

**Food  
Buddies**



**Out and about in the Scottish Borders  
Good places to eat  
Food tips for a day out  
Outings and activities tips  
Travel and transport**

# **Tips for days out**

# About Food Buddies and these tips

Food Buddies is a project which involves sharing ideas and practical tips around food that people living with dementia, other older people and their families and friends have found make life easier.

These tips are about how to enjoy going out and about. They have been shared with us by older people, people living with dementia and their families. We hope this booklet will be useful for days out - going further away or for a special visit - and the more regular things that people can do closer to home.

We hope these tips help readers and your families and friends get out and enjoy yourselves.

We also hope the tips are useful for people who work in places which might have older or less able customers, including places serving food.

## Why going out and about is important

Sometimes we all need a change of scene. Even just a short car journey or a trip out to the shops can lift our mood and bring us in contact with other people and sights we wouldn't normally see. All of these things help us to enjoy being a part of the wider community and feel we play a meaningful part in it.



**It just makes you feel good when you can go out somewhere.**

**As we get older and less able it sometimes seems easier to stay at home and not go anywhere. I don't think this is a good idea. Get out and enjoy yourself.**



## Thanks

We would like to thank everyone who contributed their time, experience and ideas.

Thank you to Dawyck café who assisted with the costs of printing this booklet.

## Where to go

- Don't change the habits of a lifetime!
- You can still get to many of the places you have always enjoyed with a bit more planning.
- Think about places like that which are a bit closer to home.
- Think about different ways to enjoy the sorts of places and activities you like.

Plan around the journey times you can manage.

- Think of the length of time everyone on the trip finds comfortable – for sitting still, getting to the toilet and so on.
- Draw out on a map where that journey time takes you – longer on quiet roads with little traffic, shorter in a town.
- That squiggly shape is your area – now you look for interesting places inside it. They may be places you know and new ones to explore.
- You can also have a journey to one point where you have a stop, and then an exploring area around that.

- Check out stops on the way where you can get tea and a toilet break. That way, if you want to keep going you know there is another place to stop half an hour up the road.

Sometimes it can be difficult to remember where you used to enjoy going.

- Look through some of the family's photographs as they are sure to spark some reminders of what you enjoyed doing years ago. Get help to label them to help you remember.
- Ask others in the family what they enjoyed about holidays and days out, to get the conversation started.

It's never too late to try something new! If you are stuck for ideas:

- Ask your friends for suggestions.
- Go along with friends to try out some of their activities or outings.
- See the Useful information section for some different ideas.

Look out for offers that reduce the costs.

- There may be discounts for older people and disabled people.

- You may find that the companion of someone with a disability gets in for free.
- Becoming a member of organisations like the Royal Botanic Gardens, National Trust for Scotland and Historic Scotland gives you access to sites across the country.
- Membership of local attractions means you can go there regularly and get to know the place well.
- Places like garden centres often have a reduced price day for people of pension age mid week.

A family member or friend can do a recce run beforehand to find out about parking, facilities like accessible toilets, quiet areas, accessible footpaths, access for wheelchairs and café facilities.

**“ Take a trip down memory lane, visit where you used to work, places where you enjoyed hobbies, where you went on family days out, where you went when you were courting. ”**

## **Suggestions – places to go if you enjoy gardens**

- A day out to the Botanic Gardens in Edinburgh, Glasgow, Dundee, Inverness or Dawyck in the Borders.
- A visit to the beautiful gardens of an historic ‘big house’ – there are many of these all over Scotland. Walled gardens in particular are sheltered and usually very accessible.
- Look out for things like the Open Garden Scheme, where you can visit a smaller garden of a private house.
- Public parks.
- Go for a walk along a street with nice gardens.
- Go to see an allotment or community garden.
- Visit a friend who has a garden.

