

# Walking for Dementia

## Broxtowe

### 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

Broxtowe

South  
Nottinghamshire  
Place-Based Partnership



**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

**Eastwood Memory Café** 07847 716759  
[www.eastwoodmemorycafe.co.uk](http://www.eastwoodmemorycafe.co.uk)

**Beeston Memory Café** 07846 403342  
Middle Street Resource Centre NG9 2AR  
Thursdays 1.45pm - 3.45pm  
[www.beestonmemorycafe.com](http://www.beestonmemorycafe.com)

**Stapleford Memory Cafe** 0779 6651950  
or email: [jayne.daykin60@gmail.com](mailto:jayne.daykin60@gmail.com)  
The Equalised Club, Albert Avenue,  
Stapleford, Nottingham, NG9 8ET  
Wednesdays fortnightly 2pm – 3.30pm

**Nottingham Forest Community Trust  
Memory Club**  
Strelley Social Club, Helston Drive, NG8 6JZ  
Wednesdays, 10.30am - 12 noon

**Trent Dementia Services** 0115 7484220  
[www.trentdementia.org.uk](http://www.trentdementia.org.uk) or  
email [contact@TrentDementia.org.uk](mailto:contact@TrentDementia.org.uk)  
Highfields Park NG7 (outside Pavilion Cafe)  
First Thursday of the month, 11.30am  
Stonebridge City Farm NG3 (Farm cafe)  
Second Thursday of the month, 11am

**Forget Me Notts Dementia Programme**  
0115 9823000  
[www.trentbridge.co.uk/Trust](http://www.trentbridge.co.uk/Trust)  
All Trent Bridge Community Trust  
Tuesdays, 10.30am-11.30am

**Move More @ Clifton Leisure Centre**  
£5 includes access to swim for health,  
sports hall activities and tea/coffee.  
Clifton Leisure Centre  
Wednesdays 10.30am-12.30pm

**Dementia Studio** - a place to create and connect  
16 Hall Croft, Beeston  
07543 534336  
[www.dementiastudio.org](http://www.dementiastudio.org)

### General Walking groups/routes

**AgeUK Walks**  
0115 896 6906  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

**DH Lawrence Walks** 0115 917 3824  
Birthplace Museum,  
Victoria Street, Eastwood, NG16 3AW  
First Tuesday of each month at 10am

**Eastwood U3A 'Strollers'** (April to September)  
and **'Five Mile Walks' groups** contact Groups  
- Eastwood and District u3a Free for  
U3A members

**Broxtowe Ramblers** on Our **Walks  
Programme** for walks ranging from 3-13 miles

If you want to go on your own or with  
family/friends have a look in the  
**Eastwood Little Green Book** or on the  
Broxtowe Borough Council website  
*Walking and Cycling*

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