Occupational therapy

Southwark, Lambeth and Lewisham Community Learning Disabilities Health Team

An easy read guide
What does the occupational therapy team do?

We can help if you have a problem that is stopping you from being able to look after yourself properly.

We can help you with personal matters

We can help you to learn how to brush your teeth.

We can help you to learn how to have a bath or shower.
We can help you stay safe when you are out

We can teach you 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.
We can help you to do things at home

We can help you learn how to clean your home.

We can help you learn how to cook your meals.
We can also help you to do things you like or need to do

We can help you learn the skills to go to work or college.

We can help you find out about the things you enjoy doing.

We can help you find out about where to meet people.
How can I 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 can I contact the Lewisham team?

You can write to us:
19-21 Brownhill Road
Catford
London, SE6 2HG

You can call us:
020 3228 9620

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). To make a complaint, contact the complaints department.
**t:** 020 7188 8801 (PALS)
**e:** pals@gstt.nhs.uk
**t:** 020 7188 3514 (complaints)
**e:** complaints2@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.
**t:** 020 7188 8815
**e:** languagesupport@gstt.nhs.uk

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