



Therapeutic gardening group for people living with dementia

Alive is the UK's leading charity enriching the lives of older people in care and training their carers. We run free Alive 'Growing Support' therapeutic gardening sessions every other Friday 11am-12 noon.

Learn new skills and share your knowledge with others in this friendly and sociable group. Keep fit and active whilst taking part in seasonable gardening activities. No experience is necessary, and we can provide support and accessible tools if needed. If the weather is poor, we will work indoors.

The sessions are funded by the Dementia Wellbeing Service and take place at Bristol Community Links South, a community day service for older people, adults with dementia, a learning difficulty or physical and sensory impairments.

2019 gardening group dates:

Dec- 14th (2018)
Jan - 11th & 25th
Feb - 8th & 22nd
Mar - 8th & 22nd

Location:

Bristol Community Links - South
Bristol
BS4 1TN

Contact Abi for more information -

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www.aliveactivities.org

Registered Charity No. 1132708

