

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

Event	Date	Time	Venue	Description
<b>De-stress</b>	7th November	10am-12pm	Carers Lewisham, Waldram Place, SE23 2LB	These workshops will help you to reduce stress, depression and anxiety
<b>First Aid</b>	8th November	10am-12pm	Carers Lewisham, Waldram Place, SE23 2LB	First Aid course to learn how to help someone in need
	20th November	1pm-3pm	Waldron Health Centre, Stanley St . SE8 4BG	
<b>Create: creative voices</b>	Mondays 19 & 26 November 3 & 10 December	10am-1pm	Carers Lewisham, Waldram Place, SE23 2LB	Free creative workshop: will explore our creativity through movement , will create movements and phrases to develop self-expression
<b>AGM</b>	9th November	11am-1pm	The Civic Suite, Catford Rd, SE6 4RU	Annual General Meeting
<b>Carers Rights Day</b>	30th November	10am-3pm	Carers Lewisham, Waldram Palce, SE23 2LB	Universal Credit Workshop Lasting power of Attorney, Deputyship & Wills

**Don't Tone Alone.** Exercise classes for carers will run until the end of November. Price per class: £2. *Booking is required.*

Day	Time	Venue
<b>Mondays</b>	11am-12pm	Forest Hill Quakers, SE23 2QA

Day	Time	Venue
<b>Saturdays</b>	11am-12pm	Goldsmith Community Centre, SE6 1QD

**Other Services.** Therapeutic Sessions and Specialist Projects.

Service	Description	Day	Time	Venue	Contact details
<b>Osteopathy treatment</b> <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)
<b>Complementary Therapies</b> <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)
<b>Counselling</b>	Talk about any emotional issue with someone who is trained to listen, on a weekly basis.				info@carerslewisham.org.uk
<b>Dementia</b>	Specialist support service for carers who are caring for someone with dementia.				ann@carerslewisham.org.uk maggie@carerslewisham.org.uk
<b>Working for Carers</b>	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.

Group	Date	Time	Venue	Main contact
<b>North Lewisham</b>	Tuesday 20 November	1-3pm	Waldron Health Centre, Stanley St. SE8 4BG	cathy@carerslewisham.org.uk
<b>East Lewisham</b>	Wednesday 14 & 28 November	2-4pm	Rushey Green GP, Hawstead Rd. SE6 4JH	giovanna@carerslewisham.org.uk
<b>South Lewisham</b>	Wednesday 14 November	11.30am-1.30pm	South Lewisham GP, 50 Conisborough Crescent, SE6 2SP	info@carerslewisham.org.uk
<b>West Lewisham</b>	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
<b>Male Carers</b>	Support group	Thursday 29 November	10.30am-12.30pm	Carers Lewisham, Waldram Place, SE23 2LB	info@carerslewisham.org.uk
<b>Mental Health</b>	Support group	Tuesday 27 November	5.30-7.30pm	Compass Centre, 34 Watsons Street, SE8 4AU	cathy@carerslewisham.org.uk
	Carers Forum	Tuesday 27 November	1-3pm	Carers Lewisham, Waldram Place, SE23 2LB	ulalee@carerslewisham.org.uk
<b>Employment Booking re-quired</b>	Support with job search & application	Every Wednesday	2-4pm	Carers Lewisham, Waldram Place, SE23 2LB	workingforcars@carerslewisham.org.uk

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

Hub	Date	Time	Venue	Main contact
<b>South Lewisham</b>	Tuesday 6 November	9.30am-1pm	The Green Man, 355 Bromley Road, London SE6 2RP	info@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](mailto:info@carerslewisham.org.uk). Web: <http://www.carerslewisham.org.uk/>