

Tool Kit

dementia adventure



Excepti@nal Care

Inspiring Adventure

Welcome to The Big Green Picnic - 16-22 June 2025

This June, Dementia Adventure, in partnership with Right at Home, invites you to join us for the Big Green Picnic - a nationwide celebration of nature, connection, and community. Taking place during National Picnic Week and Care Home Open Week (16–22 June 2025), this unique event is your chance to create joyful, shared outdoor experiences with your Clients and community. Whether in a care home garden, local park, or even a living room with a view, the Big Green Picnic is about being together and enjoying nature in ways that are accessible and meaningful.

Who is Dementia Adventure?

Dementia Adventure is a national charity that believes in thinking differently about dementia. We support people to get outdoors, connect with nature, and continue doing the things they love. Our work includes supported holidays, learning and support sessions for family carers, and community-based programmes like Green Letter Days. We know that with the right support, people with dementia can live well and experience joy, adventure, and connection.





What is The Big Green Picnic?

The Big Green Picnic is a community-focused initiative designed to help people experience the benefits of nature and shared outdoor activities. While dementia is at the heart of what we do, this event is open to everyone, recognising that social connection and access to nature improve health and happiness for all. For Right at Home franchises, this is an opportunity to bring people together, strengthen local networks, and host a day that's both enjoyable and purposeful.

Why Take Part?

- Create a memorable event for your clients and community
- Celebrate the outdoors in a way that promotes wellbeing
- Support a great cause fundraising for Dementia Adventure
- Raise your local profile and showcase the wonderful work your franchise does every day
- Help reduce stigma around ageing and promote inclusive community connections

How To Get Involved

This pack is here to support you to host a Big Green Picnic in your area. Whether you're planning something small and relaxed or a big community celebration, we've included:

- Activity ideas linked to our mini podcast series
- Practical planning tips
- Promotional suggestions
- Fundraising support
- A handy checklist to keep you on track



The Podcast: The D Tour "Snack-Sized"

Coming Soon

To inspire and enrich your event, we're launching a brand-new 5-part podcast series - a snack-sized version of our much-loved D Tour podcast.

The original series followed Harriet Thomas, who undertook a 900-mile journey from Land's End to John O'Groats to raise awareness and funds for Dementia Adventure. Along the way, she met people living with dementia, carers, and experts, sharing conversations, songs, and stories rooted in real-life experience. It resonated with listeners across the UK, reaching millions and sparking a national conversation about living well with dementia.

Now, Harriet is back, joined by some of the brilliant voices from Series 1 alongside new experts and contributors - to help you explore themes that connect beautifully with your Big Green Picnic.

Each 20-minute episode brings together lived experience, expert insight, and calming soundscapes to explore five uplifting topics:

- Tuning Into the Brain and Sensory Experiences
- Sharing Food and Connection: Eating and Drinking Outdoors
- Moving Together: Walking and Gentle Exercise
- The Power of Music and Meaningful Activities
- Gathering Together: Relationships and Community



These bite-sized episodes are perfect to listen to over a cuppa - and they'll help you bring richness and intention to your picnic event. From tips and inspiration to powerful personal stories, they're here to support you every step of the way.



Making Activities Sensory

What sensory experiences could you include to make your event more engaging?



Sound

Listen to animal sounds across different places and seasons

Hear birdsong, voices, chatter, and laughter

Notice urban sounds: traffic, planes, machinery hums

Tune into nature: wind in trees, falling leaves, crunchy walks

Compare water sounds: waves, ripples, trickling streams

Close your eyes and count how many sounds you can hear



Sight

Notice visual features like colour, light, movement, shape, and texture

Watch wildlife: birds, bats at dusk, nesting spots, woodpecker holes, and animal tracks

Explore signs of nature: badger sets, mini beasts, fossils, sea glass, frogspawn, pond life

Enjoy the weather: raindrops on leaves, cloud gazing, sunlight and changing light

Try nature play: pick daisies and make a chain, play Pooh sticks, explore inside a tree

Stargaze or watch a meteor shower



Smell

Notice seasonal smells: grass, bark, leaves, flowers, freshly cut grass

Compare environments: farmland animals, park flowers, bakeries, coffee shops, traffic

Explore nature vs. water smells sea, lakes, rivers

Tune into wildlife and changing scents through the year

Reflect on pleasant vs. unpleasant smells—how do they make you feel, and why?

