

Sava Strider stride out to support the Tibbs Dementia Walking Groups

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The Sava team virtually travelled from Land's End to John O'Groats, a total of 1,200 miles, with the goal of raising as much money as possible for the Tibbs Dementia Walking Groups. The challenge had Sava staff walking, cycling, running and keeping fit whilst raising money for the fantastic charity.

Tibbs Dementia Foundation is a grassroots charity working across Bedfordshire providing many services and activities to support people to live as well and fully as possible with dementia in their lives.

The charity supports people living with dementia, memory loss or cognitive change and their families, to remain socially connected, physically active and cognitively stimulated, as well as providing opportunities to access information, deepen their understanding of dementia and to share experiences.

Through the pandemic, Tibbs Dementia Foundation moved many services online but were pleased when restrictions allowed them to continue to run some small face to face activities through their walking groups.

These were a lifeline for many; providing opportunities to meet socially, to enjoy some exercise in the fresh air and to give a sense of purpose and structure to the week. One of the Tuesday walkers said

"There's great community spirit and this is a very caring group. We started as a walking group and now we're a group of walking friends."

The £2,450 donated from Sava Striders will enable Tibbs to continue to run these valued groups through the summer and into the Autumn. Sarah Russell CEO commented

"We are extremely grateful to Sava Striders who virtually walked from Lands End to John O'Groats to raise funds for Tibbs Dementia Foundation. Thank you for your generosity, enthusiasm, and energy in raising such significant funds ensuring people within the Tibbs community can continue to meet and keep walking together. Thank you, Sava Striders for helping to make a positive change in the lives of many people affected by dementia."

You can find out more about the charity here www.tibbsdementia.co.uk.

