



# **Dementia-friendly Alton**

## **Information about the Forget-me-not Walk**

### **Saturday 13<sup>th</sup> September 2025 at 10.45am**



- The aim is for participants to enjoy the social experience of 'Walking along the newly opened Brewery Trail and it's connection with the Wey Walk' and to use it to raise awareness and sponsorship for Dementia-friendly Alton. It's also an opportunity to look at recent developments along the old brewery site and explore the walks enjoyed regularly as part of our Wellbeing Walks.

- For a small entrance fee of just £5.00 (per family / group) to register for the event, we hope to encourage as many people as possible to attend and participate in this healthy, social activity. All those who register and participate in the walk will receive a goodie bag and specially designed medal as a thank you. Any amount of sponsor money collected and donated in addition to registration fee after the event will be gratefully received by the charity to support our service.

- There are many options for the event. You can choose to walk at your own pace or be pushed / self-propelled in a wheelchair once or twice along the 1km footpath along the Brewery Trail. Another option for those wishing to cover greater distance is to continue to the Wey Walk (2 km) alongside King's Pond.

Participants can 'check in' at the Dementia-friendly Alton Stand on the lawn next to the Assembly Rooms from **10:00 onwards** to undertake their walk – groups may be started off in small groups at staggered times as required to ensure that all walkers registering are given the time and space they need to complete. The last start time will be 11.30am.

### **Registration:**

You can register prior to the event by completing the short form available from Dementia-friendly Alton Website (or collecting & returning a form via the Alton Assembly Rooms by Friday 12<sup>th</sup> August). You can register on the day at the Dementia-friendly Alton stand on the lawn.

### **Sponsorship:**

Sponsorship money can be handed in at the Check-in desk at any time during the walk / event if this is easier for participants or handed in afterwards at Alton Assembly Rooms, either in cash or via cheque made payable to 'Dementia-friendly Alton'. There is also a card machine for donations available at the Assembly Rooms. There is no target for each walker – Dementia-friendly Alton appreciates any donation in support of its activities. We are pleased to be organising this event for the whole community to participate in and to join together in supporting people with dementia and their carers in Alton and the surrounding area. Hosting the walk as part of the first Alton Heritage Day also allows us to celebrate the beautiful outdoor space that we enjoy access to within our own town.



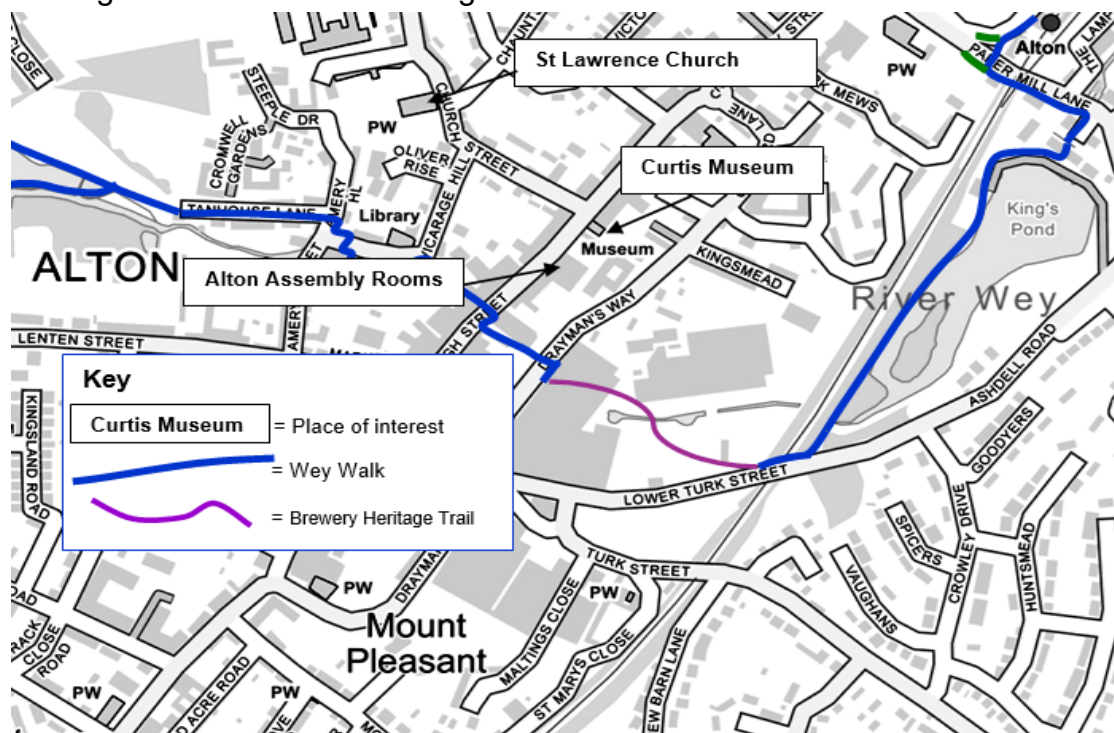
**Charity number 1202095**



**At 'Check In':** a registration badge will issued to each walker. This badge should be worn during the sponsored walk and shown to marshal at the start / finish location to confirm you have completed safely.

**Walk Organisation / H&S:** There is easy access to the start of the walk and the trail itself from the lawn alongside the Assembly Rooms. Dogs are welcome to join the walk, but we ask that people keep them on a lead at all times and all / any dog mess should be cleaned up. Toilet facilities are available in Alton Assembly Rooms.

**The walk route – see below -** shows the Brewery Trail (1km) in purple and the extended walk that includes the Wey Walk (2 km) in blue. Marshals will be located at 200 m intervals to deal with any difficulties and spur you on. Walkers are asked to notify a marshal and hand in their registration badge if leaving the walk before returning to the start.



**Refreshments** – Tea and coffee and other refreshments will be available from the café run by Dementia-friendly Alton volunteers within the Assembly Rooms. Bottles of water are being provided for all walkers courtesy of Dementia-friendly Alton, should they be required.

**Health & Well-being / Warm up** - All walkers are advised to bring clothing suitable for the weather: waterproof coats in case of wet weather; enough layers of light clothing if cold; hats to protect from sun, rain or cold; shoes / trainers that are comfortable and supportive.

**First Aid cover for the event will be provided by**

**Dementia-friendly Alton** - walkers should contact a marshal immediately to obtain help. Walkers should bring their own sun cream, insect repellent, bite / sting spray/cream, antihistamines, asthma relievers as appropriate.



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