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GP's Surgeries 1 A-D↓

Amersham Vale Practice 10 Amersham Vale London SE14 6LD Tel: 020 8692 2314	Clifton Rise Medical Centre 27 Clifton Rise London SE14 6ER Tel: 020 8692 1387	Dr M Whitworths Practice 234 Baring Road London SE12 0UL Tel: 020 8851 5212
Bellingham Green Surgery 24 Bellingham Green London SE6 3JB Tel: 020 8697 7285	Deptford Medical Centre 2 Pearsons Avenue London SE14 6TG Tel: 020 8692 0033	Dr Entwistle Woolstone Road Forest Hill London SE23 2TR Tel: 020 8699 1062
Boundfield Medical Centre 103 Boundfield Road London SE6 1PG Tel: 020 8697 2920	21 Morden Hill Lewisham London SE13 7NN Tel: 020 8469 2868	Dr Hashim 25 Lewisham Road London SE13 7QS Tel: 020-86927591
Brockley Road Surgery 465-467 Brockley Road Brockley London SE4 2PJ Tel: 020 8291 4249	Dr Batra's Practice Waldron Health Centre Stanley Street London SE8 4BG Tel: 020 8691 0144	Dr Hashmi 309 Evelyn Street London SE8 5RA Tel: 020-84693090
Burney Street Practice 48 Burney Street London SE10 8EX Tel: 020 88580631	Dr Berman & Partner 58 Vesta Road London SE4 2NH Tel: 020 7639 0654	Dr Hill 36 Belmont Hill London SE13 5AY Tel: 020 8852 8357
Campshill Road Lewisham London SE13 6QS Tel: 020 8852 1384	Dr Butler 42 Gellatly Road London SE14 5TT Tel: 020 7639 1027	Dr Kasinathan 25 Lewisham Road London SE13 7QS Tel: 020-86910079

GP's Surgeries 2 D-S ↓

Dr Kawooya	Greenwich Reach Health Centre	King Fisher Medical Centre
164 Lee High Road	Clarence Road	3 Kingfisher Square
London	London	London
SE13 5PL	SE8 3BX	SE8 5DA
Tel: 0844 477 8790	Tel: 020 8469 1111	Tel: 020 8692 7373
Dr Lumb & Partners	Grove Medical Centre	Mornington Surgery
20 Lee Road	Windlass Place	433 New Cross Road
London	London	London
SE3 9RT	SE8 3QH	SE14 6TD
Tel: 020 8852 1235	Tel: 020 8692 1882	Tel: 020 8692 8299
Dr MacDonagh	Hilly Fields Medical Centre	Nightingale Surgery
Lee Health Centre	172 Adelaide Avenue	Lee Health Centre
2 Handen Road	London	2 Handen Road
London	SE4 1JN	London
SE12 8NP	Tel: 020 8314 5552	SE12 8NP
Tel: 020 8852 2611		Tel: 020 8852 8674
Dr Mani-Babu	Honor Oak Group Practice	Parkview Surgery
50 Muirkirk Road	20 Turnham Road	186 Brownhill Road
London	London	London
SE6 1BQ	SE4 2LA	SE6 1AT
Tel: 020 8697 2810	Tel: 020 7639 9797	Tel: 020 8698 6566
Dr Sarker's Surgery	Jayram Surgery	The Queen Road Partnership
147 Baring Road	504 New Cross Road	387 Queens Road
London	London	London
SE12 0LA	SE14 6TJ	SE14 5HD
Tel: 020 8857 6333	Tel: 020 8694 1331	Tel: 0844 412 7295
Dr Shah's Surgery	The Jenner Practice	South Lewisham Group Practice
Lee Health Centre	201 Stanstead Road	50 Conisborough Crescent
2 Handen Road	London	Catford
London	SE23 1HU	London
SE12 8NP	Tel: 020 77714209	SE6 2SP
Tel: 020 8852 1983		Tel: 020 8698 8921

GP's Surgeries 3 ↓

South Street Medical Centre	Torridon Road Medical Practice
71a Greenwich South Street	80 Torridon Road
London	London
SE10 8NT	SE6 1RB
Tel: 020 8293 3330	Tel: 020 8698 5281
St Johns medical Centre	Triangle Group Practice
56 - 60 Loampit Hill	2 Morley Road
Lewisham	London
London	SE13 6DQ
SE13 7SX	Tel: 020 8318 7272
Tel: 020 8692 1354	
Sydenham Green Group Practice	The Vale Medical Centre
Sydenham Green Health Centre	Rear Of 195-197
26 Holmshaw Close	Perry Vale
London	London
SE26 4TG	SE23 2JF
Tel: 020 8676 8836	Tel: 020 8291 7007
The Medical Centre	The Whitworth Surgery
24 Laurie Grove	Sydenham Green Health Centre
London	26 Holmshaw Close
SE14 6NH	London
Tel: 020 8692 6427	SE26 4TG
	Tel: 020 8778 3358
The Rushey Green Group Practice	Woodlands Health Centre
The Primary Care Centre	4 Edwin Hall Place
Hawstead Road	London
Catford	SE13 6RN
SE6 4JH	Tel: 020 8698 6664
Tel: 020 7138 7150	Tel: 020 8694 1331
The Waldron Health Centre(Dr Jamil)	
Stanley Street	
London	
SE8 4BG	
Tel: 020 8692 3152	

Dentists in Lewisham A-J↓

Akhavan-Tabib	Dental Care Centre	Harunani
59a Dartmouth Road	195 New Cross Road	3 Dartmouth Road
London	London	London
SE23 3HN	SE14 5DG	SE23 3HN
Tel: 020 8291 4956	Tel: 020 7639 3323	Tel: 020 8699 1234
Belmont Park Dental Surgery	Dighe	Kapoor
4 Belmont Park	24 Bellingham Green	76 St Norbert Road
London	London	London
SE13 5BJ	SE6 3JB	SE4 2EY
Tel: 020 8852 0810	Tel: 020 8698 8228	Tel: 020 7635 8899
CDS	Dr Almasi Dental Practice	Patel
Waldron Health Centre	22 London Road	343 Evelyn Street
Stanley Street	London	London
London	SE23 3HF	SE8 5QW
SE8 4BG	Tel: 0208 699 9879	Tel: 020 8692 5188
Tel: 020 7771 5870		
CDS	Burdon	Herring Dental Surgeries
Dental Surgery	1 Wood Vale	49 Lewisham Way
14 St. German's Road	London	London
London	SE23 3DS	SE14 6QD
SE23 1RJ	Tel: 020 8693 3233	Tel: 020 8692 3472
Tel: 020 7771 4251		
Creek Road Dental Practice	DR. Faris Hussain	Jahangiri - Penerley Road Dental Practice
20 Creek Road	23 Catford Broadway	8 Penerley Road
Deptford	London	London
London	SE6 4SN	SE6 2LQ
SE8 3BN	Tel: 0208 690 3222	Tel: 020 8698 1944
Tel: 0208 691 2000		
Creekside Dental Practice	Harley	John Rohan Dental Practice
176 Deptford High Street	35 Belmont Hill	70 Deptford High Street
London	London	London
SE8 3PR	SE13 5AX	SE8 4RT
Tel: 0208 692 0438	Tel: 020 8852 5664	Tel: 020 8692 2597

Dentists in Lewisham J-Z ↓

Kakaria	Maxident Clinic	S.Dubowitz and Partners
204 Lower Road	161 Bromley Road	158 Perry Vale
London	London	London
SE8 5DJ	SE6 2NZ	SE23 2LR
Tel: 020 7231 7912	Tel: 0208 698 0491	Tel: 0208 699 1694
L Ziman & Associates Ltd	Motamedi - Stanstead Dental Centre	V.L Page BDS
349 Brockley Road	335 Stanstead Road	18 Brockley Grove
London	Forest Hill	Crofton Park
SE4 2AQ	SE6 4UE	London
Tel: 020 8692 2425	Tel: 020 8690 1233	SE4 1QZ
		Tel: 020 8699 8233
Lewis Grove Dental Practice	Nekoo-Parvar - Hillview Dental Practice	
3 Lewis Grove	299 Brownhill Road	
London	London	
SE13 6BG	SE6 1AG	
Tel: 020 8852 4986	Tel: 020 8698 5548	
Lewisham Dental Practice	Quality Care Dental Practice	
2nd Floor	71 Bromley Road	
8-12 Lee High Road	London	
Lewisham	SE6 2UA	
London	Tel: 0208 698 7097	
SE13 5LQ		
Tel: 020 8852 3000		
Marjani	Rushey Green Dental Practice	
138 Stanstead Road	26 Rushey Green	
London	London	
SE23 1BX	SE6 4JF	
Tel: 020 8291 5211	Tel: 020 8314 5066	
Creekside Dental Practice	Harley	
176 Deptford High Street	35 Belmont Hill	
London	London	
SE8 3PR	SE13 5AX	
Tel: 0208 692 0438	Tel: 020 8852 5664	

Leisure Plus Card

Leisure can cost less

The Lewisham Plus Card gives you access to leisure throughout Lewisham – for only £2 a year.

You can enjoy 25% off the full adult price of a range of activities in Lewisham Council-run leisure centres, parks or facilities.

Who is eligible

You can apply for a Lewisham Plus Card if you are aged 16 or over and live or study in the the London Borough of Lewisham and receive:

- benefits as a disabled person
- a freedom pass
- council tax credit
- family tax credit
- housing benefit
- income support
- rent allowance
- disability living allowance
- jobseeker's allowance

Also:

- If you care for someone who has a disability concession, Lewisham Plus Card or a child with a disability, you can accompany them into the facilities for the same discounted price with the carer's card. Ask at the reception of the leisure centre or library you are visiting for more details.
- If you are over 60, we need to see either your state retirement pension, your full UK driving licence or your passport.
- If you are an asylum seeker, we need to see your ID card.
- Students must provide their student ID card.

How to access the service

You can apply for a Lewisham Plus Card at any council-run leisure centre or library in the borough. The cost is £2 for one year and you will need to provide a passport size photo as well as proof of your eligibility. Application forms can also be downloaded from the Lewisham website:

<http://www.lewisham.gov.uk/LeisureAndCulture/SportAndLeisure/LewishamPlusCard/>

Accessibility

Formats are available in large print, Braille and Audio and in a variety of languages (see reverse of form).

What happens next

When you complete your application form you need to take it to your local leisure centre or library to be processed. You will be given a proof of purchase so you can start using services straightaway. Your official card will then be sent to wherever you applied within four weeks.

Leisure Centres in Lewisham

Bridge Leisure Centre	Ladywell Arena
Kangley Bridge Road	Silvermere Road
Lower Sydenham	Catford
London	London
SE26 5AQ	SE6 4QX
Telephone :	Telephone:
020 8778 7158	020 8314 1986
Website:	Website:
www.leisure-centre.com	www.leisure-centre.com
Downham Health and Leisure Centre	Ladywell Leisure Centre
7-9 Moorside Road	261 Lewisham High Street
Bromley	Lewisham
Kent	London
BR1 5EP	SE13 6NJ
Telephone:	Telephone:
0845 603 5548	020 8690 2123
Website:	Website:
www.leisureconnection.co.uk	www.leisure-centre.com
Email:	
downham@leisureconnection.co.uk	
Forest Hills Pools	Wavelengths Leisure Centre
Dartmouth Road	Giffin Street London
Forest Hill	Deptford
London	London
SE23 3HZ	SE8 4RJ
Telephone:	Telephone:
020 8699 3096	020 8694 9400
Website:	Website :
www.leisure-centre.com	www.leisure-centre.com

Stop Smoking Service

If I want to stop smoking, what support is available for me?

If you are a smoker who is thinking it's time to stop, we can support your decision with free NHS advice and support including advice on nicotine replacement treatment (NRT). National research has shown that you are 4 times more likely to succeed if you use professional support from a stop smoking service combined with NRT.

Lewisham Stop Smoking Service

Freephone 08000 820 388

stop.smoking@lewishampct.nhs.uk

To find out more, call us on this number and we'll be pleased to answer your queries or help you decide which service you want to use. We are the Stop Smoking Team based at Cantilever House, Eltham Rd, Lee SE12 8RN.

We have trained advisors in many of Lewisham's GP practices and in local pharmacies who offer one to one advice, usually in 5 weekly sessions.

Thinking ahead and preparing to be a non-smoker will help you succeed, so at your first advice session you will plan with your advisor when to stop and what to expect when you do, how to deal with the first few days, managing cravings and what support you could ask friends, partner or family to give to help you succeed.

Click [here](#) if you want to see which [GP practices](#) offer stop smoking advice.

Click [here](#) if you want to see which [pharmacies](#) offer stop smoking advice. **Drop In at the Walk In Centre, New Cross**

If you would prefer to drop in to see an advisor, there is one at the Walk In Centre every Wednesday afternoon from 3pm to 7pm. The Walk In Centre is in Goodwood Rd, New Cross,

SE14 6BL: [map](#)

I'm interested in group support

You may be more interested in going to a smokers' clinic for 7 weekly sessions. If so, call us on 08000 820 388 to find out more about available. We have 2 clinics in Lewisham, at Jenner Health Centre on Friday mornings or Rushey Green Group Practice on Monday early evenings but there are others in Southwark or Lambeth which may suit you more.

I've already tried everything and nothing works!

Don't give up. You haven't failed; you just haven't found the right support for you. You can use your experience of previous attempts to succeed this time.

The specialist service at the smokers' clinic also offers one to one intensive support and has a good success rate with heavy smokers, smokers who've tried many times before or smokers with additional health problems. So, call us on 08000 820 388 and ask about this too.

I've just found I'm pregnant - is there a specialist service for me?

We have an advice sessions especially for pregnant women and their family members. You can either drop in or arrange a time in advance on 08000 820833.

At Lewisham Hospital in the Women's Health Department every Friday afternoon from 1.30 to 4pm

AFTERCARE WORKING GROUP – COUNSELLING & SUPPORT OPTIONS

Can be divided into 3 areas-

1. Funded by Substance Misuse Service
2. Community-based Services- Cost to service user
3. Community-based services- No cost to service user

1. Funded by Lewisham Substance Misuse Service (SMS)

The Drug & Alcohol Foundation (DAF)

18 Dartmouth Street, London, SW1H 9BL;

Tel - 020 7233 0400

Route of referral: SMS

Fee: Yes

Services offered: weekly 1-1 counselling, weekly women's group, weekly men's group, day programme (3 groups + 1-1 counselling session per week)
 DSP (dual diagnosis service) offers Phoenix Group, New Hope Group (personality disorders)
SERVICE USERS MUST BE ABSTINENT

Freedom Recovery Centre (FRC)

14 Pattenden Road, Catford, London. SE6 4NQ;

Tel - 020 8314 0333

Route of referral: SMS

Fee: Yes

Services offered: weekly 1-1 counselling (open to any abstinent service user); step down programme (open to abstinent service users who have completed primary treatment)

Specific aftercare programmes attached to rehab/day programmes

Route of referral: SMS

Fee: Yes

Services offered: depends on programme – usually weekly 1-1 counselling sessions
 + group work
SERVICE USERS MUST BE ABSTINENT

Disadvantages of above services: service users have to be assessed at meeting critical or substantial need funding criteria by Lewisham SMS (under Fair Access to Care Services framework)

2. Community-Based Services – Cost to service user

The Cassel Centre (Counselling & Social Work South East London) 4 Waldram Park Road, London, SE23 2PN;

· Tel - 020 8291 3436

Route of referral: 'Phone/Written professional referral

Fee: Sliding scale depending on income; some free sessions for service users of benefits

Services offered: 1-1 counselling sessions, group work, psychotherapy; do not have to be abstinent

Disadvantage: Not substance misuse specific

FRC Counselling Service - See address above

Route of referral: Self

Fee: Sliding scale depending on income

Service offered: 1-1 counselling sessions [areas covered include general problems, substance misuse, relationship, abuse, anger, depression]; do not have to be abstinent

Family Health Isis (for service users of African & African/Caribbean descent experiencing mental health problems)

183-185 Rushey Green, Catford, London, SE6 4BD;

Tel – 020 8695 1955

Route of referral: Self

Fee: Sliding scale depending on benefits; £2.50 counselling sessions; £1 workshops; £1 meal

Services offered: drop-in service; 1-1 counselling sessions; groups/workshops; meals; advocacy; advice & information,

Everyman (for violent & abusive men)

1A Waterlow Road, London, N19 5NJ;

Tel – 020 7263 8884

Route of referral: Self; Professional referral

Fee: If Service user covering cost, sliding scale depending on income (£10-£40); if agency referral, £40 for assessment, £40 per counselling session

Services offered: 7 month therapeutic programme including 13 weekly 1-1 counselling sessions plus 16 weekly group counselling sessions

One in Four (for survivors of sexual abuse/violence)

219 Bromley Road, Bellingham, London, SE6 2PG;

Tel – 020 8697 2112

Route of referral: Self; Professional referral

Fee: If service user covering cost, sliding scale depending on income; if agency referral, £60 per counselling session

Services offered: 1-1 counselling sessions; group therapy; internet support; open evenings; advocacy

Disadvantage: 2-3 month waiting list at present

Community Based Services- No cost to service user

Fellowship Meetings

AA- Alcoholics Anonymous **Tel:** 0845 769 7555 **Web:** www.alcoholics-anonymous.org.uk

NA- Narcotics Anonymous **Tel:** 0845 373 3366 **Web:** www.ukna.org

CA- Cocaine Anonymous **Tel:** 0800 612 0225 **Web:** www.cauk.org.uk

Turning Point ACAPS

2-6 Atlantic Road, Brixton, London, SW9 8HY

Tel: 020 7738 3427

Route of Referral: Self, professional referral, 3rd party

Services Offered: weekly 1-1 counselling sessions (contract 6-24 sessions), do not have to be abstinent

Alcohol Recovery Project (ARP)

318 New Cross Road, New Cross, London, SE14 6AF

Tel: 020 8691 2886

Route of referral: Self

Services Offered: 6 week structured day programme (abstinent while attending), assessment service, morning drop-in, complementary therapies, relapse prevention group, anger & stress group, women's group

Disadvantages: Some service users may still be drinking

Community Drugs Project (CDP)

55 Dartmouth Road, Forest Hill, London, SE23 3HN

Tel: 020 8291 1414

Route of referral: Self

Services Offered: 1-1 Key work sessions, complementary therapies, health advice, SHAW trust, 12 week RISE day programme (abstinent whilst attending)

Disadvantages: Some service users may still be actively using, no specific aftercare service

North Lewisham Community Drugs Project (NLCDS)

1 Creek Road, Deptford, London, SE8 3BT

Tel: 020 8694 0342

Route of referral: Self

Services Offered: advice & information, 1-1 key work sessions, health care, complementary therapies

Disadvantages: Some service users may still be actively using, no specific aftercare service

Psychology Services

Route of referral: GP, local Community Mental Health Teams (CMHT's)

Services Offered: Psychotherapy/Counselling

Disadvantages: long waiting lists, strict criteria for offering service

Community Based Services- No cost to service user cont'd...

170 Community Project

170 New Cross Road, London, SE15 5AA

Tel: 020 7732 9716

Route of referral: Self

Services offered: general advice & drop-in, domestic violence counselling & advocacy, IT training, support for asylum seekers, legal advice

Tryangle Project

Trinity Youth Centre, Burrage Road, Plumstead, London SE18 7JW

(Violence Intervention Programme for male perpetrators of domestic violence & Women's Support Service for those whose male partners have accessed the service)

Route of referral: Self

Services offered: For men (Tel VIP- 020 8855 7564): 1-4 individual sessions plus 32 weekly group work session with fortnightly follow-up focusing on ending violence, taking responsibility and building respectful relationships.

For women (WSS- 020 8854 6906): 1-1 counselling sessions, telephone support and information, safety planning, emotional support general information

The Positive Place
52 Deptford Broadway, SE8 4PH
Tel: 020 8694 9988 Fax: 020 8694 9900
Email: info@thepositiveplace.org.uk

The Positive Place exists to respond to the specific needs of all people whose lives are affected by HIV and AIDS. We are a registered charity and part of the South London HIV Partnership.

If you live in South London and your life has been affected by HIV, we offer a range of support services designed to bring positive people together to share experiences, develop new skills and improve existing ones, and live well with HIV.

We are committed to tackling HIV and AIDS related discrimination in all its forms, and aim to provide services that are appropriate to people of any age, ethnic or sexual identity, or spiritual background.

The Positive Place is governed by a Board of Trustees and is active in promoting service-user involvement at all levels of service-delivery.

Contact details:

David: 020 8694 9988 ext 205 or 07949 419693
Email: david.dore@thepositiveplace.org.uk

Valarie: 020 8694 9988 ext 206 or 07951 727864
Email: valarie.vassell@thepositiveplace.org.uk

Anthony: 020 8694 9988 ext 207 or 07949 58683
Email: Anthony.maxom@thepositiveplace.org.uk

Peer Support at The Positive Place

The Positive Place provides a wide range of social and support groups for a variety of different communities.

