

We are here to help people living with dementia hold on to their lives and the things they love for longer. Because life doesn't end when dementia begins.

Dementia Awareness Week in Lloyd Park and The William Morris Gallery - 17TH to 23rd May 2015

During the week there will be a range of local activities and events **for people with dementia and their carers** in the Park and Gallery. These include walks, talks, exercise, tai chi, gardening and museum history and handling activities run by Lloyd Park Community Project, William Morris Gallery and Alzheimer's Society Waltham Forest.



Sunday 17 May

10-11am **Senior Tai Chi Corner and Tai Chi demonstration**
Lloyd Park Bowls Community Pavilion For ages 50+ all abilities welcome.
Please book in advance by Saturday 9 May info@daolu.co.uk 07713 152 999

Monday 18 May

13.00 - 14.00 **Tai Chi Taster, free refreshments**
Aveling Centre Community **All abilities and limited mobility welcome.**
ellie.mortimer@walthamforest.gov.uk 07530 072 216

14.00 - 15.00 **Gardening Taster, free refreshments**
Aveling Centre Community **All abilities and limited mobility welcome.**
ellie.mortimer@walthamforest.gov.uk 07530 072 216

Tuesday 19 May

10:30 - 12:00 **Tree Walk / tea & cake**
Lloyd park café
r.hoyes@tcv.org.uk 07787 193 981

Wednesday 20 May

13:45 – 15:00 **William Morris Gallery short tour and tea and biscuits**
Acanthus room, William Morris Gallery. **Some access restrictions.**

anna.mason@walthamforest.gov.uk 020 8496 4390.

Thursday 21 May

14:30 - 16:30 **Handling session exploring printed textiles followed by tea and biscuits**
William Morris Gallery Learning room. **Some access restrictions.**
Please book in advance – wmg.enquiries@walthamforest.gov.uk 020 8496 4390.

Friday 22 May

10:00 – 11:00 **Women's Tai Chi Corner and demonstration**
Lloyd Park, Aveling Centre Community Room,
Please book in advance by 14 May: info@daolu.co.uk T: 07713 152 999

11:00 - -12:00 **Lloyd Park Green Gym**
The Aveling centre in Lloyd Park
Please book in advance: gg-waltham-forest@tcv.org.uk 02085338022.

14:30 - 16:00 **William Morris Gallery - tea and sing-along**
William Morris Gallery, Acanthus room some **access restrictions.**
Contact Wayne: Wayne.minter@alzheimers.org.uk 0208556 8171



Lloyd Park is located on Forest Road, Walthamstow, E17 - Entrances: Forest Road, Winns Terrace x2, Winns Avenue, Brettenham Road, Aveling Park Road, Cazenove Road and Bedford Road x2

GETTING THERE

- Tube/train: Walthamstow Central (overground train and Victoria line) 15 minutes' walk, half mile
- Bus: 123, 34, 97, 215, 275, 357 all run nearby
- Car: There is a Pay & Display car park next to the main park entrance on Forest Road. It's accessed from Bedford Road (off Forest Road). There is one disabled bay. There are further disabled bays just inside the Forest Road entrance, near the William Morris Gallery. Some of the streets surrounding the park have [Controlled Parking Zones](#) (CPZs)