

## Support Groups and Events for Carers in Lewisham

Event	Date	Time	Venue	Description	Contact
Carers Forum	Thursday 25 <sup>th</sup> April	11am to 12:30pm	Carers Lewisham, Waldram Place, SE23 2LB	For Carers to have their say on services in Lewisham – all Carers welcome	info@carerslewisham.org.uk
North Lewisham Coffee Morning	Tuesday 16 <sup>th</sup> April Tuesday 21 <sup>st</sup> May Tuesday 18 <sup>th</sup> June	1 to 3pm	Waldron Health Centre, Stanley St. SE8 4GB	Drop in and meet other Carers over a coffee	cathy@helpingcarersinlewisham.org.uk
East Lewisham Coffee Morning	Wednesday 3 <sup>rd</sup> and 17 <sup>th</sup> April	2 to 4pm	Rushey Green GP, Hawstead Rd. SE6 4JH	Drop in and meet other Carers over a coffee	ulalee@helpingcarersinlewisham.org.uk
South Lewisham Coffee Morning	Wednesday 10 <sup>th</sup> April	11:30am to 1:30pm	South Lewisham GP, Consisborough Crescent, SE6 2SP	Drop in and meet other Carers over a coffee	ezinne@helpingcarersinlewisham.org.uk
West Lewisham Coffee Morning	Every Tuesday	10:30am to 12:30pm	Carers Lewisham, Waldram Place, SE23 2LB	Drop in and meet other Carers over a coffee	syringa@helpingcarersinlewisham.org.uk
Male Carers Group	Thursday 25 <sup>th</sup> April Thursday 30 <sup>th</sup> May Thursday 27 <sup>th</sup> June	10:30am to 12:30pm	Carers Lewisham, Waldram Place, SE23 2LB	Drop in group for male Carers	syringa@helpingcarersinlewisham.org.uk
The Bereavement Help Point	Every Wednesday	2pm to 4pm	Carers Lewisham, Waldram Place, SE23 2LB	Drop in group delivered by St Christopher's Hospice for Carers	info@carerslewisham.org.uk
Mental Health	Tuesday 30 <sup>th</sup> April Tuesday 28 <sup>th</sup> May Tuesday 25 <sup>th</sup> June	5:30pm to 7:30pm	Compass Centre, Watsons St. SE8	Support group for Carers to discuss mental health issues	cathy@helpingcarersinlewisham.org.uk
Mindfulness	May: 9,16,23,30 July: 4,11,18,25 September: 5,9,19,26 November: 7,14, 21,28	10:30am to 12:30pm	Carers Lewisham, Waldram Place, SE23 2LB	4-week course of Mindfulness workshops run by Don't Tone Alone. Advance booking is required.	info@carerslewisham.org.uk
Fitness and exercise classes	Every Monday	11am to 12pm	Forest Hill Quakers, SE23 2QA	Provided by Don't Tone Alone. Price is £2 per session and advance booking is required	info@carerslewisham.org.uk

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Fitness and exercise classes	Every Wednesday	11am to 12pm	Goldsmith Community Centre, SE6 1QD	Provided by Don't Tone Alone. Price is £2 per session and advance booking is required	info@carerslewisham.org.uk
Fitness and exercise classes	Every Saturday	11am to 12pm	Goldsmith Community Centre, SE6 1QD	Provided by Don't Tone Alone. Price is £2 per session and advance booking is required	info@carerslewisham.org.uk
Osteopathy treatment	Every Tuesday	4pm to 8pm	Carers Lewisham, Waldram Place, SE23 2LB	Safe and gentle manual therapy to improve your health. Price is £25 for Carers and booking is required.	Mark: 07891 071 538
Aromatherapy, Massage and Reflexology	Every Tuesday	4pm to 8pm	Carers Lewisham, Waldram Place, SE23 2LB	Price is £10 for 30 mins, £20 for 1hr, booking is required.	Laura: 07973 183711
Reflexology, Indian Head Massage and seated acupressure massage	Every Tuesday	4pm to 8pm	Carers Lewisham, Waldram Place, SE23 2LB	Price is £10 for 30 mins, £20 for 1hr, booking is required.	Catherine: 07751 551203
Counselling Service	Carers Lewisham, Waldram Place, SE23 2LB			Emotional support from Carers Lewisham's trained Counsellors	info@carerslewisham.org.uk
Dementia Carers Support through the Lewisham Dementia Hub				Specialist support for Carers who are caring for someone with Dementia	www.lewishamdementiasupporthub.org.uk 0203 228 5960
Working for Carers				Specialist support to help Carers over 25 to move forward with employment	workingforcarers@carerslewisham.org.uk
Young Carers				Support for Carers up to early adulthood	info@carerslewisham.org.uk