



# Living Well

People in  
Lambeth  
Thursday  
1.30-3pm

Friendship and support for people in Lambeth living with dementia and those that care for them. People can enjoy a range of fun, creative activities including art, music and reminiscence.

Lavender Hope CIC  
Deronda Hall  
Deronda Estate  
5 Jarrett Close  
Tulse Hill SW2 3DG

£6 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](mailto:hello@age-exchange.org.uk)

# Finding us

Lavender Hope can be accessed by rail and bus.

## **RAIL**

Lavender Hope is a 10 minute walk from Tulse Hill train station, average walking pace.

## **BUS**

The following bus routes that run closest to Lavender Hope are: 2, 68, 196, 201, 322, 415, 432, 468, P13

## **CAR**

There is a small car park behind Lavender Hope community centre. The sign states it is 'residents only' but you have permission to park there if you are using the community centre.

**For more information visit [lavenderhope.co.uk/visit-us](https://lavenderhope.co.uk/visit-us)**