

Directory of Services

CHEVIOT AREA

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



TRANSFORMING
YOUR
CANCER CARE

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CANCER SUPPORT

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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
Abbey Quilters	01573 229414		Every second Tuesday evening of the month, Abbey Row Community Centre, Kelso, 7-9pm.
Ancrum: Astronomy Club		www.ancrumastronomyclub.org.uk	For those with interest in astronomy, beginners and more experienced. 1 st Tuesday of the month September – April, Ancrum Public Hall 7.30 – 9.00 pm
Ancrum; Community Café	01835 830567 (Bookings)		Public Hall, 2 nd Monday every month
Ancrum: Extend Exercise Class	01835 830567 (Bookings)		Public Hall, Wednesday mornings
Ancrum: Knitting Circle:	01835 830567 (Bookings)		Public Hall, last Monday every month
Ancrum: SWRI	01835 830567 (Bookings)		Monthly
Borderline Helpline	0800 0274466		A free phone helpline for adults in the Scottish Borders who are experiencing emotional distress. 7-10pm every evening
Borders Independent Advocacy Service	01896 752200	info@bordersadvocacy.org.uk www.bordersadvocacy.org.uk	Putting you in control by giving you a lot more say about the type of support you get
Borders Prostate Cancer Support Group			1 st Wednesday of the month, Chaplaincy Centre, BGH at 7pm
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	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
Callanetics	07848041070		A deep muscular toning programme. Kelso North Church Mondays 6-7pm & 7.30-8.30pm Thursdays, Abbey Row Community Centre, 9.45-

			10.45am
Callenetics	07736769697	suzi@coresculpt.co.uk	Build up muscle and body core strength. Non impact. Suits all ages and abilities. Work at own pace and exercises can be tailored to the individual. Abbey Row Centre, Kelso: Monday, 6pm.
Coldstream: Archery	01890 882188 (David Hermiston)		Community Centre, Mondays, 7 – 9pm
Coldstream Art Group	01890 882455 (Gordon Thompson)		
Coldstream: Badminton for the Over 40's	01890 885868 (Margaret Ingram)		Community Centre, Thursdays, 7 – 9pm
Coldstream Bowling Club			
Coldstream: Bridge Club	01890 883041 (Suzanne Atkins)		
Coldstream Community Cinema	01890 882625 (Ann Tait)		See notice board for current film. Community Centre, last Friday of the month
Coldstream: Gentle Exercise	01573 224926 (Lynn)		Gentle exercise for mature people, seated or standing. Community Centre, Tuesdays, 2 – 3pm
Coldstream: Handicrafts Club	01890 882211 (Elspeth Bell)		Community Centre, Fridays, 10.30am – 4pm
Coldstream Literary Society			Parish Church Hall. Talks on varied subjects. 2 nd and 4 th Mondays of the month at 7pm (October – March)
Coldstream: Over 60s Club			Bowling Club, Thursdays, 2pm. New members welcome
Coldstream Local History Society		www.coldstreamhistorysociety.co.uk	Talks of local interest. Eildon Centre, 1 st Thursday of the month, 7.30 (October – May)
Coldstream: Martial Arts: Tai Chi, Chi gong, Kick boxing	07974533127 (John)		Community Centre, Tuesdays, 7 – 9.30pm
Coldstream: Pilates	07929618936 (Ian Ferguson)		Community Centre, Fridays, 9 – 10am
Coldstream: Ramblers Association			
Coldstream: Scottish Country Dancing	01890 818264 (Pat Harrower)		Community Centre
Coldstream: SWI			Royal British legion, 3 rd Thursday of the month, 7.30pm
Coldstream Tennis Club		lenneltcsec@gmail.com	Annual membership. Visitors welcome
Coldstream Twinning Association		rgriffiths@hotmail.co.uk	Twinned with Bennecourt in France. New members welcome.
Coldstream, U3A Latin			Community Centre, 2 – 3pm, fortnightly
Coldstream: Walk it Group	07717547861 (GUY)	walkit@scotborders.co.uk	Low level and friendly social walks lasting about 1 hour. Thursdays, every fortnight, meeting at the Community Centre. Free with refreshments at the end.
Coldstream: Yoga	07584432197 (Trudy)		Community Centre, Tuesdays, 7 - 8.30pm

