

**Easy read**

# Occupational therapy

**Southwark, Lambeth and Lewisham  
community learning disability health team**



The occupational therapy team can help you do things that you need or want to do.



We can help you learn new skills.



We can give training and advice to the people who support you.

## Your personal care



We can help you learn how to brush your teeth.



We can help you learn how to have a bath or shower.



We can help you use special tools to eat and drink by yourself.

## Doing things at home



We can help you learn how to clean your home.



We can help you learn how to cook your meals.

## **Staying safe when you go out**



We can help you learn how to use buses and trains.



We can help you learn how to go shopping.



We can help you understand how to use your money.

## Things that you like or need to do



We can help you plan your day or week and have a routine.



We can help you find activities to do.



We can help you find out where to meet people.

# 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](mailto: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](mailto:gst-tr.awldhealthteam@nhs.net)

**Resource number: 3808/VER4**

Last reviewed: February 2025

Next review due: February 2028

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A list of sources is available on request