**“ If you always enjoyed taking your family to the beach – this doesn’t have to stop, even if you are just driving or being driven there and then sitting with a sandwich and a flask. Sea air is good for everyone! ”**

## **Suggestions – places to go if you like walking and the outdoors**

- Find out about forest walks, as many of these have car parks and picnic tables and have short trails for people who want a gentle walk.
- Look for parks – many have good paths with benches along the way where you can stop for a rest and enjoy the view.
- Look for attractions that are in wide open spaces, like the Helix Park with the Kelpies in Falkirk.



**We used to enjoy family camping holidays. Now we still take the grandchildren and use a disposable barbecue, and have a scaled-down version of a camping trip!**

**I just sign up for everything. Then on the day I can always opt out if I don't feel like going.**



# Getting there

Think of the journey as part of the day and something to enjoy.

- Choose a form of travel that you enjoy or will be a good new experience.
- If you are in a car, you can stop and look at shops, or nice gardens in houses by the road, or enjoy the view.
- If you are travelling by bus or train, you can plan to stop part-way. Get out and have a walk, or enjoy tea at a table that doesn't shoog about. Then you can carry on with your journey.

If you tend to feel agitated on a journey, try to find something to help you stay calm.

- Take photos from the window, suck a sweetie, spot all the yellow cars... whatever works for you!
- Try music or audio books to make a journey easier.
- A person who is anxious may find it easier sitting in the back seat.
- Have a third person with you to talk to the passenger while the driver is coping with traffic, looking for the parking space, etc. It is easiest when the passengers are both sitting in the back.

Remember that you have to come home too! Try to pace the day so that everyone is able to enjoy that part too and is not too tired. Remember that when you get home you will still have to think about evening chores, having a meal and getting to bed.



**We enjoyed our first trip on the new Borders railway.**

**Sometimes I get confused when my daughter takes me out in the car. I forget where I am. Then I see something I recognise, it could be a building, a nice tree, a bridge...then I say 'ah, that's where I am!'**

**I always take my knitting on an outing. I hate being idle!**

**We always avoid the rush hour. And school holidays, where possible.**

**I don't like an early start. And I always make sure I'm home within 8 hours – otherwise it's too tiring for me.**



## Going by car

People have lots of tips to make driving easier.

- Take a photo of where your car is parked, and its surroundings, so you can locate it easily later on. Another good suggestion is leaving something on the roof – an empty juice carton, or tying a plastic bag to the aerial.
- Check out the parking places in advance for places you do not know so well.
- If you are visiting someone with mobility problems, or they are coming to you, consider hiring a bigger car for a few days so that you can enjoy getting out and about, with space for wheelchair and wider doors for easy access.
- Keep car keys on a ring with an attachment that is easy to recognise by feel as well as when you look at it. Or have them colour-coded to help you find the right one quickly, when they are on the same key-ring as house keys.

The Blue Badge scheme helps lots of people get out and about.

- The Blue Badge is available for people who are unaware of dangers from traffic, and this includes some people with dementia.
- You can use this for someone with a disability when they don't live with you – the badge goes with the person, not the car, so anyone who is taking a Blue Badge holder out in their car can use it those days.

## Public transport

There are ways of making travelling by public transport easier.

- Think about how long you like to stay sitting in one place – that gives you the journey times for a car or bus.
- Trains can be easier, as you can stand up and walk about a little bit and get to the loo.
- Make sure you will be comfortable for the length of the journey – and make sure you will be able to have a toilet stop if you need one.



**People are very thoughtful and helpful, the driver and other passengers, they help me in with my frame.**



- On public transport, speak to the driver, another member of staff or even another friendly-looking passenger if you want to check when your stop is coming up, or for anything else.
- Some forms of dementia can affect vision, or sometimes as we get older we have poorer eyesight. A good tip is to use a contrasting coloured blanket or towel on a seat when travelling, to make the seat easy to see.

Check out the assistance that is available for train passengers.

