Maximising wellbeing

Maximising Wellbeing helps people receive social care.

Social care is help when is it difficult to look after yourself.

Maximising wellbeing happens at home, where you live.

Healthwatch

Healthwatch Lewisham an independent organisation.

We listen to the views of local people.

We want to hear about Maximising Wellbeing.

We want to listen to you because you can help us make Maximising Wellbeing better.

User Forums

We will hold meetings for people that are cared for in their home.

You can come to these meetings and share your experience.

Sometimes it is difficult to leave the house.

You can telephone us if it is difficult to leave the house.

The Meetings

Everybody at the meeting has got help from Maximising Wellbeing before.

If everybody talks to each other, we can learn about the help everyone gets.

We want to know if it has made you feel more independent.

Independence is when you can do more things by yourself.

Carers

We want to know about the carers that visit your home.

We want to know if they are kind and friendly.

We want to know if they are helping you to feel better.

For More Information

You can look at our website here:

www.healthwatchlewisham.co.uk

If you need more information please contact us by:

Phone: 020 3886 0196

Email:
info@healthwatchlewisham.co.uk