

NHS
South East London

Lambeth

COMMUNITY FUND

age exchange

South East London
Integrated Care System



Creative Dementia Programme

Improving the lives of those living with dementia and their carers using reminiscence and the arts

Age Exchange supports people living with dementia and their carers, by providing group activities throughout the week.

Our projects in Lambeth provide creative activities, advice, support and somewhere to relax and have fun.

age exchange

FR Registered with
FUNDRAISING
REGULATOR

Age Exchange
11 Blackheath Village
London SE3 9LA

0208 318 9105



Please call 07729 107 520
dementia@age-exchange.org.uk

www.age-exchange.org.uk

Dementia projects in Lambeth

Monday Club

West Norwood Library and Picturehouse

Monday 10.30am-12.30pm

Socialise with others and have fun. Sessions include arts and crafts, quizzes and games and music and movement.

Free to attend

Musical Memories Club

West Norwood Library and Picturehouse

Tuesday 10.30am-12.30pm

Come and share your memories of music across the decades, enjoy singing with the group and listen to your favourite music on vinyl. Exploring all tastes and genres.

Free to attend

Dance for Health

Brixton Library

Friday 10.30am-12.30pm

Join our dance and movement group. Take part seated or standing. Have fun and get fit. Improve your balance and increase mental and physical wellbeing. Make friends and enjoy dancing as a group.

Free to attend

How to join our groups

To take part or make a referral please call us on 07729 107 520 or email dementia@age-exchange.org.uk

Where to find our groups

West Norwood Library and Picturehouse

Community Room, 1-7 Norwood High Street, London SE27 9JU

Brixton Library

Brixton Oval, London SW2 1JQ

Sessions may not be available at certain times of year, i.e. Easter, Summer, Christmas and are subject to change

92%



of people living with dementia now feel a better sense of community



83%

of carers enjoy shared activities with the person they care for



These are funded projects and your donation can help keep the groups running.

It's quick and easy to donate.

www.age-exchange.org.uk/get-involved/donate