

Walking for Dementia

Gedling

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%

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Borough Council


Alzheimer's Society

Working to become
Dementia Friendly

South Nottinghamshire
Place-Based Partnership



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!

WALK notts



Walking for Dementia

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

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For people with dementia/carers

Core Centre Calverton Working Men's Club,
Collyer Road, Calverton NG14 6JX
Open Monday - Thursday 9am - 3.45pm
Call 0115 8470551 or 07305 109358
or email info@calvertoncore.org.uk

Friends for Life "Ey Up Me Duck!" Dementia Support Group, Mapperley

Westdale Lane Baptist Church/Community Centre NG3 6ES
3rd Thursday every month, 10.30am - 12.30pm
Contact Cynthia Litchfield on 07807 446602

Netherfield Memory Café

St George's Centre, Victoria Road NG4 2NN
Free. Last Thursday every month, 2 - 4pm
Contact Martin Curtis on 07900 951867 or email: martin.curtis@jigsawhomes.org.uk

Neuro Walking Football

Dementia Friendly. Run by Nottingham Forest Community Trust at Brendon Lawrence Sports centre NG3 4NB
Every Friday 10am - 11am £4 per session.

Ravenshead Memory Lane Group

at The Centre, adjacent to St Peters Church, Sheepwalk Lane, Ravenshead NG15 9FD
1st Wednesday every month 1.45pm - 3:45pm
Contact Margaret Brook on 07488 320618

Ravenshead Friendship Club *Memory Club*

Cornwater Evergreens, Ravens Lodge, Main Road Ravenshead NG15 9GS
Monday - Friday
Contact Susan Ball on 01623 491159

The Good Shepherd Church Memory café

Thackerays Lane, Woodthorpe, NG5 4HT
4th Friday of the month, 10.30am - 12.30pm
Call 07881 816465 for information

Daybrook Bowls Club (Dementia Friendly)

Sir John Robinson Way, Nottingham NG5 6BN
Contact 07837 855162 or karl.martinscroft@ntlworld.com

General walking groups

Core Centre, Calverton Walk and Talk

Tuesdays 10am - 11am Wednesdays 10am - 11am
Contact Sam Round on 0115 8470551
or email info@calvertoncore.org.uk

Get Going in Gedling

Wellbeing walks - Mapperley Top Mondays 10am and Gedling Country Park on Weds 10.30am
[Gedling Wellbeing walks](#)

Gedling Ramblers

Contact secretary@gedlingramblers.org.uk and www.gedlingramblers.org.uk

Netherfield Strollers

St. Georges Centre, Netherfield
Every Tuesday morning, 10am
Contact Allan Woolley 0115 9113045
or email: allanwoolley@hotmail.co.uk

Nottingham Ramblers

[Nottingham Group - Ramblers](#)

The Art of Nature Wellbeing Walks

Walton Court, Carlton NG4 3BQ Most Weds 1pm - 3.30pm. Creative wellbeing activities
Contact Sam Culshaw-Robinson on 07522 277722
on email: sam@livewellpractice.co.uk

If you want to walk on your own have a look at

Sherwood Voices self-guided audio walks Bestwood Country Park, Clipstone Colliery, Calverton, Edwinstowe, Newstead, Ollerton and Rainworth.
Contact 01623 677200 or email: ask@inspireculture.org.uk

Or these websites for inspiration on where to go

[Walk Notts](#) [The Gedling Big Green Book](#)