

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

SEPTEMBER 2016

- Thursday 1st** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients
- Thursday 8th** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients
- Wednesday 14th** **CARERS LEWISHAM** - supporting carers 5yrs - adult. Range of services **9 -11.30am**
Carers Coffee morning 11.30-1.30pm
- Monday 19th** **BREATHE EASY SUPPORT GROUP** – Supporting anyone affected by lung disease.
10 -12pm
- Thursday 15th** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients
- Thursday 22nd** **ACTIVE LIFESTYLE FOR ALL** – supporting inactive patients

Thursday 29th

ACTIVE LIFESTYLE FOR ALL – supporting inactive patients

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LEWISHAM HEALTH TRAINERS –

1 – 1 support on health & weight management.

10 – 1pm

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METROPOLITAN POLICE SAFER NEIGHBOURHOOD –

Police surgery 10 – 12 pm

MORE INFORMATION ABOUT STALLHOLDERS

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

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

<http://content.met.police.uk/Site/saferneighbourhoods>