 **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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Morning** | **Lunchtime** | **Afternoon** | **Evening** |
| *Monday* | **Pilates**  6 weeks course resuming  Monday 17th April  Carers Hub  10am-11am | **Bereavement Support Group**  Carers Hub  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  Every 2 months | **N1 Carers Group**  3rd Tuesday of the month  Waldron Health Centre  1pm-3pm | **Mental Health Carers Group**  Ladywell Unit, Lewisham Hospital  4th Tuesday of the month  6pm-7.30pm |
| *Wed.* | **Beginners IT Workshop and Drop-Ins**  On-going  Carers Hub  10.00 am - 12.00pm  **Franklin Method Exercise and Relaxation Sessions**  Carers Hub  6 weeks starting  19th April 2023-31st May 2023  11.00am-12.00pm | **N3 Carers Group**  SL Group Practice  Second and fourth Wednesday  10.30am-12.30pm | **N2 Carers Group**  Rushey Green Practice  2nd and 4th Wednesday  2pm-4pm |  |
| *Thursday* | **Male Carers**  Carers Hub  Every Thursday  10.30am-12.30pm |  |  | Complimentary Therapy  Carers Hub  Tues and Thurs evenings  Call to book £15/30mins |
| *Friday* | **Wellbeing Walk**  meet at Carers Hub  1st and 3rd Friday  11am to 1pm |  |  | Carers Counselling  12 week FREE sessions  Throughout weekdays and eves  Call to book |

Carers Hub, Waldram Place, Forest Hill, London SE23 2LB Email: [info@carerslewisham.org.uk](mailto: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!