

Sensory Trust

Activity groups support people living with dementia and their carers to access nature and meet others in similar situations whilst also benefiting from physical exercise.

What has this support enabled you to do?

Thanks to the support we have restarted two of our Creative Spaces groups in West Cornwall after the lockdowns, providing vital time outdoors and encouraging walking for people with dementia and their carers.

Both groups, the Wednesday Wanderers and Paul Nature Group, have been able to move from initial meetings every 3 weeks to now meeting fortnightly.

Where have you been doing this?

Across Penwith. The Wednesday Wanderers are based in St Ives, but regularly walk in Penzance and Hayle too. Paul Nature Group is based at Paul Church and alternate meeting in the Church Quiet Garden and walks in the Penzance area.

Who have you been doing it with?

People with dementia and their carers. We also regularly work with NHS staff supporting people with dementia such as social prescribers and Primary Care Dementia Practitioners, who signpost to the walks and sometimes attend to meet their clients.

We are supported by trained volunteers – two for each group at each session.

What has this support changed for your members or your organisation?

Participants have regained confidence in going outdoors and meeting others. The groups have motivated people to be more physically active. Being outdoors and connecting to nature has also been evidenced to improve health and wellbeing. This is particularly important as people with dementia get to grips with their diagnosis and contend with lack of confidence and anxiety about the journey ahead.

What are the activities that you've done as a result of receiving this support?

The core activity is walking but we also plan sensory, nature-based activities alongside this to add interest and encourage connection to nature.

How has this support helped you and your community?

They have been able to spend time with other people, particularly as many of their other support clubs such as memory cafes and day care centres were paused for a longer period as they relied on indoor environments.



"It's nice just to be out with other people!"

"Look forward to seeing you again next time, I've really enjoyed this."

"I wasn't sure about coming out but when the driver came to get me I just said yes. I didn't worry about it."