



FRIDAY FUTURES GROUP

*FOR PEOPLE LIVING WITH
DEMENTIA*

10.30AM TO 1.30PM

EVERY FRIDAY AT THE CABIN



- It is open to people living with dementia including their 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 walks, wooden skittles, Pilates
 - Cooked food, normally fresh soup, and refreshments are provided. Participants may help to prepare the food.
 - You can choose which weeks you attend
 - Please wear warm clothing and appropriate footwear.
- 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 by the cabin is level.
- 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.

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- 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 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 1st right off Chapel Road onto Camden Street and continue on the rough track by the field for 150m to the woodland cabin.
- Car parking on Chapel Road or at the carpark opposite the Coop.
- There is no charge for the programme thanks to funding support. If anyone wishes to make a donation we will gratefully put it towards the programme.
- Contact details: Adrian Clark 07927 049930; adrian.clark444@btinternet.com
www.evantonwood.com ; facebook