What is Peer Support at The Positive Place?

Peer support for people living with HIV a chronic illness and with similar life experiences has proven to be tremendously important towards helping many move through difficult situations. In general, peer support has been defined by the fact that people who have like experiences can better relate and can consequently offer more authentic empathy and validation. It also provides people with similar lived experiences to offer each other practical advice and suggestions for strategies that health care professionals may not offer or even know about.

In peer support relationships it is important to remember that it is not our task to assess or evaluate each other but rather to say what we see (our perspective), what we feel, and what we need to build connection.

What standards do The Positive Place define as the helping relationship in peer support?

Peer support promotes critical learning and re-naming of experiences

The culture of peer support provides a sense of community

There is great flexibility in the kinds of support provided by peers

Peer support activities, meetings and conversations are instructive

There is mutual responsibility across peer relationships

Peer support is being clear about and setting limits

Peer support involves high levels of safety

How do I join a peer support group?

For all of our groups, we suggest that you contact The Positive Place for an introductory informal chat. You can make an appointment to meet with a Peer Support worker to discuss any immediate concerns you have, or you can come along to a peer support group and register during the group session.

To help the registration process please remember to bring proof of diagnosis, for example, a letter from your consultant.

What if I'm uncomfortable joining a support group on my own?

If you are uncomfortable joining a peer support group, The Positive Place offers a mentoring scheme. Mentors are people who attend the group(s) you're interested in, have been HIV+ for at least two years, and have volunteered to offer you one-to-one support in making best use of the sessions. The mentor will show you round the space, talk you through the range of services on offer, and provide support in getting to know the others in the group. If you would like a mentor, please ring The Positive Place and ask for Becky.

Does The Positive Place offer anything just for people who are recently diagnosed?

In addition to the range of workshops and courses on offer with us, there are Recently Diagnosed Workshops at all our sites. These workshops offer a space to explore issues around diagnosis, treatment, disclosure of status and emotional and physical well-being. Lunch and crèche facilities are provided.

Family Relationship Support

Carer Support is currently delivered through;

WHAT IS THE PARENT SUPPORT GROUP?

As a registered charity, PSG is entirely independent of any other organization or service. PSG is staffed by volunteers who are specially trained in helping parents/carers/partners with support and advice. The service we provide is completely confidential and we do not pass on information about you to anybody else. Parent/carers come to PSG entirely voluntarily as and when they need, and they can stop using us whenever they wish.

They also provide support to couples around someone else's using behaviour

Self help support group for carers of substance misusing adults 6.30-8.30 2nd Wednesday every month

We can help

- Understand and become aware of substance / drinking issues
- Improve awareness around personal/family relationships
- Make healthy lifestyle changes
- Establish support systems

HOW TO CONTACT US

72 Blackheath Road
Greenwich SE10 8DA

Help-Line: 020 8469 0205

Administration: 020 8694 6052

Fax: 020 8691 9074

[Email: admin@psg.org.uk](mailto:admin@psg.org.uk)

Lewisham Alcohol counselling service

Turning point ACAPS

Tel: 020 7702 2300

Web: www.turning-point.co.uk

Community based Counselling service for
Relatives who may be affected by someone else's alcohol dependency

About the service:

Counselling is an equal one-to-one relationship where the counsellor will assist you
In exploring, understanding and finding possible solutions

- Free and confidential counselling service
- Initial individual assessment and goal setting
- One-to-one counselling on a weekly basis (6 weeks initially) can be arranged in various locations throughout the borough
- Referral where appropriate to other projects
- Relaxation sessions and ear acupuncture

Tel: 020 7702 2300

Web: www.turning-point.co.uk

We can help

- Understand and become aware of the issues behind the drinking
- Improve awareness around personal/family relationships
- Make healthy lifestyle changes
- Establish support systems

“I have addressed my emotions towards myself,
My family and my friends and it has helped me
To deal with the negative experiences of my
Mothers addiction ”

Adfam

All the following information can be found at the web address below:

www.adfam.org.uk/index.php

Adfam is the leading national organisation working with and for families affected by drugs and alcohol.

Adfam provide direct support to families through publications, training, prison visitors' centres, outreach work and signposting to local support services.

As the voice of families we provide consultation on best practice in substance related family work and have written several guides for professionals and commissioners.

[Support groups/services](#)

Families need support. The strain of living with someone else's drug or alcohol use is more than most people can cope with alone. Click on the above link to find out what support is available in your area.

[Help for families](#)

Questions that families often ask Adfam and some general answers to them.

[Stories](#)

True stories of family members and their journeys of living with someone else's drug and alcohol use.

[Tell your story](#)

Share your own families story or comment on other people's blogs.

The Adfam Family Charter

As a person close to a problematic substance user, I have the right to:

1. Receive support for myself regardless of my social, economic or ethnic background or whether I still live with the substance user.
2. Be supported by professionals in my local area who are trained to help me with my personal needs.
3. See an improvement in the provision of support – both statutory and independent – for the families of substance users, which can often be patchy and inconsistent.
4. Have my personal circumstances appreciated by support agencies, including a non-judgemental attitude to decisions I have made in the past.
5. Expect full co-operation from my GP, who should direct me to appropriate local services – and expect my GP to stay informed about available support.
6. Assume that the police and health services will treat my situation without bias, whichever substance the person close to me may be using.
7. Have my interests promoted at policy-making level, and have people within government championing my cause.
8. Expect support and treatment agencies to be sensitive to the needs of families with regards to confidentiality and data protection, and the frustrations that often result from them.
9. Be informed of my statutory rights and helped to make relevant decisions by all statutory agencies (social security, criminal justice and healthcare agencies, for example).
10. Expect user and carer involvement to entail real engagement and dialogue – it is not just a box to be ticked.
11. A Carers' Assessment of my needs, if I am providing emotional or physical care for my relative.

Frank 

0800 77 66 00 (free: 24 hours) 0800 917 8765 (textphone service)

<http://www.talktofrank.com/>

Information, advice and materials (see above).

Drugscope

<http://www.drugscope.org.uk/>

In-depth information on all aspects of drug use, with frequently asked questions about drugs in the 'Drug Information' section.

Release

<http://www.release.org.uk/>

Provides a range of services dedicated to meeting the health, welfare and legal needs of drug users and those who live and work with them. Has recently launched a support and information service for heroin users and people who care for them.

Office telephone: 020 7729 5255

Alcohol and solvent misuse**Al-Anon Family Groups UK and Eire**

<http://www.al-anonuk.org.uk/>

Understanding, support and information (including publications) and local groups for families and friends of people with alcohol problems, including young people affected by their parents drinking.

London branch: 020 7403 0888 (or ring 020 7407 8180 or 7878 out of hours)

Alateen

www.al-anonuk.org.uk/alateen.php

Part of the Al-Anon fellowship for young people, aged 12 to 20, who are affected by a problem drinker. Members share ideas, experience and support, often in local groups. Alateen also produces support materials.

