



Lewisham Parent and Carer's Forum—Leemore Central Community Hub
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Registered Charity no. 1159533 in England

LEWISHAM PARENT AND CARER'S FORUM MEETING

Thursday 21st March 2024

Arrive 10.00 for refreshments - Light Lunch Provided at 1pm

Workshop start time 10.30am to 1.30pm
Main Hall, Leemore Centre, Bonfield Road, Lewisham

**Please let us know you are coming so that we can provide enough
refreshments and lunch for you**

email sue@lewishamparentcarer.org or text 07534568020

10.30-10.40 **Welcome - Parent Forum Update**

10.40 – 11.05 **Lewisham Family Hubs – Kashmir Thethi and Mari Korhonen**

Lewisham's Family Hubs are a new way of bringing together the advice and support a family may need, *from pregnancy through to young people turning 19 (or 25 for SEND)*. The Hubs will provide space to access support from professionals such as early years practitioners, health visitors, midwives, speech and language therapists and Special Educational Needs and Disabilities (SEND) advisors.

We also welcome people from the community to set up their own groups or activities within Family Hub buildings. Hubs provide services to any family, child or young person who needs them.

The Hubs offer a wide range of services, for example:

- Support for parents with managing finances and getting back into work or training
- Youth activities for young people aged 11 to 19
- Help with baby and child development
- A range of child and family health activities including dental advice and emotional wellbeing.

11.05 - 11.30 **Resources for Autism**

Founded in 1997, helps over 2,000 autistic people and 5,000 family members each year, providing practical support for those facing physical, social emotional challenges as well as social exclusion. We operate in London and West Midlands.

Our vision - Is a society where autistic people can live happy and fulfilling lives.

- **Five-years in Southwark and Lewisham**
- **Practical services to young people 16-25 who are semi-independent/independent** supporting with key transitional milestones through a range of one to one and group support.
- **Parent/carer support and advice**; workshops, coffee mornings and one to one practical advice.
- **Co-production opportunities**: collaboration with us to shape the project.
- **Capacity building for organisations**: hybrid learning, lunch and learn, half day/full day training, bespoke consultancy.

If you have any questions, please email nazia@resourcesforautism.org.uk

SEE PAGE 2 for more

LEWISHAM PARENT AND CARER'S FORUM MEETING

Thursday 21st March 2024 continued

11.30 – 11.45 **BREAK**

11.45 – 12.10 **KOOTH**

Kooth is a free, safe, and anonymous online mental health and wellbeing service available to all young people in **Lewisham aged 10-25**. On Kooth, young people can access counselling from therapists up to 10pm every night, 365 days a year, as well as accessing other key features of support such as an online interactive magazine, discussion boards, self-help tools, and wellbeing activities. No referral is needed and young people can register independently at www.kooth.com to access the support.

12.10 – 12.35 **COMMUNITY CONNECTIONS**

Community Connections Lewisham is a Social Prescribing service for Lewisham residents **aged 18+** to help them find and access the services, support, activities and groups that will help them improve their health, wellbeing and happiness.

We offer a range of services including Social Prescribing, Befriending and Transport to help you achieve your wellbeing goals. You can get in touch with us online (www.communityconnectionslewisham.org) via email (communityconnections@ageuklands.org.uk) or via the phone on 0330 058 3464.

12.35 – 1.00pm **PERISCOPE – IMPROVING RIVERS, GREEN SPACE AND STREETS IN AND AROUND LEWISHAM**

Introduction

Periscope would like to talk to you about this project and find out about your experiences in Lewisham.

Lewisham Council has commissioned Periscope, an Architecture, Landscape and Urbanism practice, to deliver Lewisham Links, a strategy to improve the rivers, green spaces, and streets in and around Lewisham Town Centre. The Town Centre is an amazing hub of community activity with thousands of people visiting and moving through the area, but we are aware that some people find it challenging to access and move around the places they live in or visit.

For this reason, we are seeking feedback from the members of Lewisham Parents and Carers Forum on how you use and experience Lewisham Town Centre's green spaces, streets, and rivers.

