

Directory of Services

EILDON AREA

Now you have finished your treatment there is no need to feel alone; there is lots happening in your area.



TRANSFORMING
YOUR
CANCER CARE

WE ARE
MACMILLAN.
CANCER SUPPORT

NHS
SCOTLAND

More information about groups and services available can be found on our website http://www.nhsborders.scot.nhs.uk/			
Organisation	Phone Number	Email / Website	Service / Activities
General			
Borders Community Transport Network	01721723123		Brings together the providers of voluntary and community transport in the Borders. Can be used for social journeys, medical appointments etc. Charges for each journey apply. Opening Hours: 9 am - 1 pm
Borderline Helpline	0800 0274466		A freephone helpline for adults in the Scottish Borders who are experiencing emotional distress. 7-10pm every evening
Borders Sport and Leisure Trust	01896 661166	enquiries@bslt.org.uk www.bslt.org.uk	Sporting opportunities across the Scottish Borders for all ages and abilities
Border Therapies		www.bordertherapies.co.uk	This website is designed to be the simplest and most informative way to find out about complementary therapies and qualified complementary healthcare practitioners in the Scottish Borders.
Breast Cancer Care	0141 353 8330 0808 800 6000	Angela.Harris@breastcancercare.org.uk	
Breathing Space	0800 838597	www.breathingspacescotland.co.uk	A free, confidential phone and web based service for any individual who is experiencing low mood or depression. A BSL (British Sign Language) service is also available via the website
Buddhist Meditation Classes	0131 6221956		Classes to teach specific Buddhist methods for developing inner peace and solving our human problems. Although these teachings are Buddhist in nature, they are completely accessible to everyone regardless of background or belief
Fitborders		Fitborders.co.uk	Fitness classes to suit all levels of fitness
Live Borders		liveborders.org.uk	List of leisure activities including fitness and health, libraries, museums and galleries in towns and villages
Scottish Country Dancing Clubs in the Borders	Alison Gordon 01896 757316	treasurer.rsbranch@gmail.com	Classes and social dances in Scottish Country Dancing, as prescribed by the Royal Scottish Country Dance Society. Beginners to experienced dancers are welcome. September - April
StressBusters Borders		www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters/ Facebook - StressBusters14 Twitter - @Stressbusters14	StressBusters Borders exists to increase awareness and understanding of mental health issues in the Scottish Borders with an emphasis on there being no health without mental health. Free information sessions are run throughout the borders on an array of mental health topics. In addition, the website and social media sites contain information on a range of services, helplines and self-help materials available to those experiencing stress, low-mood or anxiety.
The Eildon			A creative writing magazine produced by

Tree & Writers Groups			Arts Development. Strives to support the work of professional and aspiring writers. Poems, short stories, non-fiction articles of local or national literary interest and short novel extracts are all welcome for consideration.
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders, including in: <ul style="list-style-type: none"> • Chirside, Coldstream, Duns, Earlston, Eyemouth, Greenlaw, Reston • Galashiels, Tweedbank, Darnick, Lauder, Melrose • Hawick • Jedburgh • Kelso • Newtown St Boswells, St Boswells • Innerleithen, Peebles, Walkerburn • Selkirk
Blainslie			
Blainslie Village Hall	George Runciman 01896 860 204		Activities include - Country dancing (weekly); Playgroup (weekly in term); SWRI (monthly); Annual exhibition; Community activities (6 weekly);
Bowden			
Mobile Library	01750 726400	liveborders.org.uk	Visits every 3 weeks. Check for schedule. Website: Live Borders website liveborders.org.uk Phone: 01750 726400
Clovenfords			
Badminton		Alison - alywil@sky.com	Caddonfoot Hall, Wednesdays 7.30 – 8.30pm
G. Ex	07791001600	donna@fitborders.co.uk	Caddonfoot Hall, Thursdays 10.15 – 11.15am. Gentle exercise for the more mature. Can be done seated.
Mobile Library Books and Talking Books	01750726400	liveborders.org.uk	Visits every 3 weeks. Stops at different locations in the village. Check Live Borders website (liveborders.org.uk) for schedule.
The Rural (Scottish Women's Institute)	Catriona Bird, Secretary, 850790		Scottish Women's Institute (known as 'the Rural') meets on the first Monday of most months at the village hall at 7.30 pm. New members welcome.
Zumba	07791001600	donna@fitborders.co.uk	Caddonfoot Hall, Thursdays, 9 – 10am
Darnick			
GEx	Dianne: 07974 525 021	dianne@fitborders.co.uk	Darnick Village Hall, Thursdays 10.45 – 11.30 am. Gentle exercise for the more mature.
Walk it Walks	Brenda: 01896 822724		Meeting point: Outside Darnick Community Garden, Tower Road, Tuesdays, 10am
Zumba	Dianne: 07974 525 021	dianne@fitborders.co.uk	
Earlston			
Camera Club	0777643 6668		Earlston Bowling Club, Wednesday evenings, 7.30pm September to April. Welcomes people who share an interest in photography, from the beginner to the expert. Regular guest speakers, tutoring sessions, members' and inter-club competitions and social events. Informal, friendly and supportive atmosphere.