London branch: 020 7403 0888 (or ring 020 7407 8180 or 7878 out of hours)

Alcohol Concern

<http://www.alcoholconcern.org.uk/>

Alcohol Concern is the national agency for alcohol misuse. Website contains factsheets, publications, an online library database, news about what is happening in the alcohol field and links to useful websites.

NOFAS-UK

<http://www.nofas-uk.org/>

The National Organisation For Fetal Alcohol Syndrome. Provides information and support for families whose child has been diagnosed or who shows signs of the illness. Also provides bi-month support groups and training.

Tel: 0870 0333 700

Families Anonymous (FA)

<http://www.famanon.org.uk/>

A worldwide fellowship of relatives and friends of people involved in the abuse of mind-altering substances, or with related behavioural problems. Many local groups across the UK.

Office tel: 0845 1200 660 (weekdays 1pm - 4pm. Contact people are available between 6pm - 10pm evenings and weekends: the numbers for each day are left on the answerphone)

Lifeline

<http://www.lifeline.org.uk/>

This organisation provides leaflets on Drug Myths and Drug Facts for parents, plus parents' leaflets on the South Asian Community and Drugs (in Urdu/English and Bengali/English).

Office tel: 0161 839 2075

Mind ☒

0845 766 0163 (local call rate; information line; 24 hours)

<http://www.mind.org.uk/>

Works to support those experiencing mental distress. The website provides a range of information through factsheets and booklets, as well as details of local Mind associations

Refuge ☒

08705 995 443 (local call rate; 24 hours)

<http://www.refuge.org.uk/>

Provides a range of service for women and children experiencing domestic violence, including a 24 hour helpline.

Relate ☒

0845 130 40 10 (local call rate; Mon to Fri, 9.30am to 4.30pm)

<http://www.relate.org.uk/>

Helps people to work through their relationship difficulties and reach their own decisions about the best way forward.

Samaritans

08457 90 90 90 (local call rate; 24 hours)

<http://www.samaritans.org/>

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. As well as the national helpline, it provides an email service (see website for details).

Women's Aid

08457 023 468 (local call rate; 24 hours)

<http://www.womensaid.org.uk/>

Works to end domestic violence against women and children. It co-ordinates and support projects across the country, and provides a website and helpline for those affected by domestic violence.

[back to the top](#)

Criminal Justice Support

Action for Prisoners' Families

<http://www.prisonersfamilies.org.uk/>

Action for Prisoners' Families promotes the just treatment of prisoners' families by the prison system and society across the UK.

It encourages the development of, and acts as a voice for, organisations providing support to these families.

HM Prison Service

<http://www.hmprisonservice.gov.uk/>

HM Prison Service website gives information about the Prison Service in England and Wales.

Prison Advice and Care Trust

<http://www.imprisonment.org.uk/>

Works with Prisoners and Prisoners' families.

S H A R P

<http://www.s-h-a-r-p.org.uk/>

S H A R P is a totally voluntary organization run to provide free help and support for the relatives and friends of prisoners or anyone facing the prospect of legal action.

SOVA

<http://www.sova.org.uk/>

SOVA's mission is to increase the effective involvement of local communities in crime reduction, rehabilitation of offenders and community safety.

Carers Lewisham

Who is a carer?

A carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

A [young carer](#) is a child or young person under the age of 18 carrying out significant caring tasks and assuming a level of responsibility for another person, which would normally be taken by an adult.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age.

Many carers do not consider themselves to be a carer, they are just looking after their mother, son, or best friend, just getting on with it and doing what anyone else would in the same situation.

<http://www.carerslewisham.org.uk>

Contact:-Ms Diana Jones

Carers organisation Carers Lewisham

Carers Centre

Waldram Place

Forest Hill

London

SE23 2LB

Email info@carerslewisham.org.uk

Telephone 0208 699 8686

Support group last Monday of every month 6-30 to 8.30

For young carers support contact centre

Gary Seaman

Service User/Carer Co-ordinator
Drug and Alcohol Strategy team
23 Mercia Grove
Lewisham
SE13 6BJ

Tel: 020 8314 7851

Mobile: 0771 0705 610

My role is to support service user and carer groups within the provider agencies/borough.

To support family, friends, partners to access self help and support groups at carers Lewisham (last Monday each month) and parent support group (second Monday)
72 Blackheath road Greenwich SE10 8DA. both 6-30 to 8.30

To support Service Users and Carers to take part in all related strategic reviews and planning to ensure that their experience, views and aspirations for positive lifestyle change are heard and integrated within Lewisham's ongoing service developments

To support the development Carers Drug and Alcohol forum.
To develop two separate strategies, User and Carer specific to drug and Alcohol services and ensure that they are integrated within Lewisham policy and service provision.

This will require your support/input. I would welcome calls, meetings to discuss ways in which your experience can support implementation of this agenda and how I can support you to integrate this within your community. Develop awareness, encourage referrals, reduce stigma and isolation.

National Treatment Agency

User and carer involvement

Drug treatment service users and their families and carers have a unique and vital role to play in improving treatment. The NTA recognises the role that people who have experienced a substance misuse problem, along with their families and friends can play in improving treatment services.

Across England, their unique perspective is helping to enhance services and the NTA is committed to ensuring that their personal knowledge is more widely utilised.

This section outlines the NTA's position and activities in relation to user and carer involvement.

http://www.nta.nhs.uk/areas/users_and_carers/publications/nta_supporting_and_involving_carers9.06.pdf

Section 7- Benefits, Budgeting Advice and Life Skills

Evelyn 190 Centre

Evelyn 190 Centre offers specialist advice on all aspects of Welfare Benefits including representation at appeals. The main aim of the service is to ensure clients received the benefits they are entitled to and to this effect will, for example, assist clients with their benefits applications and liaise on their behalf with the appropriate agencies. Home visits can be made when required.

The Centre employs a specialist Employment Rights Advisor offering advice about for example unfair/wrong dismissal and race, sex or disability discrimination. The Centre can advise you about your rights, prepare your case, negotiate settlements through ACAS and represent you at an Employment Tribunal.

The Centre can provide specialist housing advice including, where appropriate, representation on Housing benefit, rent Arrears, Transfers and Allocations, Mortgage Debt, Neighbour Nuisance, Possession/Eviction and Repairs.

In addition the centre provides generalist advice on a wide range of issues such as debt (including fuel debts), Council Tax, Pensions and Insurance.

190 Evelyn Street
Deptford
SE8 5DB Telephone: 020 8691 7180 Fax: 080 8692 9305

Mon:	9.30 – 12.30	1.30 – 5.30
Tue:	9.30 – 12.30	1.30 – 5.30
Wed:	9.30 – 12.30	1.30 – 5.30
Thu:	Closed	
Fri:	9.30- 3.00	1.30 – 5.30

Referrals/self referrals can be made via the telephone and appointments are usually offered within a week and a half

Citizens Advice Bureau

Citizens Advice Bureaux provide free, confidential and independent advice from over 3,000 locations including in bureaux, GP surgeries, hospitals, colleges, prisons and courts.