Coldstream: Zumba with Gemma	07720562356 (Gemma)	gemma@fitborders.co.uk	Community Centre, Wednesdays, 9.30 -10.30am
Coldstream: Zumba with Kenny	07793597504 (Kenny)		Community Centre, Wednesdays, 6 – 10pm
Colimar Dance Co.	07846227399	colimardance@aol.com	Teaching social ballroom, LeRoc Jive and Line dancing
Community Transport Hub	0300 456 1985		Links with voluntary transport services to provide transport for medical or social reasons for those unable to use other forms of transport. Includes wheelchair friendly vehicles. (Charges applied)
Eckford: Library Café			Village Hall, every 3 weeks on days the Library Bus visits
Eckford: Sewing Group			
Eckford: WRI			
Ednam: Bridge Club			Village Hall, Mondays, 1 – 4 (winter months). All welcome
Ednam: Ladies' Badminton			Gentle badminton in the Village Hall, Tuesdays, 2 – 4pm (winter months).
Ednam: Yoga with Evanna	07854092743/0157322 5976 Evanna	Yogawithevanna@gmail.com	For beginners or those with experience. Work at own pace. Ednam Village Hall: Thursdays 7.30 – 9.00pm. £7/session or £20 /4 classes.
Ednam: Zumba with Norrie	0798614206 01896 755955 Norrie	www.nsfborders.co.uk	Ednam Village Hall, Wednesdays 6 – 7 pm
Dippers – Borders Disabled Swimming Group	01835 822524		Friendly club offering fun exercise for people with minor physical disabilities to wheelchair bound at Jedburgh swimming pool, Mondays 12-1pm Wednesdays at Kelso swimming pool, 12-1pm. £2.10 per session. Helpers available.
Fitborders	See webpage for contact information	www.fitborders.co.uk/index.html	Fitness groups across the Borders
Getting You There	0845 521 1670		A service providing affordable transport for older people 65+ living in the Scottish Borders who are unable to use public transport to attend Health and Social Care appointments. Fully accessible vehicles. To arrange call between 9am-5pm, Monday to Friday
Heiton Library Café			Heiton Village Hall, 11.00am – 1.00pm. To coincide with the Library Bus
Houndridge Gym – near Kelso	01573 470237		Contact direct for further information about what is available
Jedburgh: Archers Club	07888397585		Meets Sunday 2-4pm at Jedburgh Sports Hall, all welcome
Jedburgh: Bowling Club	01835 863655	www.jedburghbowlingclub.co.uk	Lawn bowls and social activities. New members very welcome. Free tuition on

			request. Bowls and shoes can be supplied. Mid April – end of September
Jedburgh: Badminton Club	07989584968		Visitors welcome. Sports Hall, Jedburgh Grammar School. September – March. Adults: Wednesdays 7 – 10 pm
Jedburgh: G-Ex	07713 357450 (Denise)	denise@fitborders.co.uk	Gentle exercise. Town Hall, Wednesdays, 2 – 3pm
Jed Joggers	07887987587		Ladies running club meet every Tuesday and Thursday. All abilities welcome. Jedburgh Grammar School Games Hall, 6pm
Jedburgh: Lunch Club			Jed Thistle Pavilion, Jedburgh held weekly on Thursdays providing a meal both for the elderly and the not so elderly.
Jedburgh: Memorial Pool and Fitness Centre	01835 863430	info@lmp@btconnect.com	
The Jed Shed	01835 830625	thejedshed@hotmail.com	For those wishing to take part in DIY projects and hobbies. Men: Tues/Wed 1 – 4 pm; Ladies: 6.30 – 8.30 pm The Jed Shed, 15 Abbey Place, Jedburgh
Jedburgh: Pilates	07889225126 (Jocelyn)	jocelyn@fitborders.co.uk	Kenmore Hall, Tuesdays 6 – 7pm
Jedburgh: PiYo	07974525021	dianne@fitborders.co.uk	Cross between Pilates and Yoga. Kenmore Hall, Saturdays, 8 – 9am
Jedburgh: Rotary Club	01835 862708		Meet at Carters Rest every Thursday, 5.30 for 6 pm
Jedburgh: RBLs Pipe Band	01835 863200/0796	jedburghpipeband@aol.com www.jedburghpipeband.co.uk	Practice nights: Tuesday, 6.30 – 9.00, upstairs in Drill Hall, RBL. All welcome
Jedburgh: Zumba	07713357450 (Denise)	denise@fitborders.co.uk	Kenmore Hall, Mondays, 6 – 7pm
Jedforest Historical Society	01835 863455/862811		September – April. Jedburgh RBL, Charlie Crowe lounge, 7.30
Kelso: KAOS Musical Theatre Company		Kelso.opera@hotmail.co.uk	For those who enjoy singing, dancing and acting. New members very welcome as performers, musicians or backstage.
Kelso: Abbey Fitness Centre	01573 228280	info@abbeyfitness.co.uk	
Kelso: Abbey Quilters	01573 229414		Every second Tuesday evening of the month, Abbey Row Community Centre, Kelso, 7-9pm.
Kelso: Accordion and Fiddle Club	07920520475		Listen to Accordion and Fiddle music. Kelso Rugby Club, Wednesdays, 7 – 10.30 pm.
Kelso: Amateur Dramatic Society	02573 223155		New members welcome, either acting or non-acting. Rehearsals usually Tuesday and Thursday evenings.
Kelso and District Amenity Society	01573 224940		Aims: Stimulate interest in and care for the beauty,

