

Maximising Wellbeing of Unpaid Carers

Activity Calendar for November 2025

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 29th Nov, 10:30am to 12:30pm Booking is now required, 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

November Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3rd – 8th Nov	<p>Coffee & Chat 2000 Community Action Centre 199 Grove Street, London SE8 3PG 10.30am to 12pm</p>	<p>HUB CLOSED</p> <p>Coffee & Chat Peer Support Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm</p>	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</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>	HUB CLOSED	HUB CLOSED
10th – 15th Nov	<p>Create Arts/Crafts Workshop St Laurence Centre 37 Bromley Road, London SE6 2TS 1:30pm to 3:30pm</p> <p><u>Booking Required</u></p>	<p>HUB CLOSED</p> <p>Coffee & Chat Peer Support Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm</p> <p>Mental Health Support Group in partnership with South London and Maudsley (SLaM) Ladywell Unit, SE13 6LW 6pm to 7:30pm</p>	<p>Coffee & Chat Peer Support South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm</p> <p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p>	<p>V&A Design and Disability Exhibition Limited tickets available <u>Booking Required.</u></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>Coffee & Chat Peer Support Waldron Health Centre Amersham Vale, SE14 6LD 1:30pm to 3:30pm</p>	HUB CLOSED	HUB CLOSED

November Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17th – 22nd NOV	<p>Create Arts/Crafts Workshop St Laurence Centre 37 Bromley Road, London SE6 2TS 1:30pm to 3:30pm</p> <p><u>Booking Required</u></p>	<p>CARERS HUB CLOSED</p> <p>Coffee & Chat Peer Support Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm</p>	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</p>	<p>Carers Rights Day “Know Your Rights Use Your Rights”</p> <p>Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 10:30am to 3:30pm</p>	CARERS HUB CLOSED	CARERS HUB CLOSED
24th – 29th Nov	<p>Create Workshop St Laurence Centre 37 Bromley Road, London SE6 2TS 1:30pm to 3:30pm</p> <p><u>Booking Required</u></p>	<p>CARERS HUB CLOSED</p> <p>Coffee & Chat Peer Support Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm</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 South Lewisham Group Practice 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm</p> <p>Katty’s Territory Empower & Support Meeting Glass Mill Leisure Centre 11:00am to 1:00pm</p> <p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</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>Coffee & Chat Peer Support Waldron Health Centre Amersham Vale, SE14 6LD 1:30pm to 3:30pm</p>	CARERS HUB CLOSED	<p>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</p> <p><u>Booking Now Required</u></p>

November Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st – 6th Dec	<p>Create Workshop St Laurence Centre 37 Bromley Road, London SE6 2TS 1:30pm to 3:30pm</p> <p><u>Booking Required</u></p>	<p>CARERS HUB CLOSED</p> <p>Coffee & Chat Peer Support Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm</p> <p>Personal Independent Payment (PIP) Workshop St Laurence Centre, 37 Bromley Rd, London SE6 2TS 2:00pm to 4:00pm</p> <p><u>Booking Required</u></p>	<p>Coffee & Chat Peer Support Glass Mill Leisure Centre 41 Loampit Vale, London SE13 7FT 1:30pm to 3:30pm</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>CARERS HUB CLOSED</p>	<p>CARERS HUB CLOSED</p>