Advice is available face-to-face and by telephone. Most bureaux offer home visits and some also provide email advice.

Advice helps people resolve their debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems and is available to everyone regardless of race, gender, sexuality, age, nationality, disability or religion.

Catford Citizens Advice Bureau

120 Rushey Green

Catford

London

SE6 4HQ

Telephone: 08701 264037 Fax: 020 8690 0067

Drop-In Advice Times

Mon: 10.00 -13.00 for leaflets and signposting only.
 Tue: 10.00 -13.00 **Please arrive as early as possible**
 Wed: 10.00 -13.00 for leaflets and signposting only
 Thu: 13.00 -4pm for leaflets and signposting only.
 5.30-7.30pm appointments for full-time workers only.
 Fri: 10.00 - 13.00 **Please arrive as early as possible**

Telephone Advice Times

Tues- Fri: 13.00-15.30

Access Details

Wheelchair accessible - yes

Induction loop

Specialist Services

Housing

Immigration

Legal Rota

Welfare Benefits

Languages

French

Other Bureau Locations

Bellingham Green Surgery

Boundfield Road Surgery

Chinbrook Road Surgery

GP Surgeries Advice Project

Lewisham CAB GP Surgery Advice Project

Lewisham Money Advice Service

Oakview Family Practice

Perry Hill Surgery

Queens Road Partnership

South Lewisham Health Centre

Sydenham Citizens Advice Bureau

Sydenham Green Health Centre

The Surgery, Downham Way

The Vale Medical Centre

Triangle Group Practice

Vesta Road Practice

Wells Park Surgery

Check <http://www.citizensadvice.org.uk> for times and addresses of the above or, get advice online from www.adviceguide.org.uk ([external link](#)) for practical, reliable, up-to-date CAB information in English, Welsh, Bengali, Chinese, Gujarati, Punjabi and Urdu on a wide range of topics. The information covers England, Northern Ireland, Scotland and Wales and is continuously reviewed by CAB advisers.

Shaw Trust

Shaw Trust is a national charity that provides training and work opportunities for people who are disadvantaged in the labour market due to disability, ill health or other social circumstances. We are the largest UK provider of employment services for disabled people.

Shaw Trust supports thousands of disabled and disadvantaged people across the UK to achieve their personal development and employment aims. We do this through:-

- Government-funded employment services to support people moving from benefits to work, with guidance on finding jobs, training and benefits
- Pre-employment activities in a supportive environment
- Work-related, accredited training
- Creating jobs through social enterprise
- Working in partnership with employers, local authorities and health trusts

Shaw Trust Progress2Work supports those with a history of substance misuse.

The local office which supports Lewisham clients is:

Progress 2Work
Shaw Trust Bexley Centre
240a Broadway
Bexleyheath
Kent DA6 8AS

To refer/self refer call: 020 8301 9184 (main number)

Or contact Abigayle Ashforth 07 891 544 234 or abigayle.ashforth@shaw-trust.org.uk
Appointments are usually offered within a week of the referral.

Jobcentre Plus

Jobcentre Plus is a government agency as part of the Department for Work and Pensions (DWP).

Lewisham Jobcentre Plus
9-19 Rushey Green
Catford
London
United Kingdom
SE6 4AZ
Telephone: 0845 377 4229

Benefits applications are taken over the phone. Or use the online service at:

<http://www.jobcentreplus.gov.uk>

Connexions

Connexions is for young people aged 13-19, living in England and wanting advice on getting to where the person wants to be in life. It also provides support up to the age of 25 for young people who have learning difficulties or disabilities (or both).

In terms of benefits and budgeting advice, Connexions provides the following:

- Finding out more about money
- Banks and Building Societies
- Getting out of Debt
- The Minimum Wage
- Support for young people with children
- Disabled Students' Allowances
- Benefits for young people with disabilities
- Student Finances

In addition, Connexions provides advice and access to learning, careers, health housing, relationships and travel.

Main Lewisham Connexions office:
209 – 211 Lewisham High Street
London
SE13 6LY Telephone: 020 8297 3330

Or call Connexions Direct. Calls from a landline are free so they won't show on a phone bill. Calls from a mobile are charged but if you ring them they will call back. Call Connexions Direct on 080 800 13 2 19

London Fire Brigade

Offering free fire prevention advice and guidance to groups or individuals who are deemed most at risk. This may be because of the type of lifestyle they have especially if they have a dependency or addiction. This may include those leaving care and moving into independent accommodation.

London Fire Brigade can provide free smoke alarms and carry out a free Home Fire Safety Check, giving basic skills advice, tailor-made to an individuals needs. These can take place to either groups of individuals whether in their homes, in hostels, assisted living premises, individually or in communal settings.

To access this service please call the Fire Community Safety Team on 020 7587 2584.

Walking

Walking

Walking is good for the individual and the environment.

Latest news

The Green Chain – a network of over 300 open spaces in south-east London – has teamed up with the local Primary Care Trusts partner local authorities to develop a pocket-sized circular walks pack of shorter walks for all abilities.

If you would like further information about a new pack please contact Sarah Cummings, the Seltrans Travel Plan Co-ordinator on 020 8461 7918.

Meet with your feet

The opportunity to combine exercise with meeting people. Lewisham Healthy Walks is a programme of 30-minute walks led by trained leaders, at a pace to suit everyone.

The walks take place in local parks, and where possible, end with a cup of tea.

Tuesdays

Sydenham Wells Park: meet in the park near the pond at 11am.

Ladywell Fields: meet in the upstairs waiting room at Rushey Green Group Practice, Hawstead Road, SE6 at 11am.

New Cross NDC area: meet at Barnes Wallis Community Centre, Wild Goose Drive at 10.25am.

Minibus transport is available for residents of the NDC area aged 45+ from the 999 club, Monson Road, SE14 at 10.15am and Barnes Wallis at 10.25am.

Wednesdays

Forster Memorial Park: Meet at Goldsmiths Community Centre, Castillon Road, at noon.

Thursdays

Ladywell Fields: meet in the coffee bar area of the main reception of Lewisham Hospital at 11am.

Horniman Gardens: meet inside the main gates at 11am.

Fridays

Ladywell Fields brisker walk: Meet at the coffee bar area of the main reception of Lewisham Hospital at 12.30pm or join the walk at the park cafe at 12.40pm.

For further details, or if you wish to become a trained leader call Jenny Budd, Healthy Walks Co-ordinator on 020 7188 2838.

Allotments

Allotments

Lewisham's allotments are very popular. Because of the current interest in healthy, outdoor living and organic food, all of the Council's 36 allotment sites have waiting lists.

The table in the documents section on the right gives details of each site, facilities available on each, and estimated waiting times for a plot. All sites have water unless otherwise stated.

How to access the service

If you would like to be put on the waiting list please complete an application form (see the forms section on the right). You must specify which sites you are applying for. You may choose up to three.

There are other allotments sites in the area not owned by Lewisham Council. You may find these have shorter waiting lists.

