

PATIENT PARTICIPATION GROUP

Information/advice/support Market Place at

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

*Free information & advice
on health & wellbeing*

Mornings between 9am - 12pm or as stated below

FEBRUARY 2017

Thursday 2nd

LEWISHAM HEALTH TRAINERS CLINIC

Support on health & weight management.

10 - 5pm

Wednesday 8th

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

Carers Coffee morning **11.30-1.30pm**

Thursday 9th

LEWISHAM HEALTH TRAINERS CLINIC

Support on health & weight management.

10 - 5pm

Thursday 16th

LEWISHAM HEALTH TRAINERS CLINIC

Support on health & weight management

10 - 5pm

Monday 20th

HEALTHWATCH - representing the views of people using health services **9 – 11am**

&

SAIL (SAFE AND INDEPENDENT LIVING)

Quick referral to support services for older people.

Thursday 23rd

LEWISHAM HEALTH TRAINERS CLINIC

Support on health & weight management

10 - 5pm

&

LEWISHAM HEALTH CHAMPIONS–

Promoting local services & support, & awareness of Diabetes, COPD & Asthma.

10 – 1pm

MORE INFORMATION

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

HEALTHWATCH LEWISHAM - Healthwatch will give people a powerful voice locally and nationally. At a local level, local Healthwatch will work to help local people get the best out of their local health and social care services. Local Healthwatch is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future. Your local Healthwatch is commissioned by the local authority and accountable to them and is not part of the NHS. Local Healthwatch took on the work of the Local Involvement Networks (LINKs) and also: - represents the views of people who use services, carers and the public on the Health and Wellbeing boards set up by local authorities - provides an information and signposting service to support people to make informed choices about their care - report concerns about the quality of healthcare to Healthwatch England, which can then recommend that the Care Quality Commission take action.

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.

<http://www.healthwatchlewisham.co.uk/>

Tel: 020315 1916

Email: info@healthwatchlewisham.co.uk

LEWISHAM HEALTH CHAMPIONS' PROGRAMME: **On the last Thursday of every month** our team is available at South Lewisham Health Centre, promoting local services specifically targeted at residents living with, or at risk of, Asthma, Chronic Obstructive Pulmonary Disease (COPD) and Diabetes.

Lewisham Health Champions are here to: - Raise and increase awareness around Diabetes, COPD and Asthma diseases amongst local residents.

Raise awareness of local support groups and peer-support programmes especially amongst the ethnic minority communities in Lewisham.

Provide culturally specific information to local people about diabetes, COPD and Asthma.

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)

LEWISHAM HEALTH TRAINERS – The Health Trainer services are free and available to Lewisham residents over 18 years of age. Lewisham Health Trainers offer drop-in support around changing or adopting a healthier lifestyle. **Every Thursday** at South Lewisham Health Centre. **Contact: Freephone: 08081410118.**

<https://www.lewishamandgreenwich.nhs.uk/our-health-improvement-team>

SAIL (SAFE AND INDEPENDENT LIVING) CONNECTIONS is Age UK Lewisham & Southwark's quick-referral service which acts as a bridge between older people in the community and the services available to them. It helps people access suitable support without having to chase it themselves. SAIL checklists can be given to or filled out on behalf of people who are over 60 and live in Lewisham. The checklist asks questions about issues people may need support with, such as health and wellbeing, social activities, fire safety and home security, living conditions and income and finances. Referring involves simply filling out personal details at the top, ticking the boxes next to the services required and then sending the form back to Age UK L&S. Written next to each question is an organisation who will be in contact if the box is ticked for that service. Once the form is sent off to Age UK L&S, a SAIL Coordinator will be in touch with the older person to talk through it in a bit more detail. After that conversation, our partners will get in touch within six weeks to see how they can help.

Checklists are available as A4 pads and on the Age UK L&S website (<http://www.ageuk.org.uk/lewishamandsouthwark/sail/>)

You can send completed checklists to:- **Email: sail.connections@nhs.net OR sailconnections@ageuklands.org.uk**

Fax: 0207 378 9217 Post: Stones End Centre, 11 Scovell Road, London, SE1 1QQ

Alternatively, checklists can be completed over the phone with a Coordinator by calling **0207 358 4077**.