



**On first Thursday of each month,
we start our walks at 11:30 AM
from Pavilion Café at Highfields Park, Nottingham.**

**Our January walk is cancelled.
We'll restart our walk on first Thursday of February
each year.**

*It is one-minute walk from the university tram stop.
Parking is available on campus.*

*For more information,
please email: contact@trentdementia.org.uk
or call 0115 74 84 220
(please leave your number when you call, thank you)*

Disclaimer: You are responsible for your own safety.
In case you need support, you are welcome to come
with your family member, supporter or carer.

**Trent Dementia Services Development Centre is a Registered
Charity No. 1109855**