

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs extra help as they grow older.



8–14 June 2020

Lewisham Information Advice And Support services are organising an event for carers within each neighbourhood in the borough of Lewisham via our weekly Zoom support groups!



LEWISHAM CARERS INFORMATION
Advice and Support (IAS) Service

Neighbourhood 1

07391405580

Relaxation and laughter therapy sessions

North Lewisham Carers Support Group

Tuesday 9th June!

1PM-2PM

Neighbourhood 2

07391405579

Well-being themed event with information on health and well being

East Lewisham Carers Support Group

Wednesday 10th June!

2PM-3PM

Neighbourhood 3

07387100984

Cook'N'Show!
Discuss your cooking creations!

South Lewisham Carers Support Group

Wednesday 10th June!

11:30-12:30AM

Neighbourhood 4

&

Male carers

07387100983

Quiz!

West Lewisham Carers Support Group

**Tuesday 9th June!
10:30-11:30AM**

