



# TRAINING

Since 2015 we have provided a ½ day Dementia Friendly Walk Leader training course to make our Scottish Walking for Health Network more accessible for people living with dementia.

**704**  
people  
trained

**46**  
courses

**24**  
coordinators  
trained

**4**  
cascade  
courses

**2021**  
training  
moved  
online

## The training is...

Motivational

Reassuring

Worthwhile

Eye-opening

Inspiring

Useful

Helpful

Informative

Enjoyable

Insightful

Valuable

Supportive

Interesting

Thought provoking

To find out more about Dementia Friendly Health Walks and their role in helping people enjoy fresh air, socialise, and feel more connected to their community email [dementiafriendly@pathsforall.org.uk](mailto:dementiafriendly@pathsforall.org.uk).