

Interest Link Befriending Groups and 1:1 Links November 2025

"General" group activities usually include arts & crafts, cooking/healthy eating, gardening, drama and film projects, games and meals out. For 1:1 links, activities often include going to the cinema, local events, walks, shopping, sightseeing, coffee, arts & crafts, the gym, golf and swimming.

Location	Member Places	Age Range	Members Aged 8-25	Members Aged 26+	Frequency	Time of day	Session length hrs	Annual Sessions	Annual provision hrs (members x hrs x sessions)	Activities (see above for what is included in "General")	Venue	Notes
Berwickshire												
Children Kelso	3	8-16	3		Fortnightly	Evening	2	22	132	General	Abbey Row Community Centre	
Young People Kelso	12	16-25	12		Fortnightly	Evening	2	22	528	General	Abbey Row	
Young People Duns	7	16-25	7		Fortnightly	Evening	2	22	308	General	Southfields Community Centre	
Eyemouth Group	9	18-30	7	2	Fortnightly	Daytime	2	22	396	Socialising	Eyemouth	
Artful Numeracy	9	16+	3	6	Fortnightly	Daytime	2	18	324	Numeracy-focused art	Abbey Row	
BYT Drama	10	16+	5	5	Weekly	Daytime	2	18	360	Drama	Abbey Row & Coldstream CC	Partnership with Borders Youth Theatre.
Adult Coldstream	15	25+		15	Monthly	Evening	2	12	360	General	Coldstream Community Centre	
Wellbeing & Art Club Kelso	9	18+	1	8	Fortnightly	Daytime	2	22	396	Healthy Eating, Keep fit & Art	Abbey Row	
Cooking Club Duns	7	25+		7	Fortnightly	Daytime	2	22	308	Cooking	Duns Church Hall	
Gardening Group Kelso	6	18+	1	5	Weekly	Daytime	2	44	528	Gardening	Kelso Allotments	
Woodland Warriors	10	20+	1	9	Fortnightly	Daytime	2	18	360	Walks & Forestry	Forest Trust & public woodlands	Total membership 23 but c10 attend each session
1:1 links	12	14+	3	9	Fortnightly	Daytime	2	22	528	General	Community	
Central Borders												
In-school Langlee Primary	8	8-12	8		Weekly	Lunchtime	0.8	10	67	Crafts, Games, Healthy Eating	Langlee Primary	Spring term only.
In-school Selkirk High	9	12-17	9		Weekly	Lunchtime	0.8	10	75	Crafts, Games, Healthy Eating	Selkirk High	Autumn term only
Children Selkirk	5	8-16	5		Fortnightly	Evening	2	20	200	General	Selkirk Cricket Club	
Young People Selkirk	9	16-25	9		Fortnightly	Evening	2	20	360	General	Selkirk Cricket Club	
Zoom Muddy Buddies at Home	8	14-26	6	2	Monthly	Evening	1	11	88	Indoor gardening	Zoom	
Selkirk: Debbie's Delights	6	17+	3	3	Fortnightly	Evening	2	18	216	Cooking	Selkirk Cricket Club	Three terms of 6 sessions
Selkirk: Craft Group	8	18+	1	7	Fortnightly	Evening	2	18	288	Crafts	Selkirk Cricket Club	Three terms of 6 sessions
Selkirk: Drama	10	17+	3	7	Fortnightly	Evening	2	18	360	Drama, Music & Keep Fit	Selkirk Cricket Club	ditto. Keep Fit in Winter
Muddy Buddies Tweedbank	7	21+	4	3	Weekly	Evening	1.5	15	158	Gardening	Tweedbank Allotments	Meets April-Sept
Galashiels Brunch Bunch	12	18+	3	9	Fortnightly	Daytime	2	22	528	Lunch & Crafts	Café Recharge	
Galashiels Fruity Fitness	15	18+	4	11	Fortnightly	Daytime	1	22	330	Exercise & Healthy Snacks	Queens Centre Galashiels	45mins exercise, 15 mins rehydration & healthy snacks
1:1 links	4	14+	1	3	Fortnightly	Daytime	2	22	176	General	Community	