			history and character of the town and surrounding districts
Kelso and District Twinning Association	01573 225788		Twinned with Orchies, near Lille.
Kelso Art Group	01573 223195		A group of individuals who get together to paint. Lessons from visiting teachers once a month
Kelso: Aquafit			Kelso Swimming Pool, Mondays, 9.45 – 10.45am; Wednesdays, 10 – 11am
Kelso Bowling Club	01573 226446		New members welcome. Coaching Sessions on a Monday evening from 6.30pm. Members are welcome to play at anytime of day unless there is a competition on. Fortnightly Bingo sessions and compete in the Darts League during winter months. The opening hours depend on what's on. The season is from Mid April to end of September, bowling can start from 9am and Bar from 11am to midnight
Kelso Bridge Club	01573 224223		Visitors welcome but contact the secretary in advance. Abbey Row Centre, Wednesday and Thursday at 6.55 pm.
Kelso: Callanetics	07848041070		A deep muscular toning programme. Kelso North Church Mondays 6-7pm & 7.30-8.30pm Thursdays, Abbey Row Community Centre, 9.45-10.45am
Kelso: Callanetics	07736769697	suzi@coresculpt.co.uk	Build up muscle and body core strength. Non impact. Suits all ages and abilities. Work at own pace and exercises can be tailored to the individual. Abbey Row Centre, Kelso: Monday, 6pm.
Kelso Camera Club	01573 223292	www.kelsocameraclub.co.uk	All welcome from beginners to professional using wide variety of cameras. Activities include: speakers, practical sessions, workshops and trips. Thursdays, September – June, Abbey Row Centre, 7pm
Kelso Chess Club	01750 23171		Players of all strengths welcome. Tuesdays, 7.30pm, Royal British Legion, 66 Roxburgh St, Kelso

