall	10.45 - 11.30		Reston	Main St 2	14.35 – 14.45
	Heiton	Village Hall	11.50 – 12.30	13 th Oct	Birgham	Treaty Park	10.00 – 10.45
	Springwood	Maple Cres	13.30 – 14.15		Eccles	Kirkfield	10.55 – 11.05
	Chesters	The Brae	10.30 – 11.15		Eccles	Stable Park	11.10 – 11.20
	Maxton	Grantsfield	14.45 – 15.15		Ednam	Village Hall	11.30 – 12.00
	Bedrule	TBC	11.45 – 12.15		Hume	Castle Car Park	12.15 – 12.45
	Denholm	Ashloaning	13.15 – 13.30		Whitehill	Cottages	14.15 – 14.30
	Denholm	The Green	13.30 – 14.30		Stichill	Village Hall	14.45 – 15.30
	Minto	Church Area	14.45 – 15.15	14 th Oct	Heriot	Shoestanes	10.00 – 10.30
14 th Oct	Newcastleton	The Square	10.30 – 12.00		Fountainhall	TBC	10.45 – 11.15
	Craik	Central	13.30 – 14.00		Stow	Earlston Rd	11.30 – 12.00
	Roberton	Village Hall	14.15 – 14.30		Stow	Station Area	12.05 – 12.30
	Burnfoot	Comm. Hub	15.00 – 15.30		Clovenfords	Old Vineries	13.30 – 14.15
18 th Oct	Eddleston	Glebe Car Park			Tweedbank	Pond Car Park	15.00 – 15.30
	West Linton				Tweedbank	Comm. Centre	15.35 – 16.00
				15 th Oct	Morebattle	Shop	10.00 – 10.30
					Whitton	Cottages	10.45 – 11.15
					Kirk Yetholm	The Border	11.45 – 12.15
					Yetholm	Main St.	12.20 – 12.45
					Yetholm	Deanfield Ct	12.50 – 13.00

15 Useful Contact Numbers

- Alzheimer Scotland Borders 01573 400324/borders@alzscot.org
- Advice Direct Scotland (Scam Aware) 0808 164 6000
- Age Scotland 0800 12 44 22/age.scot/friendship
- Age UK 0800 678 1602
- AskSARA www.scotborders.gov.uk/askSara
- 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, wellbeing support & lifestyle changes 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
- Reading is Caring for people living with dementia & their carers online workshops available for more info contact koren.calder@scottishbooktrust.com
- 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 Carer Advice. To book a consultation please contact borders@alzscot.org or call 01573 400324

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 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 emotional health, Wellbeing support & lifestyle changes

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

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 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

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.

Case no _____

Co-ordinator _____

Community Led Support

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: Ethnicity																
Next of Kin details *Should we contact this person for info/access <input type="checkbox"/>																	
<u>Medical Conditions</u>																	
<u>Physical Conditions</u> <table> <tr> <td>Memory Difficulties</td> <td>YES/NO</td> <td>Speech Difficulties</td> <td>YES/NO</td> </tr> <tr> <td>Deaf Aid Worn</td> <td>YES/NO</td> <td>Sight Problem</td> <td>YES/NO</td> </tr> <tr> <td>Drugs/Alcohol</td> <td>YES/NO</td> <td>Hard of hearing</td> <td>Yes/No</td> </tr> <tr> <td>Verbal and/or Physical Challenging Behaviour</td> <td></td> <td></td> <td>Yes/No</td> </tr> </table> Mobility: Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>		Memory Difficulties	YES/NO	Speech Difficulties	YES/NO	Deaf Aid Worn	YES/NO	Sight Problem	YES/NO	Drugs/Alcohol	YES/NO	Hard of hearing	Yes/No	Verbal and/or Physical Challenging Behaviour			Yes/No
Memory Difficulties	YES/NO	Speech Difficulties	YES/NO														
Deaf Aid Worn	YES/NO	Sight Problem	YES/NO														
Drugs/Alcohol	YES/NO	Hard of hearing	Yes/No														
Verbal and/or Physical Challenging Behaviour			Yes/No														

Other services in place:

Power of Attorney Yes/No (If yes, does the POA agree to the referral? Yes/No)

**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, telephone number, and position held of person making the referral:

.....

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

.....

Do you wish to receive any Feedback? Yes/NO

***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, make a telephone referral or email to the address and/or number below.**

**British Red Cross, 1 Wheatlands Mill, Wheatlands Road, Galashiels, TD1 2HQ
[Tel:- 01896 751888](tel:01896751888) or 07713 385270**

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