

PATIENT PARTICIPATION GROUP

Information/advice/support Market Place at

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

*Stallholders offering free information & advice
on health & wellbeing*

Mornings between 9am - 12pm or as stated below

NOVEMBER 2016

Thursday 3rd

ACTIVE LIFESTYLE FOR ALL –

supporting inactive patients &

**LEWISHAM HEALTH TRAINERS
CLINIC**

1 – 1 support on health & weight management.

Wednesday 9th

CARERS LEWISHAM - supporting carers

5yrs - adult. Range of services. **9 -11.30am**

&

Carers Coffee morning. 11.30-1.30pm

Thursday 10th

ACTIVE LIFESTYLE FOR ALL –

supporting inactive patients &

**LEWISHAM HEALTH TRAINERS
CLINIC**

1 – 1 support on health & weight management

Thursday 17th

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients &

LEWISHAM HEALTH TRAINERS CLINIC

1 – 1 support on health & weight management

Thursday 24th

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

&

COMMUNITY HEALTH

IMPROVEMENT SERVICE – Promoting local services & support, & awareness of Diabetes, COPD & Asthma &

LEWISHAM HEALTH TRAINERS CLINIC - 1 – 1 support on health & weight

management

Tuesday 29th

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

Wednesday 30th

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

MORE INFORMATION ABOUT STALLHOLDERS

ABBOTSHALL 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**

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**

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. Your 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 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 & motivate you to lead into a healthier lifestyle. **Contact: Freephone: 08081410118.**
<https://www.lewishamandgreenwich.nhs.uk/our-health-improvement-team>

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**