

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 you do the things that you need or want to do.
We can help you learn new skills

We can help you with personal care 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 with equipment that helps you to eat and drink more independently

We can help you to learn how 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 help you learn how to 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 you like or need to do



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



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



We can help you find out about where to meet people.



We can offer training and advice to the people who support you

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 8801

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

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