

Dementia friendly walks for all

In the Kendal & South Lakes Area



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
Diane on 07771 682378

12th March – meet at **The Station Inn**, Oxenholme, Kendal, LA9 7RF
19th March – meet at **The Watermill Inn**, Ings, Nr. Staveley, LA8 9PY
26th March– meet at **No 17**, 17 Park Rd, Milnthorpe, LA7 7AD
2nd April – meet at **Wilfs café**, Staveley Mill Yard, Staveley, LA8 9LR
9th April – meet at **Sizergh Castle**, Ashbank Lane, Sizergh, LA8 8AE
16th April- meet at the **Station Inn**, Oxenholme, Kendal, LA9 7RF
23rd April – meet at the **Derby Arms**, Witherslack, LA11 6RH
30th April - meet at **No 17**, 17 Park Rd, Milnthorpe, LA7 7AD
7th May - Group to decide – Email/phone for details

