



Unlock creativity together through
verse and words



Free -
registration
required

Kick Off with a Verse

Sessions for the carers of those living with dementia





Kick off with a Verse is a series of weekly sessions to support care partners of those living with dementia. It is a space where we use poems to start a conversation about the experiences of being a carer and tap into creative parts of ourselves we may have long forgotten.

In a session we check in and get grounded, learning different ways to relax. We listen to a poem, noting what comes up for us and share, first in small groups, then in the large group. With guidance, we each find our own words or even just one word to describe our experiences, sharing with others if we choose to. Finally we check out.

Sessions run in parallel with *Together in Time*, Park Theatre's singing sessions for people living with dementia and their carers, in the same building at the same time, to allow care partners to access the group.

Dates 2 Oct - 27 Nov 24

Time 11-12:30
(followed by refreshments)

Price FREE
(Registration required)

Who can take part

Unpaid carers who are residents living in Islington and Haringey

For more information

Visit parktheatre.co.uk/creative-engagement or contact **Carys Thomas** on carys.thomas@parktheatre.co.uk or **02033720725**

PARK

Tickets: ParkTheatre.co.uk
Phone: 020 7870 6876
📍 Finsbury Park

