

Dementia Action Week

Walk 1 mile a day

13th – 19th May



Dementia Forward

Your North Yorkshire Charity
Care and Support for Life

Registered charity Number 1148225



£5 donation

The days are lighter and it's time to make the world brighter!

All you need to do to get involved is walk 1 mile a day during Dementia Action Week. Get your friends and family involved and if you can make a donation at the end of the week this will help us to support our services across North Yorkshire!

Post your views from your daily walk for a chance to be featured on our calendar at the end of the year!
(Make sure to tag us @dementiaforward)

Scan below to donate or visit <https://donate.giveasyoulive.com/campaign/mile-a-day-daw>



For any further information on any of our events please take a look at our events page <https://www.dementiaforward.org.uk/events> or call our Helpline on 03300 578592