

Lewisham Borough Information Sheet

Local Council Information and Support

Not explicitly stated but has to be assumed that the Council Offices are closed as they are only advertising the services below (mostly on-line). Message on main website "Need help or support regarding the coronavirus, call 0208 314 3535 or email incident@lewisham.gov.uk"

Residents can sign up to receive email alerts with the latest advice by going to this link <https://r1.dotmailer-surveys.com/d7402e3-2c38exdb?lewishamlife=true>

Incidents can be emailed to incident@lewisham.gov.uk or call 020 8314 3535 for information.

Most help is on-line. They have various links for further information

Mental Health <https://lewisham.gov.uk/myservices/coronavirus-covid-19/looking-after-your-mental-health-during-the-covid19-outbreak>

Latest Health Advice <https://lewisham.gov.uk/myservices/coronavirus-covid-19/public-health>

Protecting the Vulnerable <https://lewisham.gov.uk/myservices/coronavirus-covid-19/protecting-the-vulnerable>

Volunteering & COVID-19 scams <https://lewisham.gov.uk/myservices/coronavirus-covid-19/volunteering>

Supermarkets and Food Deliveries

Sainsbury Local Monday – Saturday (open 8 a.m. – 8 p.m.) Open 7.30 a.m. – 8 a.m. for NHS staff (Monday – Saturday). Open 8 a.m. – 9 a.m. for elderly, disabled and carers (Monday, Wednesday & Friday)

Iceland Monday – Saturday (open 9 a.m. – 6 p.m.). Last hour of day reserved for NHS

Tesco Monday – Saturday 6 AM - 10 PM. Sunday 10 AM - 4 PM. Due to coronavirus restrictions, business hours & services may vary for the near future. Please confirm with the business.

Asda Lewisham Superstore Monday – Saturday 8 AM - 10 PM. Sunday 11 AM - 5 PM

Lidl Monday – Saturday 8 AM - 8 PM. Sunday 11 AM – 5 PM

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

Lewisham Foodbank has suspended the red voucher system and has formed a partnership with Lewisham Council, Lewisham Local, Voluntary Services Lewisham & Age UK.

All referrals now go through Lewisham Local's online form or helpline or call 03330 150378 Mon – Fri 9 am – 5 pm (charged at the standard network rate. Calls from mobiles may be higher – check with your provider for more details).

Local Pharmacies

There are more than 30 pharmacies in Lewisham. Here are a selection of the most popular

Boots, Lewisham High Street Opening hours Mon - Fri: 08:30 - 18:30 Sat: 08:30 - 18:30 Sun: 11:00 - 17:00

Eltham Court Yard Opening hours, Monday – Saturday 08:30 - 18:00. Sunday Closed

Touchwood Pharmacy, 9 St.Georges Parade & 264 Kirkdale Opening hours, Mon – Fri : 9am to 6:30pm. Sat & Sun: Closed. **62 Sydenham Road** Mon – Fri: 9am to 6pm. Sat : 9am to 1pm. Sun: closed. **363 Sydenham Road** Mon – Fri : 9am to 7pm. Sat : 9am to 1pm, Sun: closed.

Day Lewis Duncans Pharmacy, Lister Health Centre Opening hours Mon - Fri: 08:00-18:30 Sat & Sun: Closed

Mottingham, The Mound Opening hours Monday – Friday 09:00 - 18:30, Saturday 09:00 - 13:00, Sunday Closed

Lewisham Pharmacy, 324 Lee High Road Opening times Monday – Friday 09:00 - 18:00 Saturday 09:00 - 12:00 Sunday Closed

Other Essential Shops and Surgeries

DENTISTS

Lewisham Dental Practice Service is for urgent cases only. If you have a dental emergency call them Monday to Friday 9am to 5pm on 020 8852 3000. Outside of these hours please call NHS 111 for help and advice.

Most dentists appear to be following **Surrey Quays Practice** and not offering any appointments

Before attending your appointment please check the latest advice on the **Coronavirus** at <http://www.nhs.uk/conditions/coronavirus-covid-19/>

OPTICIANS

Most opticians have followed **Boots Opticians, 72 - 78 Lewisham High Street**, lead and are closed.

