



Lewisham Service User Network (SUN)

Lewisham Service User Network (SUN) is a new, open access, community-based support group for adults experiencing difficulties with complex emotional needs. SUN aims to empower people to problem solve whatever current struggles they face – emotional, relational, social, and practical.

Is SUN for me?

SUN is a self-referral service for adults who are either a resident of Lewisham, or who are registered with a Lewisham GP. It is an inclusive group, meaning we welcome people from all sorts of backgrounds to learn from each other's experiences.

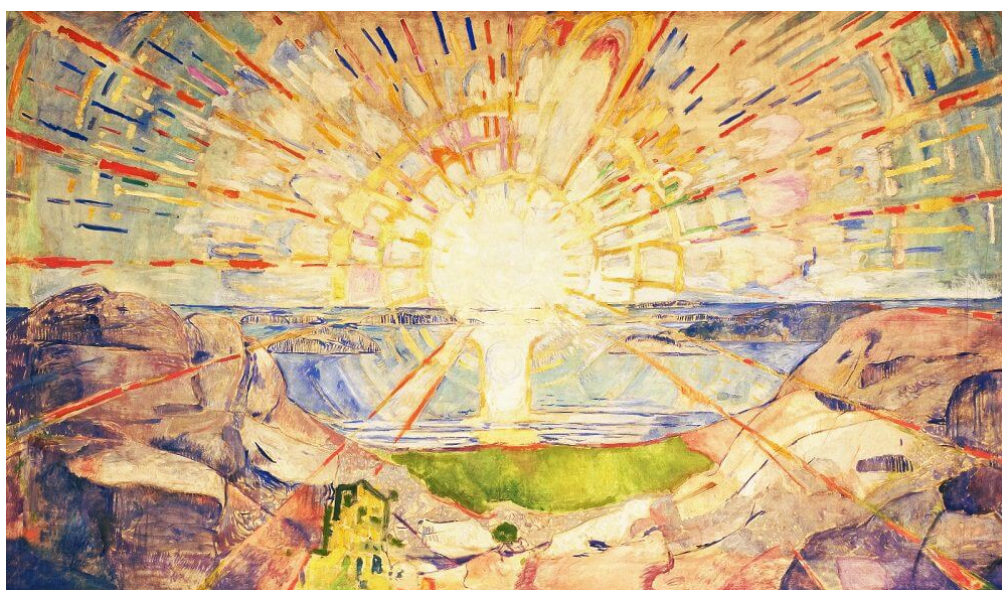
How the group works?

Each group runs for two-and-a-half hours with breaks. We offer three groups per week. Currently these all take place online. The groups are on Mondays 2:15pm – 4:45pm, Wednesdays 2:15pm – 4:45pm, and Fridays 10:30am – 1:00pm. You can attend SUN groups as often or as little as you wish.

SUN groups offer peer support – meaning members both offer and receive support at different times, with facilitation from two health professionals.

All of the support provided by SUN happens within the groups themselves, in a confidential and safe space.

New members are helped to complete a Crisis and Support Plan (CASP). A CASP sets out the steps you take to cope with stress and any challenges in life, so that the group knows how best to support you in times of crisis.



How to find out more?

☎ 0203 228 9260 📞 07546 560852 (Monday – Friday, 9am – 5pm, excluding bank holidays)

✉ LewishamSUNProject@slam.nhs.uk