

### Interest Link Befriending Groups and 1:1 Links

"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 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
<b>Berwickshire</b>											
In-school Duns High	1	12-18	1		Fortnightly	Lunchtime	0.8	18	15	Crafts, Games, Healthy Eating	Duns High
Children Kelso	7	8-16	7		Fortnightly	Evening	2	22	308	General	The Planet
Young People Duns	9	14-24	9		Fortnightly	Evening	2	22	396	General	Southfields Community Centre
Young People Kelso	10	16-25	10		Fortnightly	Evening	2	22	440	General	The Planet
Eyemouth Group	6	18+	3	3	Fortnightly	Daytime	2	22	264	Socialising	Eyemouth
Adult Coldstream	15	25+		15	Monthly	Evening	2	12	360	General	Coldstream Community Centre
Wellbeing & Art Club Kelso	8	18+	2	6	Fortnightly	Daytime	2	22	352	Healthy Eating, Keep fit & Art	Abbey Row Community Centre
Cooking Club Duns	8	25+		8	Fortnightly	Daytime	2	22	352	Cooking	Duns Church Hall
New Age Kurling Kelso	13	18+	5	8	Fortnightly	Daytime	2	22	572	New Age Kurling	Abbey Row Community Centre
Gardening Group Kelso	5	18+	1	4	Weekly	Daytime	2	44	440	Gardening	Kelso Allotments
1:1 links	15	14+	3	12	Fortnightly	Daytime	2	22	660	General	Community
<b>Number of groups</b>	<b>10</b>		<b>8</b>	<b>6</b>							
<b>Number of group places</b>	<b>82</b>		<b>38</b>	<b>44</b>							
<b>Number of 1:1 links</b>	<b>15</b>		<b>3</b>	<b>12</b>							
<b>Total</b>	<b>97</b>		<b>41</b>	<b>56</b>				<b>250</b>	<b>4,159</b>		