

PATIENT PARTICIPATION GROUP

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

www.southlewishamgrouppractice.co.uk

*Free information, advice & support offered in
our large waiting area*

SEPTEMBER 2017

WEDNESDAY 13th **HEALTHWATCH** - representing the views of people using health services **9 – 11am**

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

TUESDAY 19th **SYDENHAM GARDEN** – helping mental health recovery. **10am – 12pm**

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

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

HEALTHWATCH LEWISHAM - Healthwatch will give people a powerful voice locally and nationally. At a local level, local Healthwatch will work to help local people get the best out of their local health and social care services. Local Healthwatch is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future. Your local Healthwatch is commissioned by the local authority and accountable to them and is not part of the NHS. Local Healthwatch took on the work of the Local Involvement Networks (LINKs) and also: - represents the views of people who use services, carers and the public on the Health and Wellbeing boards set up by local authorities - provides an information and signposting service to support people to make informed choices about their care - report concerns about the quality of healthcare to Healthwatch England, which can then recommend that the Care Quality Commission take action.

Looking for information about health or social care services?

Do you want to comment on the services you receive?

We are Healthwatch Bromley and Lewisham, helping you to shape and improve services you use.

<http://www.healthwatchlewisham.co.uk/>

Tel: 020315 1916

Email: info@healthwatchlewisham.co.uk

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

SYDENHAM GARDEN uses gardening, art and craft and other activities such as cooking, singing and creative writing to help Lewisham residents in their recovery from mental ill-health. Our intervention leads to significant improvement in mental wellbeing. We also use these activities to maintain function in recently diagnosed dementia. Both adult gardening activities and our dementia services are now commissioned by Lewisham CCG and are delivered from our Resource Centre which was awarded the Best Mental Health Design Award in the 2011 Building Better Healthcare Awards.

Tel: 0208 291 1650 www.sydenhamgarden.org.uk

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