

Safe Space... Finsbury Park from home



Dementia-friendly, **free workshops** for older people and carers

Explore

May – June 2020

- Remotely explore the wildlife, people and history of Finsbury Park and make art inspired by what you learn – from making postcards to planting seeds.
- We will send you free workshop packs in the post. They will include workbooks, art supplies, tea bags and some nice biscuits!
- We will meet online weekly to explore the packs together.
- We will also be joined by interesting local guests.

SAFE SPACE
workshop

We hope to come together and continue these sessions in the park once restrictions have been lifted.

Please get in touch with Katy Hawkins if you would like to get involved and to find out more.

- Email Katy at heritage@2nq.uk
- Call Katy on 07936 909588

Do you need help joining the sessions?

- Internet support: If you have the internet but need help, we will call you and help you get set up.
- Join by phone: If you do not have the internet, we can post you the packs so you can do them independently, and we can chat about it over the phone.



Haringey
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park events income