



Happy Horners  
Thursday Club



Kaleidoscope Café



Day Care



Annie's Movement Club



## 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 and one-to-one tailored support where needed.

At Age Exchange in Blackheath we provide creative activities, advice, support and somewhere to relax and have fun.

Please call **0208 318 9105**  
[dementia@age-exchange.org.uk](mailto:dementia@age-exchange.org.uk)

[www.age-exchange.org.uk](http://www.age-exchange.org.uk)



Bakehouse Theatre  
Age Exchange  
11 Blackheath Village  
London SE3 9LA

0208 318 9105



## Projects in Blackheath

### Day Care

Tuesday

11am-3pm

For those living with dementia and their carers. Meaningful, sensory activity, music, movement, craft and reminiscence arts.

**£10 per session including lunch (free for carers)**

### Annie's Movement Club

Tuesday or Thursday

3-4.30pm

Fun movement and dance activities with music increasing self esteem, reducing stress and developing social skills for those living with dementia and their carers.

**Free to attend**

### Kaleidoscope Café

Thursday

10.30am-12.30pm

A group for under 65s living with young onset dementia and those who provide care with music and creative activities.

**£6 per session**

### Happy Horners Thursday Club

Thursday

12.45-2.45pm

Accessible reminiscence arts, music and crafts group for people who live with dementia and carers.

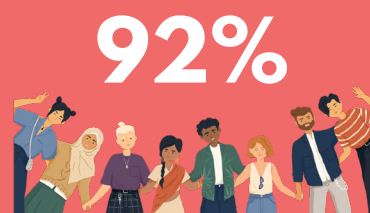
**If you wish to make a donation to attend you are welcome to do so**

## All groups take place at Age Exchange

In the Bakehouse Theatre behind our café. Access via Bennett Park or through the café garden.

## How to join our groups or find out more

Please call **0208 318 9105** or email [dementia@age-exchange.org.uk](mailto:dementia@age-exchange.org.uk) to discuss your needs



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](http://www.age-exchange.org.uk/get-involved/donate)