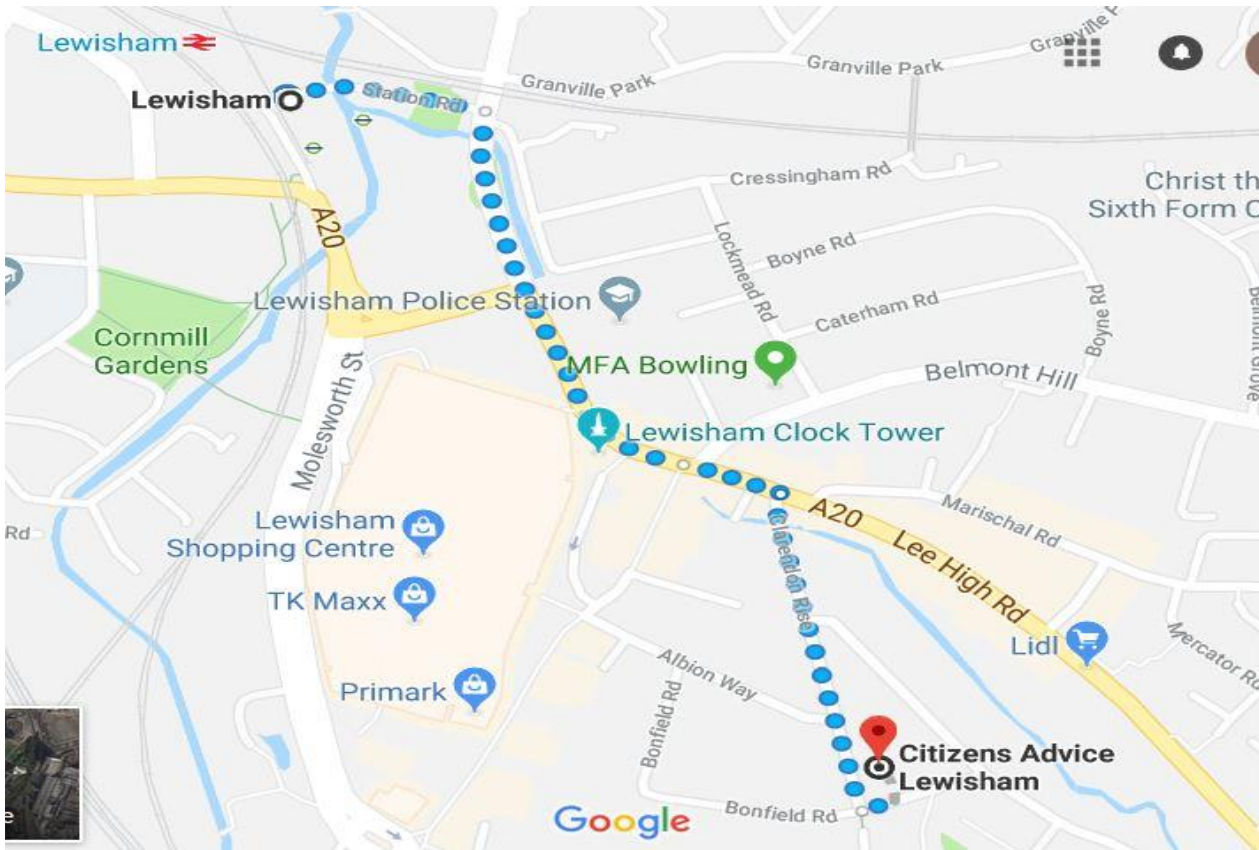
Your feedback will help us better understand how to improve the quality of rivers, green space and streets, ***making them more accessible***, sustainable and healthy places to visit and spend time in.

This survey takes approx. 10 - 15min to complete.

<https://forms.office.com/e/JyYa19Ez1y>

LIGHT LUNCH 1PM TO 1.30PM

WHERE TO FIND US



Based in the same building as CAB

Main Hall, Leemore Centre, Bonfield Road, Lewisham, London SE13 5EU – through green gates at side of building in Bonfield Road – LPCF - 07534 568020/07929031591

info@lewishamparentcarer.org.uk

On street parking – pay and display, plus a car park in Albion Way, also Pay and Display.