Use smell mindfully—connect scents to childhood memories



Touch

Feel natural textures: leaves, bark, grasses, and moss

Explore surfaces underfoot—walk barefoot or help wheelchair users feel different ground textures

Experience water: still or flowing, paddling, or catching a fish with a net

Notice sensations on the skin—wind, sun, rain, dew, frost, hot vs. cold

Touch materials like sculptures, metal, and benches

Collect and play with nature finds: conkers, pinecones, acorns; play conkers or skim stones



Taste

Forage safely—pick blackberries or fruit like apples, plums, mulberries straight from the tree

Make and enjoy herbal teas

Taste the air—notice dampness or freshness in the weather

Explore flavours and textures—sweet, sour, soft, crunchy

Reflect on food memories and how they make you feel

Connect food to place and theme—fish & chips at the seaside, picnic snacks, candyfloss, rock



Tuning Into the Brain and Sensory Experiences

Being outdoors engages the brain in powerful ways. The sensory elements of nature - light, scent, texture, and sound - stimulate areas of the brain associated with memory, communication, and emotional processing. Particularly for people living with dementia, the benefits are particularly significant. These sensory cues can evoke comforting memories, reduce agitation, and support feelings of calm and wellbeing. Even a few minutes in a garden can brighten a mood or unlock a conversation.

Ideas to try at your picnic:



Create a sensory path or garden walk using fragrant herbs like lavender, thyme, or mint, textured leaves, and bright blooms



Sensory tables:

Lay out nature trays filled with items to touch and smell (pinecones, petals, bark, etc.)



Sound corner:

Set up a quiet space with a speaker playing birdsong, a babbling brook, or gentle forest ambiance



Art with nature:

Collect petals, leaves, and twigs to make simple collages, sun prints or nature mandala



Free bird and nature spotter guides are available online from websites such as wildlifewatch.org.uk and treetoolsforschools.org.uk. You could also use free nature identification apps (we can provide you with a list).



Tip: Use gentle encouragement to invite participation - no activity is too small if it sparks joy or a memory.

Listen to Episode 1 of The D Tour "Snack-Sized" to hear more about the brain's response to nature and the impact of sensory experiences.



dementia adventure

Top Tips for Connecting to Nature & the Outdoors



15 mins in nature = Health boost



Helps sleep, memory, communication, mood



Can slow dementia progression

Daily Nature Activities



Cuppa outside — senses



Gentle gardening tasks



Grow familiar plants



Bird feeders and baths



Warm sitting spots



Read outdoors



Take calls outside



Collect nature items



Identify birds, plants



Stargazing

Help the Environment



Litter picking



Build wildlife homes



Upcycle containers



Grow a mini forest

Bring Nature Indoors



Indoor plants



Craft with natural objects



Photo books



Window views



Birdwatching sheets



Nature magazines



Nature sounds apps



Nature TV shows/live cams



Food, Memory & Connection

Eating outdoors is about more than food - it's about community, conversation, and shared enjoyment. A picnic provides the perfect opportunity to connect over familiar tastes, spark reminiscence, and support healthy appetites. For people living with dementia, the sensory and social aspects of food can help evoke memories and stimulate conversation. Mealtimes can also be a moment of calm and connection for everyone.

Ideas to try at your picnic:



Host a potluck-style spread: Ask everyone to bring a favourite dish - this encourages diversity, stories, and shared experiences.



Include familiar and seasonal favourites:

Think strawberries, cucumber sandwiches, or cheese and pickle - classic, comforting flavours.



Hydration station: Offer water, squash, and perhaps a pot of tea to keep everyone refreshed.



Decorate your food area with colour and contrast:

For people with dementia, high-contrast plates or colourful displays can support independent eating.



someone's memory of that food (e.g. "Margaret's mum used to make this on Sundays").



Tip: For guests with specific dietary needs or dementia-related eating challenges, consider soft, easy-to-eat foods and avoid overwhelming combinations

 Listen to Episode 2 of The D Tour "Snack-Sized" for insights into food, drink, and how shared meals can support wellbeing and joy.



