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## **Ita Buttrose celebrates more than 15 years of Memory Walk & Jog to launch 2023 season**

Dementia Australia Patron Ita Buttrose AC OBE encourages all Australians to support people impacted by dementia by taking part in one of 20 Memory Walk & Jog events in 2023.

Ita said she was excited to see Dementia Australia's largest fundraising initiative set to return this year, with more events planned as the long-running event celebrates more than 15 years.

"Memory Walk & Jog started as one single event but has now grown to events across Australia and in 2023 we will return to Darwin and Perth and get to five new locations," Ita said.

"I have loved attending many Memory Walk & Jogs over the years. It is always one of my favourite events of the year that I support and attend in my role as Patron.

We appreciate everyone who registers and participates to raise vital funds to support people living with dementia, their carers, families and friends in Australia.

Each event is powerful and inspirational and offers a wonderful opportunity for participants to gather in a shared experience as they walk, jog or run, raise money and share stories.

We want everyone to come away from the events knowing we are in this together."

Memory Walk & Jog raises much-needed funds to support innovative Australian dementia research and the work of Dementia Australia, which provides invaluable support, education and resources for people living with dementia in Australia, their carers, families and friends.

One team joining the event this year is 'Dad's Army' led by siblings Sarah and Carl who will be walking to support their Dad, Garry who lives with dementia. They had such a great time at their first Memory Walk & Jog last year, they are doing it all again this year.

"It's amazing to find common ground and feel part of a community. We celebrate moments like these with Dad and bank them for when we will really need them. It's all about celebrating what time we have left with him," Sarah said.

Carl said, "Memory Walk & Jog was amazing, I'm not entirely sure what I expected from the day, but at least I knew I had Dad's Army (including Dad!) there with me. It wasn't just Dad's Army on the day though, it was a thousand people who I felt connected with through shared experiences and values. Dementia can be an incredibly overwhelming journey for the person who has been diagnosed and for everyone involved. I think that's why when my sister found Memory Walk & Jog, she jumped at the chance to sign up and join a community going through a similar experience."

In 2023 there will be a total of 20 events:

Huskisson (Pop Up)	Saturday 18 February	Voyager Park, Huskisson
Batemans Bay (Pop Up)	Sunday 19 February	Rotary Park, Batemans Bay
Mudgee (Pop Up)	Saturday 25 February	Lawson Park, Mudgee
Orange (Pop Up)	Sunday 26 February	Elephant Park, Orange
Western Sydney	Sunday 5 March	Tench Reserve, Penrith
Illawarra	Sunday 12 March	Lang Park, Wollongong
Canberra	Sunday 19 March	Barrine Drive, Lake Burley Griffin
Cronulla	Sunday 26 March	Don Lucas Reserve, Cronulla
Hunter	Sunday 26 March	Speers Point Park, Speers Point



Adelaide	Sunday 2 April	Wigley Reserve, Glenelg
Bendigo	Saturday 29 April	Garden for the Future
Geelong	Sunday 30 April	Eastern Park
Melbourne	Sunday 7 May	Princes Park, Carlton North
Sydney	Sunday 21 May	Bay Run, Leichhardt, Oval #3, Lilyfield
Brisbane	Sunday 28 May	Rocks Riverside Park, Seventeen Mile Rocks
Ballina (Pop Up)	Saturday 3 June	Meldrum Park, Ballina
Gold Coast	Sunday 4 June	Pratten Park, Broadbeach
Sunshine Coast	Sunday 4 June	Kawana Surf Club, Buddina
Perth	Sunday 11 June	Victoria Gardens, East Perth
Darwin	Sunday 18 June	Dudley Point, East Point

Through these events, Dementia Australia aims to raise \$1.7 million and attract more than 10,000 participants. Each event is designed for people of all ages and abilities to walk, jog or run and select from a variety of distances.

Currently there are more than 400,000 people of all ages living with some form of dementia in Australia. Without a medical breakthrough, the number of people living with dementia is expected to almost double in 30 years. Events like Memory Walk & Jog play an important role not only in funding support, but also in raising awareness of dementia.

“If you’d like to share your story to help raise awareness, please let us know when you register,” Ita said.

Register for a Memory Walk & Jog event now! And if you can’t attend one, why not consider organising your own group or individual walk or jog, with a MY Way or Australia’s Walk & Jog Impossible Challenge? More details can be found at [www.memorywalk.com.au](http://www.memorywalk.com.au)

Dementia Australia is the source of trusted information, education and services for more than 400,000 people of all ages, living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the National Dementia Helpline on 1800 100 500. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit [dementia.org.au](http://dementia.org.au)

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).