



# Living Well

## Cheviot Gardens

### residents

## Thursday

# 11am-12.30pm

Residents of Cheviot Gardens who live with dementia can take part in reminiscence and creative activities, forming friendships and enjoying light refreshments together.

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

**£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

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](http://www.lambeth.gov.uk)**