

COMMUNITY CAPACITY BUILDING TEAM



April 2017

Stow Lunch Club



A directory for older people in the Gala Water area was launched recently by the Stow Lunch Club.

Stow Lunch Club were keen to produce a local directory containing information about activities, services and service providers in the local community so that older people were aware of what was available to them.

This idea had been discussed amongst lunch club members for some time as it was felt there were older people in the Gala Water area that weren't aware of the range of activities and services available to them. Whilst information can be found online nowadays, not everyone has access to a computer so it was thought that a paper directory would be something that could be really useful.

Jessica Troughton a lunch club member stated: "Once we realised that we could actually make this happen, we spent a great deal of time thinking about and pulling together all the information that we wanted to include before it went away to be designed. Then we had time to look over the proofs to make sure we were happy with it all before it finally went to print." "It is wonderful to see our vision become a reality with the actual copies of the directory now being shared with the people for whom it was created."

The directory will be distributed widely throughout the Gala Water area with copies available through older people's groups, village halls and local shops. There will also be copies in the Stow Medical Centre who has been very supportive of the project.

For more information contact Ian Stewart



Community Capacity Team

Contact us

Great news, the Community Capacity Building Team has recently expanded, which means we are now working across all of the Border localities!

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Calum Gilchrist CCB Worker – 07827255093

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For general enquiries in the first instance please contact CommunityCapacity@scotborders.gov.uk and your query will be sent on to the appropriate team member.



Find us on facebook

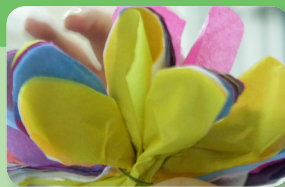


Innerleithen Group

Come along and try out one of our activities listed below -
no previous experience or booking necessary

Monday

- **Grand Hands Travelling Crafts**, various venues in Peebles, free (contact Jillian for venue details)
- **Gentle Exercise**, Leithen Village Hall, Leitholm, 11am – 12 noon, £2.00
- **Gentle Exercise**, Union Club, Innerleithen, 1.45pm – 2.30pm, £2.50
- **Walking Football for over 50's**, Langlee Community Centre, Galashiels, 2.30 – 4pm, £1.00



Tuesday

- **Gentle Exercise**, Burnfoot Community Hub, Hawick, 11am – 11:45am, £2.50
- **New Age Kurling**, Langlee Community Centre, Galashiels, 2 – 3pm £1.50
- **New Age Kurling**, Fountainhall Village Hall, Fountainhall, 9.30 – 11.30am £3.00
- **New Age Kurling**, Fountainhall Village Hall, Fountainhall, 7 – 9pm £3.00
- **Tea Dance**, first Tuesday of every month, Eyemouth Community Centre, Albert Road, Eyemouth, 10.30am – 12.30pm, Entry by donation
- **Craft Box**, Hall of Friendship, Church of Scotland, Innerleithen, 1.30 – 2.30pm, free (class runs fortnightly contact Jillian for dates)
- **Walking Football**, over 50's, Kelso High School outdoor pitch (until early November) thereafter in the Kelso High School games hall, 6 – 7pm £1.00
- **Walking Football**, over 50's, Old Baths, Hawick 2.30 – 3.30, Free
- **Coldstream Men's Shed**, 40 High Street, Coldstream, 10am - 4pm, Free membership, small contribution towards refreshments required



Thursday

- **Gentle Exercise**, Phillippaugh Community Centre, Bannerfield, Selkirk, 9.45 – 10.30am, £2.50
- **Strictly Seniors Dance Group**, MacFarlane Hall, Peebles, 2 – 4pm, £2.50
- **Walking Football**, over 50's, Galashiels Fairydean 3G Pitch, 3 – 4pm (weather permitting) £1.00
- **Walking Netball**, over 50's, Community Centre (Drill Hall), Peebles, 11.30am – 12.30 midday, £2.00
- **Senior Fellowship Social Group**, Leckie Memorial Church Hall, sessions run on the 2nd and 4th Thursday of each month, 2 – 4pm, £2.00
- **Coldstream Men's Shed**, 40 High Street, Coldstream, 10am - 4pm, free membership, contribution towards refreshments required

Wednesday

- **Gentle Exercise**, Langlee Community Centre, Galashiels, 10.30 – 11.15am, £2.50
- **Soup Club**, The Legion, Coldstream, 12noon – 2pm, £2.50 Free to volunteers, all welcome
- **Gentle Exercise**, Bowling Club, West Linton, 10.15 – 11am, £2.50
- **Gentle Exercise**, Town Hall, Jedburgh, 2 – 2.45pm, £2.50
- **Get Connected**, Tedda Centre, Eyemouth, 2 – 3.30pm, £2.00
- **Dance Class**, The Masons, Innerleithen, 10 – 11am, £2.50
- **Walking Football**, over 50's, Home Park, Coldstream, 7 – 8pm, Free
- **Walking Football**, over 50's, Eyemouth High School, Eyemouth, 6 - 7pm, £2
- **Walking Football**, over 50's, Gala Academy, 6 – 7.30pm, £1
- **Duns Men's Shed**, meet Volunteer Hall, 2 - 4pm, Free



Friday

- **Soup Club**, Fairbairn Hall, Greenlaw, 12noon – 2pm, £2.50 every Friday
- **Gentle Exercise**, Rugby Club, Kelso, 10.30 – 11.15am, £2.00
- **Gentle Exercise**, Community Centre (Drill Hall), Peebles, 11.15am – 12noon, £2.00
- **Soup and Sandwich Lunch**, Community Centre (Drill Hall), 12noon - 1pm, £2.00
- **Drop In**, Community Centre (Drill Hall), Peebles, 1 - 2.30pm (Includes New Age Kurling, Table Tennis, Badminton, Carpet Bowls, Pool, Darts, Dominoes, Board Games), Free
- **Walking Football**, over 50's, Community Centre (Drill Hall), Peebles, 2.30 – 4pm, Free
- **Craft Box**, Community Centre (Drill Hall), Peebles, 2.30 – 3.30pm, Free (class runs fortnightly contact Jillian for dates)

Upcoming Events

- **Borders Shed Fest**, Tait Hall, Kelso, 10am- 4pm, free entry, This event aims to highlight the success of the Men's Shed movement as it spreads throughout the Borders, refreshments available, all welcome.
- **Walking Football Tournament**, Gala Fairydean Football Club, Netherdale Stadium, Galashiels, 7th May, 2pm – 5.30pm, admission free.