

# Dementia Friendly Walks

**Walking Works!** Walking is for everyone. It's free, simple and gentle on the body. You can do it on these short very easy accessible wheelchair friendly walks. The Peak District National Park have joined our partnership with Making Space.



## Tuesday Very Easy Dementia Friendly Walks!

These easy walks will enable those living with Dementia and carers supporting loved ones to enjoy exercise outdoors.

### What you can expect!

- Walks led by qualified Walk Leaders
- Length and pace of walk designed for you (15—60 mins)
- Enjoy a cup of tea and a cake afterwards

<b>Whitworth Centre</b> free car park , Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks	<b>2 pm</b>	<b>2nd Tuesday of month</b> 8 Jan 12 Feb 12 Mar
<b>Hassop Station</b> a walk along the Monsal Trail with the Peak District National Park Rangers	<b>2 pm</b>	<b>3rd Tuesday of month</b> 15 Jan 19 Feb 19 Mar

For more information **contact** Derbyshire Dales DC Walking for Health Coordinator *Helen Milton* 01629 761194.  
*Email: helen.milton@derbyshiredales.gov.uk*



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