

## PATIENT PARTICIPATION GROUP

### Information/advice/support Market Place at

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

*Free information & advice  
on health & wellbeing*

Mornings between 9am - 12pm or as stated below

## MAY 2017

**Wednesday 10<sup>th</sup>**      **CARERS LEWISHAM** - supporting carers 5yrs - adult. Range of services. **9 -11.30am & Carers Coffee morning 11.30-1.30pm**

**Monday 20<sup>th</sup>**      **HEALTHWATCH** - representing the views of people using health services **9 – 11am**

**EVERY THURSDAY**      **NO SMOKING clinic 12 – 5pm**

### 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](http://www.carerslewisham.org.uk) Tel: 020 8699 8686

**HEALTHWATCH LEWISHAM** - Healthwatch will give people a powerful voice locally and nationally. Local Healthwatch is all about local voices being able to influence the delivery and design of local services. 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](mailto:info@healthwatchlewisham.co.uk)