

We are proud to be sponsoring Dementia Support Hampshire & IOW's family friendly (and dog friendly) sponsored walk which will take place on Sunday 11 September starting and finishing at Warsash Harbour.

Your Walk Your Way – For Dementia is an unmissable and uplifting event for the whole family. It's for everyone, all ages and abilities welcome. It can be a gentle stroll along the river, or as challenging as you want it to be, because it's Your Walk Your Way!

There are seven beautiful walks, from a wheelchair and pushchair friendly 0.5km walk to a 12km walk - and distances in between, all with fantastic views of the River Hamble and/or the Solent.

When you've completed your walk, head back to the harbour to collect your medal and celebrate your achievement with others taking part, then pop back to Banana Wharf Universal for a drink on us!

With every step you take, you are helping people in your local community living with dementia access the support they need to maximise their quality of life.

Sign up to take part

<https://www.mydementiasupport.org/your-walk-your-way/>