



**Dignity in
Dementia**

Helping you support people with dementia



**St Mary's
Hospice**

WOODLAND WELLNESS SESSIONS

Spending time outdoors and close to nature can have a hugely positive effect on our wellbeing. So why not come and join us for a series of enjoyable, friendly outside sessions?

These sessions are open to people with a diagnosis of Dementia and their carers/ family members.



Tuesday 10th October
1.30pm-3.30pm
Gentle walk to Ford Park
(weather permitting).
Making sun catchers in the
Cavendish Room

Tuesday 31st October
1.30pm-3.30pm
Gentle walk to Ford Park
(weather permitting) .
Pumpkin carving and
baking bird feeders

Tuesday 5th December
1.30pm-3.30pm
Christmas Carols, Poetry,
Making Festive
nature decorations

All sessions please meet at the Cavendish Room at 1:30pm
To book a place please call our Living Well Centre team on 01229 444407