



GET OUTDOORS PROGRAMME (2020-21) for PEOPLE LIVING WITH DEMENTIA

supported by Life Changes Trust 'Creating Better Lives in the Highlands'

The programme:

- The Get Outdoors programme will run in blocs of 10 weeks each Friday 10.30am – 2pm, starting on 6th March. There will be an informal Get Together on 21st February
- It is open to people living with dementia including carers
- It is based at the woodland cabin, which is wheelchair accessible
- Participants help to choose a number from a range of woodland-based practical and creative activities
- There is usually some exercise e.g. woodland walking
- Cooked food and refreshments are provided. Participants may help to prepare the food.
- You can choose which weeks you attend, all ten or just a few.
- Please wear warm clothing and appropriate footwear.

The facilities:

- The cabin has a log burning stove and power to keep warm and provide light
- We also have shower-proof, outdoor blankets for anyone to use
- There is a fully accessible composting toilet near the cabin
- The sturdy, round tables are easily accessible; the ground in front of the cabin is level

Evanton Wood

- The community wood is 150 acres of mixed woodland comprising of many different species and habitats.
- The woodland is managed by the local community for the benefit of all.
- The woodland has numerous paths and trails with the main ones being accessible for all abilities.
- Evanton Wood was designated by Paths for All in 2019 as the first 'Dementia Friendly' wood.

Access:

- Access by foot is from the top of Chapel Road where the footpath into the woods is signposted.
- For those needing to access the wood by car, take a right along Camden Street and continue on the rough track by the field for 150m.
- Both these access points lead to the woodland cabin after a short stretch.
- Car parking can be found along Chapel Road or at the carpark opposite the Coop.

Other:

- There is no cost for the programme thanks to generous support from Life Changes Trust through the 'Creating Better Lives in the Highlands' programme.
- Contact details:

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www.evantonwood.com ; [facebook](#)

