

PATIENT PARTICIPATION GROUP

Information/advice/support Market Place at

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

*Offering free information & advice
on health & wellbeing*

Mornings between 9am - 12pm or as stated below



Seasons Greetings

DECEMBER 2016



Thursday 1st

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

&

COMMUNITY HEALTH TRAINERS CLINIC

1 – 1 support on health & weight management.

Thursday 8th

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

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Friday 9th

HEALTHWATCH - representing the views of people using health services **10– 12pm**

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AGEING WELL in Lewisham-LCC 10 -12pm

Supporting & befriending support for those 50+

Wednesday 14th

CARERS LEWISHAM - supporting carers 5yrs - adult. Range of services. **9 -11.30am**

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Carers Coffee morning. 11.30-1.30pm

Thursday 15th

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ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

COMMUNITY HEALTH TRAINERS CLINIC

1 – 1 support on health & weight management

Friday 16th

COMMUNITY CONNECTIONS –

Information on services for your needs

Monday 19th

~~**BREATHE EASY GROUP**~~ CANCELLED

Thursday 22nd

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients &

COMMUNITY HEALTH TRAINERS CLINIC

1 – 1 support on health & weight management

Wednesday 28th

SELDOC – Urgent out of hour's medical care.
10am - 12pm

Thursday 29th

&

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

COMMUNITY HEALTH IMPROVEMENT

SERVICE – Long term Condition Health Champions

&

LEWISHAM HEALTH TRAINERS CLINIC -

1 – 1 support on health & weight management

MORE INFORMATION ABOUT STALLHOLDERS

ABBOTTSHALL CENTRE & 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.abbotshallhc.org**

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**

COMMUNITY CONNECTIONS - Delivered by Age UK Lewisham & Southwark in conjunction with voluntary sector partners. Support Lewisham residents to access local services to meet their needs in regards with “Five Ways to Wellbeing”:- - Connect / Stay Active /Keep Learning /Take Notice /Give. Community Support Facilitators work with individuals to improve their wellbeing & help them to engage with relevant services that meet their needs & make the most of what they have to offer. Community Development Workers support & engage with voluntary & community organisations to deliver and develop services to offer individuals increased choice & provision for needs that aren’t currently being met in the Borough
Tel: 020 8314 3244 Email: communityconnections@ageuklands.org.uk
Twitter: @cc_lewisham Blog: <http://cclewisham.wordpress.com>

LEWISHAM COMMUNITY HEALTH IMPROVEMENT SERVICE:-
<https://www.lewishamandgreenwich.nhs.uk/our-health-improvement-team>

HEALTH CHAMPIONS - Promoting community awareness on treatment, support & prevention of Type 2 Diabetes & Respiratory Diseases (COPD & Asthma)
On the last Thursday of every month our team is available at South Lewisham Health Centre.

You will find us at locally led health promotion events and talks and we can be contacted on 0203 049 3250 (Tuesdays, Wednesdays and Thursdays)

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 & motive you to lead into a healthier lifestyle. **Contact: Freephone: 08081410118.**

SELDOC – Urgent medical care for patients in Lambeth, Southwark & Lewisham when GP is closed. Will be informing patients about their services. **At surgery the 4th Wednesday of each month. www.seldoc.uk.uk**