

If you would like to know more or make a referral, please contact Aga, Naomi or Lydia on 0208 318 9105 or email hello@age-exchange.org.uk

Our creative approach of combining visual arts, music and singing, dance and drama, has a positive impact on quality of life and sense of companionship/community and wellbeing of people who live with dementia and their carers.



Caring Together services

for people living with dementia and other long-term conditions and their carers



Who are Age Exchange?

Founded in 1983, we are the UK's leading Reminiscence Arts charity. We offer an array of activities and services for older people and those living with young onset dementia in particular, including an original dementia intervention model (RADIQL™) in residential care. We run a vibrant community hub in the heart of South East London, which includes a not-for-profit café, a community library, and activities, open Monday to Saturday.

What is Caring Together?

- Groups for people living with long-term conditions like dementia and their carers
- Activities and support led by Reminiscence Arts Practitioners, committed to the principles of positive ageing; enabling people to be active, creative and engaged in later life
- Individual advice and support sessions for carers at our centre

Please contact our Dementia Services using the number/email on the back if you are interested in attending, prior to joining a group



MONDAY

Inspired Caring 12.30-2.30pm

Company, support & activity for carers and the people they care for
£5 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

The Wellbeings group 11am-3pm

Creative activities to improve wellbeing for people with dementia and their carers

£4 (free for carers), additional £3 for lunch

Lingham Court, 10 Lingham Street, Stockwell, London SW9 9HF

TUESDAY

Age Exchange Day Care 11am-3pm

Reminiscence group for people living with dementia and their carers
£8 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

Café Create 12.30-2.30pm (starts 3 March)

Creative activities for under 65s living with dementia and those who provide support

£5 (free for carers)

West Norwood Library & Picturehouse, 1-7 Norwood High Street, London SE27 9JU

WEDNESDAY

Artful Caring 2-4pm

Art-based therapeutic activities for people living with dementia and their carers

£5 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

THURSDAY

Kaleidoscope Café Fortnightly 10:30am-12:30pm

Creative activities and support for under 65s living with dementia and their carers

£5 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

Café Connect Fortnightly 10:30am-12:30pm (starts 12 March)

Creative activities and support for under 65s living with dementia and their carers

£5 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

The Living Well group 11am-3pm

Creative activities and reminiscence for people living with dementia and their carers

£5 (free for carers), lunch can be purchased additionally

Cheviot Gardens, 36 Cheviot Road, London SE27 0DD

Creative Caring 1-3pm

Creative activities for people living with dementia and their carers

£5 (free for carers)

Bakehouse Theatre, Age Exchange, 11 Blackheath Village SE3 9LA

FIRST SUNDAY EACH MONTH

Sunfields Methodist Church 1-4pm

Lunch and activities for all older people

£6.50

Sunfields Methodist Church, 95 Old Dover Road, Blackheath SE3 8SJ