- There may be people who can help, such as the service for anyone who needs assistance when travelling by train.
- That can include help with getting on and off trains, finding your seat, and changing trains at bigger stations such as Edinburgh (see Useful information).
- This is for everyone who needs a bit of extra help – so someone with memory problems or poorer sight as well as for people who have mobility problems.
- You can ask for help even when there is someone else travelling with you.

Travelling by public transport, especially if you are alone, can be confusing for anyone.

- Make a list of the bus and train times, and where you make any changes. Take it with you, with a spare copy. This can also be good for a car journey with stopping off points, where you can get to the loo, etc.
- Keep a note of where you are going inside your purse or wallet, to remind you.
- Keep a note of your home address inside your wallet, purse or bus pass.
- Keep some change and some essential contact numbers, so even if your mobile phone runs out you can use a payphone.

If you get flustered, it can be difficult to think and explain yourself clearly. Consider carrying a card explaining your symptoms, if you have memory issues or dementia, or another health condition. See Useful information.

Take water and food with you for the journey, even if you are planning on using cafés when you get there.



**Don't be embarrassed to ask for help or to say you have dementia or other health issues.**



**I need more time to see the bus names.**

## **Community transport**

Many areas have dedicated community transport, available for groups and sometimes for individuals.

- These often have facilities for wheelchairs or walking frames, as well as specially trained staff or volunteers.
- In the Borders there is a Community Transport Hub which acts as a one-stop information and booking service, specifically for older or less able people, to help them get to medical or social appointments. See Useful information for details.



**Being able to put my frame in a minibus is important – then I know I can get out and walk somewhere.**



**The drivers and helpers are so helpful and cheerful.**

## Walking

Think about places you can walk to from home, such as a park or a different café from the ones you usually visit.

Even if you use a walking aid, this is still a good way to get about near home.

- Make sure you have a buddy if you are not confident on your own.
- Local shopkeepers and others will get to know you and help you if you have any difficulties.
- Sometimes cafés don't mind you using their toilets even if you are not buying anything – just ask.



**A walk down the High Street really cheers me up! It gives me some exercise and I meet people to chat to. Everyone recognises me!**

**I use the bag on my 'trolley' and manage to get a few bits of shopping. The shopkeepers sometimes help me count out the money.**



## Enjoying the day

It is about this day, just enjoying where you are and being together. Don't worry about trying to remember when you were there or what you did before. Live in the moment!

Take your time. Don't try to cram in too many people or places. A day out is about quality, not quantity.

Remember essentials including medicines, water and a snack, spare clothing and an umbrella as well as a sun hat.

Try taking photographs, or get people to take photos that include you, so you can see yourself at the place you visit. That way you can see the photos and tell other people about the day later.



**I have a checklist so that I don't have to remember what to take every time I go out.**

**My granddaughter helps me to label photos so I can remember what was happening.**



## Food when out and about

### Choosing a place to eat

If you are planning to go somewhere you haven't been for a while, check out other cafés nearby. You can still enjoy being in that area even if the café you used to go to has closed.

Think about the sort of cafés you like to go to near home. Look out for cafés that are similar to them when you are out and about.

Think about times. It may be easier to go for coffee or lunch earlier to avoid the times when the café at a tourist spot will be very busy.

This is the sort of thing that a relative or friend can do on a recce for you.

### Food Buddies cafés

In the Scottish Borders we have been visiting cafés and awarding them our 'Food Buddies' window sticker if they are working towards being dementia friendly. These places will have space to move round tables easily, quiet areas, clear signs and flexible eating options, as well as understanding staff.

We have been working with these cafés for a while:

- Eastgate Theatre café, Peebles.
- Dawyck Botanic Gardens café, Stobo, near Peebles.
- Traquair Garden Café, Traquair House, near Innerleithen.
- T42, Galashiels.
- Café Questo, Eyemouth.

These are cafés we are working with now:

- Whitmuir Organic Farm Café, near Leadburn and Lamancha.
- Kailzie Café, Kailzie House, near Peebles.
- The Almond Tree, Hawick.
- Café Rialto, Eyemouth.

