



Creative Dementia

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 in the week.

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

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

www.age-exchange.org.uk



Bakehouse Theatre
 Age Exchange
 11 Blackheath Village
 London SE3 9LA

0208 318 9105



MERCHANT TAYLORS'
 FOUNDATION



Worshipful
 Company
 of Horners

Dementia projects in Blackheath

Tuesday Club

Tuesday

11am-1pm

Starts 5 March

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

Dementia Choir

Thursday

11am-1pm

Starts 7 March

'Joyful Voices', a choir for people living with dementia and their care givers and people who are dementia friendly. We believe in the power of music to bring joy, comfort and connection to those affected by dementia. Our choir demonstrates the power of singing and music to have a positive affect on their voice, well-being and resilience. Learn to sing as a choir taught by our professional musicians.

Dance for Health

Thursday

2-3.30pm

Have fun and get fit. Improve your balance, co-ordination and flexibility. Make friends and enjoy dancing as a group to music of all genres. Our sessions are designed to increase your mental and physical wellbeing. Take part seated or standing.

How to join our groups

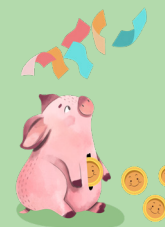
To take part or make a referral please call us on 07729 107 520/ 0208 318 9105 or email dementia@age-exchange.org.uk

All of these groups take place in our Bakehouse Theatre behind Age Exchange in Blackheath and are free to attend.

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

83% of carers enjoy shared activities with the person they care for

92% of people living with dementia now feel a better sense of community



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