SURGERIES

There are 42 GP surgeries in the borough. Listed below are the main ones.

Lewisham Medical Centre Opening Hours Mon - Tue 08:30 - 12:00 & 15:30 - 18:00. Wed 08:30 - 12:00 & 15:30 - 20:00. Thu 08:30 - 12:00 & 15:30 - 18:00. Fri 09:00 - 12:00 & 15:30 - 18:00. Sat 09:00 - 12:00 & 13:30 - 16:00

Novum Health Partnership - Rushey Green Group Practice Opening Hours Mon 08:30 - 11:50 & 14:00 - 18:20 & 18:30 - 19:30. Tue 08:30 - 11:50 & 14:00 - 18:20. Wed 08:30 - 11:50 & 14:00 - 18:20 & 18:30 - 19:30. Thu - Fri 08:30 - 11:50 & 14:00 - 18:20. Sat 09:00 - 10:30

Lee Road Opening Hours Mon 08:30 - 11:30 & 15:40 - 18:00. Tue 07:00 - 08:00 & 08:30 - 11:30 & 15:40 - 18:00. Wed 08:30 - 11:30 & 15:40 - 18:00. Thu 07:00 - 08:00 & 08:30 - 11:30 & 15:40 - 18:00. Fri 08:30 - 11:30 & 15:40 - 18:00.

New Cross Health Centre Opening Hours Mon 08:00 - 18:30. Tue 08:00 - 20:00. Wed - Fri 08:00 - 18:30

Clifton Rise Family Practice Opening Hours Mon 08:30 - 12:00 & 15:30 - 18:30. Tue 08:30 - 12:00 & 15:30 - 18:00 & 18:30 - 20:00. Wed - Fri 08:30 - 12:00 & 15:30 - 18:30.

Queens Road Partnership Opening Hours Mon - Tue 09:00 - 12:30 & 15:30 - 18:15. Wed - Thu 09:00 - 12:30 & 15:30 - 20:00. Fri 09:00 - 12:30 & 15:30 - 18:15

Park View Surgery Opening Hours Mon 08:00 - 19:30 Tue 08:00 - 18:30 Wed 08:00 - 19:45 Thu - Fri 08:00 - 18:30

Local Banks and Banking

HSBC, Lloyds & Halifax – Open between the hours of 10am and 2pm Monday to Friday. Not open at weekends.

Barclays – Monday, Tuesday, Thursday & Friday 9:00 AM to 3:00 PM, Wednesday 10:00 AM to 3:00 PM. Saturday 10:00 AM to 2:00 PM

NatWest – 10 a.m. – 1 p.m. (Monday to Friday)

Local Support

Citizen Advice Bureau If you need advice ring Advice Line: 0800 231 5453.

AgeUK Lewisham and Southwark Working with a partnership of local groups including Voluntary Services Lewisham, Lewisham Council and RGTB's "Lewisham Local" programme to provide a comprehensive support service to help vulnerable people. If you need urgent support or want to volunteer please see <https://www.lewishamlocal.com> or ring 03330 150378 (Mon-Fri 9am-5pm).

170 Community Project Need to ring the Lewisham Advice Line on: 0800 231 5453

Lewisham Multi-Lingual Advice Service (LMLAS) Prevented from accessing website so no update possible.

Lewisham Refugee & Migrant Network Office closed until further notice. If you have an urgent matter please contact on info@lrnmn.org.uk or call on 07716486120 (Mondays, Tuesdays, Wednesdays and Thursdays from 9:30am to 17:30pm).

Athena Lewisham is run by Refuge Domestic abuse. Freephone 24-Hour National Domestic Abuse Helpline: 0808 2000 247

Job Centres All have the same Opening Hours: Monday – Friday 8 AM - 6 PM. Closed Saturday & Sunday

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call 0800 678 1602. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call 0800 074 5560

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women) 0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call 01823 334244

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library
CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainsmart/games/	Brain games for adults
Games online	https://www.chess.com/	Chess
	https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Monopoly (for adults & kids)

Paragon Asra

PA Housing



Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis
NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga