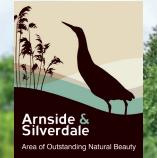
## Dementiafriendly walks



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 OTP.
- **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.

info@arnsidesilverdaleaonb.org.uk