



Dignity in Dementia

Helping you support people with dementia

WOODLAND WELLNESS

A new activity for people with dementia and their family carer or supporter

Escape the everyday and embrace the power of nature

*"Come to the woods for
here is rest."*

– John Muir

*"Nature itself is the best
physician."*

– Hippocrates

There's a wealth of research to show that 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. Bring a mobile chair, a blanket and a flask. Sessions are free but we may ask for a small contribution to cover the cost of materials/food.

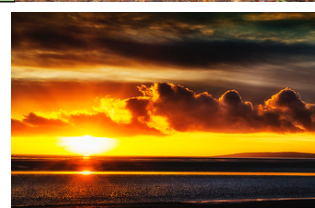
Alternate Monday Mornings 10.30 am start (11.30 start for the lunch session)
4th & 18th October, 1st, 15th & 29th November, 13th December plus two evening sessions. Meet at Arnside Knott Carpark (LA5 0BP) for most sessions.

Activities are likely to last up to 90 minutes and include:

- Woodland art using items from the woodland floor
- Cloudwatching
- Woodland reading session – related poems and literature
- Outside lunch – a simple lunch cooked over a fire
- Flora & Fauna nature quiz
- Making a Halloween broomstick
- Tree Decorating (will take photos but remove decorations afterwards)
- Star Gazing – bring binoculars
- Watch the Sunset (hopefully) whilst eating fish & Chip supper on Arnside Prom



For more information:
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