

# GREEN LINKS

Outdoor activities for people who are  
living with dementia

Join us for a free programme of outdoor activities through which you can practice your gardening skills, take part in green exercise and grow your own fruit and vegetables.

**Sessions run every Thursday  
between 10am - 12pm  
at Thornaby Allotments**

*Please contact us prior to sessions so we can give you directions*

**We will also be holding two additional FREE events during  
Dementia Awareness Week on behalf of the North Tees  
Dementia Collaborative.**

**Wild Food & Foraging Walk at Preston Park on  
Sunday 15th May between 10.30am-12.00pm**

Come and join us for a free guided walk around the grounds of Preston Park, Laura Henry from Groundwork North East will lead the walk, providing interesting information throughout. Please meet us outside the Preston Hall Museum for 10.30am.

**Green Links Taster Session at Thornaby Allotment  
on Thursday 19th May between 10.00am-12.00pm**

Come and join us for a free taster session at our allotment site, we will be offering a range of activities such as gardening and on-site cooking. Please meet us at the Thornaby swimming baths for 10.00am or alternatively contact Loren Bellwood (on 01642 815663) for direct directions to the site.

**For further information about our Green Links Project or any of our Dementia Awareness week events please contact Loren Bellwood on 01642 815663.**

