

## **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*

## **MARCH 2017**

**Wednesday 8<sup>th</sup> CARERS LEWISHAM**  
Information/advice/support for carers  
5yrs - adult.  
**9 -11. 30am**

*Followed by*

***Carers Coffee morning***  
**11.30am -1.30pm**

**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

*Health and Wellbeing Groups and organisations are offered a free space in our large waiting area, during surgery open hours, where they can promote their specialist services or project, provide free information, advice or outreach to our patients and the various clinic visitors.*

*To book or for more information Email: [southlewishamppg@gmail.com](mailto:southlewishamppg@gmail.com)*