

Venture Walking Friends is an independent group who want to encourage active people with dementia to continue walking and to do so in the company of others in the same situation. Our programme of walks is opposite. Walkers are invited to join us, but walk with us at their own risk. A carer, family member or a friend is welcome to accompany the person with dementia.

The walks are generally up to 3 miles long and would be classed as easy to moderately easy. We meet at 10.30 outside the Millennium Gallery cafe on Arundel Gate and we use public transport to get to the start of the walk. Walks usually finish at a pub or café before returning to town by public transport. You are asked to wear appropriate clothes. This would be considered to be sensible shoes with treads, or walking boots, enough layers of clothing if it is cold, and to bring some kind of waterproof jacket. If the Walk Leader feels that you may be at risk because of unsuitable clothing you may be asked not to go on the walk.

There are 15 spaces on each walk so, to book, and for any information about a specific walk talk to the walk leader(see back page). Sometimes places will be limited if there are not enough volunteers. We will try and ensure any one disappointed will have a place on the next walk.

For general enquiries about the walking group contact Martin or Jean whose numbers are on the back of this programme.

Grading for Walks

- 1 : An easy walk that has good paths, gentle slopes and easy stiles
- 2 : A moderate walk that may have some uneven paths, some short climbs and stiles that need to be climbed over
- 3 : These walks are a bit more challenging and may have uneven paths, possibly muddy, with longer climbs and may be over 3 miles.

Date	Walk	Walk Leader	Grade
Dec 17th	Sheffield Canal	Jean	2
Jan 7th	Millnouses/Hutcliffe Wood	Mary/Lynn	2
17 th Jan	Forge Dam	Martin	2
Feb 4th	Beauchief Abbey	Don	2
Feb 21st	Orgreave	Lynn	2
March 3rd	Chatsworth	Don	2
March 20th	Wadsley Common	Lynn	2
April 7th	Bradfield (10.15am start)	Jean	2

**Please remember phone the leader to book
your place on the walk**
See tel.nos. on back of programme

Venture Walking Friends
Programme of Walks
Dec 2019- April 2020

Contact for more information
and to book on a walk.

Martin 0114 2669491
07933710490

Jean 0114 2882060
07530040543

Don 0114 2685869
07950636671

Lynn 07851608872

