



Derbyshire
Carers
Association

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www.derbyshirecarers.co.uk

Gardening Group

Starting Friday 13th August

Accessible outdoor wellbeing and growing activities ranging from gentle garden tasks to woodland wilderness wellbeing sessions.

These are all based around the 5 ways to wellbeing including 'be active' and could include activities such as: gardening, mindful walking, conservation tasks and craft activities.

This is a 10 week course for carers and the cared for, starting on Friday 13th August. Each session

will last for 2 hours, with the choice of a morning or afternoon slot.

The sessions will be held at:

Butterley Station
Ripley
Derbyshire
DE5 3QZ

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk