

Wellbeings

Lambeth residents

Mondays

1.45-3.15pm

**25 October to
20 December**



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

The Wellbeings is a group that provides friendship and support. Group members can take part in fun and creative activities and there is always plenty of time for a good natter over a cuppa too!

**Main Hall
Stockwell Park Community Centre
21 Aytoun Place
Stockwell
London SW9 0TE**

**£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

Stockwell Community Centre can be accessed by rail, tube and bus.

RAIL

Nearest railway stations are Brixton then a bus or 15 minute walk. Loughborough Junction then a bus or 20 minute walk or Clapham North then a bus or 20 minute walk or Clapham High Street on the Overground then a bus or 20 minute walk.

TUBE

Nearest underground is via the Victoria or Northern Line to Stockwell Station. On average walking pace, it is then a 10 minute walk from Stockwell Station.

BUS

The following bus routes run closest to the Centre; 133, 159, 2, 3, 345 or 59. All then require a walk of around 5 minutes to the Centre.

CAR

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

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