

Dementia Friendly Walk and Talk

Walking Works! Walking is for everyone. It's free, simple and gentle on the body. You can do it on these short, very easy, fully accessible wheelchair friendly walks. Derbyshire Dales District Council Health Walks are working in partnership with the Peak District National Park and the Alzheimer's Society.



Very Easy Dementia Friendly walks

These easy walks 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!

- Walks led by trained Walk Leaders who have a good understanding of dementia
- Length and pace of walk designed for you (15—60 mins)
- Enjoy a cup of tea, piece of cake and a good chat afterwards



Walks are on Tuesdays at 2pm - No need to book, just turn up Two Different Fully Accessible Locations

We have 2 locations both offering a wonderful café at the end :-

1st Tuesday of month : Darley Dale—Meet at the **Whitworth Centre** for a short walk around the beautiful park and linked trails. (Pay and Display)

3rd Tuesday of month : Bakewell—Meet at **Hassop Station** for a short walk along the Monsal Trail with Peak Park Rangers. (Pay and Display)

| Summer | Darley Dale | Hassop Station |
|-----------|------------------------|-------------------------|
| July | 6 th at 2pm | 20 th at 2pm |
| August | 3 rd at 2pm | 17 th at 2pm |
| September | 7 th at 2pm | 21 st at 2pm |

www.derbyshiredales.gov.uk/dementiafriendlywalks

For more information **contact** Derbyshire Dales Health Walks Coordinator *Helen Milton* 01629 761194
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