

FREE Dementia Support Sessions

Pathways into Nature

Inspiring advice and support by
Dementia Adventure for unpaid carers,
family and friends of people living
with Dementia who enjoy
the outdoors.



*"I found the session
very informative and now feel
able and confident to
deal with my mother's
recent diagnosis"*
(carer quote)

Wednesday 10 Nov 2021, 13:00 - 15:00
held online via Zoom

Tuesday 23 Nov 2021, 10:30 - 12:30
held online via Zoom

Thursday 02 Dec 2021, 11:00 - 14:00
Sprowston Diamond Centre, NR7 8ET,
includes free refreshments and conversation

Monday 06 Dec 2021, 13:00 - 15:00
held online via Zoom

The sessions will explore:



the health and wellbeing
benefits of being in nature



overcoming the barriers of
accessing the outdoors



practical guidance in
building confidence



local and national
information relevant to you

Book now at : www.tickettailor.com/events/dementiaadventure2

call the team at : 01245 237548 or email: monument@norfolk.gov.uk

Interreg 
EUROPEAN UNION
2 Seas Mers Zeeën
MONUMENT

European Regional Development Fund



dementia adventure®



Norfolk
County Council

The project MONUMENT's Norfolk pilot is led locally by the Environment Service at Norfolk County Council, working closely with colleagues in Adult Social Services, charities and our UK and European partners. MONUMENT is gratefully funded by the Interreg 2 Seas Programme 2014-2020, co-funded by the European Regional Development Fund.