

*For further details about these walks and other activities delivered through the Wellbeing Center, please contact:*

*Peter Jones,  
Pioneer Minister  
07856 579 750  
peterjonescipn@outlook.com  
www.corfemullendfc.uk*

**Other events include:**

Carpet bowls. Every 4th Friday.  
2-4.30pm. Village hall.

Drop In. Advice and Support.  
Every 4th Friday. 10-12. Village  
Hall.



**Corfe Mullen Wellbeing  
Centre.**  
**Growing a Compassionate  
Community.**

## **Dementia Walks**

In Partnership with East Dorset District  
Council Health walks.



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## Why?

People who have dementia and their carers in our local community have reported that they experience isolation, loneliness and often feel forgotten.

There are estimated to be around 850,000 people living with dementia in the UK.

It is our vision in Corfe Mullen to grow a compassionate community that welcomes and supports all people.

Being physically active is proven to have a range of health and wellbeing benefits for all people.

- It can help to reduce the risk of developing dementia.
- It can improve the symptoms of dementia.
- It has a range of physical and wellbeing benefits that can improve the quality of life for people in all stages of the condition and their carers.

## About the Walks

Our walks are designed specifically to meet the needs of people with dementia and their carers.

These walks will:

- Be led by volunteers who have attended dementia and walking for health training.
- Have a higher volunteer to walker ratio to accommodate participants walking at different paces.
- Be in an accessible location away from busy roads, in a nice green space.
- Be short and over flat terrain.
- Incorporate a sensory aspect and additional time for participants to stop and take in their surroundings.

Our dementia walks are designed to reduce isolation and loneliness as well as increasing social interaction, combined with a fun activity such as walking.

## When?

Every second Friday of the month.

Meeting at 2pm, walking for about half an hour.

Finishing at 3pm, to include refreshments at the Guide Hut.

## Where?

Meeting at the Guide Hut, Corfe Mullen Recreation Ground.