Moving Together: Walking and Gentle Exercise

Movement is one of the most natural and joyful ways to connect - with ourselves, with others, and with the world around us. It doesn't need to be vigorous to be meaningful. In fact, gentle movement outdoors, like a slow stroll or even simple stretches from a chair, can bring a host of benefits: from improving circulation and digestion to lifting mood, reducing stiffness, and stimulating the senses. It also creates space for quiet reflection or cheerful conversation - walking side by side can sometimes feel easier than sitting face-to-face.

Particularly for people living with dementia, movement can improve motor coordination, ease restlessness or agitation, and help maintain balance. The sights, sounds, and textures of the outdoors stimulate the brain while the rhythm of walking can be calming and grounding. For carers and companions, moving together offers a way to bond without words and enjoy the moment together. When outdoors, people can be present, reflecting and connecting through what they see, hear, feel, smell, or touch—no questions needed.

Ideas to try at your picnic:

- Plan a short, accessible walk with rest stops and shady spots. For less energetic guests, highlight points of interest and invite them with, "I hear there's a wonderful... over there, would you like to join me?"
- Nature scavenger hunt: Offer simple prompts like "find something round," "something red," or "a leaf with jagged edges"
- Seated exercise session: Use familiar songs to guide gentle movement clapping, arm raises, or toe taps - include everyone, regardless of mobility
- 'Follow the Leader' game: A light-hearted, inclusive way to introduce simple movements - one person leads, others copy (like stretching, waving, or swaying)
- Step count challenge: Use a pedometer or smartphone to track steps and celebrate how many the group takes together!

The Power of Music and Meaningful Activities

Music—whether sung, clapped to, danced with, or simply heard—can unlock memories, lift moods, and create connection, especially for those with dementia. Don't forget the music of nature too—birdsong, rustling leaves, or flowing water can be just as powerful.

Ideas to try at your picnic:

- Create a group playlist made up of favourite songs chosen in advance by attendees
- Sing-alongs, clapping rhythms & nursery rhymes: Bring lyric sheets or just hum along to old favourites
- Invite a local school, band, or choir to perform familiar tunes
- Name of the contract of the co
- Add a storytelling moment: Invite people to share a memory linked to a favourite song
- Bring in other meaningful activities: Set up a flower arranging station with seasonal blooms, or a painting area using washable paints
- Create a picnic photo booth with props and themed decorations for fun, memory-making pictures
- Hire a local photographer or ask a volunteer to take photos that can be printed and shared in a photo album or display
- ▶ Play a simple sound game by asking guests to close their eyes and listen to the sounds and count how many they can hear. How many can they name? What is the closest sound and the one furthest away? What do the sounds make you think of?
- Tip: For inspiration, visit Playlist for Life (playlistforlife.org.uk), a charity offering tools for building personal soundtracks for those with dementia.

A list of traditional nursery rhymes can be found here:

https://www.dailysparkle.co.uk/wp-content/uploads/2019/10/Nursery-Rhymes-cognitve-EDITS.pdf

Listen to Episode 4 of The D Tour "Snack-Sized" to discover how music and other meaningful activities can deepen your picnic experience.



Gathering Together: Relationships and Community

A picnic is, at its heart, about togetherness. And for many older people - and especially those living with dementia - opportunities to connect can be few and far between. Social isolation is known to significantly impact health and wellbeing, and loneliness can be as detrimental as chronic illness. The Big Green Picnic offers a meaningful chance to reconnect with old friends, make new ones, and create a sense of belonging that lasts long after the day ends.

This is also a powerful way to strengthen intergenerational understanding and invite people from different backgrounds, cultures, and walks of life to share stories, laughter, and a meal. Ideas to try at your picnic:



Create conversation

corners: Cosy areas, and conversation-starter cards like "What's your favourite summer memory?"



Invite wider community

groups: Families, schools, or faith groups - especially if you can team up with local initiatives already doing great work.



Host a "bring a friend"

invite: Ask your clients or participants to invite someone they think would benefit from a joyful day out.



Include light-hearted games:

Group quizzes or summer-themed bingo with question prompts to encourage shared moments.



Capture and celebrate

the day: Set up a questbook or message tree where people can write what the day has meant to them.



Celebrate new friendships:

Have a "Friendship Flower Table" where people can draw pictures or leave notes to celebrate someone they've connected with.



