

Health & Nature Walk

Dementia friendly



Improve your wellbeing



Connect with nature



Accessible route and facilities

Come along to Gillespie Park on Friday 17 September at 10.30am for a guided nature walk around our park. The walk is suitable for all ages and will be accessible for those with dementia and special education needs. There will be a sensory element to the walk as well as hearing about the park's wildlife and history. We'll end the walk with free tea and biscuits at the Ecology Centre.

When?

10.30am - 11.30am Friday 17 September

Where?

The Ecology Centre in Gillespie Park, N5 1PH

How?

It's free, just come to Islington Ecology Centre for 10.30am



Ecology Centre, Gillespie Park, 191 Drayton Park Road N5 1PH



020 7527 4374



ecologycentre@islington.gov.uk



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