If you live near another London borough you may be able to rent a vacant allotment site from them. Please see their websites for further information or contact us if you require further help. FAQs

How much does it cost to rent a Lewisham Council allotment site? The exact price depends on the site and the size of the plot, but an average plot costs around £35 per year.

How big is a plot?

The average size of a plot is 125 metres square but we can also offer smaller sized plots for those with less time to manage a full plot. When applying for an allotment please state on the form if you would consider a half sized plot.

Can I apply for an allotment owned by Lewisham Council if I don't live in the borough?

Because we currently have very long waiting lists, while some other London boroughs do, we do not accept applications from, or offer plots to people who do not live in the borough.

Can I rent my allotment for as long as I like?

Currently the policy in Lewisham is to allow allotment holders to keep their plots for as long as they wish to. However, you are a tenant only – you cannot pass the plot on to anyone else. If you do not maintain your plot we may ask you to give it up, so that others on the waiting list can benefit from it.

Can I apply for an allotment outside of Lewisham borough?

Other boroughs do occasionally have availability. Bexley Federation of Allotment and Leisure Gardeners are currently taking applications. Please see the link on the right. If you have further queries please

Local Parks

Local parks



There are 45 parks in Lewisham, from the fabulous Beckenham Place Park which contains some of London's most extensive ancient woodlands, to Telegraph Hill Park in New Cross which was named after the semaphore station that was there during the Battle of Waterloo and which passed news of the victory across London.

Parks have something for everyone, be they resident or visitor. Why don't you explore your local green space and enjoy one of them by going to one of the links to major parks on the left or picking one from the entire list below:

· Baxters Field	· Edith Nesbit Gardens	· Lewisham Park
· Beckenham Place Park	· Evelyn Green	· Luxmore Gardens
· Bellingham Green	· Ferranti Park	· Manor House Gardens
· Bellingham Play Park	· Folkstone Gardens	· Manor Park
· Blackheath	· Forster Memorial Park	· Margaret McMillan Park
· Blythe Hill	· Fordham Park	· Mayow Park
· Bridgehouse Meadows	· Friendly Gardens	· Mountsfield Park
· Broadway Fields	· Grove Park Library Gardens	· Northbrook Park
· Brookmill Park	· Hatcham Gardens	· Pepys Park
· Chinbrook Meadows	· Hillyfields	· Ravensbourne Park Gardens
· Cornmill Gardens	· Home Park	· Riverview Walk and River Pool Linear Park
· Deptford Park	· Hornimans Gardens*	· Sayes Court
· Downham Woodland Walk	· Hornimans Triangle	· Southend Park
· Durham Hill	· Kirkdale Green	· Sydenham Wells Park
· Eckington Gardens	· Ladywell Fields	· Telegraph Hill Park

* Horniman Gardens is managed by the Horniman Museum Trust

How to access the service

For parks related enquires contact Glendale Grounds Management; for other open space enquires contact Envirocall. Contact details are at the bottom of this page. For emergency out of hours calls contact the Council on 020 8314 6000.

What's On Around Lewisham

What's on in Lewisham to Thursday Jan 10, 2008.

Monday Club - Every Monday from 4.30 pm The Newly refurbished Crown & Anchor is proud to announce a magnificent selection of performers entertaining you for FREE!!! Free Admission, Free Bar Snacks... for forthcoming artistes call Martin Lloyd 07724011770

Monday 15 Jan 07 to Saturday 15 Dec 07 - Open 7 days a week from Midday, food Served, Children welcome, NON SMOKING

[The Crown & Anchor, 19 Park Road, Bromley, Kent. BR1 3HJ BR1 3HJ](#) [map](#) 

Salsa on Tuesdays in Bromley - Friendly and established salsa night (5 years). Absolute beginners always welcome! (8.30pm). Salsa dance classes for all levels and social dancing til 11pm. Experienced teachers including the UK's finest dancers Cheap bar, car park, large wooden dance floor, air-conditioning.£7 for classes.Free entry after 9:30 pm

Tuesday 30 Jan 07 to Monday 31 Dec 07 - Every Tuesday from 8:30 pm to 11 pm

[Bromley Civic Centre, Stockwell Close, Bromley, Kent, BR1 3UH BR1 3UH](#) [map](#)

[contact](#) 



Clean Break

About Clean Break

"Clean Break is a theatre, education and new writing company. We use theatre for personal and political change, working with women whose lives have been affected by the criminal justice system. We believe passionately that engaging in theatre can create new opportunities for these women and develop their personal, social, artistic and professional skills."

Lucy Perman MBE

Executive Director, Clean Break

What Does Clean Break Do?

Clean Break runs an innovative programme of theatre performances and new writing projects, drama-based education and specialist support, professional development and training, and advocacy. We want to:

- Challenge prejudice about women who have been on the receiving end of criminal justice.
- Enable women who are at risk of offending to fulfil their personal goals and ambitions, and to make informed decisions about their lives.
- Provide these women with the artistic and educational resources to make sense of their experiences and to voice the issues they consider to be important.
- Share and pass on our best practice and expertise to other professionals working in the criminal justice system.

Our activities are split into three core programmes:

- **[Productions and New Writing](#)**
- **[Education and Training](#)**
- **[Advocacy](#)**

Clean Break opposes all forms of discrimination and we are an equal opportunities employer. We aspire to deliver consistently good practice and to set a high standard of equal opportunities within our services, staff employment, Board and advisory group structures, building and physical access and with the partnerships we forge.

We are a women-only organisation and our work is delivered by an all-women team who have strong skills, understanding and empathy, and a firm commitment to Clean Break's artistic and social principles. We provide a safe space for women in our building which has been designed especially to meet the needs of the women that we work with. A core set of values informs all of our activities: respect for one another, equality of opportunity, recognising and embracing diversity, and access to theatre and the arts.

Copies of our Company Mission Statement and Equality and Diversity Policy are available on request.

Education Programme

Clean Break has a track record, over 15 years, of delivering high quality arts education and training for women with experience of the criminal justice system and women at risk of offending due to drug and alcohol use and/or mental health needs.

In this section you can find out about the different aspects of our education work. This includes our education and training programme at our centre in North London. The programme enables over 70 women every year to develop confidence and gain creative skills and qualifications in a women-only space with a highly skilled and experienced staff team together with comprehensive support. It also includes off-site activities where we regularly work in partnership with women's prison resettlement units and education departments, regionally and nationally, and provide a range of tailor-made arts education projects to support women moving forward and making positive life choices.

We run training events for professionals working with women offenders and for artists and students wishing to develop their skills in this area.

All our work is evaluated to ensure that feedback from staff and participants contributes to the future direction of the work. We have recently been involved in a national research project (REACTT) to measure the impact of the arts on offending behaviour. The findings of this research will assist us in further developing our education work to best meet the needs of the women we serve.

If you would like to know more about our work please [join our mailing list](#).

How to Apply to Clean Break Education Programme

Step One:

- Decide if you think you fit the selection criteria (see below).
- Download the prospectus or call Clean Break to ask for a prospectus.
- Select a course you want to do, or if you are not sure, just have a look at what is on offer.

