

Mental Health Carers Newsletter

We support people who care for family, partners or friends who struggle with their mental health. Our Service is a partnership between Bromley Well and Bromley, Lewisham & Greenwich Mind

Supporting you this season

A snapshot of our events over autumn and winter

Green Parks House Family & Carers Drop-In Group

Fortnightly drop-in group run at GPH for carers of people being seen by the acute units at GPH or the Home Treatment Team

Carers Skills & Information Workshops

We are hosting 4 new workshops this Autumn. We're joined by Oxleas clinicians for workshops on depression, Autism, ADHD and understanding substance use & mental health

Carers Connect

Join us for a monthly zoom to chat to other carers from the comfort of your own home



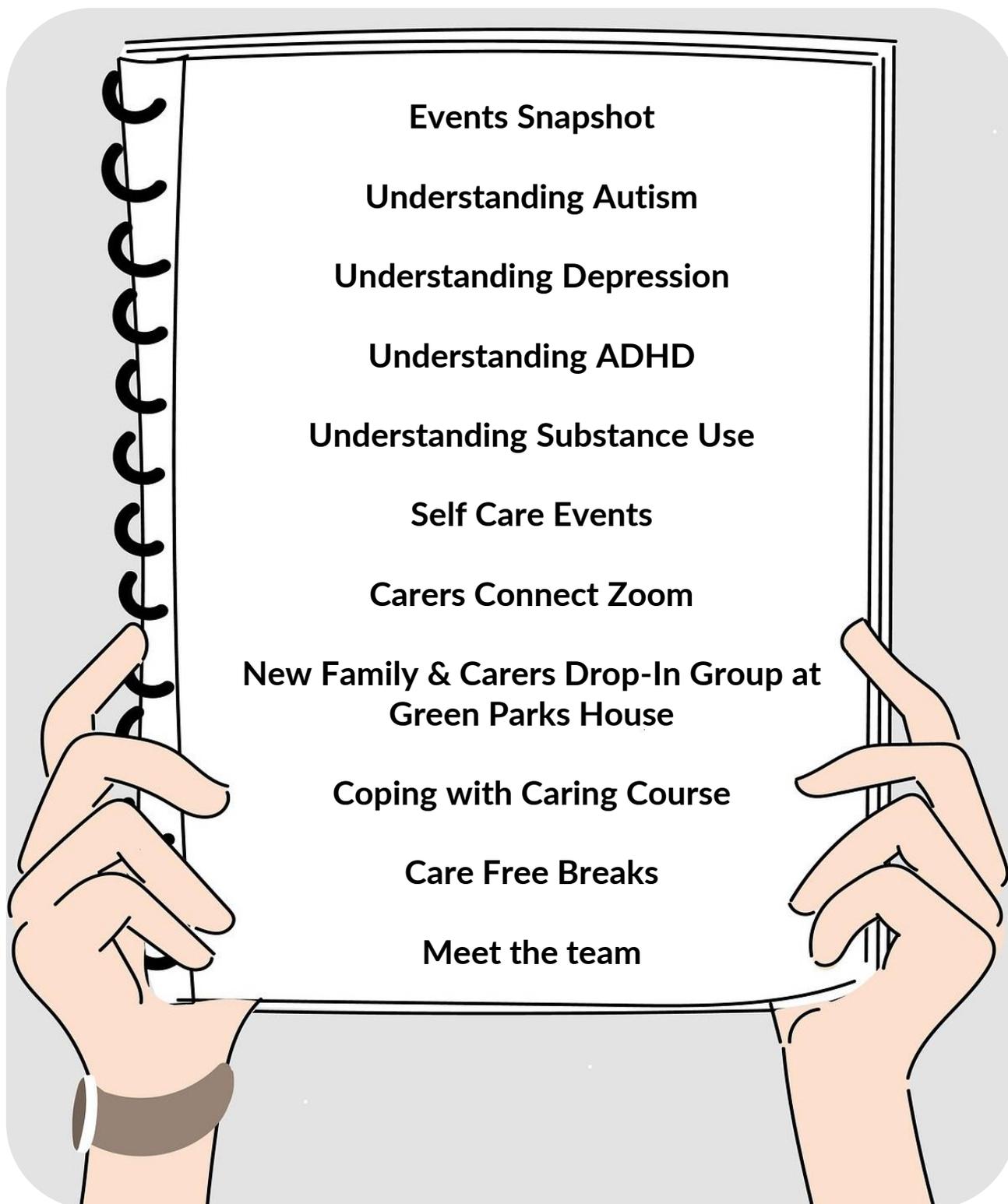
Self Care Events

Join us for events in October & December! A chance to meet other carers & practice a little self care together

Coping with Caring

Our interactive 6 week course for mental health carers... Next course starts in November!

