

WALKING DATES – 1st & 3rd Wednesday of the Month

DATE	TIME	VENUE	MEETING POINT
7 th November	10.00 am	Sibleyback	Saltash Leisure Centre Car Park, PL12 6DJ
21 st November	10.00 am	Calstock	Saltash Leisure Centre Car Park, PL12 6DJ
5 th December	10.00 am	Mount Edgumbe & Christmas Lunch	Saltash Leisure Centre Car Park, PL12 6DJ
19 th December	10.00 am	NO WALK	
2 nd January	10.00 am	Saltram	Saltash Leisure Centre Car Park, PL12 6DJ
16 th January	10.00 am	Cotehele	Saltash Leisure Centre Car Park, PL12 6DJ
6 th February	10.00 am	Central Park, Plymouth	Saltash Leisure Centre Car Park, PL12 6DJ
20 th February	10.00 am	Plymouth	Saltash Leisure Centre Car Park, PL12 6DJ
6 th March	10.00 am	Kit Hill	Saltash Leisure Centre Car Park, PL12 6DJ
20 th March	10.00 am	Yelverton – Roborough Downs	Saltash Leisure Centre Car Park, PL12 6DJ
3 rd April	10.00 am	Hannafore Point	Saltash Leisure Centre Car Park, PL12 6DJ
17 th April	10.00 am	Seaton	Saltash Leisure Centre Car Park, PL12 6DJ



✉ info@dementiapl12.uk ☎ 07512 098117



DEMENTIA VOICE PL12 WALKING GROUP

With the support of trained Walk Leaders, we want people living with, or affected by Dementia to enjoy safe walking routes at a pace which works for them. If you are caring or supporting someone with Dementia, you too are welcome to join our walks.

If you would like to take part, just turn up at the meeting point, 15 minutes before the start of the walk time and introduce yourself to the Walk Leader.

Wear sturdy, comfortable shoes and a waterproof jacket and bring your own drink and a walking stick, if needed.

If you want to know more, get in touch by emailing info@dementiapl12.uk or by calling 07512 098117.

Everyone is welcome! Please join us!



www.communityenterprisespl12.co.uk/projects/dementia-voice-pl12

Dementia Voice PL12 is part of Community Enterprises PL12



DEMENTIA VOICE PL12 WALKING GROUP

Walking is good for us all!

A range of physical and wellbeing benefits can be gained from regular walking in a group. With the support of trained Walk Leaders, we want people living with or affected by dementia, to enjoy safe walking routes at a pace which works for them.

OUR WALKS

On the 1st and 3rd Wednesday of each month, beginning at 10.00 am, we will be leading in walks varying in length from 30 to 90 minutes. In general, walks will be on good even surfaces with only a few slight inclines. However, there will be some which may be considered a little more challenging.

We will use the Hopper Bus to take us to the walk location. At the end of each walk we will stop for refreshments before returning home. The cost of the trip will be £3.00 per person.

If you are concerned, please be aware that there will always be someone to lend a hand and offer support.

IF YOU WOULD LIKE TO TAKE PART

- Just turn up at the meeting point 15 minutes before the start of the walk.
- Introduce yourself to the Walk Leader
- Wear sturdy comfortable shoes and a waterproof jacket, please also bring a walking stick.

FOR YOUR INFORMATION

- Our Walk Leaders are Dementia Champions and have attended Dementia Awareness Sessions and Walk Leader Training.
- Walks will be in accessible locations, away from busy roads.
- If you wish to speak to us beforehand, we can be contacted on info@dementiapl12.uk or by phone on 07512 098117