

## 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

To book your free space or for more information Email: [southlewishampg@gmail.com](mailto:southlewishampg@gmail.com)

# HAPPY NEW YEAR

## January 2017

**Wednesday 11<sup>th</sup>**

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

**& Carers Coffee morning. 11.30-1.30pm**

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

**Thursday 26<sup>th</sup>**

**COMMUNITY HEALTH IMPROVEMENT  
SERVICE – Long term Conditions Health  
Champions**

## **MORE INFORMATION ABOUT STALLHOLDERS**

**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

**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)**

**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>