

PATIENT PARTICIPATION GROUP

Market Place at

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

Stallholders offering free information and advice

DATES BOOKED - Mornings between 9am - 12pm or as stated below

NB: see below for more information on stallholders

AUGUST 2015

- Wednesday 5th** **BELLINGHAM COMMUNITY PROJECT/ WELL LONDON**
9.30am – 11am only working together to meet local need
- Monday 10th** **ARTFUL DODGERS** - Lewisham's Cardiac Support Group
&
AFRICA ADVOCACY FOUNDATION – support, advocacy, advice, HIV testing etc.
&
BELLINGHAM COMMUNITY PROJECT/ WELL LONDON – working together to meet local need
- Wednesday 12th** **CARERS LEWISHAM** - Supporting carers aged 5 - adult with a range of services
&
LEWISHAM HEALTH TRAINERS – 1 to 1 support on changing lifestyle
- Monday 24th** **ARTFUL DODGERS** - Lewisham's Cardiac Support Group
&
METROPOLITAN POLICE SAFER NEIGHBOURHOOD – Police surgery
- Thursday 27th** **CARERS UK AMBASSADOR** - promoting carer's rights & network for other organisations.
&
LEWISHAM HEALTH TRAINERS – 1 to 1 support on changing lifestyle
&
LEWISHAM MENTAL HEALTH CHAMPION – Mental Health Awareness

INFORMATION ABOUT STALLHOLDERS

AFRICA ADVOCACY FOUNDATION – AAF promotes better health, education and other life opportunities for disadvantaged people through practical support, advocacy, information, advice, guidance and training. Our activities include: information; advice; guidance; and support services on a range of areas including: female genital mutilation (FGM); sexual and mental health; and training services. HIV testing offered on the day in privacy.

ARTFUL DODGERS– Lewisham's Cardiac Support Group – provides help and support to people suffering from heart conditions, their families, friends and the people that care for them. We provide advice, a listening ear and events to bring a smile to your face.

The Artful Dodgers group is organised by people with heart complaints and people whose friends or relatives have heart complaints.

Meetings are held on the second Tuesday of each month, from 2pm until 4pm. A friendly place to meet, chat and share your experiences. We always welcome new faces. Meet at: The Saville Centre, 436 Lewisham High Street, SE13 6LJ.

They will be at the surgery every other Monday.

BELLINGHAM COMMUNITY PROJECT (BCP) & WELL LONDON – Bellingham Community Project works closely with many local projects; e.g. the Bellingham Interagency and Phoenix Community Housing. As well as being heavily involved in the Bellingham Festival, the local assemblies team and the safe neighbourhood team, BCP is working to bring about positive changes and to keep sport and recreation affordable.

Well London works at the very local, neighbourhood level. It engages and supports people to develop their individual and community knowledge, skills and capacity to take action on the issues affecting their health and well-being. Very importantly, it also integrates with, strengthens and adds value to what is already going on locally and informs the development of services to better meet local needs. They will be promoting the various Well London Projects

CARERS LEWISHAM -Carers Lewisham supports anyone in the London Borough of Lewisham who, unpaid, looks after a mentally or physically ill or disabled relative or friend. They support carers aged 5 upwards with a range of services including advice, information, emotional support, breaks, opportunities to meet other carers, time out from caring activities such as relaxation days and wellbeing sessions; coping strategies, specialist support for parent carers, carer of people with dementia, carers of people with mental health problems, older carers and carers who are caring for someone who is nearing the end of their life.

They will be at the Surgery the second Wednesday of every month.

CARERS UK AMBASSADOR - Carers UK are a national organisation who represent and support Carers at a local and national level. They are primarily interested in promoting carers rights and are network for other organisations. They have a website, where carers can subscribe for free, and an advice line. As an ambassador one of the roles is to inform carers of the service and hopefully point them in.

They will be at the surgery the last Thursday of each month.

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 and motivate you to lead into a healthier lifestyle. Contact: Freephone: 08081410118.

LEWISHAM MENTAL HEALTH CHAMPION - Councillor Jonathan Slater (Whitefoot Ward) was appointed by the Mayor of Lewisham at the end of March this year, to be the Mental Health Champion for the borough, where his role is to promote mental health awareness across all business of the Council.

<http://www.mentalhealthchallenge.org.uk>

METROPOLITAN SAFER NEIGHBOURHOOD TEAM - holding regular '**surgeries**' where residents can obtain advice, or talk about their concerns on safety and security etc. in an informal setting. Privacy space available if needed.

Future surgery dates to be announced as soon as arranged.