



# Tuesday Club

**11 am to 1 pm**  
**Age Exchange**  
**Bakehouse Theatre**

A vibrant, social club for people living with dementia and their carers. Make friends and enjoy a range of activities including reminiscence, arts, crafts and music.

Part of our Creative Dementia Programme in Blackheath.

**To join or make a referral please call or email us**  
**07729 107 520 or 0208 318 9105**  
**[dementia@age-exchange.org.uk](mailto:dementia@age-exchange.org.uk)**

Funded by:



**Worshipful  
Company  
of Horners**

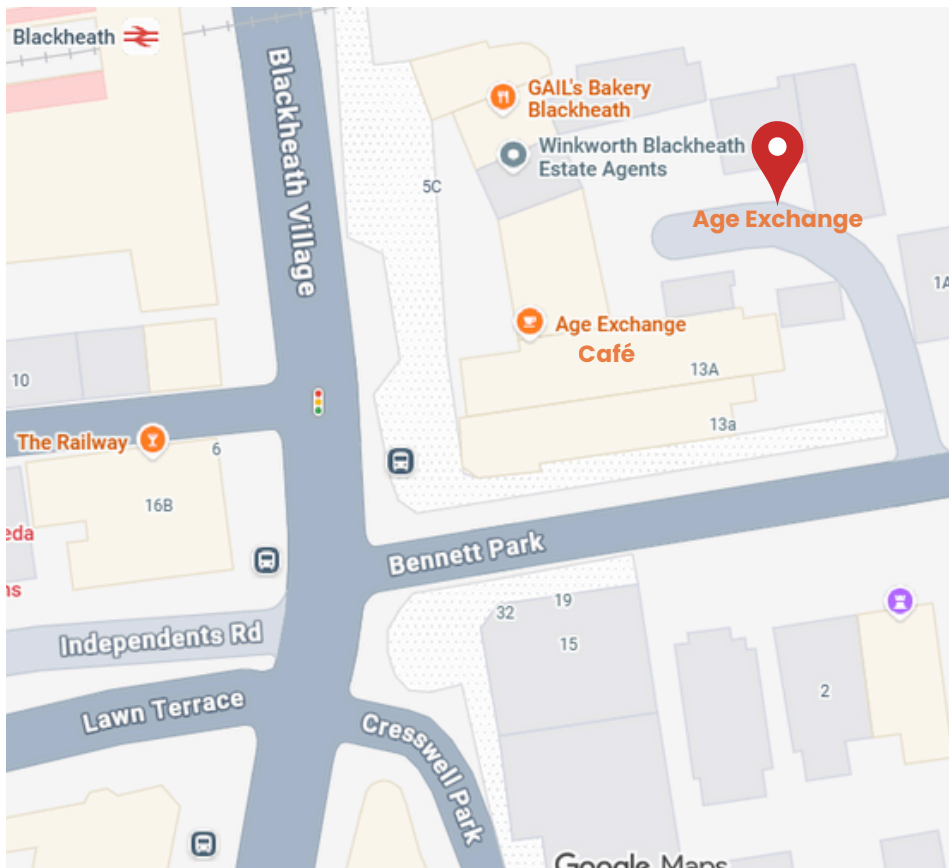


**Lewisham**



Charity Number: 326 899  
Company number 1929724

# How to find Age Exchange



**Buses which stop nearby:  
54,202,108,89,SL4.**

**We are opposite  
Blackheath Rail  
Station.**

**Access to our  
Bakehouse Theatre  
is from Bennett Park  
or through the Café**

Age Exchange is an arts charity providing creative group activities throughout the week and support for those living with dementia and their carers. This year we celebrate 43 years working in reminiscence and dementia support using the creative arts.

**Bakehouse Theatre  
Age Exchange  
11 Blackheath Village  
London  
SE3 9LA**



**Referrals**

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