Café Connect

A group for Under 65's living with young–onset dementia and those who provide care as family, friends or staff. All welcome to join us for activities & support.

DATES FOR THE NEXT THREE MONTHS

March 12\textsuperscript{th} & 26\textsuperscript{th}  
April 9\textsuperscript{th} & 23\textsuperscript{rd}  
May 7\textsuperscript{th} & 21\textsuperscript{st}  
June 4\textsuperscript{th} & 18\textsuperscript{th} and continues

Every other Thursday 10.30am – 12.30pm

£5.00 per attendee. There is no additional cost for carers.

Where: The Bakehouse, Age Exchange, 11 Blackheath Village, London SE3 9LA

Contacts: Please get in touch if you are interested to join us

Aga (Co-ordinator) or Naomi (Administrator) at Age Exchange  
Telephone 02083189105 or e-mail hello@age-exchange.org.uk
Finding us

Age Exchange is very convenient to locate, in the centre of Blackheath Village, opposite Blackheath train station.

BY RAIL

Trains to Blackheath can be boarded from Lewisham, London Bridge*, London Cannon Street, London Charing Cross, London Victoria, Charlton, Woolwich Arsenal, Plumstead and Abbey Wood; and from Kent routes via Dartford, Crayford and Slade Green.

BY BUS

Stop E is directly in front of the Exchange, (buses 54, 89, 202 and 108) from Woolwich, Bexleyheath, Blackheath Royal Standard and Stratford; and opposite from stop D, if you’re travelling from Lewisham. Bus 380 stops in the village at stop F if you are travelling via Thamesmead or Charlton.

BY CAR

There is no car parking directly at the Age Exchange, but the area is well served by a public car park at Blackheath train station, at Blackheath Grove by the Post Office, and on street meters close to the centre.

Age Exchange,
Number 11, Blackheath Village
London SE3 9LA
020 8318 9105