

Green Moments



As human beings we can all benefit from a connection with the outdoors. Here at Green Moments, held in the beautiful, natural environment at Bushy Wood, Know Dementia offer the chance to remain engaged with nature, meeting new people and benefitting from being outside. Our Leaders provide a variety of activities, both outdoors and indoors dependent on the weather and throughout the year. The site is easily accessible even for those with some mobility issues.

FORTNIGHTLY
starting 9th August
10.00 am to 12.30 pm
Bushy Wood Activity Centre
Main Road, Hailsham BN27 3LZ
(map overleaf)



"Just being in the woods is so relaxing and peaceful. It really helps me to get back on an even keel"



Green Moments is offered to people diagnosed with dementia and their Care Partner at a cost of £2.00 per session. This includes a variety of activities as well as refreshments

For further information and to book a place Tel. 01273 494300

Email info@knowdementia.co.uk www.knowdementia.co.uk 

Who are we?

Know Dementia is a Sussex based charity providing advice and support to people living with dementia and their family members/carers. This is achieved through our Memory Moments Cafes, Sporting Moments sessions or one of our Green or Woodland Moments. We call these “moments” as we aim to create good moments away from the daily challenges of living with the disease. The support the charity provides enables people living with dementia and their family members/carers to have quality time together, to nurture relationships, build new relationships with others in a similar situation and engage in meaningful activities.

