

# Living Well Walk

Sponsored by:  
**B** **Birchall Blackburn Law**  
Always there

## Longton Brickcroft Park

Saturday 5<sup>th</sup> October 2019

10:00 Start (Arrival from 9:30)

Entertainment, Refreshments and Information available until 13:30



### About the Walk

A short walk through Longton Brickcroft Nature Reserve stretching **780m**.

This route is suitable for all with frequent benches throughout for resting, each with a beautiful view.

For those who would like to walk further, the route is circular so why not walk around again?

### To Attend the Event:

Please either use the below link:

[www.livingwellwalk.eventbrite.co.uk](http://www.livingwellwalk.eventbrite.co.uk)

or contact the Partnerships team at:  
partnership@southribble.gov.uk or 01772 625461

### Information Stalls

To raise awareness of the opportunities on offer across the borough for those who are living with dementia, there will be stalls facilitated by a wide range of local service providers

This is a great opportunity to speak with representatives from these services first hand.



### Get a FREE printed copy of our Living Well Guide

This guide is filled with advice for people living with dementia, in addition to information covering local services and social events on offer throughout the year.

This guide is updated digitally approximately every 6 months, however this is an opportunity to get your hands on a hard copy!



### Refreshments Provided by:

- The Welcome Café
- **BOB-IN Café**

Live Performance and Sing Along with Katy Bradley

Starting at 11:00am



### Become a Dementia Friend!

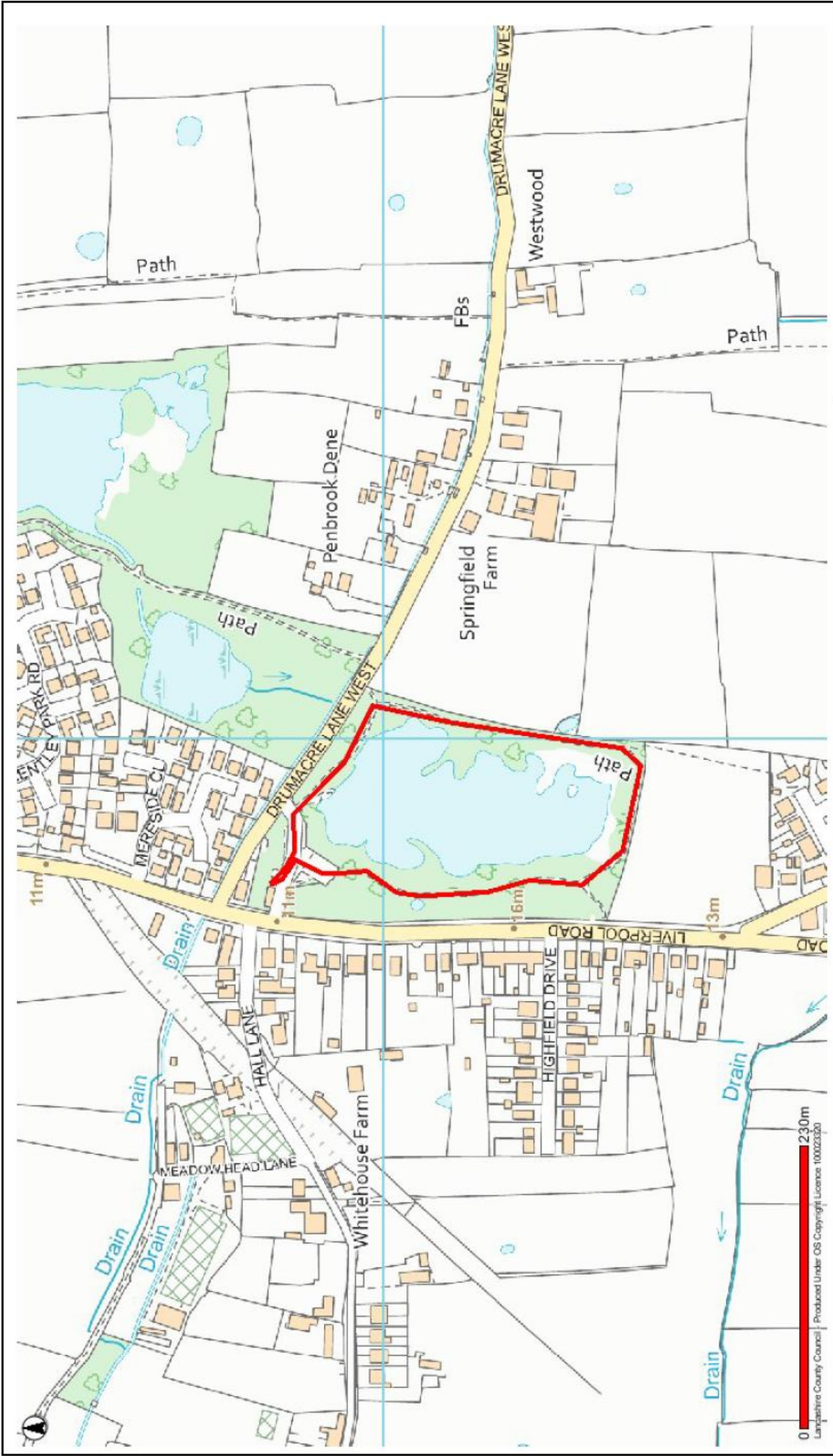
This event isn't exclusive to people living with dementia, or those caring from somebody who is. If you would like to learn more about how you can be more understanding and supportive, this is a great opportunity for you to attend one of our Dementia Friend Sessions.

These sessions will last approximately 45 minutes each and will be run at 10:30, 11:30 and 12:30 on the day.



### Interactive Sensory Reminiscence Sessions and Talks provided by:





Longton Brickcroft 780m



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