

PATIENT PARTICIPATION GROUP

South Lewisham Group Practice, 50 Conisborough Crescent Catford SE6 2SP
www.southlewishamgrouppractice.co.uk

*Free health & wellbeing
information, advice & support*

NOVEMBER 2017

WEDNESDAY 9th **CARERS LEWISHAM** – supporting carers 5yrs - adult. Range of services.
9.30am -11.30 am on 2nd Wednesday of every month
&
Carers Coffee morning
11.30 am -1.30 pm on 2nd Wednesday of every month

EVERY THURSDAY **NO SMOKING CLINIC** – for South Lewisham GP patients only.
12 pm – 5pm
Book appointments at reception or through Emiss.
See information below for more clinics in the borough

MORE INFORMATION ON STALLHOLDERS/CLINICS

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

NO SMOKING CLINIC - If you are a patient of South Lewisham Group Practice the No smoking Clinic is Every Thursday afternoon between 12 pm – 5pm and to Book an appointment to see an advisor via our reception or through EMISS.

For anyone looking to stop smoking you are four times more likely to quit if you engage with the stop smoking services who are there to give you advice and information on the advantages of not smoking and how you can achieve your goal.

NB: If you are a Lewisham resident there are you can book an appointment at your GP's, or pop down to the local pharmacy, or one of the following community clinics (you can just turn up to these clinics and see the advisor on the day):

Rushey Green Group Practice: Tuesday - 1 – 4 pm

Downham Health and Leisure Centre: Tuesday – 4 pm – 8 pm and Thursday – 10 am – 2.30 pm

Laurence House: Wednesday – 12 noon – 2.30 pm

Waldron Health Centre: Wednesday – 12 noon – 7.30 pm

Burnt Ash Surgery: Thursday – 3 – 5 pm

***To book a space in the South Lewisham Group Practice waiting area or for more information
Email: southlewishamppg@gmail.com***