Kelso Crawlers		www.kelsocrawlers@org.uk enquiries@kelsocrawlers.org.uk	Welcomes runners of all abilities including those who have never run before. Tuesdays and Thursdays, behind Sainsbury's car park at 6 p.m.
Kelso Dementia Carers Support Group	01573 226162		Second Thursday of every month from 7pm at Kelso Hospital
Kelso: Dippers – Borders Disabled Swimming Group	01835 822524		Friendly club offering fun exercise for people with minor physical disabilities to wheelchair bound at Wednesdays at Kelso swimming pool, 12-1pm. Helpers available.
Kelso: Extend Exercise Class	01835 824639		For the mature and less able over 60s. Abbey Row Centre, Kelso: Tuesdays, 2 – 3pm
Kelso: Friends of Kelso Library	01573 224951		Funding support, author visits, talks, Readers' Group
Kelso Folk & Live Music Club	01573 228118		Fridays, Oak Room, Cross Keys Fridays at 8pm. Cobbles, Kelso 10pm All welcome
Kelso Gaelic Group	Jack Kinahan: 01573 225431		Informal classes and participants can learn at their own pace. New members welcome. Broomlands Primary School, Tuesdays, 7 – 9 pm.
Kelso: Gentle Exercise Class	07713357450 (Denise)	denise@fitborders.co.uk	Gentle exercise for older people, seated or standing. Fridays 10.30 – 12 noon, Abbey Row Kelso. Fee includes refreshment
Kelso: KAOS Musical Theatre Company		Kelso.opera@hotmail.co.uk	For those who enjoy singing, dancing and acting. New members very welcome as performers, musicians or backstage.
Kelso: Knit and Natter	01573 223292		Abbey Row Centre, Tuesdays, 10am – 12noon.
Kelso: Mature Movers to Music	01361 882264		Wear comfortable clothes and bring water Abbey Row Community Centre, Kelso Tuesday 2-3pm
Kelso Music Makers	01573 224920		Music making in variety of acoustic styles; classical, traditional, contemporary and popular. Monthly meetings (see Kelso Calendar) Abbey Row Centre, Room 4 at 7.45 pm
Kelso: Netball Club	07769 212296	Kelsonetball@gmail.com	No experience necessary. For all fitness levels and abilities. Mon 7 – 8pm, Kelso High School Sports Hall. £2 per session
Kelso: Orchard Tennis Club	07824 613900	www.kelsoorchardtennisclub.org.uk	Rusty Raquets – for beginners or returners after a long time – Tuesdays 1 p.m. Ladies' Training – Tuesdays 6 – 8pm

			Men's Training – Wednesdays from 6.30
Kelso: Pilates	07889225126 (Jocelyn)	jocelyn@fitborders.co.uk	Kelso Rugby Club, Tuesdays, 7.30 – 8.30pm
Kelso: Pilates			Kelso Swimming Pool, Mondays, 10.45 – 11.45am
Kelso: Pilates	01573 223056 (Michelle Douglas School of Dance)		Michelle Douglas School of Dance, Mondays, 8.40 – 9.40am, 6 – 7pm, 7 – 8pm
Kelso and District Probus Club	01573 339689		For retired business and professional men and women. Meet for morning coffee and talks on wide variety of interesting subjects on first and third Thursdays of the month, September to April.
Kelso Stitchers	01573229414		For those interested in all aspects of stitching and textiles. New techniques and speakers. Fourth Tuesday of the month in Abbey Row Centre, Kelso, September - June
Kelso Swimming Pool	01573 224944	kelso@liveborders.org.uk	Swimming, adult classes and aquafit.
Kelso: Broomlands SWRI			Third Monday of the month, Upper Hall, Kelso North Church at 7.30 pm.
Kelso: Thursday Group	01573 224753		"Active retired" men and women meet for talks and occasional outings. Abbey Row Centre, Room 6, Thursdays at 2 pm.
Kelso Visually Impaired and Hard of Hearing Group	01573 410754		Help people with sensory loss with friendship, support and information. Activities include talks, music, quizzes and occasional social outings. Abbey Row Centre, third Thursday of the month, 10.30 – 11.30 am.
Kelso: Borders Walking Football	07818288744		Football at a slower pace for the over 50's. Normal rules but at a walking pace with no running or jogging allowed. Broomlands Primary School, 7.45 – 8.45 pm
Kelso: Writers' Workshop	01573 410277		Focusing on short story and novel writing and using writing exercises, these workshops are designed to help all writers to perfect their skills. Beginners welcome. Tuesday every fortnight, Abbey Row Centre, 2.30pm – 4.30pm
Kelso: Walk it Walks	01573 226261 (Ray, Tuesday) 01573 224037 (Peter, Fridays)	WalkIt@scotborders.gov.uk	Contact leaders for further information
Kelso: Yoga	01835 822557 (Anne Macnaughton)		Abbey Row Community Centre, Tuesdays, 3.30 – 4.45pm and 7.15 – 8.45pm
Kelso: Yoga with Gill			Abbey Row Centre, Kelso:

