

Dementia-friendly walks

in Arnside & Silverdale
Area of Outstanding Natural Beauty



- easy guided walks for people living with dementia & their carers
- Tuesdays 10am - 11am
- optional visit to a café/pub afterwards
- discover the beautiful landscape, wildlife & culture of the area with our friendly group

- **16th July**- meet at The Bob-in Café, New Barns, Arnside LA5 0BN.
- **23rd July**- meet at the Silverdale Hotel, Shore Road, Silverdale, LA5 0TP.
- **30th July**- meet at the Wolf & Us café, Lindeth Road, Silverdale, LA5 0TX.
- **6th August** – meet at RSPB, Leighton Moss, Storrs Lane, Silverdale, LA5 0SW.
- **13th August** – meet at Holgates Holiday Park, Cove Road, Silverdale, LA5 0SH.
- **20th August** – meet at Leighton Hall, Peter Lane, Carnforth LA5 9ST



No need to book - just turn up!

For further information:

Visit www.arnsidesilverdaleaonb.org.uk/events or contact the project leader, Feleena Taylor, on 07474588585 or the AONB Partnership on 01524 761034.

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