Earlston Horticultural Society	01835 824 064		To promote horticulture in the Earlston area. Annual Earlston open Flower show. Held on last Saturday in August.
Earlston Paths Group	01896 849663	theleadervale2@gmail.com	Aim: to develop a sustainable path network in and around Earlston and, in the process, look to provide open access for walkers, cyclists and horse-riders, taking into account issues of social inclusion, promoting health, sustainable transport and safer routes to school. Meets every 6 – 8 weeks. Phone for further information.
Library	01896 849924	Email: libearlston@scotborders.gov.uk Website: www.scotborders.gov.uk/directory_record/13959/earlston_library	High quality library service which meets the need of local communities and supports lifelong learning. Facilities Photocopier; Hearing loop; Daily newspapers also local newspapers; Disabled toilet; Public access PCs including scanner and printer. Opening Hours: Monday and Thursday - 2pm-4pm and 5:30pm-7pm; Tuesday and Wednesday 2pm-5pm; Friday - 2pm-4pm
Mobile Library	01750 726400	liveborders.org.uk	Hanover Close and Brownshall. Check for schedule. Website: Live Borders website liveborders.org.uk Phone: 01750 726400
Probus Club of Lauderdale	Secretary - 01578-718944	j.fisken@sky.com	Promotes fellowship between wholly and partially retired professional and businessmen. It meets at 12.30 pm on the second Tuesday of each month at the Lauderdale Hotel, Lauder, for a light lunch at 12.45 pm followed by a speaker.
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Zumba	Val: 07842 069 760		Earlston Primary School, Tuesdays 7.30 – 8.30 pm
Ettrick			
Mobile library	01750 725400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Fountainhall		Stow and Fountainhall Community Web	
Fountainhall Village Hall Committee	Jenny Mushlin 01578 760 297		To promote a variety of activities for all residents of Fountainhall area. These include - Bowling Club, Keep Fit, Women's Rural Institute, other activities and social functions according to demand.
Galawater Community Cinema		Claudia on plenploth.00@btinternet.com .	Fountainhall Village Hall
Gala Water Singers - Community Choir of the Gala Water Valley	01578 730289		We welcome all who love to sing with others. No training, skills in reading music or previous experience needed. We break in summer and briefly at Christmas. Fountainhall School, Tuesdays 7 – 9 p.m.
Mobile library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
SWRI	Dianne Wilson: 01578 730210		Meetings are held in Fountainhall Village Hall at 7.30pm on the third Wednesday of

