

Positive East STIGMA EMPOWERMENT

Kew Garden Outing

Saturday 8th October 2022

To celebrate US, Positive East has organised a outing to Kew Gardens on Saturday 8th October. One of the strengths of the Stigma Empowerment course is meeting others that are living with HIV, reminding us that we're not alone. Kew is a celebration of that, a chance to meet up and network.

Come join us!

- **11:00** Meet at Kew Gardens station. Meeting point is at the back of the station in the courtyard.
- **11:30** Set off from meeting point to walk to Kew Gardens (approximately a 7-minute walk). We leave at 11:30 a.m. sharp, not a minute later. **NOTE:** You can only gain entry to the Gardens if you are in the group.
- On entry into the gardens, you can either stay with the main group, or do please feel free to go off on your own, or with whoever you want. This is YOUR day, and you are responsible for yourself and anyone you bring with you, specifically children.
- **13:30** Optional meet for lunch outside The Orangery restaurant. We recommend you bring a packed lunch and a drink, as the food can be pricey and the restaurants themselves can be very busy.

NOTE: This is your day to enjoy how you please. If you have any mobility or additional care needs and need a carer, you are encouraged to bring that person along. Essential carers get in FREE on top of our allocated tickets. There are a limited number of scooters and wheelchairs available from Kew Gardens, but these MUST BE BOOKED IN ADVANCE! Please click on www.kew.org/kew-gardens/visit-kew-gardens/accessibility for information. To prebook a scooter or wheelchair please call the visitors' information line 020 8332 5655 option 4. You need to book at least two weeks in advance to ensure availability.

If you are bringing children, you are responsible for them and for their behaviour. If you lose them in the gardens, call Kew Visitor Information on 020 8332 5655 option 1. Please remember to bring any medication with you as needed to take during the day.

Once booked for the outing via Nick, should you find yourself unable to attend, please do let us know as much in advance as possible by emailing nick.maxwell@positiveeast.org.uk or call Nick on 07788 414333 on the morning of the 23rd BEFORE so we are not waiting around for you.