

# Dementia friendly walks for all

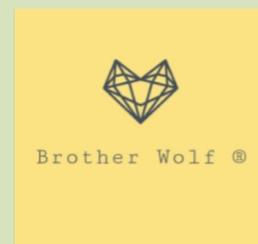
## *In the Kendal & South Lakes Area*



**Dignity in  
Dementia**

Helping you support people with dementia

In partnership with



- Easy guided walks for people living with dementia & their carers
- Open to anyone who would like the support of our friendly group to enjoy our beautiful local countryside
- Thursdays 10am -11am
- Optional visit to a café/pub afterwards
- Free to join in



For further information contact:  
[Info@dignityindementia.org](mailto:Info@dignityindementia.org)  
Diane on 07771 682378

**12<sup>th</sup> March** – meet at **The Station Inn**, Oxenholme, Kendal, LA9 7RF

**19<sup>th</sup> March** – meet at **The Watermill Inn**, Ings, Nr. Staveley, LA8 9PY

**26<sup>th</sup> March**– meet at **No 17**, 17 Park Rd, Milnthorpe, LA7 7AD

**2<sup>nd</sup> April** – meet at **Wilfs café**, Staveley Mill Yard, Staveley, LA8 9LR

**9<sup>th</sup> April** – meet at **Sizergh Castle**, Ashbank Lane, Sizergh, LA8 8AE

**16<sup>th</sup> April**- meet at the **Station Inn**, Oxenholme, Kendal, LA9 7RF

**23<sup>rd</sup> April** – meet at the **Derby Arms**, Witherslack, LA11 6RH

**30<sup>th</sup> April** - meet at **No 17**, 17 Park Rd, Milnthorpe, LA7 7AD

**7<sup>th</sup> May** - Group to decide – Email/phone for details