	Margaret Robertson: 01578 730567		each month (except July and August)
Galashiels			
Abbotsford Badminton Club		abbotsfordbdmintonclub2014@gmail.com	An enjoyable, stretching, but not overly competitive badminton club, who welcome all levels of players. 20.00 to 21.00pm Monday, Galashiels Academy Games Hall
Aqua fit		www.liveborders.org.uk	Galashiels Swimming Pool: Wednesday – 16.30; Tuesday 10.00; Thursday 10.00. Suitable for all ages and fitness levels.
Body Balance		www.liveborders.org.uk	A Yoga, T'ai Chi and Pilates-inspired workout leaving you long, strong, calm and centred. TriFitness: Thursday 09.30 and 19.05, Tuesday 10.00
Borders Chinese Cultural Association (BCCA)	7760252469	stevejwk@yahoo.com	To promote cultural interaction between Chinese and non Chinese people
Borders Family Ancestry	01896 751734	cyrilc@btinternet.com	To help people research their family tree
Borders Family History Society	01896 750387	info@bordersfhs.org.uk www.bordersfhs.org.uk	To help members trace their ancestors, by putting people in touch, guiding members to possibly sources of information. Monthly lectures from September to May. Society library in 52 Overhaugh Street, Galashiels, TD1 1DP holding a wide range of publications relating to Borders family history, and bits of adjoining counties. See website for opening times & other details.
Borders Martial Arts	Mr John Wilson 01361 883 164	jjmwil@lineone.net www.jawkungfu.info	Promote and develop the benefits of martial arts training to all in the Borders, maximising individuals potential and health benefits. Traditional style Kung Fu, freestyle kickboxing, self-defence, Tai Chi & Chi Kung for health, Exercise and fitness to music. Galashiels Mission Hall, Wednesday 7-8 p.m.
Borders Philatelic Society	Graeme Sandie: 01896 755713		St. Pauls Church Hall, Scott Crescent. Fortnightly on Mondays at 7.30pm.
Borders Tennis Club	01896 750456		With 4 floodlit, artificial grass courts and 3 hard courts, a welcoming club house and a team of qualified and experienced coaches we can help you learn to play tennis, improve your game or you can just book a court for a friendly game or practice.
Exercise to Music	Norrie: 798 691 4206		Low impact exercise. Tweedbank Community Centre, Wednesdays 11.00 – 12 noon
Clef Club Galashiels	01896 759649	hgoodship@tiscali.co.uk onlineborders.org.uk/community/galaclefclub	A friendly and informal society for lovers of music (vocal or instrumental) who enjoy making music together, only qualification for membership is a readiness to perform music of members' own choice from time to time at club, whether solo or in ensemble. To make music together, meet 8 times over winter season Area Covered: Central Borders, Roxburghshire, Tweeddale. Most members Borders based but also from Edinburgh, Stirling and Ayr. Opening Hours: Monthly on Saturdays 7.30-9.30pm approx. Dates fit in with other bookings

			of halls. (September to April).
Galashiels Amateur Operatic Society	Sec: Sheila MacDonald 01896 756857	e-mail - shegram@tiscali.co.uk	
Galashiels and District Amateur Radio Society	James Keddie: 01896 850 245	jimk@gm7lun.freemove.co.uk	To encourage and promote amateur radio and short-wave listening in the Central Scottish Borders. Activities include - Visiting Radio Rallies; Participating in Radio Contests; Operating and Building-up the Club Station; Running the Annual Radio and Computer Rally. Area Covered: Central Borders and Tweeddale Opening Hours: Wednesday 7:30-10pm
Gala Waterways Group	01896 753 620	www.galawaterwaysgroup.wikispaces.com	Group of volunteers interested in the Mill Lade systems in and around Galashiels and Gala Water
Galawater Horticultural Society	Mr Robert Fleet 01578 730 327	galawater@freeuk.com	To help and encourage local horticulture, and to hold an Annual Show, educational meetings, trips and discount materials. Activities include - Annual Flower Show, regular talks and meetings, annual coach trips to gardens and nurseries. Area Covered: Stow, Fountainhall and Caitha Opening Hours: Last Tuesday of every month 8pm.
Gala Wheels	01896 755370	galawheels@the-bridge.uk.net	To provide affordable wheelchair accessible transport for disabled, sensory impaired or elderly communities and individuals resident within Central Borders. Activities - Operates demand led service with accessible vehicles. Priority given to clients whose mobility is wheelchair dependent or who suffer from mobility problems.
GeX	Denise; 07713 357 450	denise@fitborders.co.uk	Gentle exercise to music for older people of all abilities. Can be done seated or standing. Time for tea and chat after. Langlee Community Centre, Wednesdays, 10.30 – 11.15 a.m.
Legs, Bums & Tums with Norrie	0798 691 4206		Great exercises for toning problem areas!. Complete Health Borders 36 Gala Park. Fridays 11.15 – 12.00
Meditation Class	0131 622 1956		Old Gala House. Thursdays, 7 – 8.30pm. Beginners welcome
One Acchord Ladies A Cappella Chorus			
Mens' Shed			Langlee Community Centre, Wednesday and Thursday 1 p.m. – 4 p.m. A communal workshop with tools and workbenches for men to get together to enjoy hobbies or joint projects or just enjoy the company.

