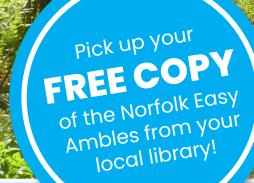
Walks for people living with dementia and their carers to enjoy

Norfolk Easy Ambles is a series of tailor-made dementia accessible walking leaflets that can help you make the most out of going for a walk



Each leaflet contains:

- An easy-to-read map
- Details of dementia friendly features
- Points of interest
- Sensory prompts







Discover more today by visiting our website:

activenorfolk.org/dementia-walks



