



New DEEP 'virtual' walking group.

New Year Walk (Weather Permitting)

**Wollaton Park
January 9th, 2020**

Join us for our first walk of 2020

The #walk1000 miles group challenge, inspired by Country Walking Magazine who have donated walking trackers and Virgin Pulse who are providing us with some fitness trackers for people living with dementia. We will be recording a combined mileage to reach as many miles as possible in 12 months.

You can join organised walks, arrange your own walks or just record all your steps at home. We have some step counters available for people and we will help you to record your steps and miles.

You can register online, by email, phone or just ask one of our team to do this for you. Once you have signed up, we will let you know about organised walks, events and if you need a step counter let us know. We have a limited number available but, will try and get more if people are interested.

"Here at Country Walking magazine we're thrilled Nottingham DEEP is taking on the #walk1000miles challenge – an epic journey that begins right at your door."



"Virgin Pulse is delighted to be supporting Trent Dementia in getting people more active with the help of our Pulse trackers."

Email: deep@trentdementia.org.uk

Telephone: 01157484220

Disclaimer: You are responsible for your own safety. Please wear weather-appropriate shoes and bring refreshments if you need. In case you need support, you are welcome to come with your family member, supporter or carer.

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