

Walking for Dementia

Bestwood & Sherwood

Walking can help prevent and manage Dementia

- **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%**



walking can

- Connect you to your neighbours and your local community
- Give you more energy and help you to sleep better
- Help you to manage your weight and 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

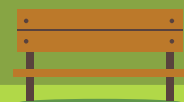
Or, you could try indoor walking (walking around the supermarket or shopping centre all counts!)

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

Click the heart for more information on Dementia support in Nottingham



Scan the QR code for more info



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

Forget Me Notts - Trent Bridge Community Trust www.trentbridge.co.uk/Trust

Contact 07486 327 403

email: olivia.mackie@trentbridge.co.uk

Free Sport and social sessions for people living with Dementia and their Carers.

- **Tuesdays 10.30-12.00pm.** Low-impact sporting activities, social activities, carer support and signposting and a cuppa.
- **1st and 3rd Tuesdays of the month** - Variety of Physical activities (Rushcliffe Arena)
- **2nd Tuesday of the month 11am** - Golf at Edwalton Golf Club
- **Last Tuesday of the month 10.30-12.00pm** Café at Trent Bridge Cricket Ground

Trent Dementia Monthly Dementia/Health Walk group

Contact 0115 748 4220

1st Thursday of each month for a relaxing stroll, starting at the Pavilion Cafe at Highfields Park 11:30 AM. (1 min walk from the Uni Tram stop. Parking available NG7 2RD)

Neuro Walking Football - Nottingham Forest Community Trust

Brendon Lawrence Sports Centre NG3 4NB

Welcoming those who are affected by any neurological impairment. Dementia friendly. Every Friday 10am to 11am £4 per session

Stonebridge City Farm Health Walks

Stonebridge Road, NG3 2FR

Contact 0115 748 4220

Second Thursday of the month, meeting at 11.30 in the café as you enter the farm
Five minutes walk from bus stops, limited free parking at the farm, costs £2.20 to park all day on the road.

For people living with dementia and their carers

Green Memory Café

Rushcliffe Country Park,
Visitors Meeting Room by the Lake,
Ruddington NG11 6JS

Contact Gwynneth Owen 07309 852899

Come and experience nature-based activities, short walks or simply relax, socialise and enjoy the beautiful surroundings. Free activities and refreshments for anyone living with memory loss and their carers.

If you want to walk on your own, have a look at these websites for inspiration

[The Nottingham Big Green Book](#)

[Walk Notts Website](#)

[Walking in Nottingham and Parks](#)

Here is a Bingo Card with some more suggestions.

walk notts bingo

HOW MANY
CAN YOU DO?

10 Minutes

Can you walk or wheel for 10 minutes today?

Gratitude

Reflect on one thing you are grateful for while walking or wheeling

Garden Tour

Explore a garden - what plants, birds or trees can you see?

Fragrance

Smell 3 fragrances like plants, flowers, the ground after rain

Walk or wheel round the shops

What do you see, smell or hear along the way?

Sounds

Listen for 3 different sounds you can hear like birds singing or leaves rustling in the trees

Bench to bench

Alternate walking with sitting down for a while on benches or chairs

Join a walking or wheeling group

Or go one one with a theme eg: art, heritage or nature

Go Explore Local

Walk or wheel with your friends or neighbours. Can you find a new route

Strength and Balance

Can you walk heel-to-toe alongside a bench or get up from sitting without using your hands?

Photography

Take 3 photos of interesting scenes

Picnic

Go to a nearby park or green area and enjoy a snack together

it's all about wheeling as well as walking, and inclusive to all

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters

info@walknotts.org.uk www.walknotts.org.uk

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