

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

Pick up your
FREE COPY
of the Norfolk Easy
Ambles from your
local library!



Discover more today by
visiting our website:

activenorfolk.org/dementia-walks

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