Tip: Some guests may feel shy or unsure - make sure there are welcoming volunteers or buddies available to gently introduce people and keep the energy warm and inclusive.



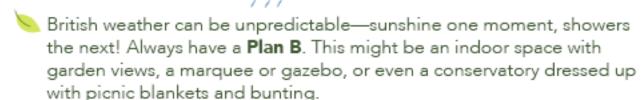
Listen to Episode 5 of The D Tour "Snack-Sized" for reflections on connection, companionship, and what it means to belong.



Planning Your Picnic: Things to Consider

Whether you're planning a quiet gathering or a big community celebration, thoughtful preparation can make your picnic truly memorable—for all the right reasons. Comfort, accessibility, and atmosphere are key. The following tips will help you create an environment where everyone feels welcome, safe, and able to enjoy the day, whatever the weather!

Think Weather-Wise:



Keep things seasonally comfortable: provide shade if it's hot, blankets. or hot drinks if it's cool, and be mindful of slippery grass or uneven ground if it's rained.

Accessibility and Comfort: (5



- Ensure there's easy access for wheelchairs, walkers, and pushchairs. Check paths for trip hazards and think about proximity to drop-off or parking areas. Carers might need clear, detailed information to feel confident and at ease when traveling to an event.
- Provide plenty of comfortable seating, including chairs with armrests and back support. Picnic rugs may be fun for kids, but many guests will need proper seats.
- Toilets should be accessible and clearly signposted. Consider adding signage or assigning a volunteer to assist guests if needed.



Food and Safety

- If you're serving food, coolers or fridges are essential for keeping items fresh, particularly on hot days.
- Label food clearly to help guests with allergies or dietary preferences and to encourage conversation about the dishes!
- Keep hydration top of mind: Set up a charming "hydration station" with water jugs, squash, herbal teas, or mocktails, and avoid transparent cups or mugs, which can be hard to see for those with visual impairments.
- Sun hats, sunscreen, and hand wipes are simple but thoughtful touches that can make all the difference.
- Consider sugar content for those with diabetes choose low or no-added-sugar options.

Special Considerations for People Living with Dementia:



- Consider the volume of background music or crowd noise some people may find loud environments disorientating.
- Offer quiet zones where people can rest or chat in peace if things get a bit busy.



Care Home Open Week: Community with a Cause

The Big Green Picnic coincides with Care Home Open Week (16–22 June), making it the perfect opportunity to work collaboratively with local care homes or community venues.

You'll also benefit from wider visibility through Championing Social Care's national platform - visit **championingsocialcare.org.uk**

Could you:

- Co-host the picnic in a care home garden or shared community space?
- Invite residents from a nearby care home to join your event?
- Partner with local schools or youth groups for an intergenerational feel?
- Ask a care home to provide a few picnic dishes, musicians, or volunteers?

Care homes often welcome opportunities like this to open their doors, reduce isolation, and build relationships beyond their walls. It's a wonderful way to deepen community ties and create an event filled with joy, shared stories, and new connections.



Tip: Reach out early - care homes and venues will need time to plan, prepare, and ensure staffing levels to support joint events.





Fundraising for Dementia Adventure

Every Sandwich Makes a Difference

Your Big Green Picnic isn't just a joyful day out - it can also be a powerful way to raise funds that directly support people living with dementia and the people who care for them. At Dementia Adventure, we believe everyone should have the chance to enjoy the outdoors, experience joy, and feel connected. But many families face barriers to this - your fundraising can help break them down.

Whether you raise £50 or £500, every pound goes toward:

- Supported Nature-Based Breaks for people with dementia and their carers who might not otherwise afford them
- Free Learning & Support Sessions for family carers, helping them understand dementia and build resilience
- Green Letter Days our growing programme of inclusive, local community experiences that reconnect people with nature





Fun Fundraising Ideas for Your Picnic

You don't need to reinvent the (cheese) wheel - just keep it simple, inclusive, and fun:



Bake Sale or Homegrown Stall Sell cakes, scones, jams, or even

garden produce - handwritten signs and rustic baskets add charm!



Raffle or Lucky Dip

Invite local businesses to donate prizes. Our partner Cook has offered a generous 30% discount voucher - a great place to start.



Silly Awards

Get guests giggling with mini competitions:

- Best Hat
- Most Colourful Blanket
- Best Decorated Cupcake
- Silliest Sandwich
- Offer small prizes or certificates everyone loves a bit of recognition!



