

## **PATIENT PARTICIPATION GROUP**

### **Information/advice/support Market Place at**

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

[www.southlewishamgrouppractice.co.uk](http://www.southlewishamgrouppractice.co.uk)

*Free information & advice  
on health & wellbeing*

## **JUNE 2017**

**MONDAY 19<sup>th</sup>**

**GOLDSMITH COMMUNITY CENTRE -**

initiatives and projects promotion for all ages.

**9.30 am – 12.30pm**

**2<sup>nd</sup> WEDNESDAY  
of every month**

**CARERS LEWISHAM –**

supporting carers 5yrs - adult. Range of services.

**9 am -11.30 am**

**&**

***Carers Coffee morning***

**11.30 am -1.30 pm**

**EACH THURSDAY NO SMOKING CLINIC –**

for South Lewisham GP patients.

**12 pm – 5pm**

Book appointments at reception or through Emiss.

## **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

**GOLDSMITHS COMMUNITY CENTRE** - has applied to Lewisham Council for support to help open a community cafe and charity shop, called The Apple Tree. The project will be welcoming to older people and give young people training and volunteering opportunities. Lots of activities are planned including a reminiscence group, gardening activities and skills swapping. The project needs to be part crowdfunded, so Goldsmiths are asking local residents and businesses to give what they can at <http://www.crowdfunder.co.uk/the-apple-tree-at-goldsmiths>

Goldsmiths and Ageing Well will also host a Silver Lunch Club from the end of June. The club is set to launch on 29th June, 11am-2pm, email [grace.blyth3@gmail.com](mailto:grace.blyth3@gmail.com) for details

A Whitefoot Ward Residents' Survey has been launched to get local residents' views on community development needs for the area. The survey can be accessed online at <https://www.surveymonkey.co.uk/r/3QJDF7T> . The survey will go on until the end of June and results shared at the Whitefoot Assembly meeting in July.

I'll also be sharing the Goldsmiths Community Centre timetable. The centre is up and running and has a wide range of healthy activities for children and adults alike, including dance, yoga, martial arts, line dancing, IT for older people and more. The timetable can be viewed at <http://www.goldsmithscommunitycentre.org.uk/timetable.html>

**NO SMOKING CLINIC - For South Lewisham Group Practice Patients.**

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.

**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.**

NB: If you are a Lewisham resident there are group sessions at Lewisham Hospital and they run throughout the year. You can join the group at any time, just turn up on a Monday night at the Owen Centre, Lewisham Hospital from 6 pm.

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