Step Two:

- Call Clean Break and speak to Jackie, our Student Support Manager, to arrange an interview.
- Come along to one of our Open Days.

Step Three:

- ⌚ After Steps One and Two you will attend an interview for 45 minutes with the Student Support Manager. Here you will have the opportunity to discuss your educational and personal needs.
- ⌚ If the interview is successful you will be enrolled that day, be given a date to start your course and an induction pack to take away with you.

Selection Criteria

- **Do you have experience of the criminal justice system?** This means you are or have been in contact with the police, have been cautioned or sentenced for an offence, are on remand, on a rehabilitation order, on bail, on a community sentence, in prison or known to a Youth Offending Team.
- **Are you at risk of offending due to drug/alcohol use or mental health needs?** This may mean you have recently completed a drug/alcohol rehabilitation programme and feel that you are vulnerable to committing an offence or are in contact with mental health services as a result of a referral by the police.
- **Are you over the age of 16 years to attend courses?** (with the exception of the access course when you have to be over 19 years and the Girls and Young Women's Project for those aged 14 to 21 years old).
- **Do you have a keen interest in exploring your creativity** and the ability to commit to a course and the potential to achieve the course outcomes?

Productions and New Writing

Each year Clean Break commissions a play from a woman playwright on the theme of women, crime and the criminal justice system. The play is researched with women offenders and women at risk of offending during an intensive research period. We have a strong track record in commissioning women writers, giving them a remarkable and challenging research and writing brief, and then producing plays which tour to theatres and women's prisons nationally.

Clean Break is currently developing its new writing programme.

Museums and Galleries

Blackheath Gallery

34a Tranquil Vale, Blackheath, SE3 0AX

T: 020 8852 1802

E: james@blackheath-gallery.co.uk

Showcasing the work of many local artists and others from the UK, Europe and beyond.

Framework Gallery

5-9 Creekside, Deptford, SE8 4SA

T: 020 8691 5140

E: enquiries@frameworkgallery.co.uk

Exhibiting a varied range of fine art – including paintings, prints, drawings, mixed media work, photos and sculpture.

Honor Oak Gallery

52 Honor Oak Park, SE23 1DY

T: 020 8291 6094

Specialising in 20th century and contemporary works of art on paper. With regular Summer and Christmas exhibitions and changing featured artists.

Horniman Museum and Gardens

100 London Road, Forest Hill, SE23 3PQ

T: 020 8699 1872

E: enquiry@horniman.ac.uk

A mix of permanent exhibitions and regularly changing collections and events, the Horniman is the place to go for a wider appreciation of the world and it's people, cultures and environments.

They house the first permanent exhibition in Britain dedicated to African art and culture, African Worlds. Their Natural History collection takes you on a journey from fossils to the modern day, through evolution and extinction – including more than 250,000 specimens – while their newly refurbished Aquarium will make you feel like you're in Britain by the pond one minute and tropical Fiji the next.

The Museum Gardens offer stunning views of London amidst beautiful formal and natural landscapes. There is also a small animal enclosure, nature trail and music performances in the summer months.

Lewisham Arthouse

140 Lewisham Way, London, SE14 6PD

T: 020 8244 3168

F: 020 8694 9011

E: [lewishamarthouse](mailto:lewishamarthouse@btconnect.com)

[@btconnect.com](mailto:lewishamarthouse@btconnect.com)



Studio and gallery space for emerging local artists, with regular exhibitions, courses and workshops.

Lewisham Limelight Gallery

Lewisham Library, 199 Lewisham High Street SE13 6LG

T: 020 8314 7728

E: arts.service@lewisham.gov.uk

The Limelight Gallery is an exhibition and performance space in Lewisham Library, which is programmed by the Arts Service.

The space aims to offer a high quality programme of visual arts and craft exhibitions by professional and semi-professional artists.

The programme also includes occasional performances of live music and books readings.

Museum of Installation

175 Deptford High Street, Deptford, SE8 3NU

T: 020 8692 8778

Leading gallery in the field of installation art, with regular exhibitions featuring British and international artists.



Stark Gallery

384-386 Lee High Road, Lee Green, SE12 8RW

T: 020 8318 4040

E: stark@starkgallery.com

Representing a wide variety of original artwork and British craft, with regularly changing exhibitions. They also offer for sale a wide range of modern crafts from local and British makers.

Index to Services

Page	Organisation	Telephone Number	Location	Postcode
13	170 Community Project	020 7732 9716	New Cross Gate	SE14 5AA
22	Action for Prisoners Families			
18	ADFAM			
	African Access Project	020 8694 9988	Deptford	SE8 4PH
20	Al-Anon/Alateen	020 7403 0888		
20	Al-Anon/Alateen	020 7407 8180	Out of hours number	
20	Al-Anon/Alateen	020 7407 7878	out of hours number	
20	Alcohol Concern			
12	Alcohol Recovery Project	020 8691 2886	New Cross	SE14 6AF
12	Alcoholics Anonymous (AA)	0845 769 7555	national	
2	Allotments Information	020 8314 2277	n/a	n/a
37	Blackheath Gallery	020 8852 1802	Blackheath	SE3 0AX
15	Bridge Leisure Centre	020 8778 7158	Lower Sydenham	SE26 5AQ
23	Carers Lewisham	020 8699 8686		SE23 2LB
11	Cassel Centre	020 8291 3436		SE23 2PN
20	Citizens Advice Bureau	08701 264037	Catford	SE6 4HQ
24-26	Clean Break			
12	Cocaine Anonymous (CA)	0800 612 0225	national	
12	Community Drugs Project	020 8291 1414	Forest Hill	SE23 3HN
22	Connexions	020 8297 3330	Lewisham	SE13 6LY
15	Downham Leisure Centre	0845 603 5548	Bromley	BR1 5EP
10	Drug & Alcohol Foundation	020 7233 0400		SW1H 9BL
24	Drug and Alcohol Strategy	020 8314		
20	Drugscope			
19	Evelyn 190 Centre	020 8691 7180	Deptford	SE8 5DB
11	Everyman	020 7263 8884		N19 5NJ
21	Families Anonymous (FA)	0845 1200 660		
11	Family Health Isis	020 8695 1955	Catford	SE6 4BD
15	Forest Hill Pools	020 8699 3096	Forest Hill	SE23 3HZ
37	Framework Gallery	020 8244 3168	Lewisham/New	SE14 6PD
20	Frank	0800 917 875		
11	FRC Counselling Service	020 8291 3436		SE23 2PN
10	Freedom Recovery Centre	020 8314 0333	Catford	SE6 4NQ
22	HM Prison Service			
37	Honor Oak Gallery	020 8291 6094	Honor Oak Park	SE23 1DY
37	Horniman Museum	020 8699 1872	Forest Hill	SE23 3PQ
21	Jobcentre Plus	0845 377 4229	Catford	SE6 4AZ
15	Ladywell Arena	020 8314 1986	Ladywell	SE6 4QX
15	Ladywell Leisure Centre	020 8690 2123	Lewisham	SE13 6NJ
16	Leisure Centre Card			