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**New Family & Carers Drop-In Group at
Green Parks House**

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Care Free Breaks

Meet the team

If you are seeking support, wish to sign up to one our events
or have any questions please refer to us by emailing

MHcarers@bromleywell.org.uk

or by calling Bromley Well Freephone

0808 278 7898

and asking for the mental health carers service

Skills & Information Workshops



This Autumn and Winter, we are bringing you more of the carers skills and information workshops, in partnership with Oxleas NHS.

In each of these workshops we're joined by clinical professionals from the NHS to give an overview into understanding an area of mental health and some practical advice about how to support your loved one.

13th September 12pm – 2pm

Understanding Autism

Joining us is Clinical Associate Psychologist Holly Drew & Principal Clinical Psychologist Andrew Ware. They will look at how families & partners can support their Autistic loved ones to become more aware of their emotions, ideas on how to regulate emotions & how we can communicate with someone who is struggling to regulate themselves.

18th September 2pm – 4pm

Understanding Depression

Joining us for a follow up session from last month is Assistant Psychologists Saphea Choyen-Stewart & Epiphany Harris-Eis & Clinical Psychologist Hannah Green. This session they'll be covering practical aspects of supporting your loved one with depression and tips and advice on how to help.

Skills & Information Workshops



4th October 2pm – 4pm

Understanding ADHD

Joining us is Dr Khurram Sadiq, Lead ADHD Consultant Psychiatrist & Tim Sowter, Trust Wide Adult ADHD Team Manager in Oxleas. They will be discussing a brief history of ADHD (Attention Deficit Hyperactivity Disorder), some of the science behind this neurological difference and how this translates to everyday life.

1st November 2pm – 4pm

Understanding Substance Use

Joining us is Lead Nurse Carl Knopp from the Co-occurring Mental Health Alcohol & Drugs service within Oxleas. He will be discussing understanding substance use that occurs alongside mental health struggles and how to support someone experiencing this. His service also holds a monthly carers support group.

**These workshops are being held in our premises in Orpington,
5 Station Road, BR6 0RZ**

Please note that there is limited parking onsite, however there is parking available nearby in Orpington town centre or for 3 hours in the Tesco's opposite. Orpington Station is a 10-minute walk from the premise.

If you would like to join us for these events, please RSVP to book your place by emailing us at MHcarers@bromleywell.org.uk

Self Care Events

Self care can take many forms, it doesn't always have to be spa days or something lavish. It can be as simple as peer support and chatting or practicing small relaxation tips together.

Over the coming months we will be holding two events for carers to get together and connect in person and practice some self care together.

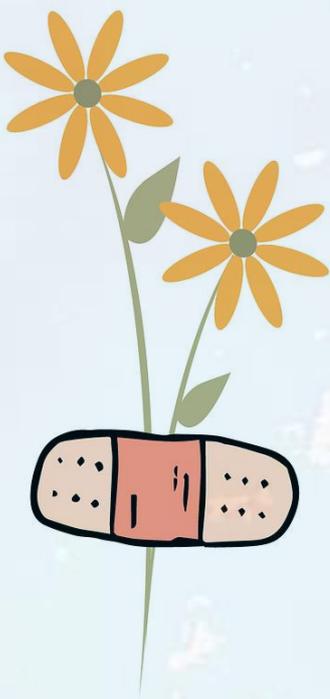
More information to come soon... but in the meantime, put these dates in your diary!

Creative Self Care

11th October 2pm onwards
Beckenham (Hayne Road)

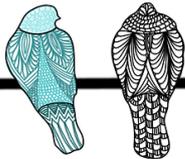
Festive Self Care Get-Together

12th December 3pm – 5pm
Orpington (Station Road)



Carers Connect Zoom

Join us online to chat to other carers from the comfort of your own home!



