

Virtual Dementia Tour - 15 minute sessions

Memory • Confusion • Sensory Change • Perspective • Emotion

Walk in the shoes of those you support

Date:	Location:	Time:
Mon 15 th June 2026	Civic Centre car park, Carlisle	10am – 4pm
Weds 8 th July 2026	Water Street car park, Wigton	10am – 4pm
Weds 15 th July 2026	Allerdale House car park, Workington	10am – 4pm



Experience what it may feel like to live with dementia.

Guided reflection helps improve care, confidence and understanding.

Book your slot by sending an email stating which day and approx. time you'd like to attend or pop in on the day and join a session if we have a space :

Joanne Rayson, Age Friendly Co-ordinator

joanne.rayson@ageuknorthcumbria.org.uk

Local services supporting people living with dementia and their carers will be on hand too.

Please arrive 5 or 10 minutes before your slot to complete registration.