



# Monthly Health & Nature Walk

## Dementia & family friendly

### First Friday of every month 10am

-  Improve your wellbeing
-  Connect with nature
-  Accessible route and facilities



Experience the change of the seasons in Gillespie Park with our free health and nature walks on the first Friday of every month.

The guided walk is suitable for all ages and will be accessible for those with dementia and special education needs. It will be slow and mindful with a sensory element 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?

10am on the first Friday of every month

### WINTER DATES:

Friday 4th February

Friday 4th March

Friday 1st April

## Where?

The Ecology Centre in Gillespie Park,  
N5 1PH

## How?

It's free, just come to Islington Ecology Centre for 10am

-  Ecology Centre, Gillespie Park, 191 Drayton Park Road N5 1PH
-  020 7527 4374
-  [ecologycentre@islington.gov.uk](mailto:ecologycentre@islington.gov.uk)