

FAMILY & CARERS IN SOUTHWARK

Mental health listening event



Tuesday 21st November
10.30 am – 12.30 pm

Venue: Southwark Carers, 54 Camberwell Road SE5

- Are you a friend, carer or family member of someone with mental health issues?
 - Are you a member of a local organisation with an interest in helping families and carers?
 - Are you a health professional with a special interest?
- Come along to this informal event and
- Find out about local services and support for carers in the borough
 - Have a chat about how care co-ordination works
 - Try some Mindfulness
 - Network over coffee and cake
 - Share your views
 - And much more ...

For more information or to let us know you are coming please email jane.lyons@slam.nhs.uk or lilian.silva@southwarkcarers.org.uk, or ring 07805 745105 or 07477 033717

Southwark Carers, 3rd Floor*
Walworth Methodist Church
54 Camberwell Road SE5 0EN
HOW DO I GET THERE?

Nearest tube – Elephant & Castle
(Northern and Bakerloo lines)

Nearest rail – Elephant & Castle
Buses from Elephant and Castle – ask bus driver for Burgess Park: 12, 171, 148, 176, 68, 484, 42, 40, 45

* Please note lift access only available from 1st to 3rd floor, not from ground floor

