

Maximising Wellbeing of Unpaid Carers

Activity calendar for October 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 from **9am to 4:30pm** Monday to Friday.

This month's Saturday session for Unpaid Carers in full-time employment is on 25th October, 10:30am to 12:30pm.

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 Glass Mill Coffee sessions, please email: lewisham.activities@imago.community

Please note: that 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

October activity calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29th September – 4th October	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 10:30am - 12:30pm	Coffee & Chat Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am - 12:30pm	Coffee & Chat Peer Support Glass Mill Lewisham SE13 7FT 1:30pm - 3:30pm	Drop-in Day Support with using laptops and free WIFI. Glass Mill Lewisham SE13 7FT 10am - 3pm Booking Required	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm	CLOSED
6th – 11th October	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 10:30am - 12:30pm Coffee & Chat 2000 Community Centre 199-201 Grove St SE8 3PG 10:30am – 12pm	Coffee & Chat Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am - 12:30pm	Coffee & Chat Peer Support Glass Mill Lewisham SE13 7FT 1:30pm - 3:30pm South Lewisham Group Practice Coffee Morning 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm	The Waldron Health Centre, Coffee Afternoon Amersham Vale, SE14 6LD 1:30pm to 3:30pm	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! 1:30pm to 3:30pm	CLOSED

October activity calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13th – 18th October	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 10:30am to 12:30pm	Coffee & Chat Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am - 12:30pm	Coffee & Chat Peer Support Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm	Drop-in Day Support with using laptops and free WIFI Glass Mill Lewisham SE13 7FT 10am to 3pm Booking Required Caredogs Walk and Talk Meeting at Ladywell Fields (entrance by train station) 10:30am - 11:30am	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm	CLOSED
20th – 25th October	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 10:30am to 12:30pm	Coffee & Chat Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm Young Carer trip to Tate Modern Theatre Picasso 8-11 yrs Booking Essential Talk with Barbara Ellis Stories of Anansi Glass Mill Lewisham SE13 7FT 2:00pm – 3:30pm	Coffee & Chat Peer Support Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm South Lewisham Group Practice Coffee Morning 50 Conisborough Crescent, London, SE6 2SS 10:30am to 12:30pm	Drop-in Day Support with using laptops and free WIFI. 10am to 3pm Booking Required Trip to Tate Modern Glass Mill Lewisham SE13 7FT Booking Essential The Waldron Health Centre, Coffee Afternoon Amersham Vale, SE14 6LD 1:30pm to 3:30pm	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm	Glass Mill Coffee Morning Glass Mill Lewisham SE13 7FT 10:30am to 12:30pm

October activity calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27th October – 1st November	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 10:30am to 12:30pm	Coffee & Chat Forest Hill Pools Dartmouth Road, London SE23 3HZ 10:30am to 12:30pm	Coffee & Chat Peer Support Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm Katty's Territory Glass Mill Lewisham SE13 7FT 11:00 – 1:00pm	Drop-in Day Support with using laptops and free WIFI Glass Mill Lewisham SE13 7FT 10am to 3pm Booking Required Young Carers Trip Peckhamplex Film & Times TBC 15-17 yrs Booking Essential	Coffee & Chat This is a peer support group for Unpaid Carers Make this your group! Glass Mill Lewisham SE13 7FT 1:30pm to 3:30pm	CLOSED