

FREE

May activities in Gillespie Park

For events that need free tickets, please email ecologycentre@islington.gov.uk. For all other events, just turn up!

Friday 3rd
Health and Nature Walk
10am - 11am

A slow guided walk around the park, discovering what's changed this month.

Sunday 5th
Dawn Chorus
7am - 8.30am

Experience the dawn chorus in Gillespie Park with Mike Prialux from Islington Swifts. You must book tickets.

Sunday 5th
Islington In Bloom Talks: Wildlife Friendly Gardening
3pm - 5pm

Talks by two experts on gardening for wildlife and sustainable soil management. You must book tickets.

Tuesday 7th
Reusable nappy and baby clothes swap with Women's Environmental Network. 10am - 11.30am

Learn about reusable nappies and try some for free. Bring baby clothes to swap.

Sunday 12th
Islington In Bloom Talks: Tree Pit Gardening
3pm - 5pm

A talk from gardener John Welsh about rewilding the city, one tree pit at a time! You must book tickets.

Wednesday 15th
Dementia Friendly Walk for Dementia Action Week
2.30pm - 3.30pm

A calm and sensory walk for people living with Dementia and their carers. Followed by free hot drinks.

Thursday 16th
QiGong and Mindfulness
10.30am - 12.30pm

For Mental Health Awareness Week, this event focuses on mindful movement and creativity. You must book tickets.

Tuesday 21st
Park Cuppa
10.30am - 12pm

Join other local people for a friendly chat inside the beautiful Ecology Centre. Free hot drinks.

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For a more equal future