Metafit	Jocelyn: 07889 225126	jocelyn@fitborders.co.uk	Trinity Church
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Old Gala Club	Christine Wallace 01896 752692	www.oldgalaclub.org.uk	To encourage an interest in the heritage and history of Galashiels and its environs. Activities: Winter programme of illustrated talks. Summer programme of visits to places of interest. Exhibitions and displays. Maintain an archive of old photographs and maps and a museum collection of historical artefacts. 2nd Wednesday of the month (usually) Sept - April
Reivers Hockey Club	James Affleck 01896 752 847		To play and encourage others to play and take part in mens hockey Training Tuesdays 8pm - 9pm (Please Check).
Roxburgh Singers	01896 754187	guy.norris@virgin.net	To foster the enjoyment of choral singing. Presentation of concerts that feature part-songs, major choral works, Christmas carols etc. The objectives of the Roxburgh singers are to advance the education of the public in music, in particular choral music, and the study and practice of choral music by means of public performance. Mondays 7.30-9.30pm, end of August to mid May
Scottish Country Dancing	01578730591	melvmarionstirling@btinternet.com	St Paul's Church, Tuesday 7pm.
Scottish Country Dancing	01896752444		St Paul's Church, Monday 2pm. Not suitable for beginners
St Paul's Scottish Country Dance Club	Connie Irvine: 01896 752444		Beginners, visitors and new members of any standard are very welcome. The aim is to make Scottish country dancing good fun, have an enjoyable way to keep fit and make new friends. Thursdays
Scottish Borders Veterans Breakfast Club	01896 757020		TA Centre in Paton Street, Galashiels. Last Saturday of each month, 10am and 12noon. All veterans, royal navy, army, royal air force, reserve forces, servicemen and women who ever served for any length of time in any of the services. It's a chance to meet with old and make new friends in a casual and relaxed environment, have a cuppa and a bacon roll. There is also an opportunity for any veteran who may need some form of support to get help there.
Scottish Country Dancing -BGH	01896752323	lizbrown.ladhope@btinternet.com	Tweedbank Community Centre, Tuesday 7.30
Squash and Racketball Club		enquiry@galasquashclub.co.uk	Sports and Social Club located in Abbotsford Terrace, Galashiels. New members always welcome and we cater for all standards. Club nights every Monday from 7.00 p.m.. Ladies' night is Thursday from 6.30ish.

Scottish Country Dancing -BGH		jrsmith@tesco.net	Melrose Parish Church Hall, fortnightly on Thursday, winter and spring, for more experienced dancers to enjoy different or more challenging dances
Treading The Borders Theatre Company	Jane Houston Green 07919 073247	info@treadingtheborders.org.uk www.treadingtheborders.org.uk	A newly-formed professional theatre company and Scottish Charity. We aim to provide high quality productions with thematic material that is entertaining, informative and relevant to modern living. We are also developing connections with local writers, schools and other community groups, as well as taking plays to venues of historical interest across the Borders and further afield.
Tweed Canoe Club	01896 750257	kayak@tweedcanoecub.org.uk www.tweedcanoecub.org.uk	To introduce people to, and train them in white water kayaking. The group meets in Galashiels Swimming Pool between October - November 7 pm and local rivers Spring - Autumn. Training in basic kayaking skills in the safe environment of the swimming pool. Teaching and playing canoe polo in the pool. Introducing pool trained members to moving water and training in white water kayaking skills and techniques.
Walk it Walks	Robert: 01896 664717		Meeting point: Outside the Focus Centre, Livingstone Place, Wednesdays, 10am
Walk it Walks	Robert: 01896 664717		Meeting point: Outside Langlee Community Centre, Fridays, 10am.
Zumba Gold	Denise: 07713357450	denise@fitborders.co.uk	Trinity Church, Mondays 10.00 – 11.00. Workouts include ones that you perform on a chair for those who are sedentary or use a wheelchair
Zumba with Norrie	0798 691 4206		Lucy Sanderson Hall, Thursdays 5.30pm-6.20pm & 6.30pm-7.30pm.
Heriot			
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Walkerburn Crafts4U	01896 870 431	jellybelly102@sky.com	Weekly drop-in club where members practice, learn or just chat. Crafts covered - knitting, quilting, sewing, crochet & many other crafts. All are welcome from beginner to experts. The Mill Car Park, Galashiels Road, Walkerburn EH43 6AG. Wednesday 1-3pm and 7-9pm weekly
Lauder			
Gaelic in the Borders	Priscilla Scott 01578 722 443	dandpscott@btinternet.com	Gaelic-related events and ceilidhs throughout the year. Last Thursday (usually) every month from Sept-May
Lauderdale Community Choir	07733 448110		If you love to sing please come and join this enthusiastic and friendly choir. No auditions and no need to read music. Lauder Public Hall, Thursdays, 7.30 – 9.00 p.m.
Lauder Trading Post	Amanda Cunningham 01896 860 291	Info.laudertradingpost@gmail.com	Providing a workshop programme of traditional and modern crafts alongside a co-operatively run shop, which sells the wares of Lauder Trading Post members. We also run a weekly community lunch club, a monthly film & supper club and monthly brunch & market events. Shop