Musical Jar

Play 'guess the song', or have a 'name that tune' challenge with a donation to enter.



Entry by Donation

Rather than charging a fixed fee, ask guests to donate what they feel. It keeps it inclusive, and many give generously when it's for a good cause.



We're here to support your fundraising:

- Cardboard collection boxes
- Posters and digital assets
- Customisable invitation templates
- Pre-written thank-you messages to send after the event

Just email fundraising@dementiaadventure.org and we'll get you started.



Collecting Donations: Your Way

Every event is different, and we want to make sure you have options that work for your community. Whether you're holding a small gathering or a larger event, here are a few ways to collect donations with ease:

JustGiving Page

Setting up a JustGiving page is a simple, secure way to collect donations online. It's great for:

- Guests who prefer to donate digitally
- > Friends and family who can't attend but still want to support
- Sharing your event via social media or local newsletters

We can help you set this up with our campaign branding so it's quick and easy - just let us know at **fundraising@dementiaadventure.org**.

Digital Donation Devices

If you're planning a larger picnic, we have a small number of **digital donation devices** that can be loaned out to franchises. These card readers make it easy for guests to tap and donate on the day.

They are perfect for venues where guests may not carry cash. Devices are limited and available on a first-come, first-served basis, so please get in touch early if you'd like to borrow one.

Offline Donations

Prefer to keep it simple? No problem!

- We can supply cardboard collection boxes and gift aid envelopes
- You can bank any cash raised on the day with Right At Home UK



Promoting Your Picnic: Publicity, Partnerships & Storytelling

Your Big Green Picnic is not only a chance to bring people together - it's also an opportunity to shine a light on the power of community, the joy of nature, and the difference your support makes. Let's help you spread the word in a way that's respectful, inclusive, and impactful.

How Dementia Adventure Can Help You Promote Your Event

We want to support your picnic every step of the way, whether you're aiming for local press coverage, sharing content on social media, or just want beautifully designed posters to pin up in your venue. We can provide:



Customisable Posters and Social Templates:

We'll send you easy-to-edit templates for social media posts, posters and flyers - just drop in your details and go.



Sample Press Release:

Perfect for sending to your local paper, newsletter or community website. We'll help you craft your story and share your local impact.



Podcast Links & QR Codes:

We're excited to let you know that our podcast is nearly ready to launch. We'll be sharing links and full details very soon — including where to listen and what to expect from the first few episodes.



A Volunteer Guest from Dementia Adventure:

We have a network of trained, DBS-checked volunteers across the country. If you'd like someone to come along and represent the charity—perhaps give a welcome or just be a friendly face—let us know. We'll do our best to match availability.

Get in touch at

fundraising@dementiaadventure.org to request support or materials.



If You're Sharing on Social Media...

Please tag us so we can celebrate with you and help spread the joy!



@dementiaadventure

Use hashtags:

#BigGreenPicnic #GreenLetterDays #DementiaAdventure #CareHomeOpenWeek

Make sure you also tag any partner organisations that join you or help you with supplies.

Capturing the Moment: Photo and Story Consent

Photos and stories are a powerful way to capture the spirit of the day - but it's vital that everyone involved feels respected and included.

Consent is Essential

Always ask for permission before taking photographs, video or sharing someone's story - especially for people living with dementia. This applies whether you plan to share online, in newsletters, or on printed materials. If you need a template photo consent form, we can supply one.

Dignity Comes First

Photos should always portray people positively and with dignity. We advise choosing joyful, natural moments over posed or overly personal shots.

Telling Real Stories with Care

If someone shares a story about dementia, bereavement or health, think about how it's framed. Will it empower and uplift them? Are they happy with how it's worded? When in doubt, ask.

If you plan to take photos or video and would like help preparing a consent form, guidance, or a photography brief, just let us know.



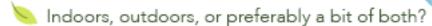
By planning your communications with care, you not only protect the people at the heart of your event - you help us create a world that better understands and supports people living with dementia. Together, let's make your Big Green Picnic seen, shared, and full of pride.



Checklist for Organisers: Your Planning Guide

Planning a Big Green Picnic doesn't have to be complicated-but a little prep goes a long way! Use this handy checklist to keep your event joyful, inclusive, and stress-free. Whether you're hosting a few guests or a full community gathering, these steps will help you feel confident and organised from start to finish.

