

PATIENT PARTICIPATION GROUP

Information/advice/support Market Place at

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

www.southlewishamgrouppractice.co.uk

*Free information & advice
on health & wellbeing*

AUGUST 2017

Monday 7th

AGEING WELL in Lewisham-LCC

Supporting & befriending support for those 50+

10 -12pm

**2nd WEDNESDAY
of every month**

CARERS LEWISHAM –

supporting carers 5yrs - adult.

Range of services. **9 am -11.30 am**
&

Carers Coffee morning

11.30 am -1.30 pm

EACH THURSDAY

NO SMOKING CLINIC –

for South Lewisham GP patients only.

12 pm – 5pm

Book appointments at reception or through Emiss.
See below for more clinics

MORE INFORMATION

AGEING WELL in Lewisham-LCC - Is a project run by Lewisham Churches Care, an established charity that provides support and befriending services to people aged 50+ living in South Lewisham. A small staff team supported by volunteers and in partnership with other Community organisations, co-ordinate befriending groups in community venues where folk can share an activity, learn a new skill or join an exercise group and make new friends, helping to reduce social isolation and improve their physical and mental health and quality of life.

www.ageingwell-lcc.moonfruit.com Contact Tel: 020 8698 3735

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 Tel: 020 8699 8686

NO SMOKING CLINIC - **If you are a patient of South Lewisham Group Practice the No smoking Clinic is Every Thursday afternoon between 12 pm – 5pm and to Book an appointment to see an advisor via our reception or through EMISS.**

For anyone looking to stop smoking you are four times more likely to quit if you engage with the stop smoking services who are there to give you advice and information on the advantages of not smoking and how you can achieve your goal.

NB: If you are a Lewisham resident there are you can book an appointment at your GP's, or pop down to the local pharmacy, or one of the following community clinics (you can just turn up to these clinics and see the advisor on the day):

Rushey Green Group Practice: Tuesday - 1 – 4 pm

Downham Health and Leisure Centre: Tuesday – 4 pm – 8 pm and Thursday – 10 am – 2.30 pm

Laurence House: Wednesday – 12 noon – 2.30 pm

Waldron Health Centre: Wednesday – 12 noon – 7.30 pm

Burnt Ash Surgery: Thursday – 3 – 5 pm

***To book a space in the South Lewisham Group Practice waiting area or for more information
Email: southlewishamppg@gmail.com***