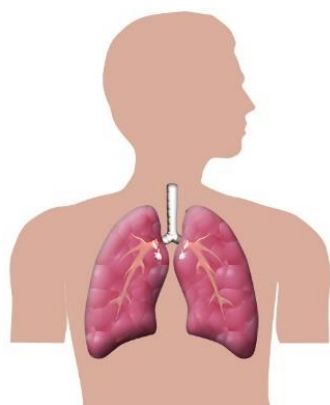**Easy read**

Community learning disability nurses

Southwark, Lambeth and Lewisham community learning disability health team

The community learning disability nurses help you to stay healthy.

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

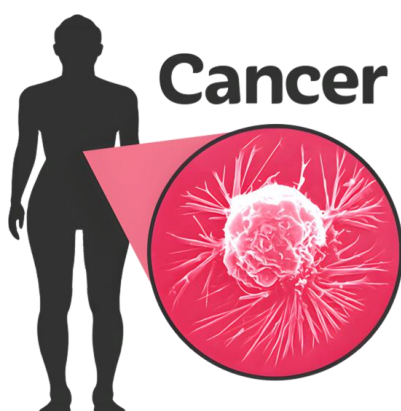|	
	We can help you to learn about health conditions like epilepsy or diabetes.
Hospital	We can help you to prepare for medical appointments and make sure doctors know what you need.
	We can help you learn more about your medicines and how to take them.
	We can help you learn how to eat better, choose healthy food and lose weight.

	We can help you to find out more about safe sex.
	We can help you to stop smoking.
	We can help you with **health screening**. This is when you have tests to find early signs of health problems.
	We can give you **vaccinations**. These are injections that help to stop you getting sick.

Contact the Southwark and Lambeth team

If you are worried or have questions you or your carer can contact us.

Write to us at

121 Townley Road
East Dulwich
London SE22 8SW

Call us on 020 3049 7518

Email
gst-tr.awldhealthteam@nhs.net

Contact the Lewisham team

If you are worried or have questions you or your carer can contact us.

Write to us at

1st floor Old Town Hall
Catford
London SE6 4RU

Call us on 020 3989 0550

Email
gst-tr.awldhealthteam@nhs.net

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