Choose your Picnic Location and Date





Is the venue accessible, safe, and easy to get to?

Confirm Food Arrangements



- Will it be potluck-style, pre-prepared, or catered?
- Are you accounting for dietary needs (e.g. soft food, low sugar, cultural considerations)?
- Do you need plates, cutlery, napkins, coolers, or tea/coffee supplies?

Decide the Type of Event



- Is your picnic public or invite-only?
- Will you collaborate with a care home, community group, or school?
- Do you need to let anyone know it's happening (e.g. neighbours, site managers)?



Tip: Swap single-use plastics for **eco-friendly picnicware** - better for your day out *and* the planet!



Plan Your Activities



- Sensory experiences
- Eating and food-based memory games
- A short walk or movement activity
- Music and meaningful fun
- Group conversations or games to boost connection



Tip: Don't forget to tune into the D Tour Snack Series for ideas!

Gather Your Bits and Pieces



- Speakers (including wet weather protection & cable covers if outside) for music or podcasts
- Raffle prizes and other fundraising resources
- Name labels (maybe include 'Helper' or 'I'm here to help you' badges) and/or welcome/toilet signs
- Flowers and other branded materials

Promote Your Event



- Use our templates and share details through social media platforms
- Contact your local newsletter, newspaper, or radio station
- Share the D Tour Snack Series in advance
- Let us know—we'll shout about it too!

Tag us on social media and use #BigGreenPicnic





Is there indoor space in case of rain or heat?

Do you have gazebos, umbrellas or parasols?

Are you equipped for cooler weather with blankets or warm drinks?

Thank Everyone and Share the Joy



Send a thank-you to guests, helpers, and supporters

📎 Share your photos (with consent!) with us and on social media

Let your local community know how much you raised or the impact you made

Need help with thank-you templates, photo consent forms, or a press follow-up? Just **email fundraising@dementiaadventure.org** – we've got you.

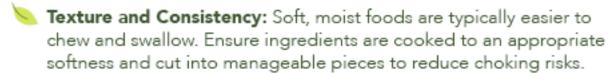




Ensuring Your Picnic Recipes are Safe and Inclusive

Choosing picnic recipes that are safe, culturally appropriate, and inclusive is vital, especially when catering for older adults or individuals with dementia, who may have specific dietary needs and preferences. The recipes chosen by our team are generally soft, easy to chew, and adaptable to various cultural tastes, but here are some important considerations:

Safety Considerations:



Avoiding Choking Hazards: Be cautious with foods that are hard, dry, or have mixed textures. Raw vegetables or foods with tough skins and seeds may pose challenges—consider modifying recipes or cooking ingredients until soft.

Cultural Appropriateness:

Ingredient Substitutions: Respect dietary laws and cultural preferences by substituting or omitting ingredients such as pork, shellfish, or alcohol. Replace meats with plant-based proteins to accommodate vegetarian, vegan, halal, or kosher diets.

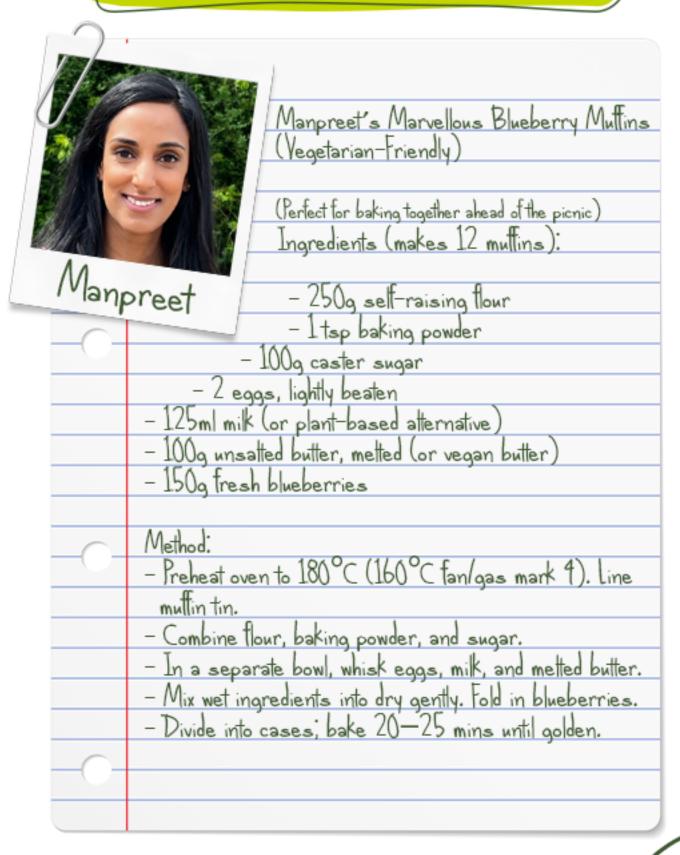
Familiar Flavours: Incorporate familiar spices and traditional ingredients to make dishes comforting and appealing.

