

Dementia Friendly - fully accessible and gentle

Moving in nature is for everyone. It's free, simple and gentle on the body. You can do it on these short, very steady, fully accessible wheelchair friendly strolls.



Very short dementia friendly strolls

These very steady strolls will enable those living with dementia and carers supporting loved ones to enjoy meeting up, being outdoors and sharing your experiences. If you need someone to support you please don't come on your own as unfortunately we can't offer any additional support.

What you can expect

- strolls led by trained walk leaders who have a good understanding of dementia
- length and pace of stroll designed for you – up to an hour
- enjoy a cup of tea, piece of cake and a good chat afterwards
- fully accessible toilets and café

No need to book, just turn up

Fully accessible locations with a lovely cafe

2pm 2nd Tuesday of the month: Darley Dale—meet at the **Whitworth Centre war memorial** (by car park) for a short walk around the beautiful park (pay & display)

Dates Sept 8, Oct 13, Nov 10, Dec 8

4th Wednesday of the month: Forget-me-nots – meet in different locations in the North of the District

For more info about Forget-Me-Nots and **future walk dates** contact Amy Taylor on 07934 603926 or email derbyshirepeaksanddales@mha.org.uk



Visit our website (www.derbyshiredales.gov.uk) for more detailed information or contact Sam Barton by phoning 01629 761194 or by email:

sam.barton@derbyshiredales.gov.uk