



*Outdoor Southwark project
run by Art in the Park*

Let's Go Outside

**Short walks for all.
Designed for people
living with dementia.**

These short walks stimulate the senses, evoke memories and provide an opportunity for gentle exercise and creative activity.

Supported by: *Funded by:*



Sensory walks that provide a chance to enjoy the sights, sounds and smells of the seasons

Just 5 – 10 minutes a day spent walking outside can improve the quality of life for people living with dementia at all stages of the condition.

The outdoors is rich in sensory inputs which can stimulate and strengthen neural connections.

Take a snack or a drink and stop at points around the gardens to enjoy the sights and sounds.

Take photographs or make notes so you can talk about them.

Talk to people you meet and ask for help if you need it. Be watchful of trip hazards, uneven pavements, branches sticking out and colour changes that people with dementia may find challenging to walk on.

Walking Works 2013:
www.walkingforhealth.org.uk/get-walking/walking-works



Peckham Rye



Burgess Park



Nunhead Green



Rotherhithe

Stimulate and exercise your senses

Emotional memories are less affected by dementia* and can be stimulated and strengthened using our 5 senses.

Smell - enjoy scents of flowers, herbs and other plants. Tree resin, damp earth and the smells after rain can all bring pleasure and strong memories.

Touch - feel the breeze on your skin, note the different textures of leaves, trail your hand through long grasses or rub the bark of trees.

See - the differences in light and shade, notice the colours, shapes and forms of plants. See trees changing with the seasons, watch birds and study insects.

Taste - Sometimes there will be edible, wild food available such as blackberries.

Listen - Take time to be quiet and listen. There may be bird song, a dog barking, the sound of children playing, insects buzzing or water flowing.

**Alzheimer's Society "Dementia and The Brain" factsheet*



Peckham Rye SE15 3UA

Contemplate nature in the Community Wildlife Garden

Opening times:

Winter 10am-15:30pm,

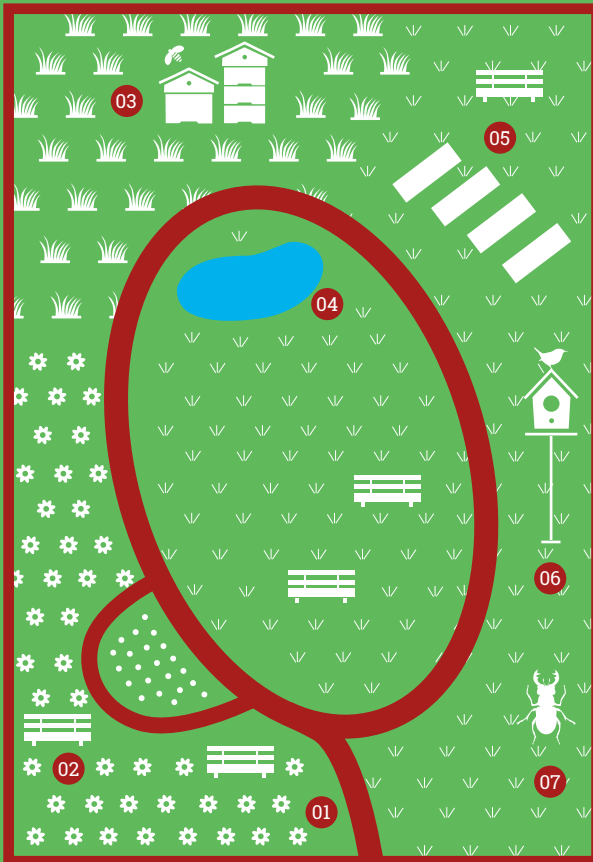
Summer 10am-17:00pm

Disabled access

Round Café

Toilets & Car Park

Buses: P12, 78, 37, 484, 343, 12, 63, 363



Suggested Activity:

Sound Mapping.

Pause at one of the benches. Close your eyes and listen. After a while you may hear a dog bark, birds sing or a child laugh. Discuss with your companion what you hear and then draw or write a list of the sounds.

- 01 Enter through the beautiful metal gates & turn left.
- 02 Pause at the dragonfly bench, smell the roses or look for seed pods.
- 03 Wander down to the bee hives & watch the busy honey bees gathering nectar.
- 04 Watch the insects or dragonflies on the pond.
- 05 Raised beds: see what's growing. Talk about memories of allotments.
- 06 Bird boxes: listen to the bird song.
- 07 Spot the stag beetles: read how long it takes for them to grow.

