



**Dementia
Friendly in**
Communities

Swindon



DEMENTIA FRIENDLY WALKING GROUP

A free & guided (gentle) indoor walk, around **Swindon Designer Outlet** lasting 20-30 mins. Optional special offer coffee at **Giraffe** afterwards.

When: Every Wednesday at 10am

Where: Meet outside Giraffe Restaurant, Swindon



DEMENTIA FRIENDLY FILM SHOWINGS

Free, relaxed screenings of some of your favourite films, with a dementia friendly memento to take home.

When: See swindontheatres.co.uk for dates

Where: Swindon Arts Centre, Devizes Rd, Old Town, SN1 4BJ



DEMENTIA FRIENDLY GARDENING CLUB

Free, dementia friendly gardening sessions in the beautiful **TWIGS** garden.

When: Every Friday, 10am - 12pm

Where: TWIGS Community Garden, Manor Garden Centre, Cheney Manor, Swindon, SN2 2QJ



DEMENTIA FRIENDLY SWIM SESSIONS

Swimming sessions for people with dementia and their carer. Special rate of £2.50 (carers swim free).

Oasis Leisure Centre: Fridays 10.15-11.15am (term time only)

Dorcan Recreation Complex: Mondays 2.45-3.45pm

For more information, contact susan.lambert@swindon.gov.uk or call 07980 933636