

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