

Active and Green in Aberdeen: Using Nature to Engage Older People

(Funded by the 'Reshaping Care for Older People Fund')

26th June 2014

Dr Garuth Chalfont, author of the Dementia Green Care Handbook - a leading researcher in the area, will be running Workshops on the effective engagement, care and support of older adults (with or without Dementia) in the natural world. This is an opportunity to generate ideas for supporting improved wellbeing of older adults with access to existing outdoor spaces and exploring the opportunities and challenges to developing new and improved outdoor spaces within Aberdeen City. The Workshops are open to Professionals from any discipline and other interested individuals.



Aberdeen City Council Wellbeing Team, in conjunction with Chalfont Design (www.chalfontdesign.com) & RGU

10 Grants of £300 will be made available from The Great Outdoors Fund for therapeutic improvements to green spaces in Aberdeen – application forms will be available on the day.

Venue: School of Health Sciences, RGU, Garthdee Road, Aberdeen

Workshop times: **9.30 – 12.00** OR **2.00 – 4.30** with refreshments. Places are free but strictly limited.

For more information and to request a place on either workshop please contact Paula Bisset, Wellbeing Co-ordinator on pabisset@aberdeencity.gov.uk or telephone 07799 861044.

Please indicate your name, role, organisation and preferred Workshop time. Booking is essential. Closing date for applications **13th June**