

Green Links



Green Links is an outdoor programme for those living with dementia or short term memory loss and their carers/families.

FREE walks and bowls sessions available this summer in Darlington with Green Links!!

This summer, we are delivering a range of guided walks and bowls sessions across Darlington and we are inviting you along to join us! Please see the dates and locations below. You can take part in meaningful activities whilst socialising!

Please note: Refreshments provided.

Activity	Date	Location	Time
Bowls	Tuesday 23rd July	North Park Bowls Club (off Cumberland Street DL3 0LY)	2-3.30pm
Guided Walk; South Park	Tuesday 30th July	South Park; meeting at the Clock Tower (DL1 5TD)	2-3.30pm
Bowls	Tuesday 6th August	North Park Bowls Club (off Cumberland Street DL3 0LY)	2-3.30pm
Guided Walk; Broken Scar	Tuesday 13th August	Broken Scar; meeting at the Car Park (DL3 8TB)	2-3.30pm
Bowls	Tuesday 20th August	North Park Bowls Club (off Cumberland Street DL3 0LY)	2-3.30pm
Guided Walk; Brinkburn	Tuesday 27th August	Brinkburn nature reserve; meeting outside the Brinkburn Pub (DL3 0YR)	2-3.30pm

To attend any of our free sessions above or if you would like any more information/directions please contact Loren Bellwood or Laura Ince-Henry on 01642 815663 or email loren.bellwood@groundwork.org.uk

Please note sensible shoes are needed for the guided walks and bowls sessions!



Website: www.groundwork.org.uk

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