These are cafés that are part of Food Buddies in summer 2018. We will be visiting more cafés – please send in any suggestions to Ruth at [Outside the Box ruth.n@otbds.org](mailto:Outside the Box ruth.n@otbds.org).

**“ I always try to check out a website, or make a phone call, to find out practical things like opening times, food options, access and facilities. That helps me to have a better outing. ”**

## **Getting comfortable**

In cafés – especially when somewhere new – it can be easy to get distracted by other people and the lovely view. But that can make it harder to focus on the food. You can choose a table at a wall or corner and that way the person living with dementia or other health problems can face the wall if they prefer that.

But if you like watching people go by, look into the room or head for a window and watch the world go by.

If you like to have less noise around you:

- You can ask staff to turn down the music.
- Ask where the seats are that are further from speakers.
- Look for where the till and the coffee machine are and head for the opposite corner, or ask to be seated in a quiet part of the café or restaurant.

You can ask to have a different seat – for example if there is a nice table at the place you want with a low sofa but you want a seat with a higher back from another table.

You can ask staff to clear a table promptly if used cups and plates are confusing or upsetting. You can ask nicely and explain about dementia and help raise awareness.

### **Choosing what to eat**

Sometimes menu items can sound a bit fancy. If you are not sure if you will like something, ask if you can have a smaller portion, or a taster of different foods.

If you prefer to eat smaller amounts:

- Some cafés offer a sharing plate or grazing platter – sometimes they are listed in the Starters.
- You can also ask for a smaller portion or a ‘children’s meal’.
- You can order two starters instead of a main dish, or a starter and a pudding.

Special diets – many places these days will know how to cope with vegetarian, vegan, gluten-free or diabetic diets. Don’t be afraid to ask.

If you are finding your food tastes have changed, and everything tastes bland:

- Ask for sauces or mustard to add some extra flavour.
- Ask if you want something that they may not offer everyone, such as fruit or honey to go with savoury food if you prefer food that tastes sweeter.

“ I don't know if I'll like a certain food until I actually taste it...we order two different meals so we can swap. ”

### **Plates, cutlery, etc.**

It is ok to take things with you that you can use in cafés, etc. You can explain that your sight is not so good and this will let you enjoy the food more and have less risk of a spill.

Take plates and cups with you if that helps, such as coloured ones and two-handled mugs (see Useful information). It's best to take a set that won't get broken and won't matter if they get lost.

- You might want to take your own cutlery if you feel comfortable with it – strange cutlery might feel heavy or awkward.
- Consider taking a coloured napkin so that you can put it under the food or the plate for extra contrast. That way you won't have a white sandwich on a white plate or a white plate on a white table.

## **Picnics**

A picnic is a great option, it means you can stop and eat what you like, when you like – and of course it's much cheaper.

Many places will have benches or picnic tables so you can enjoy your own food. You can often check it out in advance when deciding where to go.

You can have the food, plates and everything else just the way you like it.

Remember to drink plenty – water or your usual juice – to keep you hydrated when out and about.

A couple of spare plastic bags for wrappers and a pack of wet wipes or baby wipes are always useful too.



We usually take our own sandwich – it always tastes delicious in the outdoors! And you can eat it whenever you feel hungry, no need to wait in queues or pay a fortune. As long as there's a public loo, we're sorted.

Sometimes I forget to eat and drink! So I have an alarm set to remind me, especially when I'm out and about.



## Other practical things

Are you going to a strange place or a place you won't remember?

- Try to get information in advance – from the Tourist Office or the Internet. Friends or relatives can help with the technology, or ask at the Library.
- If you go armed with some photos of the town or the building you are going to, this will help you to find your way and recognise the place when you get there.
- If someone has checked out a place for you beforehand, they can help with information to make it easier to find your way when you get there.

