

Creative Spaces



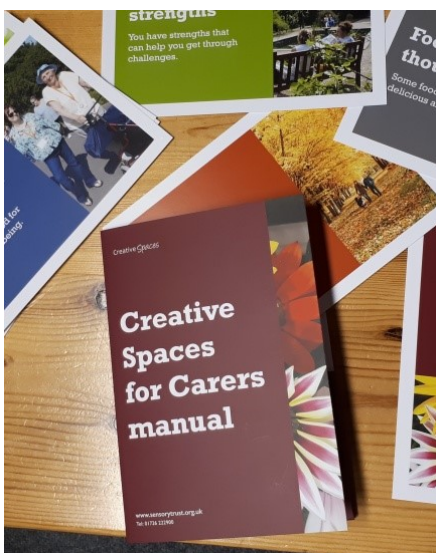
Creative Spaces for Carers programme **FREE** online support for unpaid dementia carers

Taster session: Thursday 2nd July, 10.30am—11.30am
(requires a PC, laptop or tablet to access the session)



Find out how:

- ✓ **Nature can help your health and wellbeing**
- ✓ **Your support network can grow through increased social interaction**
- ✓ **Creative activities are useful tools for coping with stress and other issues**



Register with Wendy at Sensory Trust:
Email: creativespaces@sensorytrust.org.uk
Telephone or text: 07543 050074

Registration enables you to receive a link to the online Zoom session
There is help with setting it up if required

Creative Spaces project uses nature to support people living with dementia and their families in Cornwall and Devon