

## Stalls in the Dining Room 10am-2pm

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| * Borders in Recovery                            | * Quarriers                                      |
| * Borders Community Sewing Club                  | * BeFriend Service Worker                        |
| * HomePhysio by Nicola Ltd                       | * Borders Additional Needs Group                 |
| * Warrior Womben                                 | * Health Improvement                             |
| * Eat Sleep Ride                                 | * Wellbeing Service                              |
| * Live Borders Kelso                             | * Place and Space: Day Opportunities at QME care |
| * School nurse                                   | * Reiki master                                   |
| * Borders Community Action                       | * SBC Local Area Co-ordinator - Mental Health    |
| * Stable Life                                    | * Rewire Therapy                                 |
| * Megan Darling Physio-therapy and Rehab Pilates | * Reiki Treatments                               |
| * Kelso Hockey Club                              | * M-Pulsive Dance School                         |
| * Peer2Peer Mindfulness                          | * u3a four border abbeys                         |
| * Borders Weight Management                      | * Kate Robertson Sports Therapy                  |
| * Abundant Borders                               | * Counselling with Gemma                         |
| * KD Fit   | * Borders Girls' Rugby                           |
| * Martha Pollard Counselling                     | * Scottish Country Dancing                       |
| * Cheviot Youth                                  | * Kelso Medical Practice Allotment               |
| * Health in Mind                                 | * Kelso Park Run                                 |
| * Park Run                                       | * Royal National Institute for Deaf People       |
| * MS Society                                     | * QME Care                                       |
|  | * Borders Occupational Therapy                   |



## Program of events



### Sports Hall

10.15am-11.15am - Warrior Womben - seminar covering pelvic floor and yoga practice  
 11.30am- 12.30pm -KD FITNESS -demo class  
 12.30pm-1.30pm -MPulse Dance- workshop

**Gym** - open for tours throughout the day

### Classrooms

**1018** = Mrs Beth Cameron-Lyle = 3 x 45min

10.15- 11am - Introduction to mindfulness - what? why? how?

11.15am-12- Stress - brain and body

12.15PM-1PM - Sleepy session- supporting sleep

**1019** = Quantum Life Coaching

10.30 - How to Keep Calm and Carry On (breathwork & biofeedback)

11.30 - Feeding the Brain (brain health & nutrition)

12.15-How to Keep Calm and Carry On (breathwork & biofeedback)

13.15-Feeding the Brain (brain health & nutrition)

**1020** = Peer2Peer Mindfulness = 30minute mindfulness session running at 10.30am, 11.30am, 12.30 and 13.30.

**1021** =10.15am -11.15am- Rewire- mindfulness and neurodivergence session

11.30am -12.30pm - Warrior Womben- seminar covering pelvic floor and yoga practice

**Upstairs flexi space** (top of stairs) Cheviot Youth Drop-in session all day

**Main entrance side room G044/43-** Royal National Institute for Deaf People- free hearing tests all day

### Small Games Hall

**LIVE BORDERS** 10-15min taster sessions

10am - HIIT

10.15am - Ilona group fitness

10.30am -Legs bums and Tums

10.45am - Ilona group fitness

11am-Step

11.30am - Spin

12pm - Stretch and tone

**Outside/school yard**= Stable Life and their horse +/- sports clubs weather permitting