

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

OCTOBER 2016

- Thursday 6th** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients &
LEWISHAM HEALTH TRAINERS CLINIC
1 – 1 support on health & weight management.
- Wednesday 12th** **CARERS LEWISHAM** - supporting carers
5yrs - adult. Range of services. **9 -11.30am &**
Carers Coffee morning **11.30-1.30pm**
- Thursday 13th** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients &
LEWISHAM HEALTH TRAINERS CLINIC
1 – 1 support on health & weight management
- Friday 14th** **COMMUNITY CONNECTIONS** – information on services for your needs &
HEALTHWATCH - representing the views of people using health services **9 – 11am**

Monday 17th

BREATHE EASY SUPPORT GROUP –
Supporting anyone affected by lung disease.
10 -12pm &
**METROPOLITAN POLICE SAFER
NEIGHBOURHOOD** –
Police surgery 10 – 12pm *with focus on
Halloween & Fireworks*

Thursday 20th

ACTIVE LIFESTYLE FOR ALL – supporting
inactive patients &
LEWISHAM HEALTH TRAINERS CLINIC
1 – 1 support on health & weight management

Wednesday 26th

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

Thursday 27th

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

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**

BREATHE EASY - support groups forming part of the British Lung Foundation but run locally for the benefit of local people & provide information /support /friendship to anyone affected by lung disease. *Group meet on the second Thursday of every month from 11am - 1pm at the St. Laurence Centre, Jubilee Room, 37 Bromley Road, Catford SE6 2TS.* **At surgery the 3rd Monday of every month.**

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**

COMMUNITY CONNECTIONS - Delivered by Age UK Lewisham & Southwark in conjunction with voluntary sector partners. Support Lewisham residents to access local services to meet their needs in regards with “Five Ways to Wellbeing”:- - Connect / Stay Active /Keep Learning /Take Notice /Give. Community Support Facilitators work with individuals to improve their wellbeing & help them to engage with relevant services that meet their needs & make the most of what they have to offer. Community Development Workers support & engage with voluntary & community organisations to deliver and develop services to offer individuals increased choice & provision for needs that aren't currently being met in the Borough
Tel: 020 8314 3244 / Email: communityconnections@ageuklands.org.uk / Twitter: [@cc_lewisham](https://twitter.com/cc_lewisham) / Blog: <http://cclewisham.wordpress.com>

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>

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: [@SgtBerry](https://twitter.com/SgtBerry) @MPSWhitefootSgt**

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**