On the 3rd Monday of every month, feel free to join us for catch-up and chat! A space to connect to fellow mental health carers, share stories with others who truly 'get it' and chat in a safe space. Get in touch for the link to join the zoom!

6pm – 7:30pm on the following dates...

18th September

16th October

20th November

18th December



Green Parks House Family & Carers Drop-in Group

Last month we launched our new fortnightly drop-in group for carers of people being seen by the acute units at Green Parks House (Princess Royal University Hospital) or Home Treatment Team.

This is a friendly, confidential group to support carers who currently have a loved one on the acute units at GPH or are under the Home Treatment Team (HTT).

Every fortnight the group will have in attendance a Mental Health Carers Advisor from Bromley Well and an experienced professional from Green Parks House such as a senior nurse, psychiatrist, psychologist or pharmacist.



**Tuesdays
Fortnightly**

**3:30pm
- 4:30pm**

**Green Parks House
Princess Royal
University
Hospital**

Jointly run between Bromley Well Mental Health Carers Service and Oxleas NHS Bromley Adult Mental Health

A chance to meet others going through similar experiences and learn more about carers support available to you through Bromley Well

An opportunity to talk to a professional about any worries you have and ask questions related to the units at Green Parks House or other areas of mental health

Substance Use & Mental Health

Do you support someone with a mental health condition and drug or alcohol use?

The Oxleas COMHAD (co-occurring mental health alcohol and drugs service) Family and Carers group runs every third Wednesday of each month, face to face between 5pm-6:30pm at The Memorial Hospital, Shooters Hill, Woolwich.

Carl Knopp, Consultant Nurse Lead for Oxleas COMHAD services, said: “We’re excited to be launching this support group for carers. It will be a safe space to share and support each other without judgement of any kind. Please do come along.”

Carl will be joining us for a workshop on understanding substance use and mental health on the 1st November in Orpington (5 Station Road) 2pm – 4pm. Contact us to book your place!





Coping with Caring Redesign

Last year our course for mental health carers underwent a redesign

We want to share more about the six sessions with you...

Introduction and The Emotional Impacting of Caring

Getting to know each other and thinking about the complex nature of being a mental health carer

The Body Keeps the Score

Looking at how the body holds stress, anxiety and overwhelm and techniques to manage the physical effects of this; including mindfulness, grounding and muscle relaxation that we'll practice together throughout the course

Coping with Distressing Conversations and Situations

Discussing the nature of mental health and what recovery means to individual people. Exploring different communication ideas, de-escalation techniques and the complex area of boundaries. We'll look at the emotional impact of distressing situations and explore together ways to cope and look after your own wellbeing

Carrying What Can't Be Fixed

Using acknowledgement, self-compassion and realistic self-care. We'll explore creative ways to cope and express yourself and how to build a self-care toolkit

Growing Your Life Outside of Caring

Exploring how many carers find they're feeling a loss of identity, as feelings become intertwined with the one you care for and it's hard when you take on their emotions too. We'll explore how to grow your life outside of caring and create a balance between your caring and your own life

Looking Forwards

Looking at what the course has covered and how to bring the techniques practiced with you moving forwards. Here we will also look at future planning (for you as a carer and the one you care for) and navigating the mental health system, as well as advocacy and carers' rights.

Carefree Breaks

We are a partner of the charity Carefree. Carefree offers free breaks within the UK for unpaid carers. They have deals with hotels to offer free accommodation (one or two nights) for carers, you can even bring a friend!

The stay at the hotels is completely free, you only have to pay the cost of your travel and your food and drink (however most hotels do include breakfast) and a small admin fee.

If you're interested, please do contact us so we can refer you for a break – MHcarers@bromleywell.org.uk

Carefree transforms vacant accommodation into vital breaks for unpaid carers.

