

**Carers Lewisham Activities Timetable - 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**Every MondayCarers Hub*10am-11am* | **Bereavement Support Group**Carers HubEvery Monday*10.00am to 12.00pm**with St Christopher’s Hospice* |  |  |
| **Tuesday** | **N4 Carers Group**Carers HubEvery Tuesday*10.30am-12.30pm* | **Cares Forum**Carers Hub*Quarterly***Upcoming: 14th March****Location: The Civic Suite** | **N1 Carers Group**Waldron Health CentreEvery 3rd Tuesday*1pm-3pm* | **Mental Health Carers Group**Ladywell Unit, Lewisham HospitalEvery 4th Tuesday*6pm-7.30pm* |
| **Wednesday** | **Beginners IT Workshop and Drop-Ins**Carers HubEvery Wednesday*10.00 am - 12.00pm* | **N3 Carers Group**SL Group PracticeEvery 2nd and 4th Wednesday*10.30am-12.30pm* | **N2 Carers Group**Rushey Green PracticeEvery 2nd and 4th Wednesday *2pm-4pm* |  |
| **Thursday** | **Male Carers**Carers HubEvery Thursday*10.30am-12.30pm* |  |  |  |
| **Friday** | **Wellbeing Walk**meet at Carers HubEvery 1st and 3rd Friday *11am - 1pm* |  |  |  |

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| **Complimentary Therapy**Carers Hub **Tues and Thurs evenings**£15/30mins *Please call to book therapy or counselling.* | **Carers Counselling** FREE sessions - 12 weeks **Weekdays and evenings** |

**Address:** Carers Hub, Waldram Place, Forest Hill, London SE23 2LB

**Email:** info@carerslewisham.org.uk **Tel:** 02086 998 686

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