



THE PHOENIX

Campaign for Independent Living in Lewisham

SUPPLEMENT

LEWISHAM CARERS INFORMATION DAY

Steve Bullock, Mayor of Lewisham, is inviting the borough's carers to an information event during National Carers Week.

Lewisham Council's Carers Information event will take place in Catford Town Hall's Civic Suite on Tuesday June 13 from 10am - 3pm.

There are over 19,000 carers, people who look after sick, frail or disabled family, partners or friends, in the borough.

Steve said: "The Information Day will inform people about current support services, give carers the opportunity to meet others in similar situations, and help us find out how best we can develop services for carers in the future."

The event is taking place as part of National Carers Week, June 12 -18, which focuses on the health and wellbeing of carers.

The event will be full of advice for carers including, getting assistance with caring, taking breaks and personal health.

Lewisham Council has produced a guide, which will be available at the event, called: *do you care for someone disabled, frail or ill?* which includes details of how to get your own needs assessed.

To request a copy of *do you care for someone disabled, frail or ill*, contact Hilary Johnston, Lewisham's Carers Officer on 020 8314 3863.

Lewisham Council has funded the event, which is supported by Lewisham Hospital, Lewisham Primary Care Trust, South London & Maudsley Mental Health Services, Carers Lewisham, Contact-a-Family and other local organisations.

The theme of this year's National Carers Week is *in sickness and in health*, which aims to highlight the effects that caring can have on the health and wellbeing of carers.

There are 1,000s of events across the UK during National Carers Week 2006 and the week is supported by a number of high-profile 'faces' including TV presenter Fiona Phillips, soap stars Sally Lindsay (Coronation Street) and Lacey Turner (Eastenders), David Jason, Esther Rantzen and Phyllida Law.

For more information about the event contact Hilary Johnston, Lewisham's Carers Officer on 020 8314 3863.

For further information about support for carers visit www.carersuk.org.uk or for local Carers Week events and activities visit www.carersweek.org/newsroom.asp

ART EXHIBITION

FREE ENTRY

Volunteering and Community Activity

Come and see art produced by amateur and professional artists.

Drop in any time:
5th June 10 – 3:30
7th June 10 – 3:30

Volunteer Centre Lewisham
2nd Floor Showroom, H E Olby,
307-313 Lewisham High Street,
London SE13 6NW.

We are about 50 metres from Ladywell Leisure Centre

Out and About the next meeting

- On Sunday, 11 June.
- Between 1:00 and 4:00pm
- At Ladywell Park, at the cafe. From Ladywell Road entrance, the café is about 150 yards on the right hand side of the park, level with the end of the platform of Ladywell Station.
- This is a chance to meet each other informally and find out what people expect from 'Out & About'.
- If you can, why not bring a picnic? And if you cannot just come along anyway. The important thing is we meet each other, say hello and have a chat. Refreshments will not be provided but the café will be open.
- The co-ordinator is Jenny Spencer and you can contact her preferably by email on jenfilein@gmail.com or by 'phone on 020 8697 7103.
- If it is wet on the day the meeting will be cancelled.
- Hopefully the weather will be good, so if you feel like having some time outdoors please come along either on your own or with family or friends, with a picnic or without. The meeting will be really informal but Jenny wants everyone to enjoy being 'Out and About'.

Jenny is a walk leader and she is looking for a couple of volunteers who would like to be involved with 'Out and About' as volunteer walk leaders. There is a 1 day training course to attend. If you are interested please contact Jenny.

"Independent Living is not a service, it is freedom; it is liberation; it is equality for disabled people"

SUPPORTED BY CAPITAL COMMUNITY FOUNDATION – NEIGHBOURHOOD RENEWAL UNIT

CILL, 5 Silverdale House, Silverdale, London SE26 4SD

email: campaign@fsmail.net



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Please reply to:
5 Silverdale House
Silverdale
London SE26 4SD.
Tel: 020 776 6967
Email: campaign@fsmail.net

2 June 2006

Dear Supporter

CILL 30+

I am writing to you to let you know about a new group that CILL has set up. CILL 30+ is a social club for disabled people who are aged over 30.

The club will meet for the first time on Friday 9 June from 2.00 until 4.00 p.m. at The Marton Close Clubroom at 21 Marton Close (off Firhill Road) Bellingham SE6 3SS and I enclose some details about CILL 30+ for you to have a look at.

Most of the Trustees will be there so if you want to get involved with the club or just want to find out about what CILL is doing please come along.

I hope you will join us.

Yours sincerely

Denise Smith
Chair CILL