			open Tuesdays from 11am-3pm and Thursdays, Fridays & Saturdays from 10am-2pm. Email for workshop and event info or see our Facebook page (Lauder Trading Post Community Group).
Mixed Volleyball	0797 624 2537		A very sociable club - all welcome, just come along and join in the fun! Outside in the park if weather favourable. Leader Leisure Centre. Fridays 6 – 8 p.m.
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Melrose			
Borders Community of Interbeing Group	Sandra: 07902235606 Tim: 07747757343	Sandra sRussell@talktalk.net Tim tim1guard-allsorts@yahoo.co.uk Info websites: www.interbeing.org www.plumvillage.org	The Borders Sangha meet in the Chaplaincy Centre at the Borders General Hospital, Melrose on a Wednesday (except for the first Wednesday of the month), 7-9pm. and on the first Sunday of the month 2-4pm. Sitting and Walking meditation, Mindfulness teachings and discussions. All welcome
Borders Writers' Forum	01578 740242	borderswritersforum2012@gmail.com	Raises the profile of contemporary local writers; provides a focus for writing related events in the Scottish Borders; provides networking opportunities; supports professional development through regular readings and workshops
Library	01896 823052	Email: libmelrose@scotborders.gov.uk Website: www.scotborders.gov.uk/directory_record/13967/melrose_library	Market Square. High quality library service which meets the need of local communities and supports lifelong learning. Facilities Fax ; Photocopier; Hearing loop; Listening post; Disabled access; Self-service book issue and return; Baby changing facilities; Assistive technology items; Public access PCs including scanner and printer; Wi-Fi access. Get Clicking and Get Surfing - beginners computer courses. Free courses run on demand. Opening Hours: Monday and Wednesday - 10:00am-1:00pm and 2:30pm-5:00pm; Tuesday and Thursday - 2:30pm-5:00pm and 6:00pm-8:00pm; Friday - 2:30pm-5:00pm
Melrose in Bloom	Quin Dunlop: 01896 822024	alisterandhelen@talktalk.net	A group of enthusiastic volunteers undertaking projects to make Melrose a more beautiful place - from hanging baskets and planters through the summer season, to more sustainable planting for year round interest. New members always welcome.
Melrose Historic and Archaeological Association	Secretary: John Butcher. Tel. 01896	butcher647@btinternet.com	An educational group dedicated to the recording and promotion of interest in the history of Melrose and the Scottish Borders. There is an annual programme

