

'Roots and Boots' Memory Group



**Relaxed and informal
mornings of nature based
activities for
people living with
dementia and their carers.**

**Mon 8th August &
Monday 22nd August
2-4 pm**

**Based on a beautiful nature reserve
near Castle Cary, you can take part in
gardening tasks, nature walks and art
and craft activities.**

**A chance to get outdoors, unwind,
listen to the birds and make new
friends!**

**The group is free to join. Due to the nature of
our site and the activities, it will suit people
who are reasonably mobile.**

Please contact

jackie.gage@carymoor.org.uk

**or call 01963 350143 for more information
and to book a place.**



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