**Borders Buddies signposting list – virtual and live activities and information/advice** for people in Tweeddale

Borders Buddies is a project which supports people to reconnect after the pandemic. If you have been struggling to get back to normal activities, whether shopping or attending a group, please get in touch with ruth.n@otbds.org to see if we can help (Ruth 07711 210431)

Below are some of the opportunities in the local community – this list is not exhaustive. Please also see local press, individual venues and Facebook for more information

***Garden Buddies – for all ages***

At Greener Peebles (formerly Peebles CAN) Community garden – volunteering on Tuesdays and Fridays, contact ruth.n@otbds.org if you’d like a buddy to go with: https://www.facebook.com/Peebles-Community-Action-Network-453500054671941

***Activities and support for younger people and families***

For new mums: Mummies and Babies group on Facebook

What’s on for parents and children: https://www.facebook.com/groups/997093440306830

Facebook group: Borders Families Wellbeing Facebook group <https://www.facebook.com/groups/201324394327541>

Cardrona mums and toddlers: https://www.facebook.com/groups/667161513386518

***For parents and families:***

Facebook group: Borders Families Wellbeing

ParentSpace: <https://www.facebook.com/Parent4Parents>

Greener Peebles (formerly Peebles CAN) Community garden – volunteering and parents and kids’ sessions: https://www.facebook.com/Peebles-Community-Action-Network-453500054671941

***For children and/or parents***

The Harris Trust, for neurodivergent children in the Borders: https://harristrust.org/

Branching Upwards – nature connection activities in the Peebles area, some funded places during holidays, see https://www.facebook.com/branchingupwards

Nomad Beat – various music groups for all ages and abilities, see their website or Facebook <https://www.facebook.com/Nomad-Beat-136076969738328>

Peeblesshire Youth Trust to support children with the transition to high school: <https://www.facebook.com/Peeblesshireyouthtrust>

What’s on in Peebles? Facebook group: <https://www.facebook.com/groups/622144894504381>

Groups and classes in Peebles Facebook group: <https://www.facebook.com/groups/654919541233048>

***Eastgate Theatre***

Various classes including dance, drama, music for different age groups

***For older people***

Paths for All: health walks/easy walks and some dementia-friendly walks, in Scottish Borders contact Denise Carmichael 01835 826702
denise.carmichael@scotborders.gov.uk http://www.vcborders.org.uk/

Tuesday 14.00 U3A Peebles monthly zoom meetings 2nd Tuesday of each month-guest speakers.

Dementia-friendly Tweeddale: dropin for people living with dementia, friends and family carers – Peebles Masonic Hall, 2nd and 4th Thursday of month, 2.30-4.30

Tide events for and by people living with dementia: <https://www.tide.uk.net/online-learning-events/>

Luminate – Scotland’s creative ageing organisation: <https://www.luminatescotland.org/luminateathome>

Scottish Ballet: classes for people living with MS (‘Elevate’): <https://www.scottishballet.co.uk/event/elevate-classes?utm_source=wordfly&utm_medium=email&utm_campaign=ALTElevateMailOutSpring21&utm_content=version_A#dates-and-times>

Classes for people living with dementia (‘Time to dance’): <https://www.scottishballet.co.uk/event/time-to-dance>

Generations Working Together: <https://generationsworkingtogether.org/events>

Dementia Friendly East Lothian - Seaside Singers

[Dementia Friendly East Lothian - YouTube](https://www.youtube.com/channel/UCKfO9k7GjhK8WooRdlhbOXw)

Trellis therapeutic gardening: <https://www.trellisscotland.org.uk/content/seasonal-activities>

Age Scotland – ‘Around the House in 80 Days’ – gentle exercise videos (also available on DVD, phone 0333 323 2400): <https://www.youtube.com/channel/UCnJNplUt68Lw03Z2lwi1J9Q/videos>

Age Scotland Resources for older groups in Covid: <https://www.ageuk.org.uk/scotland/what-we-do/community-development/resources-for-older-peoples-groups-and-organisations/>

Live Borders libraries – join online, download eBooks and audio books: https://www.liveborders.org.uk/culture/libraries/elibrary/

***And live activities:***

Walk-it walks and dementia-friendly walks (Tweeddale): 10 am Monday meet at Burgh Hall, Peebles. Contact Brian 01721 720981

Thursday 10.30 Museum Walking for Wellbeing 1 st Thur. of each month meet at Quad of Chambers Inst. Book by calling 07467 917 777

Walk-it Innerleithen Friday 10 am the Vale Club, contact Neil Andrew 07900 908787

From Facebook: The Friday SBC/NHS Innerleithen Health Walk restarts on Friday the 4th of June, meeting at 10am outside the Vale Club, Leithen Crescent, Innerleithen. For prospective new walkers it's open to all grades of walkers, including walkers with carers and wheelchair users. Format walking locally mostly on the flat for an hour with complementary Tea/Coffee served in the Vale Club afterwards (any eats paid for personally).

