

Living Well

Residents

Thursdays
10.15-11.45am

Starts 28 Oct

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



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

**Dining Room
Cheviot Gardens
36 Cheviot Road
West Norwood
London SE27 0DD**

**£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

Cheviot Gardens can be accessed by rail and bus.

RAIL

Nearest railway station is West Norwood then an 8-minute walk average pace.

BUS

The following bus routes run closest to Cheviot Gardens are: 196, 315 and the 468. The stops are then a 2-minute walk.

CAR

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

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