## Finding a toilet

- When you get to a place, look for or ask about the loos. That way you are not having to look for them when you are under pressure.
- It is fine to take your own towel and soap with you, in case it is a toilet with fancy taps and driers (the sort that no-one understands).
- Many public toilets these days have a flush where you wave near the sensor, rather than touching, for hygiene reasons. It can be hard to see this, so you can always try waving near the wall.

## Afterwards

Enjoy your memories from the day.

- Print off bigger copies of photographs from the day. It can be nice to have these at home.
- Postcards work well too.
- Keep a written record of the day too – many people find that writing it down is a nice way to make it personal.
- A scrapbook of your summer, or days out through the year. It is fun to make and to enjoy when you look at it later.



**We made a big collage of our day out, so we could show the family where we'd been.**



Use this day to help you plan your next day out.

- Think about what worked well and what could have made things easier. Write these down as that way you can use your own experiences to help you plan the next trip.
- Write down how you feel as well as the practical things.
- It often helps to talk it over with someone else.
- You can come up with a checklist – points when planning ahead and things to remember on the day.

## **Examples of good places to go for days out**

Food Buddies is based in the Scottish Borders and we have been receiving recommendations from people who live here and others who like to visit the area. There are similar places across the country. We hope our list gives you ideas on places for a day out.

- Big houses with ornamental gardens and cafés such as Abbotsford House or Traquair House.
- A scenic drive by car (or a scenic bus or railway journey): remember to plan in toilet and food breaks, work out the journey time, and check the weather forecast! See Useful information.
- Recommended places: some older people we spoke to suggested the Kelpies, the Falkirk Wheel, scenic loch and river routes, the Source of the Tweed, the Grey Mare's Tail and, of course, the seaside.
- In a city: a bus tour – where you can get on and off again at different places, if you want to. This is a great way to see the sights of a city, and get a commentary at the same time. Edinburgh Bus Tours are wheelchair accessible. See Useful information.
- Borders bus tour – leaves from the Galashiels Transport Interchange and offers a 1.5-hour tour of some popular Borders attractions. See Useful information.

- The Borders railway offers a quick ride to Edinburgh from Tweedbank or Galashiels. See Useful information for advice on seeking assistance for travelling by rail.
- Forest picnic spots and trails: many of the people we have spoken to enjoy these. See Useful information.
- Garden centres: big centres are located all over the country, usually with an accessible café and the opportunity to buy gifts or gardening supplies. Some smaller garden centres often have cafés too and will be able to offer advice on gardening too, including gardening in containers or small spaces.
- Exhibitions: many of the people we have spoken to said they enjoy going to art or craft exhibitions.
- Nature reserves: these are dotted around the country; many of them have accessible routes as well as cafés. See RSPB in Useful information.

**“ I’ve always been a birdwatcher. Sometimes now I can’t remember the names of the birds...but that doesn’t matter, I still love to see and hear them. ”**

**“ We love going to art and sculpture exhibitions. I always phone to check if there will be space to move around the exhibits with my frame, and benches to sit on.**

**Where would I be without garden centres? I often meet friends there on the pensioners’ deal day, and we have a natter over coffee then a browse around the plants.**

**The forests are lovely! You can park and have a picnic at a picnic table, or stroll round some of the easy marked trails.**

**”**

## **Examples of regular activities**

There are some very rural areas within the Scottish Borders and throughout Scotland. This can make it doubly difficult to find social activities if you already have some degree of reduced ability. Here are some suggestions for finding out what’s on offer locally. There are many gentle exercise groups such as walking football, new age kurling, organised ‘rambles’/walks, as well as special interest clubs such as photography or other short courses,

community gardens, craft clubs...ask around, you are bound to find something! Enjoy keeping busy!

How to find out about local groups and activities:

- Local community centres and sports centres.
- Council contact centres or the Council website.
- Newsletters from Churches and community groups.
- Local press and internet – look out for local Facebook pages.
- Social media – get someone to help with this if you want.
- Noticeboards in public spaces and supermarkets.
- Health and social care workers.
- ‘What matters’ Hubs in Scottish Borders.
- Asking people!

