




Dementia Friendly

Health and nature walk

Wednesday 18 May
at 2pm



-  **Improve your wellbeing**
-  **Connect with nature**
-  **Accessible route and facilities**

Join Jo on a guided walk around Gillespie Park this Dementia Action Week to give yourself a nature boost. Being outside in nature is proven to make us feel happier. This walk especially welcomes those living with dementia and their carers, though anyone is welcome to join. We will slowly walk and talk for about an hour and then sit together for a free cup of tea or coffee in the Islington Ecology Centre. There will be spots to sit and rest along the way.

When?

Wednesday 18 May 2022 at 2pm

How?

It's free, just come to Islington Ecology Centre for 2pm

Where?

Islington Ecology Centre in Gillespie Park, 191 Drayton Park N5 1PH.
We're the blue wooden building just off Drayton Park. We're a 3 minute walk from Arsenal tube station.

-  **Ecology Centre, Gillespie Park, 191 Drayton Park Road N5 1PH**
-  **020 7527 4374**
-  **ecologycentre@islington.gov.uk**