

## **Full Details**

### **Walking in Nature – Dementia Friendly**

Going outside makes us feel much better, relieves stresses of everyday living and is a valuable source of vitamin D. So why not join us!

**The first FREE walk will be on Monday 17<sup>th</sup> May 2021 11am to 12noon.**

This is a **Dementia Friendly** pleasant guided circular walk about 0.8 miles (1.29km) for all abilities around the beautiful Waltham Abbey gardens. Join us throughout the year every other Wednesday at 11am. We meet at Epping Forest District Museum, 39-41 Sun St, Waltham Abbey EN9 1EL We will walk through the historical town of Waltham Abbey and the grounds of the old monastery taking our time to enjoy the natural world around us.

Most of the walk is on flat ground with hard paths with a short 200 m section on earth path which may be a little muddy if we have had a lot of rain and slightly uneven in places. But we can avoid this on the day if needed. Depending on the walking speed of the group and what we stop to look at, expect this walk to take an average of 45minutes to one hour.

We have walked through this route with a person affected by dementia and were guided by their suggestions to ensure those living with dementia will reap maximum benefits from this activity. They particularly commented on the joys of taking in the outside world, the beauty of sitting in the Rose Garden, observing nature and feeling the sun on their face.

**To celebrate Dementia Action Week our first walk is FREE.** Thereafter there will be a small fee of £2.60 per person, please note if you are attending to support or are the carer, friend or partner of someone attending you will not be charged.

**Parking** – There are 2 main parking options near to the walking route. If you require further information, please contact Karen or Laura on the details below.

**Future walks from Wednesday 2<sup>nd</sup> of June 2021** will be every 2weeks on a Wednesday 11am – 12pm with a refreshment break (currently drinks will not be provided so please bring a flask and a snack) either during our walk weather permitting in the Abbey Gardens or after the walk at Epping Forest District Museum. So, you will have plenty of time to get to know other members of the group.

**To book your place** on the walk either here online or call 01992 564226 (phone lines open 10am to 12.45pm Monday to Friday)

You can book your place up to 11am the day before the walk, places are limited to 12 people per walk excluding leaders and volunteers

Karen Murray and Laura Cleverly from the Epping Forest District Council Community Engagement Team look forward to meeting you.

If you require any further information or would like a copy of this walk so you can enjoy it with other family and friends, please contact us:

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