

## Green Spaces and Gardens

lockdown may have dampened our spirits,  
but gardens and gardening can help to lift them.

*'Simply contemplating nature helps to rest and recharge  
our brains'*

*Professor Alistair Griffiths*



## A virtual open meeting on Tuesday 23<sup>rd</sup> February 2021

From 8 to 9pm

Seven Town Centre Parks and Gardens  
virtual tour and history

with Tony Barnfield, Chairman of the Bromley Civic Society

Followed by the opportunity to ask questions and talk about gardens

Please join us, either:

❖ **On computer:**

- using Zoom - Meeting ID: 847 9802 3131; Password: 990888
- with one-click to the internet -

<https://us02web.zoom.us/j/84798023131?pwd=V1JGZmd0amROQngwam1POHFOa1duQT09>

❖ **By telephone:**

- **Dial:** 0203 901 7895 and enter the following to gain access: 847 98023131 for meeting ID; # instead of participant ID; 990888 for password.

The meeting space will be open from 7.45pm for those who'd like to arrive early.

Contact [francisandmary9@gmail.com](mailto:francisandmary9@gmail.com) for further information.

*How gardening affects the mind and brain remains a mystery.*

*What scientists do know is that gardening reduces stress and calms the nerves.*