Additional Recommendations:

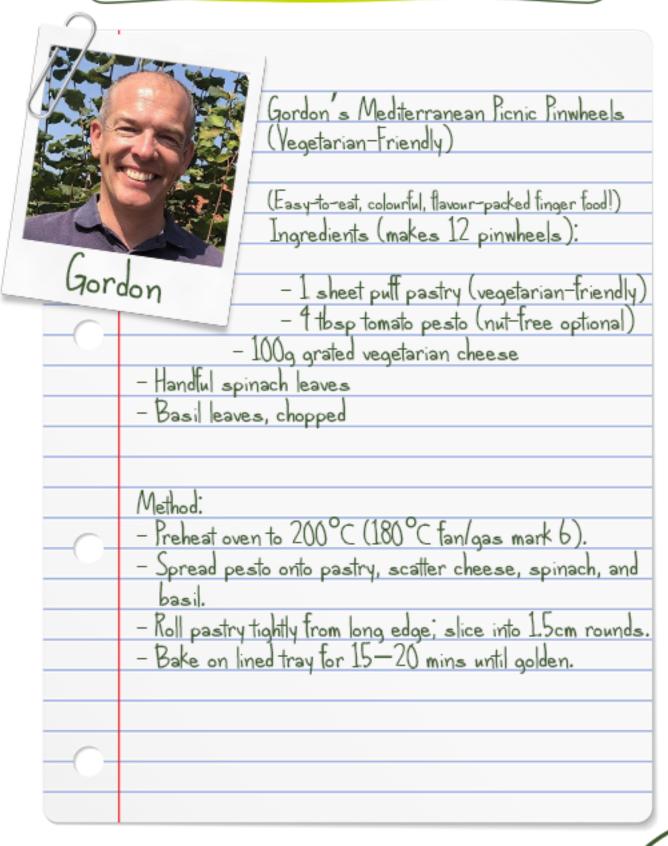
- Finger Foods: Easy-to-handle finger foods promote independence and dignity during meals. Avoid crumbly, overly messy items.
- Hydration: Accompany meals with appropriate beverages to assist swallowing and hydration.

By thoughtfully selecting and adapting recipes, you can create a picnic menu that is safe, enjoyable, and respectful of everyone's needs and backgrounds.

