



Derbyshire Carers Association Dementia Friendly Walks



**Walking for Health, Making Space
and Derbyshire Carers Association
would like to invite you on a walk
to suit any ability.**

These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support.



**Whitworth Centre free car park in Darley Dale off A6 - a
walk around Whitworth Park and linked cycle tracks**

2nd Tuesday of month—9 Oct, 13 Nov, 11 Dec 2018

**Hassop Station (pay and display) - a short walk along the Monsal
Trail with the Peak National Park Rangers**

3rd Tuesday of month—16 Oct, 20 Nov, 18 Dec 2018



**For more information please contact Helen Milton
at Walking for Health on: 01629 761 194 or email
helen.milton@derbyshiredales.gov.uk**

Registered Charity Number: 1062777