Gibbens			Monday 7 – 8pm, Friday 10 – 11.30am
Kelso: Yoga	01835 822557		Tuesdays, Abbey Row Centre, Kelso. Yoga made easy: 3.30 – 4.45. General yoga (all levels) 7.15 – 8.45
Kelso: Zumba	07713 357450		Mondays, Kelso High School
Kelso: Zumba	07713357450 (Denise)	denise@fitborders.co.uk	Royal British Legion, Mondays, 6.30 – 7.30pm
Kelso: Zumba Gold	07713357450 (Denise)	denise@fitborders.co.uk	Can be done seated or standing, for all abilities. Abbey Row Centre, Mondays, 2 – 3pm
Library Services	Jedburgh Library and Contact Centre 03001001800 Kelso Library and Contact Centre: 01573 223171 (library) 0300 1001800 (all other enquiries) Coldstream Library and Contact Centre: 01890 883314		Contact library for opening times and more details
Library – Mobile Library			Visits villages every 3 weeks: Crailing, Eckford, Ednam, Heiton, Hownam, Maxton, Morebattle, Oxnam, Smailholm, Sprouston, St. Boswells, Stitchill, Yetholm
eLibrary	Live Borders 01896 661166		eBooks, eAudiobooks and eMagazines
Lipreading Classes	07824904190		Kelso Hospital – Monday – 10am-12pm
LIVE Borders	01896 661166	www.liveborders.org.uk/	For information about leisure, health and fitness across the Borders.
Living Life	0800 3289655		A free telephone service that could help if you are feeling low, anxious or stressed. Open Monday – Friday, 1pm-9pm
Mindfulness	01896 822757		There are always going to be challenges in life. The way we handle those challenges determines our quality of life and sense of well being. Mindfulness training can help us better manage our thoughts allowing us to reduce stress and anxiety.
Morebattle Badminton Club			Village Hall, Mondays, 7 pm
Morebattle Camera Club			Morebattle Institute, first Wednesday of the month, 7 – 9pm. New members welcome
Morebattle Indoor Bowling			Village Hall, Fridays, 7pm
Morebattle Lunch Club	01573 440289		Institute, every Tuesday during school term at 12 noon.
Morebattle Stick Dressing Association			Educational classes in making shepherds' crooks

			and walking sticks. New members welcome. Classes run on Tuesday evenings in two sessions, October – December and January - March
Morebattle SWI			Meets in the Institute, second Wednesday of the month, September – June, 7.15pm
Newtown St Boswells and District Horticultural Association	01835 823445		To foster interests in gardening and handicrafts in a rural community
NHS24	111	www.nhs24.com	Online and telephone based service providing comprehensive and up to date health information and self-care advice for people in Scotland
One Acchord Ladies' A Capella Chorus	01896 668594 07989461012		New members very welcome, experienced or novice. No need to be able to read music. Meet three Wednesdays, 7.30 – 9.30 pm and one Saturday, 12.30 – 4.30pm per month at Newtown St Boswells Community Hall. Try free for 4 weeks
Oxnam Bowlers			Village Hall, October – March, Mondays, 7.30 – 9 pm
Oxnam Film Night			3 rd Friday of the month (not summer). Village Hall, 7.30 pm
Oxnam Library Café			Oxnam Village Hall, every 3 rd Wednesday, 11 – 12 noon, when Library Bus visits the village.
Oxnam Valley Voices			Singing for all. No experience needed. Village Hall, Wednesday 7 – 9 pm
Oxnam: OWLS – Oxnam Water Ladies			Oxnam Village Hall. 1 st Tuesday of the month (except winter), 7.30 – 9.00 pm. New members welcome.
Pear Tree Pottery Sprouston	07936149421		Community pottery. Try throwing clay on the wheel. All materials provided. Saturdays 10am-12pm. Invited guest demonstrations throughout the year.
Pilates	01573 223056 Michelle Douglas School of Dance		Michelle Douglas School of Dance, 9 Shedden Park Rd, Kelso. Mondays 8.40–9.40am, 6-7pm, 7- 8pm Wednesdays 9 –10am
Prostate Scotland	0131 2268157	info@prostatescotland.org.uk www.prostatescotland.org.uk	Information, support and advice.
Red Cross Buddies	01896 751888 or 01890 883673	neighbourhoodlinks@redcross.org.uk	A low to moderate level, short term Community Care and support service
Roxburgh Lacemakers	Ann Cockburn: 01573 224200		Experienced lacemakers and beginners welcome with tuition available. Work at own

