

Wellbeings

Residents

Mondays

11am-12.30pm

25 October



A warm and welcoming group for people living in Lingham Court living with dementia and their carers

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

**Dining Room
Lingham Court
10 Lingham Street
Stockwell
London SW9 9HF**

£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

Lingham Court can be accessed by tube, bus and rail.

TUBE

Nearest underground is via the Victoria or Northern Line to Stockwell Station. On average walking pace, it is then a 3-minute walk from Stockwell Station.

BUS

The following bus routes run closest to Lingham Court are: 50, 88, 155 and the 345. The stops are then a 2-minute walk to Lingham Court.

RAIL

Nearest railway station is Brixton then a 20-minute walk.

CAR

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

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