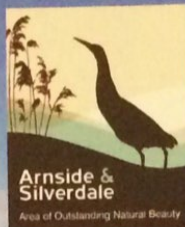


# Dementia-friendly walks



in Arnside & Silverdale  
Area of Outstanding Natural Beauty



- easy guided walks for people living with dementia & their carers
- Tuesdays 10am - 11am
- optional visit to a café/pub afterwards
- discover the beautiful landscape, wildlife & culture of the area with our friendly group

# Dementia-friendly walks

in Arnside & Silverdale  
Area of Outstanding Natural Beauty

- **23rd April** - Meet at The Albion, The Promenade, Arnside, LA5 0HA
- **30th April** - Meet at The Royal, Silverdale, Emesgate Ln, Silverdale, LA5 0RA
- **7th May** - Meet at Wolf & Us Cafe, Lindeth Rd, Silverdale, LA5 0TX
- **14th May** - Meet at RSPB Leighton Moss, Storrs Ln, Silverdale, LA5 0SW
- **21st May** - Meet at Holgates Holiday Park, Cove Road, Silverdale, LA5 0SH
- **28th May** - Meet at The Wheatsheaf Inn, Stanley Street, Beetham, LA7 7AL

**No need to book - just turn up!**



**For further information:** Visit [www.arnsidesilverdaleaonb.org.uk/events](http://www.arnsidesilverdaleaonb.org.uk/events) or contact

the project leader, Feleena Taylor, on 07474588585 or the AONB Partnership on 01524 761034,

[info@arnsidesilverdaleaonb.org.uk](mailto:info@arnsidesilverdaleaonb.org.uk)