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Roxburgh												
In-school Burnfoot Primary	3	8-12	3		Fortnightly	Lunchtime	0.8	18	45	Crafts, Games, Healthy Eating	Burnfoot Primary	Only in term time
In-school Wilton Primary	3	8-12	3		Fortnightly	Lunchtime	0.8	18	45	Crafts, Games, Healthy Eating	Wilton Primary	Only in term time.
In-school Hawick High	11	12-18	11		Fortnightly	Lunchtime	0.8	18	165	Crafts, Games, Healthy Eating	Hawick High	Only in term time
In-school Jedburgh Campus Primary	4	12-18	4		Fortnightly	Lunchtime	0.8	18	60	Crafts, Games, Healthy Eating	Jedburgh Campus	Only in term time
In-school Jedburgh Rose Hub	4	12-18	4		Fortnightly	Lunchtime	0.8	18	60	Crafts, Games, Healthy Eating	Jedburgh Campus	Only in term time
Children Hawick	8	8-16	8		Fortnightly	Evening	2	20	320	General	Burnfoot Community Hub	At Ruberslaw in summer
Young people Hawick	14	16-25	14		Fortnightly	Evening	2	20	560	General	Burnfoot Community Hub	At Ruberslaw in summer
Visually Impaired Group	4	14-18	4		Monthly	Daytime	2	12	96	General	Kelso	
BFF Hawick	5	20-35	1	4	Fortnightly	Daytime	2	20	200	General	Local Cafes and Bus trips	
Zoom baking	12	All	4	8	Fortnightly	Evening	2	18	432	Baking	Zoom	Three terms of 6 sessions
Newshounds	5	17+	0	5	Fortnightly	Daytime	2	18	180	Local & national news	Burnfoot Community Hub	Three terms of 6 sessions
Lifeskills	5	18+	1	4	Fortnightly	Daytime	2	18	180	Lifeskills	Evergreen Hall	Three terms of 6 sessions
Advanced Lifeskills	2	18+	2		Fortnightly	Daytime	2	18	72	Lifeskills	Evergreen Hall	Three terms of 6 sessions
Caledonian Hawick	10	35+	0	10	Monthly	Evening	2	11	220	General	Burnfoot Community Hub	
1:1 links	8	14+	3	5	Fortnightly	Daytime	2	22	352	General	Community	
Tweeddale (all groups are in Peebles)												
Children: Champions	8	8-16	8		Fortnightly	Evening	2	20	320	General	Cavalry Park	
Youth: Front Runners	6	16-30	4	2	Fortnightly	Evening	2	20	240	General	Cavalry Park	
Motivators	7	25-35		7	Fortnightly	Evening	2	20	280	General	Cavalry Park	
Make That Peebles	8	35+		8	Fortnightly	Evening	2	20	320	General	Cavalry Park	
Green Wanderers Peebles	9	18+	2	7	Fortnightly	Daytime	2	20	360	Gardening & Art	Peebles CAN Garden	
Cookery/catering	16	18+		16	Fortnightly	Daytime	2	20	640	Cookery & catering	Food Foundation	Currently being piloted
Keep-fit with Carmen	12	18+		12	Fortnightly	Daytime	2	20	480	Exercise & Snacks	MacFarlane Hall	Currently being piloted
Zoom Bingo	14	18+	2	12	Monthly	Evening	2	11	308	Bingo	Zoom: 29 members, c14 attend each session	
Social Activities					Monthly	Evening	3	8		8 events pa for 30 members, but too informal to be included as a group here.		
Family Carers Crafts					Monthly	Daytime	2	11		6 family carers meet for Crafts & Chat at Cavalry Park		
1:1 links	15	14+	2	13	Fortnightly	Daytime	2	22	660	General	Community	
Number of groups	44		38	27								
Group places	364		170	194								
1:1 links	39		9	30								
Total	403		179	224				929	13,968			