

Walking for Dementia

Bassetlaw

Walking can help prevent and manage Dementia

Walking 3,800 steps a day (about 2 miles) can lower the risk of developing dementia by 25%

Moderate to brisk walking improves your attention span, brain function, processing speed and memory

And if you walk briskly for 30 minutes every day you can reduce your risk of developing dementia by 62%



Alzheimer's Society



Working to become

Dementia Friendly

WALK notts

walking can

- Connect you to your neighbours and your local community
- Give you more energy
- Help you to sleep better
- Be good for your mental health
- Help you to manage your weight
- Reduce your blood pressure
- Make you feel good

Start with 3 times a week and build up to a short walk every day if possible

Walk at a moderate to brisk pace (you should be able to talk)

If you're walking outdoors, choose safe, familiar routes to reduce confusion or anxiety

Or, you could try indoor walking (walking around the supermarket or shopping centre all counts!)

And walking with a companion or group can make it motivational and enjoyable as well as safe!



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If you need support to take the first step, there are people and groups who can help:

For people with dementia/carers

Falls Prevention Classes [Your Health Notts](#)
Wednesday mornings, The Crossing, Worksop
Thursday mornings, The Well, Retford
Contact 0115 772 2515

Forget Me Nots
The Beeches Community Centre,
Tuxford, NG22 ONF
£8 per session/person.
Tuesdays 12noon - 2.45pm
Contact Sonya Bown 07933 452969

Forget Me Nots
Dunham on Trent Village Hall NG22 0FJ
Mondays 11.30am - 2.30pm

The Pit Stop
St Paul's Church Hall, Worksop S80 2TS
Thursdays 11.30am - 2.30pm
Contact Sonya Bown 07923 256978

The Wednesday Group
Retford Memory Support and Friendship Group
Hallcroft Methodist Church, Retford, DN22 7LB
Wednesdays 12noon - 3pm
Contact Jan Williamson 01777 709 974

Oasis Community Centre
2a Longfellow Drive, Worksop, Notts, S81 0DE
Wednesdays 11am - 2pm
Contact Caroline McGrath 07495 923093

STILL ME
Newcastle Avenue, Worksop S80 1ET
Wednesdays 2pm - 3.30pm
Contact 01909 475806 or 0115 804 3551

BPL's Feel Good Dementia Group
Kilton Forest Golf Club, Windmill Lane,
Worksop, S80 2SQ £6 per person
Fortnightly on Friday 11am - 1.30pm
Contact 07957 743053 or
email kiltonmemorygroup@bpl.org.uk

Bassetlaw Action Centre
Canal Street, Retford, Notts, DN22 6EZ
Accessible transport and help with benefits and
home support
Contact 01777 709650
enquiries@actioncentre.org.uk
www.bassetlawactioncentre.org.uk

General Walking groups/routes

Bircotes Smiley Milers
Harworth and Bircotes Sports & Social Club,
Scrooby Road, Bircotes DN11 8JT
Wednesdays at 10.00am
Contact Malc Funnell on 07853 725262

Step2it Dukeries
Kilton Forest Golf Club, Blyth Road,
Worksop S81 0TL
Thursdays at 10am.
Contact Malc Funnell on 0785 3725262

The Worksop Ramblers
7-9 miles on Sundays and alternate Thursdays
[Worksop Group - Ramblers](#)

U3A walks
Mondays, 10am, 6-8 miles
[Walking - Worksop & District](#)

If you want to go your own way,
why not try our beautiful green
spaces with their one mile walk
trails:



- The Canch and Memorial Gardens, Worksop
- King's Park Retford
- Langold Country Park
- Tommy Simpson Recreation Ground,
Harworth and Bircotes
- Retford Canal