			pace. Abbey Row Centre, Mondays, September to April, 7 – 9 pm
Romany Ramblers	01573 420616		Walks of varying degrees of difficulties in Cheviot hills. Last Saturday of every month. Meet 9.00am Wauchope Hall
St. Boswells Art Group			St. Boswells Church Hall, Mondays, 2 – 4pm. Beginners welcome
St Boswells Badminton Club	01835 823770		Village Hall, Tuesdays and Thursdays 7.30 – 10.00pm, October - March
St Boswells Buff Bones Pilates			Main Hall, 6.45 – 7.45pm
St Boswells Concert Band	01450 378805		Both competent and new members welcome. Community Wing Newtown St Boswells, Mondays, 7 pm
St Boswells Craft Group			Bring your own piece of work to St. Boswells Church Hall, Wednesdays,,1.30 – 3.30pm
St Boswells Cricket Club		Wednesdays,	New members of all ages and standard welcome
St Boswells Extend Exercise Class	Amanda: 01835 823470		Movement to music for men and women over 60 and the less able of any age. Church Hall
St Boswells Lunch Club			Fridays (September – July), Church Hall. All welcome
St Boswells Model Boat Club	01896 850603	rbeatson@btinternet.com	Sail model boats first Sunday of the month in winter at 12.30pm. April – September, third Wednesday of month at 7pm.
St Boswells PiYo	Imogen: 07917467930	imogen@fitborders.co.uk	Cross between Pilates and Yoga. Main Hall, Mondays 7.15 – 8.15pm, Fridays 9.30 – 10.30am
St Boswells Sewing Group			Lesser Hall, 2 nd Monday of month, 10am – 4pm
St Boswells SWI	01835 822270		St Boswells Lesser Village Hall, 2 nd Tuesday of the month, 7.30 pm
St Boswells Tennis Club		Stboswellstennisclub.org.uk	Tennis Club, Maxton Rd. 3 courts. Open to visitors. Coaching available.
St Boswells Walk-It			Lesser Hall, 11.00 – 12 noon
St Boswells Writers Forum			Lesser Hall, 3 rd Thursday of the month, 7pm-10pm.
St Boswells Zumba	Val: 07842069760	val@fitborders.co.uk	Main Hall, Thursdays, 6.30 – 7.30pm, March-October
St Boswells Zumba Gold	Imogen: 07917467930	imogen@fitborders.co.uk	Can be done seated or standing, for all abilities. Main Hall, Fridays, 10.30 – 11.30am
Samaritans	08457 909090	www.samaritans.org	Providing confidential non-judgemental emotional support, 24 hours a day
Scottish Country Dance Classes	01890 781567		Wednesday, Community Centre, Coldstream, 7pm. Classes for all
Scottish Wildlife Trust	0131 3124750 (Nick Wright, for general	www.scottishwildlifetrust.org.uk	Walks and talks in Berwickshire. Contact for

	information) 01289 308515 (Ron McBeath, for Berwickshire)		further details.
SCRAN	0131 6621456	scan@scan.ac.uk www.scan.ac.uk	Explore your heritage online from home for free using your library card. Digital access to photographs, moving images and sounds from museums, galleries, archives and the media
Smailholm: Art Classes			Taught classes. Village Hall, Tuesdays 1.30 – 3.30pm, Saturdays 10.30am – 12.30pm. All welcome
Smailholm: Film Club			Twice monthly during winter months. No fee but donation requested. Check village website for further information
Smailholm: Pilates			Village Hall, Mondays and Thursdays, 6.30 – 7.45pm
Smailholm: Singing Group			Village Hall, Thursdays 8 – 9pm. All welcome. No experience necessary
Smailholm: Women's Book Group	01573 460254		Meet 1 st Wednesday of the month, rotating round members' houses. Phone for further information
Southern Upland Roving Archery Shoot	01578 740205	www.southernupland.com	Safe, friendly family fun for all ages. Simulated archery shoot in fields or woodland – no animals involved! No previous experience necessary. Equipment initially provided. Westruther, Sunday afternoons, other days by arrangement. Small charge per visit.
Sprouston: Badminton Club	01573 224972		
Sprouston: Friday Group	01573 228276 01573 224321		Meet fortnightly for coffee and chat. All Sprouston and Kelso folk welcome. Coronation Hall, Sprouston
Stitch and Chat	01573 229414		Abbey Row Centre, Kelso, Mondays 2 – 4pm
Stitchill: Art Classes	01835 862131		Village Hall, Wednesdays, 1.30 – 3.30pm (Break in the summer)
Stitchill: Bowling Club			Village Hall, Mondays, 7.30pm
Stitchill: Bridge Club			Church Hall, 2 nd and 4 th Tuesdays of the month, 7pm winter months from October
Stitchill: Bowling Club			Village Hall, Mondays, 7.30pm
Stitchill: Ceilidh Dancing			Village Hall, 2 nd and 4 th Tuesday of the month. All welcome – especially if play the fiddle!
Stitchill: Ceilidh Dancing Tuition	01573 470336		Village Hall, 2 nd and 4 th Tuesdays of the month
Stitchill: Whist Drives			Village Hall, 3 rd Monday of the month, 7.30pm

