 **Carers Lewisham Activities Timetable - January 2023**

Carers Lewisham supports unpaid carers who look after a family member, neighbour or friend with a disability, physical or mental health condition, who couldn’t manage without their support.

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| **Day** | **Morning** | **Lunchtime** | **Afternoon** | **Evening** |
| *Monday* | **Pilates**6 weeks course startingMonday 16th JanuaryCarers Hub10am-11am | **Bereavement Support Group**Carers Hub10.00am to 12.00pmwith St Christopher’s Hospice |  |  |
| *Tuesday* | **N4 Carers Group**Carers HubEvery Tuesday10.30am-12.30pm**IT Support Drop-Ins**Every Tuesdays starting on the 24th of January 2023Carers Hub10:30am-12pm | **Cares Forum**Carers HubQuarterly | **N1 Carers Group**3rd Tuesday of the monthWaldron Health Centre1pm-3pm | **Mental Health Carers Group**Ladywell Unit, Lewisham Hospital4th Tuesday of the month6pm-7.30pm |
| *Wed.* | **Beginners IT Workshop and Drop-Ins**6 weeks course startingWednesday 11th JanuaryCarers Hub10.00 am - 12.00pm**Financial Wellbeing Workshop**Course StartingWednesday 18th JanuaryCarers Hub11:00am-12:30pm | **N3 Carers Group**SL Group PracticeSecond and fourth Wednesday10.30am-12.30pm | **N2 Carers Group**Rushey Green Practice2nd and 4th Wednesday 2pm-4pm |  |
| *Thursday* | **Male Carers**Carers HubEvery Thursday10.30am-12.30pm | **Franklyn Technique Taster**Carers HubThursday the 19th of January10am-11am | **Exercise /Relaxation** Technique Free Tester Session Carers HubThursday 19th January2pm | Complimentary TherapyCarers HubTues and Thurs eveningsCall to book £15/30mins |
| *Friday* | **Wellbeing Walk**meet at Carers Hub1st and 3rd Friday 11am to 1pm |  |  | Carers Counselling 12 week FREE sessionsThroughout weekdays and evesCall to book |

Carers Hub, Waldram Place, Forest Hill, London SE23 2LB Email: info@carerslewisham.org.uk Tel:020 8699 8686

All activities are FREE to unpaid carers in Lewisham and there is no need to book. All welcome!