

Special Events. *Booking is required* unless specified otherwise.

Event	Date	Time	Venue	Description
Carers Keep Well	Wednesdays 2, 9, 16, 23 May	10am-12.30pm	The Grove Centre, 2 Jews Walk, SE26 6PL	Learn strategies to build resilience and confidence to cope with stress and challenges
Mindfulness course	Wednesday 16 May	12-2pm	Goldsmith Community Centre, SE6 1QD	Learn stress management and improve your wellbeing
First Aid	Wednesday 16 May	2-4pm	Rushey Green GP, Hawstead Rd. SE6 4JH	Gain basic first aid knowledge to deal with an emergency
Mindfulness Self Compassion	Thursday 17 May	12-2pm	Carers Lewisham, Forest Hill, SE23 2LB	Learn how to stop self-criticism and treat yourself with kindness
Create your vision	Thursday 24 May	12-2pm	Carers Lewisham, Forest Hill, SE23 2LB	Create a vision board to help you realise your potential
Dementia & Creativity	Friday 25 May	10.30am-12.30pm	Carers Lewisham, Forest Hill, SE23 2LB	Learn how to communicate creatively with your loved one

Don't Tone Alone. Exercise classes for carers. Price per class: £2. *Booking is required.*

Area	Day	Time	Venue
West	Mondays	11am-12pm	Forest Hill Quakers, SE23 2QA
East	Tuesdays	7-8pm	Manor House Library, SE13 5SY

Area	Day	Time	Venue
South	Wednesdays	11am-12pm	Goldsmith Community Centre, SE6 1QD
North	Fridays	10-11am	Barnes Wallis Community Centre, SE14 5LL

Other Services. Therapeutic Sessions and Specialist Projects.

Service	Description	Day	Time	Venue	Contact details
Osteopathy treatment <i>Booking is required</i>	Safe and gentle manual therapy that works with your body to improve your health	Tuesdays	4-8pm	Carers Lewisham	Mark: 07891 071 538 (Appointments £25 for carers)
Complementary Therapies <i>Booking is required</i>	Aromatherapy Massage and Reflexology	Tuesdays	4-8pm	Carers Lewisham	Laura: 079 7318 3711
	Reflexology, Indian head massage and seated acupressure massage	Tuesdays	4-8pm	Carers Lewisham	Catherine: 077 5155 1203 (£10 for 30 min/£20 for 1h)
Counselling	Talk about any emotional issue with someone who is trained to listen, on a weekly basis.				info@carerslewisham.org.uk
End of Life	Specialist support service for carers who are caring for someone near the end of their life.				cheryl@carerslewisham.org.uk
Dementia	Specialist support service for carers who are caring for someone with dementia.				ann@carerslewisham.org.uk maggie@carerslewisham.org.uk
Working for Carers	Specialist support service to help carers who are over 25 years old, unemployed or economically inactive, to move forward with employment and/or training goals.				workingforcarers@carerslewisham.org.uk

Coffee Mornings and Support Groups

Drop in sessions open to all the unpaid carers in Lewisham: meet other carers in similar situations to your own, get the information and support that you need.

Group	Date	Time	Venue	Main contact
North Lewisham	Tuesday 15 May	1.30-3.30pm	Waldron Health Centre, Stanley St. SE8 4BG	cathy@carerslewisham.org.uk
East Lewisham	Wednesday 2, 16, 30 May	2-4pm	Rushey Green GP, Hawstead Rd. SE6 4JH	giovanna@carerslewisham.org.uk
South Lewisham	Wednesday 9 May	11.30am-1.30pm	South Lewisham GP, 50 Conisborough Crescent, SE6 2SP	jolyon@carerslewisham.org.uk
West Lewisham	Every Tuesday	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	ulalee@carerslewisham.org.uk

Specialist Support. Drop in sessions for carers in specific caring situations such as:

Group	Description	Date	Time	Venue	Main contact
Male Carers	Support group	Thursday 31 May	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	jolyon@carerslewisham.org.uk
Parent Carers	Support group	Wednesday 16 May	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	ulalee@carerslewisham.org.uk
Mental Health	Support group	Wednesday 2 May	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	ulalee@carerslewisham.org.uk
	Support group	Tuesday 29 May	5.30-7.30pm	Compass Centre, 34 Watsons Street, SE8 4AU	cathy@carerslewisham.org.uk
	Carers Forum	Tuesday 29 May	1-3pm	Carers Lewisham, Waldram Place, SE23 2LB	ulalee@carerslewisham.org.uk
Employment	Support with job search & application	Every Wednesday	2-4pm	Carers Lewisham, Waldram Place, SE23 2LB	workingforcarers@carerslewisham.org.uk

Advice Hub. Drop in Advice and Information session for carers:

Hub	Date	Time	Venue	Main contact
South Lewisham	Tuesday 1 May	9.30am-1pm	The Green Man, 355 Bromley Road, London SE6 2RP	jolyon@carerslewisham.org.uk

For more information or to book for a Special Event:

Carers Lewisham, Waldram Place, Forest Hill, SE23 2LB.

Tel: 020 8699 8686. Email: info@carerslewisham.org.uk. Web: <http://www.carerslewisham.org.uk/>

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