Stitchill: Pilates	01573 229170 079181 78339.		Village Hall, Fridays, 9.15am, 10.30am and 6.15pm
Stitchill: Scrabble Club			Church Hall, Tuesdays, 2pm, September - March
Stitchill: SWI			Village Hall, 1 st Tuesday of the month (break in summer)
Stitchill: T'ai Chi			Church Hall, Wednesdays, 10.30 – 12 noon
Stitchill: U3A Crafts Group			Various crafts. Village Hall, 1 st Wednesday of the month.
Stressbusters Borders – Doing Well		http://www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters/	Supporting people who feel anxious or stressed
Syrinx Flute Players	07774813693		Group of flute players with a wide range of abilities and 60 year age span! Rehearse second Monday of the month, Corn Exchange, Melrose, September to May
U3A University of the Third Age. (No qualifications required or formal classes)	01573 450366	www.u3asites.org/fourborderabbeyes	Group for retired/semi-retired people covering wide range of interests for learning, outdoor pursuits, social activities and outings. Monthly meeting with speaker at Kelso Rugby Club, 2 nd Monday of the month. Other groups include: Current Affairs, Book, Poetry and Play Readings, Languages, Scottish Country Dancing, Gardening, Walking, Bird Watching, Crafts, Photography or lunch/Afternoon Tea Groups.
Walks and Trails – Harestanes	01835 830306 (Harestanes Visitor Centre)	Scottish Borders Council	Last Sunday of the month, April – October. Meet at Harestanes reception at 10.30am
Walks and Trails – Jedburgh	07813535340 (Denise)	Scottish Borders Council	Weekly, Mondays 10am. Meet outside Tourist Information Office
Walk It	01835 825060	WalkIt@scotborders.gov.uk	Walk It is the Paths to Health Project in the Scottish Borders and aims to encourage people to take up walking as part of a healthier lifestyle. Walks are usually short and easy, though the routes can sometimes involve rough paths and low level gradients. Call or go online for details.
WRVS Community Transport	0845 600 5885	scottishbordershub@wrvs.org.uk wrvs.org.uk	Is a friendly, community, door-to-door scheme designed to help you get out and about
Yetholm Badminton	01573 420594		Wauchope Hall, Tuesdays
Yetholm Bingo	01573 420594		Every 2 – 3 months, Wauchope Hall
Yetholm Bowmont Players	01573 420582		Phone for further information
Yetholm Country Dancing	01573 420765		Youth Hall Wednesdays, 7 – 9 pm

Yetholm Film Club	01573 420231		Monthly films, October – March. Wauchope Hall
Yetholm History Society	01573 420263		
Yetholm Indoor Bowling Club	01573 420281		Wauchope Hall, Monday and Friday, 2 and 7 pm
Yetholm Leek Club	01573 420622		
Yetholm Village Lunch	01573 420594		Bi-monthly lunch at Wauchope Hall
Yetholm Pub Quiz			Plough Hotel, fortnightly on Wednesdays, 8 – 10 pm (autumn and winter months)
Yetholm Scrabble Club	01573 420765		Youth Hall
Yetholm Choir	01573 420765		Youth Hall, Wednesdays
Yetholm SWRI			Wauchope Hall, monthly, Tuesday, 7.30 – 9 pm
Yetholm Twinning Group	01573 420412		
Yetholm Village Lunch	01573 420594		Bi-monthly lunch at Wauchope Hall