

Are you caring for a person with dementia? We're here for you



We are an independent local charity seeking to provide help to those caring for people offering practical and emotional support.

caring for carers

TOWER TO TOWER WALK & RUN

SUNDAY 18TH AUGUST

Registration from 9.00am. Commencing at Vazon Tower No 12. Finish at the Tower No 5 at the north end of L'Ancrese Bay, where refreshments will await your arrival.

What route does the walk/run take?

We follow the coastal path from Vazon to L'Ancrese. There are beautiful views and only a short climb at the end. Marshals will be there to assist you at the road crossings.

Is the event sponsored?

It is free to enter, but we hope that you will make a donation or obtain sponsorship for your walk/run. Sponsorship forms can be found and donations can be made at www.alzheimers.gg.

All of the money you raise will help us in our work caring for carers.

How do I register?

You can enter in advance on Facebook, online at www.alzheimers.gg or on the day from 9.00am.

Start time 10.00am (runners to start shortly before the walkers, so please arrive in plenty of time!).

We look forward to meeting you all, children especially enjoy the walk and so will your dogs. Water bottles are available to collect at the start. Just make sure that you have clothes to suit the weather forecast and shoes to match the coastal path.

START

Sun 18th August

Check in at Vazon Tower from 9.00am for a 10.00am start.

FINISH

L'Ancrese Bay



A special thanks to BWCI for organizing the Children's Scavenger Hunt, providing marshals and tented cake stalls.

Helpline 01481 245121

What can we do for you?

- Practical advice and emotional support
- Social activities to help carers connect with people who share similar experiences
- A sitting service to give carers a free hour or two for time for themselves
- Regular social activities on Mondays and Wednesdays, alternate Fridays

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