

# **PATIENT PARTICIPATION GROUP**

## **Information Market Place at**

South Lewisham Group Practice, 50 Conisborough Crescent Catford SE6 2SP

*Stallholders offering free information & advice  
on health & wellbeing*

Mornings between 9am - 12pm or as stated below

## **AUGUST 2016**

**Thursday 4<sup>th</sup>**

**ACTIVE LIFESTYLE FOR ALL** –  
supporting inactive patients

**Wednesday 10<sup>th</sup>**

**CARERS LEWISHAM** - supporting carers  
5yrs - adult. Range of services **9 -11.30am**  
**Carers Coffee morning 11.30-1.30pm**  
&  
**LEWISHAM MINDCARE** –  
information/support for adults with dementia  
**9.30 – 11.30am**

**Thursday 11<sup>th</sup>**

**ACTIVE LIFESTYLE FOR ALL** –  
supporting inactive patients

**Monday 15<sup>th</sup>**

**BREATHE EASY SUPPORT GROUP** –  
Supporting anyone affected by lung  
disease. **10 -12pm**

**Thursday 18<sup>th</sup>**

**ACTIVE LIFESTYLE FOR ALL** –  
supporting inactive patients

**Monday 22<sup>nd</sup>**

**HEALTHWATCH** - helping you to shape  
and improve services you use. **9 – 11am**

**Thursday 25<sup>th</sup>**

**ACTIVE LIFESTYLE FOR ALL** –  
supporting inactive patients  
&  
**LEWISHAM HEALTH TRAINERS** –  
1 – 1 support on health & weight  
management. **10 – 1pm**

**Friday 26<sup>nd</sup>**

**METROPOLITAN POLICE SAFER  
NEIGHBOURHOOD** –  
**Police surgery 10 – 12pm**

## MORE INFORMATION ABOUT STALLHOLDERS

**ACTIVE LIFESTYLE FOR ALL** - Funded by the National Lottery through Sport England. A three year programme open to all residents 14yrs & over living in Catford South /Whitefoot /Downham /Grove Park /Rushey Green wards. Aim is to support inactive residents to lead a more active lifestyle through participating in 30 minutes of FREE sport related activity per week. Activities include: Circuit Training / Nordic Walking / Pilates / Step Aerobics / Walking Football / Swimming /Belly Blast/Aerobics. **At surgery every Thursday morning.** [www.abbotshallhic.org](http://www.abbotshallhic.org)

**BREATHE EASY** - support groups forming part of the British Lung Foundation but run locally for the benefit of local people & provide information /support /friendship to anyone affected by lung disease. *Group meet on the second Thursday of every month from 11am - 1pm at the St. Laurence Centre, Jubilee Room, 37 Bromley Road, Catford SE6 2TS.* **At surgery the 3<sup>rd</sup> Monday of every month.**

**CARERS LEWISHAM** - supports anyone in Lewisham who, unpaid, looks after a mentally /physically ill /disabled relative / friend. Support carers aged 5 upwards to include advice /information /emotional support /breaks /chance to meet other carers/ time out from caring activities i.e. relaxation days /wellbeing sessions /coping strategies. Specialist support for parent carers /carer of people with dementia / carers of people with mental health problems /older carers /carers caring for someone nearing the end of their life. **At Surgery second Wednesday each month @ 9-11.30am then offer Carers Coffee Morning 11.30 – 1.30pm.** [www.carerslewisham.org.uk](http://www.carerslewisham.org.uk) Tel: 020 8699 8686

**HEALTHWATCH LEWISHAM** - Looking for information about health or social care services? Do you want to comment on the services you receive? We are Healthwatch Bromley and Lewisham, helping you to shape and improve services you use. **Email: [info@healthwatchlewisham.co.uk](mailto:info@healthwatchlewisham.co.uk) Tel: 020315 1916**  
<http://www.healthwatchlewisham.co.uk/>

**LEWISHAM HEALTH TRAINERS** – The Health Trainer services are free and available to Lewisham residents over 18 years of age. Lewisham Health Trainers offer One-To-One support and Shape Up/ Weight Management programs around changing or adopting a healthier lifestyle. Every Thursday at South Lewisham Health Centre, you could see their Health Trainer for up to 8 sessions of intensive support, to set your goals, support you to help you achieve them, encourage & motivate you to lead into a healthier lifestyle. **Contact: Freephone: 08081410118.** <https://www.lewishamandgreenwich.nhs.uk/our-health-improvement-team>

**LEWISHAM MINDCARE** - Lewisham Mindcare is an Information and Support Service providing tailored dementia support from a local charity for anyone living in Lewisham with dementia and their family and friends. The service is free to access for people living in the London Borough of Lewisham, diagnosed with a dementia. [www.mindcare.org.uk](http://www.mindcare.org.uk)

**METROPOLITAN SAFER NEIGHBOURHOOD TEAM** - holding regular 'surgeries' where residents can obtain advice or talk about their concerns in an informal setting. Privacy space available if needed. Follow on TWITTER: [Sgt Berry @MPSWhitefootSgt](https://twitter.com/MPSWhitefootSgt)  
<http://content.met.police.uk/Site/saferneighbourhoods>