Chumleigh Gardens Burgess Park SE5 0RJ

Explore the renowned
world gardens

Disabled access

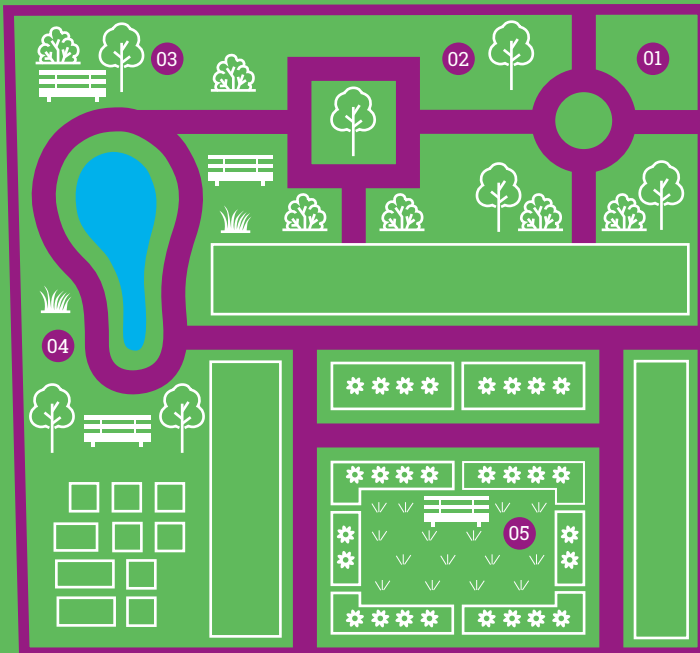
Park Life Café with disabled toilet

Buses: 343, 136, 42

Car Park



Suggested Activity:
Take a magnifying glass and look in detail at the intricate structure of the plants.



- 01 Mediterranean Garden:** enjoy smells of lavender, sage & rosemary.
- 02 Islamic Garden:** see the mosaic tiles, graceful trees & a mature fig with sweeping branches.
- 03 Afro-Caribbean Garden:** spectacular plants & a palm tree with interesting textures.
- 04 East Asian Garden:** sit under the loquat tree & listen to the water.
- 05 English Garden:** vibrant colours & clever planting schemes.

Nunhead Green SE15 3QQ

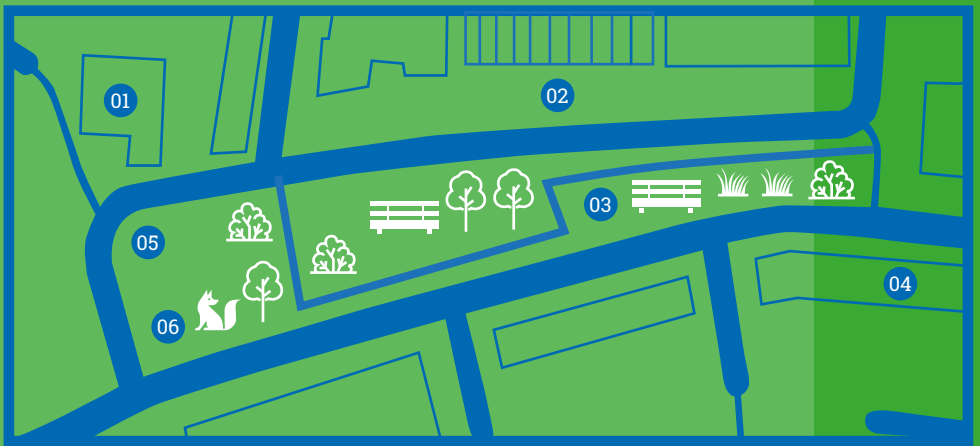
Short walk around a village green with memories of high street shopping

Disabled access around park

Local Cafés & pubs for refreshments (with toilets)

Buses: P12, 78

On street parking



Suggested Activity:
Take crayons and paper. Collect leaves or fallen bark and make rubbings of them whilst leaning on the wall by the Almshouses.

- 01** Old Nun's Head pub: read the history of the original Nun's head on the side of the pub.
- 02** Almshouses: notice gothic style houses built in 1852 by the Metropolitan Beer & Wine Trade Society.
- 03** Ornamental grasses: feel their texture & look at the mosaic map beneath your feet.
- 04** High street shops: remember Ayre's the bakers? What's your favourite cake?
- 05** Play area: talk about where you or your children played?
- 06** Fox sculpture: pat the fox's head as he escapes through the railings.

Rotherhithe Village & the Thames

SE16 4LF

Historic village & riverside walk

Disabled access: cobbles, steps & limited access to the Brunel Museum (paid entry)

The Watch House Café & Brunel Museum Café

No public toilets

Buses: 381, C10. Trains: Rotherhithe Station

Restricted on street parking



- 01 **Brunel Museum:** celebrating the 1st tunnel under the Thames.
- 02 **The Mayflower:** walk past the oldest pub on the river.
- 03 **Thames view:** watch the boats & look over to the Wapping riverside.
- 04 **St Mary's Church Cemetery:** look for the statue of the captain of the Mayflower which sailed to America in 1620.
- 05 **Watchhouse:** what is now a café used to be a look out for body snatchers! Walk around the gardens.



Suggested Activity:

Watch the boats, smell the salty air and discuss journeys you have taken or would like to take in the future.



Created by the participants of the Alzheimer's Society Daffodil Café.

*'Let's Go Outside' is an
Outdoor Southwark project
run by Andrea Sinclair
and Anne Williams.*

*Art in the Park is
a charity devoted to
enriching Londoners'
lives and environment
through visual arts.*



Graphic Design: Vicky Ackroyd.