Dementia Inclusive Walks are coming to Leicestershire

Monday 27 June, 2016

Dementia Adventure and the Leicestershire Local Access Forum are delighted to have been awarded nearly £10,000 from Leicestershire County Council's SHIRE Community Grant Programme to develop a county wide programme of dementia inclusive walks in Leicestershire.

Kath Pyke, Dementia Adventure Project Leader said: “This grant is really good news for those living with dementia in Leicestershire. Keeping active, stimulating the brain and contact with nature can really help to improve health and well-being and even delay and reduce symptoms of dementia. Both people with dementia and their carers can benefit from being able to get out in the open air and sunshine, with the sights, sounds and smells being mutually relaxing and stimulating. People often report having improved speech, better conversations and enhanced mood after a walk, as well as the ability to sleep better and an increased appetite.

The grant will allow Dementia Adventure and the Leicestershire Local Access Forum to train over 100 walk leaders so they can deliver dementia inclusive walks.

Dementia Adventure has already received interest from some local partners and is consequently looking to begin training late Summer to subsequently launch a number of walks in the Autumn. A second round of training will then commence late Winter/early Spring 2017 and so the organisation would welcome further interest from local authorities and any dementia support organisations and partners who can identify volunteers and staff to complete the training and commit to supporting a dementia inclusive walks programme in their area.

If you are interested in becoming a partner, please contact Kath Pyke at Dementia Adventure on 07531 215918 or kath@dementiaadventure.co.uk

-ENDS-

For further information, please contact Joanne Lambert Smith at Dementia Adventure, on 01245 237548 or jo@dementiaadventure.co.uk

NOTES TO EDITORS

About Dementia Adventure

- Dementia Adventure is an award winning social enterprise and registered charity committed to helping people living with dementia get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives. www.dementiaadventure.co.uk
- Through training, research, and consultancy services it enables care providers and organisations to take advantage of the natural resources on their doorstep to enhance the lives of people living with dementia and the people who care for them.
- The organisation is currently expanding the benefits of its nature-based, positive-risk taking approach with local and national partners through its social licence product Dementia Adventure in a Box in order to increase the choices of outdoor activities available for people with dementia. Its legacy will be to create an ever-growing network of dedicated, experienced and knowledgeable individuals and organisations, all receiving in-depth support from the Dementia Adventure team.
- Dementia Adventure also designs, plans and delivers bespoke, small-group holidays and short-breaks for people living with dementia and their carers to enjoy together. It supports people with trained staff and volunteers, and offers this as an alternative to traditional respite.

The Local Access Forum

The Local Access Forum (LAF) is an independent statutory body, set up as a result of the Countryside and Rights of Way Act (CRoW) 2000 and exists to represent the interests of everyone concerned with access to the countryside and the public rights of way network including footpaths, bridleways, byways, cycleways and areas of open access.

The LAF encourages people to enjoy the benefits of the natural environment as it delivers improvements to people’s health and general wellbeing. Providing people with disabilities access to the countryside is

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very important for the disabled and their carers.

http://www.leicestershire.gov.uk/roads-and-travel/cycling-and-walking/leicestershire-local-access-forum

Leicestershire County Council's SHIRE Community Grant can support community based organisations to deliver services and activities for vulnerable and disadvantaged people and communities in Leicestershire. For further information, go to www.leicestershireforums.org or contact the Grant Officers on 0116 305 7269 /7020

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