

Maximising Wellbeing of Unpaid Carers

Activity Calendar for March 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 28th March, 10:30am to 12:30pm Booking is now required by the 24th March, please email 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

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

March Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 nd – 7 th March	<p>Create Music Workshop Glass Mill Leisure Centre 10:30am to 12:30pm</p> <p><u>Last session</u></p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CARERS HUB CLOSED</p>	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p> <p>Coffee & Chat Peer Support Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library)</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CatBytes Digital Drop-in Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11am to 1pm</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CARERS HUB CLOSED</p>	<p>CARERS HUB CLOSED</p>

March Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9th – 14th March	<p style="text-align: center;">Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p style="text-align: center; color: red;">CARERS HUB CLOSED</p> <p style="text-align: center;">Mental Health Support Group in partnership with South London and Maudsley (SLaM) Ladywell Unit, SE13 6LW 6pm to 7:30pm</p>	<p style="text-align: center;">Coffee & Chat Peer Support South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm</p> <p style="text-align: center;">Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p> <p style="text-align: center;">Coffee & Chat Peer Support Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library)</p>	<p style="text-align: center;">CatBytes Digital Drop-in Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11am to 1pm</p> <p style="text-align: center;">Coffee & Chat Peer Support Waldron Health Centre Amersham Vale, SE14 6LD 1:30pm to 3:30pm</p> <p style="text-align: center;">Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p style="text-align: center; color: red;">CARERS HUB CLOSED</p>	<p style="text-align: center; color: red;">CARERS HUB CLOSED</p>

March Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16th – 21st March	<p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	CARERS HUB CLOSED	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p> <p>Coffee & Chat Peer Support Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library)</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CatBytes Digital Drop-in Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11am to 1pm</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	CARERS HUB CLOSED	CARERS HUB CLOSED

March Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23rd – 28th March	Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm	CareDogs Walk Peer Support Walk with CareDog volunteers and their canine friends 11am to 12.30pm <u>Meeting place to be confirmed on booking</u> CARERS HUB CLOSED	Coffee & Chat Peer Support South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm Katty's Territory Empower & Support Meeting Glass Mill Leisure Centre 11:00am to 1:00pm Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm Coffee & Chat Peer Support Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library) Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm	CatBytes Digital Drop-in Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11am to 1pm Coffee & Chat Peer Support Waldron Health Centre Amersham Vale, SE14 6LD 1:30pm to 3:30pm Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm	CARERS HUB CLOSED	Coffee & Chat Peer Support for Unpaid Carers in Full-time Employment Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 10:30am to 12:30pm <u>Booking Now Required</u>

March Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 th March - 4 th April			1 ST APRIL 2026			
	<p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CARERS HUB CLOSED</p> <p>Lewisham Unpaid Carers Forum Room 1&2 Civic Suite, Catford Road, London SE6 9SE 1:00pm to 3:00pm</p>	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p> <p>Coffee & Chat Peer Support Forest Hill Library, Dartmouth Road, SE23 3HZ 2pm to 4pm (room towards the rear of the library)</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CatBytes Digital Drop-in Support with using laptops and WIFI. Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 11:00am to 1:00pm</p> <p>Hub open for Drop-in Glass Mill Leisure Centre 41 Loampit Vale SE13 7FT 9am to 4.30pm</p>	<p>CARERS HUB CLOSED</p>	<p>CARERS HUB CLOSED</p>