

# Lewisham Health and Care Partnership Update 1 May 2026 - Pharmacies open over bank holidays, What's new in the NHS App and more!

Dear Lewisham Residents and Community Groups

We hope you are enjoying the sun today! In this month's bulletin, we've gathered useful updates, services and local activities to help support your health and wellbeing. We have also attached a PDF version of this bulletin to this email for ease as we know some of you print and share it that way.

In this edition, you can find:

- Pharmacies Open in Lewisham on the May Bank Holidays
- Loss and Legacy Workshops
- What's New in the NHS App
- Mental Health Crisis Support – Solidarity in a Crisis

## Pharmacies Open in Lewisham on the May Bank Holidays

Over the two bank holidays, some GP surgeries and pharmacies may be closed or running reduced hours. If you need advice or support, a small number of pharmacies will be open.

You can use our guide to healthcare to find the right service for your needs:

[selondonics.org/guide](https://selondonics.org/guide).

- **Medicos Pharmacy** (197 Stanstead Road, Forest Hill, SE23 1HU) will be **open on 4<sup>th</sup> May 2026 between 2pm-6pm** and on **25<sup>th</sup> May 2026 from 2pm-6pm**.
- **Catford Pharmacy** (185 Torridon Road, Catford, SE6 1RG) will be **open on 4<sup>th</sup> May 2026 between 10am-2pm** and on **25<sup>th</sup> May 2026 from 10am-2pm**.

Find pharmacy opening times across South East London: [selondonics.org/bank-holiday](https://selondonics.org/bank-holiday)

## Loss and Legacy Workshops

Have you experienced loss, or would you like to better support someone who has? Loss and Legacy is a series of gentle, supportive workshops for people who are living with bereavement, or who want to understand more about loss, death or dying. The sessions offer a space to listen, reflect and share – at your own pace.

You can attend one session or all three:

- Dates: 20<sup>th</sup> May 2026, 27<sup>th</sup> May 2026 and 3<sup>rd</sup> June 2026
- Time: 1pm–3pm
- Location: Christ Church Community Hub, 15 Bellingham Green, London SE6 3HQ

Book online: [Loss and Legacy Workshop - St Christopher's Hospice](#)

If you'd prefer to talk to someone, contact the Community Action team: 020 8768 4330, [communityaid@stchristophers.org.uk](mailto:communityaid@stchristophers.org.uk)



## What's New in the NHS App

The NHS App has been updated to make it easier to use. Some things may look different, but all the same services are still available. The new home screen groups your information more clearly, so it's easier to find prescriptions, appointments, test results, vaccinations and documents. The app now has three main areas: Home, Messages and Profile.

You can update the NHS App through the Apple App Store or Google Play Store. If you need help, select App help at the top of the screen in the app or contact NHS App support.

Find out more about the NHS app at [NHS App - NHS](#)

## Mental Health Crisis Support – Solidarity in a Crisis

Solidarity in a Crisis offers free, confidential mental health crisis support for adults (18+) in Lewisham. Trained peer support workers provide non-judgemental emotional and practical support.

- Call the freephone crisis line on 0300 123 1922 (weekdays 6pm–midnight, weekends 12pm–midnight).

- Short-term community support is also available by referral from your HP, social worker or care coordinator.

Please also see the 2 attachments for more details.

**I'm having a bad day...**

# Solidarity in a Crisis

For people over the age of 18  
in Lambeth, Lewisham and Southwark

**A FREEPHONE call line for people experiencing a mental health crisis.  
We have trained peer support workers ready to take your call.**

**Call us if you are struggling to cope...  
...it's confidential!**

**It's good to talk**

**Speaking with someone could help me feel better**

**Call us on 0300 1231922**  
Monday to Friday 6pm to Midnight  
Saturday to Sunday Midday to Midnight

**CERTITUDE.**  
FOR THE LIFE YOU WANT