

# Walking Bingo

**BINGO!** A fun activity for young and old. Look for the following on your walk and cross them off as you go. Can you find them all?

Australian wildlife	A red car	Your favourite colour	A pretty flower	Something that makes you smile
Something you want to remember forever	FREE SPACE	An insect	Something shiny	Something you wish you could take home
A statue	A smooth stone	Something that brings back warm memories	Something that smells nice	A spider web
An interesting pattern	A very small tree	A dog	Something with wheels	A personalised number plate
Something you wish you could see more of	Something that moves if you push it	An interesting plant	Something you want to share with a loved one	Something purple

**#DestigmatisingDementia**

*Supporting those living with dementia*



**Walk**  
*with Me*

# Starting a discussion...

A walk around our local community with a companion, virtually or in person, can be a great way to bond and start a conversation about something important. Below are a few talking points to help you start the conversation about destigmatising dementia in your local community.

**Record and post your responses to Facebook @MoretonBayDementiaAlliance Walk With Me 2020 event page with #DestigmatisingDementia and #WalkWithMe2020 to help raise awareness, or tag your friends to see what they would say.**

- When did you join the Moreton Bay community?
- What are your favourite parts of the Redcliffe Peninsula?
- What are the biggest changes you've seen occur on the Redcliffe Peninsula?
- What is one of your favourite childhood memories?
- What are you enjoying about this walk right now?
- Do you know someone whose life has been impacted by dementia?
- If you could tell the world one thing you've learned through your life, what would it be?
- If you had dementia, how would you like those in your life to support you?
- If your friend is sad, what do you do to help them feel better?
- What ideas do you have to destigmatise dementia?
- How do we create a dementia friendly community?
- What made you participate in Walk With Me 2020?
- What's the best advice you've ever been given?
- What's your happiest memory?
- How do you think dementia is stigmatised?
- What is one thing you hope you will never forget?

