

Is your life affected by dementia?

free
dementia-
friendly
activities

Would you like to:

- Enjoy more social activities?
- Spend more time outdoors?
- Improve your physical health and mental wellbeing?



Creative Spaces in the community

Creative Spaces in the Community supports people living with dementia, their families and carers in rural communities in Cornwall.

Come and join in our next event and meet like-minded people.

Dementia friendly walks for July - 2:30pm start

Monday 6th - Camel Trail, meet Scarletts Well Road car park (near Jail)

Monday 20th - Bodmin Beacon, meet at car park just off Beacon Road

All abilities welcome you set the pace. Walks last approx 45 minutes.

Refreshments provided. Please wear suitable clothing and footwear