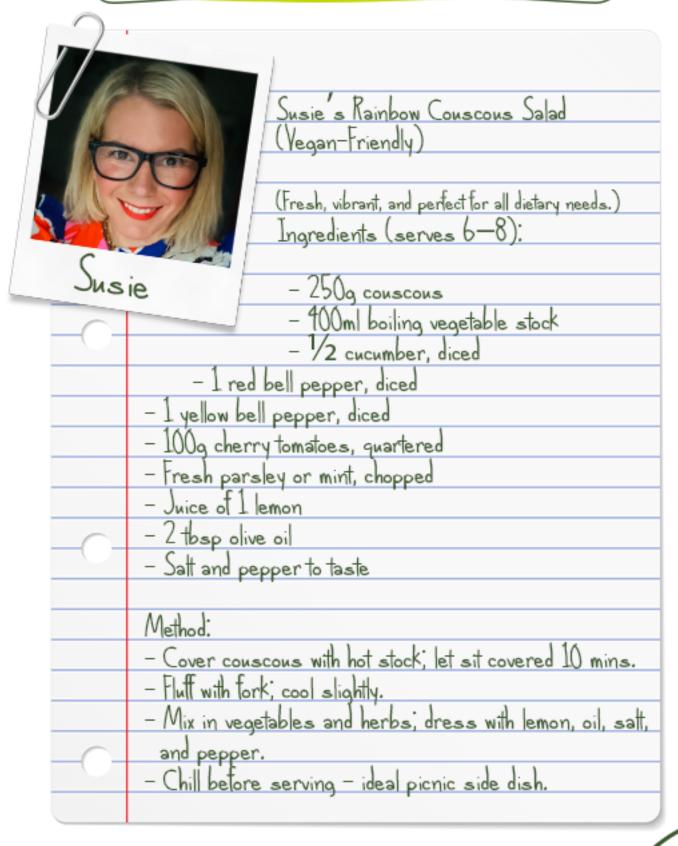




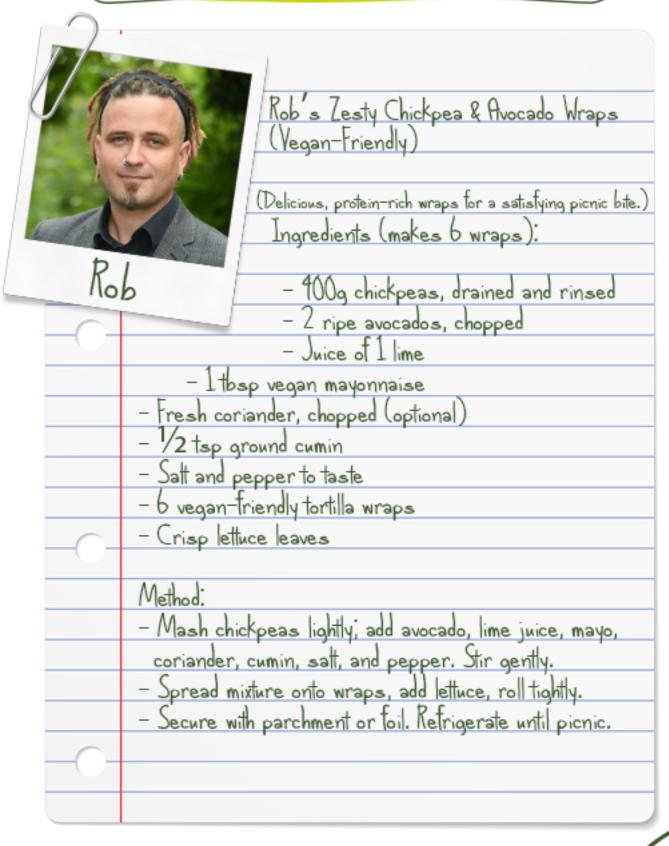














Ongoing Support: Live Learning with Dementia Adventure

Dementia Adventure is not just here for the Big Green Picnic - we offer free online training sessions throughout the year to support carers, families, and professionals. These interactive, practical 'Unpacking Dementia' webinars are designed to help you better understand dementia and feel more confident supporting someone to live well.



Not on Facebook? That's okay. We know not everyone uses the same platforms. All sessions are recorded and available right here on our website and on our YouTube channel, so you can access them anytime. Be sure to subscribe on YouTube to get notified when new videos are released.

Wherever you are on your journey, we're here to learn and grow together—with compassion, understanding, and practical support.

Each session explores a different topic related to dementia and its impact on our lives.



Visit dementiaadventure.org/unpacking-dementia to register or share the link with families in your network. These sessions are an excellent resource to promote as part of your picnic preparations and a great way to extend support long after the bunting has come down.



Letis Make



an Event to Remember!

The Big Green Picnic is about more than enjoying delicious food outdoors it's about creating joy, nurturing inclusion, and sharing experiences that bring us closer together. Whether you're hosting tea in a sunny garden, organising a lively singalong in your local park, or simply sharing stories over sandwiches, your picnic will help foster stronger connections in your community and create lasting memories for everyone involved.

Dementia Adventure is here every step of the way with resources, tips, and ideas to make your event a wonderful success. Visit our website for additional support, to download inspiring podcast episodes, and discover even more resources to get you started.



Visit: dementiaadventure.org



Email: info@dementiaadventure.org



Call: 01245 237548

Thank you for making a difference. We can't wait to hear about your amazing picnics!

#Dementia Adventure

