

Peer Support

Lewisham Wellbeing Hub offers peer support. Peer support has been an integral part of Together since 2012. Over the years, we have consistently worked alongside people with lived experience of mental distress to develop the Together Peer Support Model. This ensures that what we deliver reflects the wants and needs of people experiencing mental distress and the people using our services.

Peer support at Together is a leading example of our core ethos of service user leadership – our model and principles empower people using our services, and those with lived experience of mental distress, to feel valued and have choice and control in their care and support. Our unique peer support model also supports Together services to have the infrastructure that enables authentic peer support to flourish, whilst ensuring that lived experience of mental distress leads the way.



About Together

Together for Mental Wellbeing is a national charity that supports people experiencing mental distress to lead fulfilling and independent lives. Founded in 1879, today we work with approximately 4,500 people every month, at around 70 locations across England. Our services include support in the community, accommodation-based support, advocacy, and criminal justice services.

Our core ethos at Together is 'Service User Leadership'. This means that we empower people experiencing mental distress to make choices that affect their lives, lead their journey to wellbeing on their own terms and to collectively influence and improve services, organisations and society.

We value people as experts in what works best for them, and each individual we work with is empowered to lead on the support they and others receive from us. This means that we also provide opportunities for people experiencing mental distress to work with Together to draw on their experiences to help us improve the quality and experience of the services that we provide.

For more information about service user leadership, or to find out more about current opportunities to work alongside us, please contact SUL@together-uk.org.



LEWISHAM WELLBEING HUB



We provide information and support to anyone in Lewisham who would like to improve their mental wellbeing

What we offer

Lewisham Wellbeing Hub is open to anyone over 18 who lives in the London Borough of Lewisham, who has experienced challenges with their mental health and who wants to improve their wellbeing.

The service offers:

- 1-2-1 support up to 10 weeks developing individualised goals and support plans. We have specialist Mental Wellbeing Advisors who will work with people from Black and ethnic minority groups, migrants and refugees. We also have Mental Wellbeing advisors specialising in income maximisation, providing information and support with applying for benefits, relevant grant schemes to maximise income, address debt issues and developing/improving skills around budgeting.
- Wellbeing workshops which include different activities throughout.
- Peer support: Volunteers with lived experience of mental distress support others through group work, including in person and digital support options.

Contact us to be on our mailing list for our Newsletter with monthly updates for workshops and peer support activities at lewisham-wellbeing-hub@together-uk.org

- Drop-in by appointment only, access to our pop-ups in community venues, this also includes contacting our Hub Helpline or sending us an email. A way for people to contact the service without needing a prior referral for self-advocacy, advice, signposting to find the appropriate support service.

Community Directory

We work alongside and partner with different services based in the borough of Lewisham.

Sydenham Garden

This is a unique wellbeing centre utilising its gardens, nature reserve and activity rooms to help people in their recovery from mental and physical ill-health in Lewisham.

Sydenham Garden enables people to improve their quality of life, social interaction and physical and mental health in a supportive community environment. The Lewisham Wellbeing Hub can refer you for a wide range of activities around gardening and arts and craft group sessions to support people in their recovery.

Community Connections

Is a Social Prescribing service, run by AGE UK Lewisham and Southwark. They have a variety of services to help residents find and access the activities, groups, services and support that will improve their health, wellbeing and happiness. Working with Lewisham residents, or people registered to a Lewisham GP, over the age of 18.



Contact details

The service is open from Monday – Friday from 9am – 5pm.



Visit our website:

www.together-uk.org/service-finder/lewisham-wellbeing-hub/



Call us directly on **020 3962 8210**



Email us at Lewisham-Wellbeing-Hub@Together-uk.org



Referrals can be made to the Hub by health and social care professionals referring a person or people can refer themselves using this QR code:



The Hub's services are free and open to anyone who lives in Lewisham or is registered with a Lewisham GP.

