

Enjoy this relaxed approach to gardening at your own pace. Dementia friendly, and a safe space.

Open to anyone interested in gardening. The group welcomes carers to come with their cared for person. Rainy day activities will be held in Winton Park Café.



Starts
1st July

Join us Thursdays from 10:30 to 12pm in the sensory garden at Winton Rec, Fitzharris Avenue. BH9 1BX

Just £2, to include a drink

To find out more, contact **Tess Champion** on
07912 272077