



Marion Child

Maybe because of the pandemic, we have become more aware of other people's health concerns, or is it just Andrew Stuck, getting a little older, and hearing friends speak of family members living with dementia? He is on a walk in Regent's Park in London with **Marion Child**, a Head of Service in Alzheimer's Society's Operations team. Alzheimer's Society have set up walking challenges, the most recent are a series of almost marathon length, set up in part to raise money, but also to provide support for families and friends of those living with dementia. 20'11" 9.7MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in February 2023 and published in March 2023. <http://www.talkingwalking.net>

Alzheimer's Society: <https://www.alzheimers.org.uk/>

Trek 26 <https://www.alzheimers.org.uk/trek26> is one of several walking challenges offered by Alzheimer's Society: <https://www.alzheimers.org.uk/get-involved/events-and-fundraising/join-event>

Other walks include: Memory Walk (2-5kms) held in parks, Glow Walk (5kms) and shorter & longer walks

Trek 26 comes with a support package - entry is £25 and Alzheimer's Society has suggested funding targets of £200 for those undertaking 13 mile Trek route, or £300 for the whole Trek26 route. Registrants receive a Training plan from 16 weeks out - how to build up towards it. Plus coaching on the day and support, including medical support, refreshments, toilet stops and it is even way-marked!

Attracts about 1,000 participants for each Trek26 - open to anyone over 14 (under 18s need to be accompanied by an adult).

Before the pandemic, Marion undertook a walking challenge, climbing Snowdon, and she has also been on a Glow Walk and several Memory Walks - she is undertaking the 13 mile route of Cotswolds Trek26 in 2023.

Call Alzheimer's Society for support: 033 3150 3456

Marion's recommended walks:

1. If you live outside of London, try a Memory Walk or Trek26 in London, to see the sites; if you live in London, choose a Trek26 - perhaps in the Cotswolds that starts in Cheltenham, but there are also shorter Memory Walks in parks, in Surrey, Milton Keynes, Watford and other towns and cities all over England, Wales and Northern Ireland.
2. Go to Wendover Woods and on the Chiltern Hills, easily accessed by rail from Marylebone.