**“ I usually sign up for a block of classes. Even if you miss one, it’s still value for money. And it makes me go along more regularly. ”**

**“ We go on the dementia-friendly walk every week. My wife has dementia and she enjoys the slow pace and being in nature. We have a nice cup of tea and a chat with others after the walk. ”**

Here are a few ideas from the people we spoke to.

- U3A (University of the 3rd Age) – ‘It’s not highbrow at all. You don’t need to have a degree! The people are very friendly and we have lots of interesting talks.’
- ‘Walk-it’ walks and rambling groups – these are organised by friendly trained leaders and volunteers in the Scottish Borders and beyond. Some of the walks are designed to be dementia-friendly; these walks cater for all abilities, including carers of people with dementia who want to get out and chat to others. See Useful information.
- Men’s Sheds – This is a fairly new concept but based on the age-old idea that men (and some women!) are happiest pottering away in a shed! They are springing up all over the country,

as a place where you can socialise and get on with a favourite hobby or DIY project. Once you have got settled there will probably be other members of the Shed who will give you a hand.

- Language classes – These are often run locally as community day or evening classes, whether you want to brush up or learn a new language from scratch. Lingo Flamingo organise fun language classes specifically for people living with dementia. See Useful information.
- Cycling Without Age offer regular trishaw rides in some areas – for fun and the ‘wind in your hair’ experience. See Useful information.



**I love speaking French again. It helps keep my brain active. I've found my *joie de vivre* once more!**

**I miss my garden. But I can help out here with the raised beds, they are easy to reach. I love weeding!**

**Sometimes if my wife goes out I forget to go to my walking group. That's very disappointing as I enjoy it.**



**“ I know the group is on a Wednesday, but sometimes it is hard to know which day is Wednesday. ”**

Here are tips on ways to keep involved

- Use simple reminders such as setting an alarm clock, with a written note, a calendar with lots of space for writing in what you are doing.
- If you are comfortable with technology, get a computer or phone app which will set alerts for you, to remind you which activity is on each day.
- If you struggle to get to an activity or club, ask the organiser about transport options.
- Ask someone at each group to remind you when it is on, and perhaps come for you and you can go there together.

**“ We both have our own separate interests, and things we like doing together – just like when we were younger. I go out to my Rural and quilting club while my husband stays at home with a book or potters in the garden – but we always do the shopping together. ”**

“ We love to visit my son but we find the grandchildren exhausting! So we go for a wee while and say we have left the slow cooker on!

The lunch club is good but it's a three-course meal! So now I walk there and back with my wife, that way I get some exercise as well!

I always enjoyed my art but it was getting too much for me. Then a friend told me about the dementia-friendly craft club. She organised a lift for me; now I go every week.

”

# Useful information

## Travel

### Refresher courses for older drivers

<https://bit.ly/2wpEfRd>

### Assisted rail travel

T. 0800 022 3720

### Blue Badge scheme in Scotland

[www.mygov.scot/apply-blue-badge](http://www.mygov.scot/apply-blue-badge)

### Community Transport Hub (Borders)

a one-stop place to find out about or book community transport

E. [borderscommunitytransporthub@gmail.com](mailto:borderscommunitytransporthub@gmail.com)

T. 0300 456 1985

### Edinburgh bus tours

<https://bit.ly/2oiUhlc>

### Borders bus tours from Galashiels

Transport interchange (bus/train station),

<https://bit.ly/2PgCPIx>

### **Cycling with dementia**

[www.dementiablog.org/cycling-dementia](http://www.dementiablog.org/cycling-dementia)

**Sustrans** safe sustainable walking and cycling routes: [www.sustrans.org.uk](http://www.sustrans.org.uk)

**Living Streets** encouraging more people to walk to get to places: <https://bit.ly/2wnizFx>

**Travelling with dementia** leaflet produced by Scottish people living with dementia: <https://bit.ly/2PKiRhw>

### **Scenic drives from Glasgow**

<https://bit.ly/2MWEAV0>

## Places to visit

**Tweed Valley Forest Park** information on accessible routes: <https://bit.ly/2wIHHwo>

## Forestry Commission Scotland

[www.scotland.forestry.gov.uk/map](http://www.scotland.forestry.gov.uk/map) and filter by activity to find easy access routes