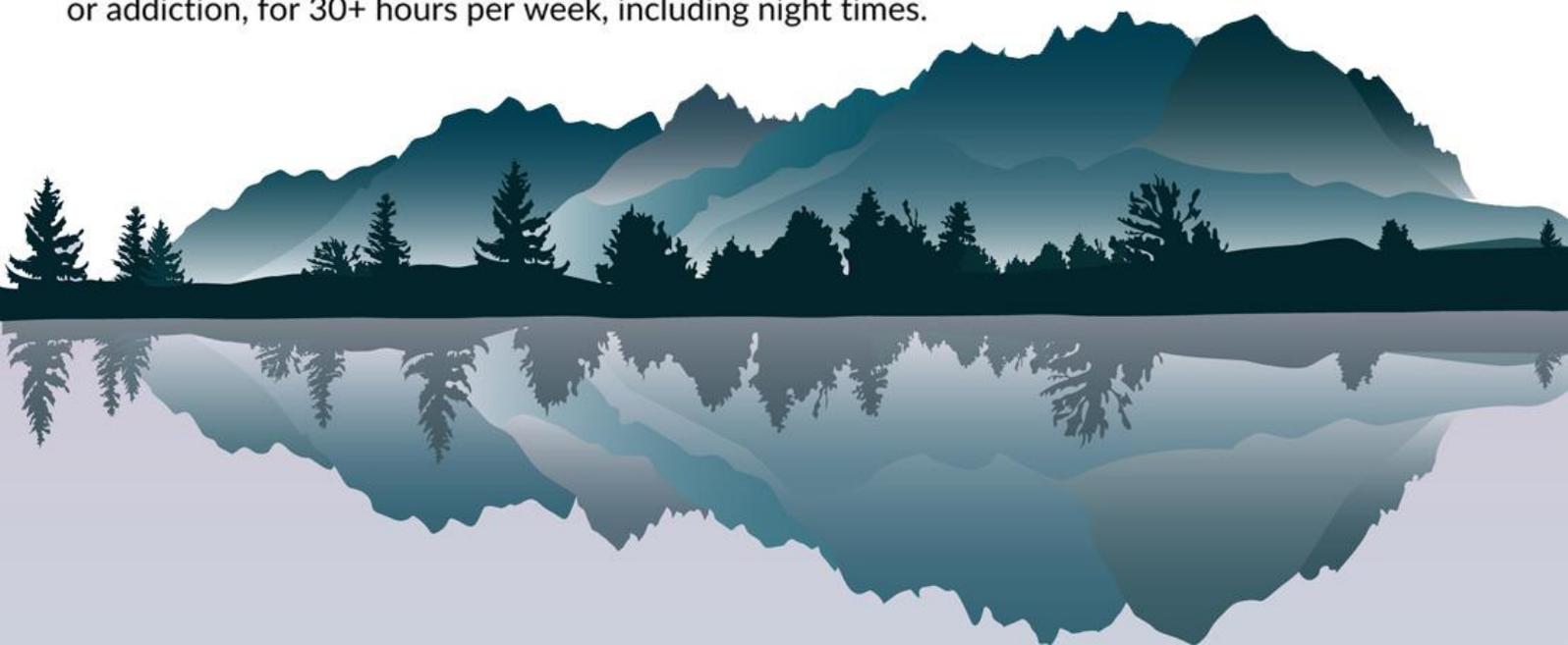
To qualify for a break carers must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (£25 admin fee, transport, food etc)

The break is for the carer only. You are welcome to take a companion but not the person(s) you care for as this is a break and respite for you.

What do we mean by unpaid care?

At Carefree this means anyone who looks after a family member, partner, friend or neighbour who can't cope alone for reasons including frailty, illness, disability, mental health problem or addiction, for 30+ hours per week, including night times.



Till next time...

Your next newsletter will arrive with you in December and share news about future events in January, February and March next year.

We want to create a mental health carers service that has the voices and needs of carers at its heart.

Whether it's workshops from mental health professionals on specific subjects, peer support or self care and alternative therapies... What support would you like to see and what would help you the most?

Please let us know your views, ideas and any feedback by emailing us at MHcarers@bromleywell.org.uk



Meet the team



Lucy Blake



Aimée Roberts

We're a team of two mental health carers advisors and we're passionate about the support that carers deserve.

Our Service Provides...

Emotional support and a listening ear on the phone

Information and Skills Workshops in partnership with Oxleas NHS

Wellbeing and Self Care Events in person

Coping with Caring – Our six week course for mental health carers

Carers Connect Zoom – Monthly peer support zoom

Wellbeing advice and relaxation tips

Coping techniques for stressful situations

General mental health information

Information on further support services for support for yourself and the person you care for