

Support available for unpaid carers in Lewisham: July 2017

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	18th July	1-3pm	Waldron Health Centre, Stanley St. SE8 4BG	cathy@carerslewisham.org.uk
East Lewisham	11th & 25th July	2-4pm	Rushey Green GP, Hawstead Rd. SE6 4JH	jolyon@carerslewisham.org.uk
South Lewisham	12th July	11.30am-1.30pm	South Lewisham GP, 50 Conisborough Crescent, SE6 2SP	ulalee@carerslewisham.org.uk
West Lewisham	Every Tuesday	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	katrina@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	27th July	10.30am-12.30pm	Carers Lewisham, Waldram Place, London, SE23 2LB	jolyon@carerslewisham.org.uk
Parent Carers	Support group	19th July	10.30am-12.30pm	Carers Lewisham, Waldram Place, London, SE23 2LB	katrina@carerslewisham.org.uk
Mental Health Carers	Support group	5th July	10.30am-12.30pm	Carers Lewisham, Waldram Place, London, SE23 2LB	katrina@carerslewisham.org.uk
	Support group	25th July	5.30-7.30pm	Compass Centre, 34 Watsons Street, London SE8 4AU	cathy@carerslewisham.org.uk
	Forum	25th July	1-3pm	Carers Lewisham, Waldram Place, London, SE23 2LB	katrina@carerslewisham.org.uk
Dementia Carers	Support group	20th July	10.30am-12.30pm	Carers Lewisham, Waldram Place, London, SE23 2LB	ann@carerslewisham.org.uk or maggie@carerslewisham.org.uk
	Support group	17th July	6-8pm	Carers Lewisham, Waldram Place, London, SE23 2LB	

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

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

Registered Charity No: 1073592

Registered Company No: 3681548

Other Services. Therapeutic Sessions and Specialist Projects.

Group	Description	Day	Time	Venue	Contact details
Low Cost Osteopathy <i>Booking is required</i>	Osteopathic treatment	Tuesdays	4-8pm	Carers Lewisham	Carers Lewisham
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
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 who is close to the end of their life.				nicole@carerslewisham.org.uk
Working for Carers	Specialist support service to help carers who are over 25 years old, unemployed or economically inactive, to feel more employable, to develop skills and to move forward with employment and/or training goals.				workingforcarers@carerslewisham.org.uk

Special events. Join the Carers Forum! We want to hear from you what works well, what doesn't and how we can improve. Light lunch will be provided.

Event	Date	Time	Venue	Contact details
Carers Forum	Tuesday 4th July	1-3pm	Carers Lewisham, Waldram Place, SE23 2LB	filsan@carerslewisham.org.uk