## Scottish Borders easy access

**countryside sites** downloadable leaflet <https://bit.ly/2wo4TK7>

## Easy access walks in Scotland

[www.disabilityscot.org.uk/accessible-outdoors-scotland](http://www.disabilityscot.org.uk/accessible-outdoors-scotland)

## Big Houses in the Scottish Borders

downloadable leaflet with access info: <https://bit.ly/2oh8xkG>

## Open Garden scheme

contact individual owners to check on suitability: [www.ngs.org.uk/scottish-gardens/](http://www.ngs.org.uk/scottish-gardens/)

## **Regular classes and activities**

**Fit Borders** fitness classes in the Borders for all ages and abilities  
[www.fitborders.co.uk](http://www.fitborders.co.uk)

**Lingo Flamingo** language classes for people with dementia, Glasgow-based with classes throughout Scotland  
[www.lingoflamingo.co.uk](http://www.lingoflamingo.co.uk)

**Walk-it walks** Scottish Borders, contact: Denise Carmichael  
T. 01835 826702  
M. 07813 535394  
E. [denise.carmichael@scotborders.gov.uk](mailto:denise.carmichael@scotborders.gov.uk)

**Health Walks** (nationwide map)  
<https://bit.ly/1RXCz58>

**Ramblers Scotland** searchable map with access/ability info: <https://bit.ly/2wtLeYB>

## **Cycling without Age Peebles**

contact E. [CWAPeebles@gmail.com](mailto:CWAPeebles@gmail.com)

## **Cycling without Age Scotland**

[www.cyclingwithoutage.scot](http://www.cyclingwithoutage.scot)

**Men's Sheds** find your local shed:

[www.scottishmsa.org.uk](http://www.scottishmsa.org.uk)

**Abundant Borders** network of community gardens in the Scottish Borders

[www.abundantborders.org.uk](http://www.abundantborders.org.uk)

## **Borders Food Communities**

community garden and produce

sharing: [www.facebook.com/groups/](http://www.facebook.com/groups/BordersFoodCommunities)

[BordersFoodCommunities](http://www.facebook.com/groups/BordersFoodCommunities)

## **Trellis therapeutic gardening projects**

<https://bit.ly/2LAPR8U>

## **What Matters Hubs (Scottish Borders)**

advice on community groups and professional support:

<https://bit.ly/2MA1odQ>

**RSPB** Type in your postcode to find nature reserves and facilities in your area:

[www.rspb.org.uk](http://www.rspb.org.uk)

## **Practical assistance**

### **Dementia assistance cards**

<https://bit.ly/2LBXL1Q>

### **Alzheimer Scotland**

[www.alzscot.org](http://www.alzscot.org)

### **Two-handed mugs**

<https://bit.ly/2Nv15gQ>

**Purple Alert** free app for carers of people living with dementia [www.alzscot.org](http://www.alzscot.org)

## More ideas

**Age Scotland** information on getting out and about for older people: <https://bit.ly/2MA2tCq>

**Elder Care** information on dementia-friendly days out: <https://bit.ly/2LCFTUm>

**Life Changes Trust** funds various projects for people living with dementia, including many innovative activity groups, e.g. ecotherapy and dementia-friendly table tennis: [www.lifechangestrust.org.uk/people-affected-by-dementia](http://www.lifechangestrust.org.uk/people-affected-by-dementia)

# Contact us

Outside the Box Development Support

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There is more information from the Food Buddies project at

[www.otbds.org/projects/food-buddies](http://www.otbds.org/projects/food-buddies)

You can also find other information for older people on our website

[www.otbds.org](http://www.otbds.org)