	822339		of lectures and expeditions to sites of historic interest. The Association has an active interest in the conservation and development of local historic and archaeological sites and engages in research projects.
Melrose Reel Club	01896823192	Eleanor.connochie@hotmail.co.uk	Parish Church, Wednesdays, 7.15pm
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Scottish Country Dancing	01896820600	isandian@gmail.com	St. Mary's Parish Church, Mondays, 7.30pm
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Yoga	07960 566 556	cmjyoga@gmail.com	Chaplaincy Centre, BGH. Wednesdays 18:00 - 19:00 BGH Tuesdays 5.15 – 6.20 p.m. (Suitable for beginners)Yoga. Mats, blocks etc provided.
Yoga	Karen: 07770 560 427	karen@fitborders.co.uk	The Studio, 4 Market Square. Tuesdays, 6.00 – 7.30 and 7.30 – 9.00 pm.
Zumba	Denise: 07713 357 450	denise@fitborders.co.uk	Corn Exchange. Wednesdays 6 – 7 pm
Newtown St Boswells			
Brunch with BVAC	01573 450247		Vintage & Classic car owners and enthusiasts get together to share experiences and technical know-how. Non-members very welcome! Second Sunday of the month. Milestone Garden & Leisure Centre Newtown St Boswells. Second Sunday of the month, 10:00 - 12:00
One Acchord Ladies A Cappella Chorus	01896 668594 or 07989461012		Come along and enjoy the challenge of singing in four-part harmony. Make new friends from all across the East Borders. Free for four weeks, no auditions. Newtown Community Hall, Wednesdays, 7.30 – 9.30 p.m.
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Selkirk			
Aquafit			Selkirk Leisure Centre, Mondays and Thursdays 10.30 am. Suitable for all ages and fitness levels.
GEx	Viv:07703 611 368	viv@fitborders.co.uk	Gentle exercise to music, seated or standing. Philiphaugh Community Centre. Thursdays 9.45 – 10.30 am

Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Open Door Community Cafe			Selkirk Parish Church. 2nd and 4th Mondays of each month. Coffee menu served: 10.30am-12noon; lunch 12noon-1pm. All welcome.
Souter Quilters	01750 21632		Argus Centre Goslawdales Selkirk. 2nd and 4th Wednesdays of the month, 7-9pm. Anyone who enjoys sewing, patchwork or quilting will be made very welcome. Guest speakers and workshops
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Zumba	Viv: 07703 611 368	viv@fitborders.co.uk	Rugby Club: Mondays and Wednesdays 6.30 – 7.30 p.m.
Zumba with Norrie	0798 691 4206		Selkirk Parish Church. Mondays, 7 – 8 p.m.
Stow		Stow and Fountainhall Community Web	
Community Cinema		plenploth.oo@btinternet.com	Fountainhall Village Hall. Regular film screenings
Galawater Outdoor Activities Club	Kenny Duncan: 01578 730244		Open to all ages. Mainly hill walking and climbing. Also day walks in winter and day cycles in summer. New members welcome.
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Roxburgh Reivers Orienteering Club	John Tullie: 01450 850217	Borders Reivers Orienteering Club	Aim: to navigate a course(£-*km) as quickly as possible, using map and compass. Newcomers welcome.
Stow Pipe Band	Stuart Robinson Pipe Major 01896 750 617	stu.lainey@btinternet.com www.stowpipeband.co.uk	To perform pipes and drums to the public and also to provide free tuition to anyone wishing to learn pipes or drums. Sunday 10-12am, Thursday 6.30-9.30pm
Wooplaw Community Woodlands	01578 730327	info@wooplaw.org.uk www.wooplaw.org.uk	To manage Wooplaw Woods in a way which is sustainable and which enhances biodiversity, for the benefit of the local community, by: a) making the woods and land available to all for the purposes of education, training, recreation and the sustainable production of forest products (where no activity should be to the detriment of others). b) holding regular events to provide a woodland culture. c) implementing a long term plan involving balanced harvesting and planting of appropriate woodland trees and plants. Activities include wall building, path making, green woodworking, school group activities, pond dipping, Halloween event. Come and visit the woodland whenever

			you can. Members of the Community Woodland Association and Borders Forest Trust.
Zumba	Dianne: 07974 525 021	dianne@fitborders.co.uk	Primary School. Tuesdays, 6.30 – 7.30 pm
Tweedbank			
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Pilates			Tweedbank Sports Complex. Mondays 20.15
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Walkerburn			
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400
Walkerburn Crafts4U	01896 870 431	jellybelly102@sky.com	Weekly drop-in club where members practice, learn or just chat. Crafts covered - knitting, quilting, sewing, crochet & many other crafts. All are welcome from beginner to experts. The Mill Car Park, Galashiels Road, Walkerburn EH43 6AG. Wednesday 1-3pm and 7-9pm weekly
Walk-it Walks	Denise Carmichael Tel: 01835 826702 Mobile: 07813 535394	denise.carmichael@scotborders.gov.uk	Weekly health walks across the Scottish Borders. Phone or email for further details.
Yarrow			
Mobile Library	01750 726400	liveborders.org.uk	Every 3rd Tuesday. Check Live Borders for schedule. Website: liveborders.org.uk Phone: 01750 726400