Community Greenspace

'Dementia Friendly'

Park Activity Sessions

Where:-

Larghan Park, Coupar Angus

When:-

Tuesdays from 2nd July to 30th July 11am - 2pm

Sessions take place in the gazebo in the park.

Toilet facilities on site.

Community Greenspace

What is the Park activity sessions?

The Park activity sessions are for the over 60's and also people with early -stage dementia who are able to attend safely on their own or who are accompanied by someone to support them who want to take part in an innovative, exciting and fun programme of Park and woodland activities. Partners and carer's are always welcome and will find the sessions an invaluable source of support and friendship.

What does it involve?
You will be part of a small group and have the opportunity to try many different activities including:

Physical activity
Walks around the park to join various activities

Conservation activities
creating habitats

Bushcraft
Fire lighting and woodland cooking

Environmental art
Photography and creating art from the wildflower meadow

Learning
Tree and bird identification

How do I join in?
Contact: The Ranger, Alistair Macleod ajmacleod@pkc.gov.uk
Or call Susan Whyte on T: 01738 475395 M: 07824 889007

Transport:
If you are struggling to make your own way to Larghan Park please contact the Ranger.

What happens if the weather is bad?
If the weather is bad we will meet at the cycling hub (old bowling club) which is located close to the park. Your ranger will contact you or your carer by 9am on the day to confirm if we are meeting inside.

Do I need any special equipment?
No. You will be provided with gloves, just wear sturdy boots and an appropriate waterproof jacket. Bring a pack lunch and we will

Can't commit to 5 weeks?
Don't worry if you can't make every week drop in when you can!

Can I bring a friend?
You are welcome to bring a family member, friend or carer with you to take part in the activities

Working together to maintain, improve and support our shared greenspaces for all to enjoy

Working in a group helps develop social skills and creates a sense of unity.