

**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](http://www.tickettailor.com/events/dementiaadventure2)

call the team at : 01245 237548 or email: [monument@norfolk.gov.uk](mailto: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.