



**Alzheimer
Scotland**
Action on Dementia



Gentle Walking Group

Come along and join us for a gentle stroll around the beautiful gardens at The Hirsell in Coldstream. Meet friends and enjoy fresh air, exercise, and nature. Afterwards enjoy a cuppa and a blether in the café.

When:

The 1st and 3rd Friday of the month from 10.30am until 12.30pm.

Starting on Friday 21st July.

Meet in The Hirsell car park.

Please note dogs must be kept on a lead and are permitted in the grounds but not in the café. Picnic benches are available outside. Please wear suitable clothing and footwear.

For more information and to book a place please contact Gayle Thomson 01573 400323 or email GThomson@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

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