

Living Well

Thursdays
1.45-3.15pm

Starts 18 Nov

**A warm and welcoming
group for people in
Lambeth
living with
dementia
and their
carers**



The Living Well group provides social connection through friendship and support. Group members can take part in reminiscence and creative activities and there is always plenty of fun and free flowing tea!

**The Old Library
4-16 Knights Hill,
West Norwood
London SE27 0HY**

£5 per attendee (no additional cost for carers)

Carers are welcome. Light refreshments provided.

Please get in touch with Lydia if you are interested in joining us
0208 318 9105 or hello@age-exchange.org.uk

Finding us

The Old Library can be accessed by rail and bus.

RAIL

Nearest railway station is West Norwood then a couple of minutes walk, average walking pace.

BUS

The following bus routes run closest to The Old Library are: 2, 68, 196, 315, 432, 468 and 690.

CAR

Please note there is very limited car parking space in the area.

For more information go to www.lambeth.gov.uk