

**Dementia Friendly Walk**

**For people living with dementia, their family and friends**

**Walking for Health** is England’s largest network of health walks with over 400 active schemes, helping people across the country to lead a more active lifestyle. Walking is one of the simplest and most effective forms of exercise you can do. It’s easy to get started, and with a choice of walks locally in the Brixham there are options for you to get walking today and meet local people.

**Brixham Bay Walks**

The Friends of Brixham Library have agreed to be the sponsoring organisation for the weekly Brixham walks for ‘Walking for Health’. All walks are free and it is not necessary to become a Friend of Brixham Library to join the walks on a regular basis. Under the new banner of Brixham Bay Walks they will continue to encourage this regular activity both as a social opportunity and as a help and an encouragement on the route back to good and better health. The walks have been in existence for about 15 years and FoBL’s involvement is to ensure that they continue for the benefit of the people of the Brixham area.

Brixham Bay Walks invite people living with dementia and their carers to join us on a fortnightly gentle friendly walk round the harbour. The walk will be at your pace with as many stops as required for the less active. We meet near the **Golden Hind ship under the Old Fish Market at 10.30 am every other Friday** morning. We then walk round the harbour towards the new ‘Man & Boy’ statue and then onto the Breakwater Car park and back into town. The walk is flat and wheelchair friendly with plenty of benches to pause and take in the views. As walks are as much about social interaction as exercise, we will finish the walk at the ‘Brixham Steam Packet’ on Fore Street were we can all enjoy a cup of tea or coffee in the ‘Chart Room Café’.

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|  |  |  | **Dates for your calender in 2019** |  |
| **January** | **11th.** | **25th.** | **February 8th. 22nd. March 8th.** | **22nd.** |
| **April** | **5th.** | **19th.** | **May 3rd. 17th. 31st. June 14th.** | **28th.** |
| **July** | **12th.** | **26th.** | **August 9th. 23rd. September 6th.** | **20th.** |
| **October** | **4th.** | **18th.** | **November 1st. 15th. 29th. December 13th.** |  |