A great way to get fresh air and catch up with fellow walkers.

Brand new Walk starting in Clovenfords: Starts 18th August

**Clovenfords– Dementia Friendly**

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

Walkerburn: Wednesday 10.00 Walk it Walk Meet at Alexandra Park call Alice 07974 782 016

Gentle movement class (Traquair Village Hall) - there is a waiting list but as restrictions ease more will be allowed in, contact Shauna

Innerleithen town history walk 7 August and other dates – 6pm-8pm meet Memorial Hall 07468599074

Golf in Society – access to golf for all abilities – I have arranged for them to visit Peebles Golf Club on 5 August – *watch this space!*

Tweed Valley Railway Path Volunteers – 07468599074

Monday 13.00-15.00 Peebles CAN Community Garden Volunteer Sessions email: info@peeblescan.org

Tuesday 10.00-Noon Peebles CAN Comm. Garden Volunteer Sessions email: info@peeblescan.org

Friday 10-noon as above

St Ronan's Wells Garden Volunteer Group – 07739031868

Friday 14.30-16.00 Walking Football Peebles Drill Hall/Whitestone Park All Welcome

Craft Box for seniors - 01721 723123, 07752 515132 (Mandy Durkin) - Innerleithen and starting in other locations soon

Cheyne Gang Singing Group for those with breathing difficulty. - 07570415266

Virtual singing exercises to watch and do online: https://www.thecheynegang.com/homeexercises

Red Cross calendar – online/downloadable pdf

Eastgate - Nomad Beat Musical Memories for people living with dementia/their carers, contact Nomad Beat 07859 774006 or see Eastgate programme

***Support for less able people/people with mobility issues***

The Food Train: for shopping delivery, Meal Makers and other support around food 01896 751750 <https://www.thefoodtrain.co.uk/>

Living Streets – tips on doing a street audit and a step by step Action plan to support you to get out and about: <https://www.livingstreets.org.uk/media/5382/action-plan.pdf>

Tweeddale Access Panel – a voice/ for people living with disability in Peebles - next meeting online at 7.00pm on Wednesday 25 August. Contact Frank Drummond for link: tweeddaleap@gmail.com

Government rules around mobility scooters: Here is a link to the British Government website, where you can find further links to the rules for using mobility scooters on roads and pavements –

<https://www.gov.uk/mobility-scooters-and-powered-wheelchairs-rules/vehicle-tax-registration-and-insurance>

***Other useful sources of advice and information***

The Bridge (Tweeddale/Eildon)

BAVS (Berwickshire)

– for advice on Covid-19 risk assessments for community settings and much more

For volunteering opportunities in your area: <http://www.vcborders.org.uk/>

Digital Buddies: project by Outside the Box, to connect older people digitally, support, resources and devices/data available, contact christine@otbds.org

Mental wellbeing support (anonymous, 24/7) for adults: **Togetherall** provides a supportive, online community for all residents aged 16 and over living within the Scottish Borders. Trained professionals are available 24/7 and there is a choice of safe therapeutic services, including online self-help courses. [www.togetherall.com](https://www.togetherall.com/)

Trauma counselling - (via Zoom or in Hawick) A Positive Start CIC – pay as you can £10 upwards (normal price £35 per session)

Mental wellbeing support for young people (anonymous, 24/7): Kooth is an online counselling and emotional wellbeing support service providing young people age 11-18 (up to 19th birthday) with a safe and secure means of accessing support from a professional team of qualified counsellors. [www.kooth.com](https://www.kooth.com/)

Quarriers Resilience for Wellbeing Service which offers emotional health and wellbeing support for our young people. Their service will also be available as part of the upcoming summer activity programme being provided by ourselves, Live Borders and other partners. More information about Quarriers is available at: [www.quarriers.org.uk/services/borders-resilience-for-wellbeing](https://www.quarriers.org.uk/services/borders-resilience-for-wellbeing) or by emailing: borders@quarriers.org.uk

To support your mental wellbeing - courses (online, in your own time) and other resources/support at the Wellbeing College: <https://www.wellbeingcollege.org.uk/courses/self_study_course_material/d189/>

MedicAlert 01908 951045

Medicalert.ork.uk bracelet £9.95, membership £32 pa

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