

# Maximising Wellbeing of Unpaid Carers

## Activity Calendar for February 2026



At Glass Mill Leisure Centre, we proudly host Lewisham Council's Unpaid Carers hub! Our space is designed to be a safe, confidential, and welcoming place for unpaid carers to drop by anytime on a **Monday, Wednesday and Thursday** from **9am to 4:30pm**.

**This month's Saturday session for Unpaid Carers in full-time employment is on 28<sup>th</sup> February 10:30am – 12:30pm. Booking is now required by the 25<sup>th</sup> February, please email [lewisham.activities@imago.community](mailto:lewisham.activities@imago.community) using Subject: Saturday Support UCFE.**

We're dedicated to offering helpful information, advice, and guidance for your caring concerns while nurturing your health and well-being. Whether you need assistance with your carer's assessment or have questions about finances, we're here to help! Feel free to stop by whenever you like to unwind or share a cosy cup of tea or coffee with us. Your needs truly matter; we want you to feel supported every step of the journey!

**If you have ideas or suggestions for activities we can provide to unpaid carers during our Coffee sessions, please email:**  
[lewisham.activities@imago.community](mailto:lewisham.activities@imago.community)

**Please note:** our schedule of activities is being enhanced on an ongoing basis and we will be emailing the events calendar out weekly to communicate updates. All activities could be subject to change at short notice.

### How to find us:

Lewisham Council Unpaid Carers hub is in the atrium at **Glass Mill Leisure Centre, 41 Loampit Vale, London, SE13 7FT**, and easily accessible via bus, train and DLR, all a 2-minute walk to the hub.

**By bus:** 21, 47, 75, 89, 108, 129, 136, 178, 181, 185, 199, 208, 225, 261, 273, 284, 321, 380, 436, 484, 621, N21, N89, N136, N199, P4

**By train, tube & tram:** Lewisham/Lewisham DLR

**By bike:** Bike storage available (Storage for 30 bikes available)

**By car:** 54 parking spaces are available, with five spaces for Blue Badge holders. Parking Type: Paying

# February Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2<sup>nd</sup> – 7<sup>th</sup> Feb</b>	<p><b>Create Music Workshop</b> <b>Glass Mill</b> <b>10:30am to 12:30pm</b></p> <p><u><b>Booking Required</b></u></p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<b>HUB CLOSED</b>	<p><b>Coffee &amp; Chat Peer Support</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>1:30pm to 3:30pm</b></p> <p><b>Coffee &amp; Chat Peer Support</b> Forest Hill Library, Dartmouth Road, SE23 3HZ <b>2pm to 4pm</b> (room towards the rear of the library)</p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<p><b>CatBytes Digital Drop-in</b> Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>11am to 1pm</b></p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<b>HUB CLOSED</b>	<b>HUB CLOSED</b>

# February Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9<sup>th</sup> – 14<sup>th</sup> Feb</b>	<p><b>Create Music Workshop</b> <b>Glass Mill</b> 10:30am to 12:30pm</p> <p><u><b>Booking Required</b></u></p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 9am to 4:30pm</p>	<p><b>HUB CLOSED</b></p> <p><b>Mental Health Support Group</b> in partnership with South London and Maudsley (SLaM) Ladywell Unit, SE13 6LW 6pm to 7:30pm</p>	<p><b>Coffee &amp; Chat Peer Support</b> South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm</p> <p><b>Coffee &amp; Chat Peer Support</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p> <p><b>Coffee &amp; Chat Peer Support</b> Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library)</p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 9am to 4:30pm</p>	<p><b>CatBytes Digital Drop-in</b> Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11am to 1pm</p> <p><b>Coffee &amp; Chat Peer Support</b> Waldron Health Centre Amersham Vale, SE14 6LD 1:30pm to 3:30pm</p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 9am to 4:30pm</p>	<p><b>HUB CLOSED</b></p> <p><b>Clay Workshop with Melissa</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 12pm to 2pm <u><b>Booking Required</b></u></p>	<p><b>HUB CLOSED</b></p>

# February Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>16<sup>th</sup> – 21<sup>st</sup></b> <b>Feb</b> <b>SCHOOL</b> <b>HALF TERM</b>	<b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b>	<p><b>HUB CLOSED</b></p> <p><b>Trip to Crystal Palace Subway</b>            Crystal Palace Parade, London SE19 2BA  <b>1.30pm to 3.30pm</b></p> <p><i>Please note a good level of mobility is required for this trip</i></p> <p><b><u>Booking Required</u></b></p>	<p><b>Coffee &amp; Chat Peer Support</b>            Glass Mill Leisure Centre            41 Loampit Vale, London SE13 7FT  <b>1:30pm to 3:30pm</b></p> <p><b>Coffee &amp; Chat Peer Support</b>            Forest Hill Library, Dartmouth Road, SE23 3HZ  <b>2pm to 4pm</b>            (room towards the rear of the library)</p> <p><b>Hub open for Drop-in</b>            Glass Mill Leisure Centre            41 Loampit Vale, London SE13 7FT  <b>9am to 4:30pm</b></p>	<p><b>CatBytes Digital Drop-in</b>            Support with using laptops and WIFI.            Glass Mill Leisure Centre            41 Loampit Vale, London SE13 7FT  <b>11am to 1pm</b></p> <p><b>Hub open for Drop-in</b>            Glass Mill Leisure Centre            41 Loampit Vale, London SE13 7FT  <b>9am to 4:30pm</b></p>	<p><b>HUB CLOSED</b></p>	<p><b>HUB CLOSED</b></p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>23<sup>rd</sup> – 28<sup>th</sup> Feb</b>	<p><b>Create Music Workshop</b> <b>Glass Mill</b> <b>10:30am to 12:30pm</b></p> <p><u><b>Booking Required</b></u></p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<p><b>HUB CLOSED</b></p>	<p><b>Coffee &amp; Chat Peer Support</b> South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS <b>10:30am to 12:30pm</b></p> <p><b>Katty's Territory</b> Empower &amp; Support Meeting Glass Mill Leisure Centre <b>11:00am to 1:00pm</b></p> <p><b>Coffee &amp; Chat Peer Support</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>1:30pm to 3:30pm</b></p> <p><b>Coffee &amp; Chat Peer Support</b> Forest Hill Library, Dartmouth Road, SE23 3HZ <b>2pm to 4pm</b> (room towards the rear of the library)</p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<p><b>CatBytes Digital Drop-in</b> Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>11am to 1pm</b></p> <p><b>Coffee &amp; Chat Peer Support</b> Waldron Health Centre Amersham Vale, SE14 6LD <b>1:30pm to 3:30pm</b></p> <p><b>Hub open for Drop-in</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>9am to 4:30pm</b></p>	<p><b>HUB CLOSED</b></p>	<p><b>Coffee &amp; Chat Peer Support for Unpaid Carers in Full-time Employment</b> Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT <b>10:30am to 12:30pm</b></p> <p><u><b>Booking Now Required</b></u></p>