

Community nurses

**Southwark, Lambeth and
Lewisham Community Learning
Disabilities Health Team**



An easy read guide

What do the community nurses do?



We are here to help you be the most healthy you can be.

How can the community nurses help you?



We can help you and your carer learn more about your health



We can help you learn how to eat better and more healthily



We can help you lose weight and learn more about keeping fit

How can the nurses help you?



We can help you to learn more about epilepsy and other health conditions



We can help you to find out more about relationships and safe sex



We can help you to learn more about your medications and how to take them



We can help you to get ready for visits to the doctor or for hospital appointments

How to contact the Southwark and Lambeth team



You can write to us
121 Townley Road
East Dulwich
London
SE22 8SW



You can call us
020 3049 7518



You can email us
gst-tr.AWLDHealthTeam@nhs.net

How to contact the Lewisham team



You can write to us:

First Floor
Old Town Hall
Catford
London
SE6 4RU



You can call us:

020 3989 0550



You can email us

gst-tr.AWLDHealthTeam@nhs.net

If you prefer, you can ask a friend, carer or health professional to call the team for you

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).

phone: 020 7188 880

email: pals@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

phone: 020 7188 8815

email: languagesupport@gstt.nhs.uk

NHS website

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. **web:** www.nhs.uk

Leaflet number: 3801/VER3

Date published: August 2021

Review date: August 2024

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A list of sources is available on request