

Adult Carers Events

**Don't
forget
to book!**

Face-to-face events

January

Carers Peer Support Group

Wednesday 12 January from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

Mindfulness with Bromley Mindfulness

Wednesday 12 January from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Robert from Bromley Mindfulness will introduce and teach you techniques to manage stress, anxiety, depression, improve your focus and calm your mind. You will learn skills to increase your resilience and improve your wellbeing.

Carer Support by appointment in Orpington

Monday 24 January from 10:00am- 12:00pm

Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

Meet with one of our Carer Support Advisors to discuss your caring role and how we may be able to support you with information, guidance and peer support. Appointments will be held in a private room in the Centre.

Coping with Caring

Wednesday 26 January- 2 March from 10:00am- 12:00pm

Community House, South Street, Bromley BR1 1RH

6-week programme that uses cognitive behavioural therapy techniques to help carers navigate the impact of caring and establish effective ways to improve thoughts, feelings and behaviours towards caring for others.

Carers Peer Support Group

Wednesday 26 January from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

February

Carers Peer Support Group

Wednesday 9 February from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

Mindfulness with Bromley Mindfulness

Wednesday 9 February from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Robert from Bromley Mindfulness will introduce and teach you techniques to manage stress, anxiety, depression, improve your focus and calm your mind. You will learn skills to increase your resilience and improve your wellbeing.

Carer Support by appointment in Orpington

Monday 21 February from 10:00am- 12:00pm

Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

Meet with one of our Carer Support Advisors to discuss your caring role and how we may be able to support you with information, guidance and peer support. Appointments will be held in a private room in the Centre

Carers Peer Support Group

Wednesday 23 February from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

Estate Planning Talk with Q & A

Wednesday 23 February from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

A representative from the Coop will cover topics such as Probate, Wills, Power of Attorney, Trusts and Advanced Health Directives. There will be a 30 minute talk followed by a question and answer session.

March

Carers Peer Support Group

Wednesday 9 March from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

Mindfulness with Bromley Mindfulness

Wednesday 9 March from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Robert from Bromley Mindfulness will introduce and teach you techniques to manage stress, anxiety, depression, improve your focus and calm your mind. You will learn skills to increase your resilience and improve your wellbeing.

Carer Support by appointment in Orpington

Monday 21 March from 10:00am- 12:00pm

Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

Meet with one of our Carer Support Advisors to discuss your caring role and how we may be able to support you with information, guidance and peer support. Appointments will be held in a private room in the Centre

Carers Peer Support Group

Wednesday 23 March from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people. If you can't stay for the whole duration, that's absolutely fine.

Carers Forum

Wednesday 30 March from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Our quarterly forums give carers the opportunity to find out about relevant services, meet other carers and voice your views and ideas about what you would like to see from our service in the future. Agenda and invitations to be sent out nearer the time, but feel free to book your place early.

Contact us on: **020 8315 1925** or **carers@bromleywell.org.uk**

Online events

If you require any support in accessing Zoom, please get in touch. If you do not currently have a device that you can access online events on, please also get in touch, as we may be able to help!

Weekly

Mental Health Carers Coffee Afternoon via Zoom

Every Wednesday 3:00- 4:00pm

E-mail: wellbeing@bromleywell.org.uk or text 'coffee' and your full name to 07395 245 784.

Fortnightly

Carers Peer Support Group via Zoom

Every other Friday 11:00am- 12:00pm

E-mail: carers@bromleywell.org.uk or call us on 020 8315 1925 if you would like to attend any of the sessions.

Telephone support

If you are not already registered as a carer with Bromley Well, you can self-refer by contacting Bromley Well Single Point of Access (SPA) on 0808 278 7898 or by e-mailing spa@bromleywell.org.uk

If you are already registered with Bromley Well and would like any information, advice or guidance in your caring role, please get in touch using the details below.

Contact us



020 8315 1925 (*direct line*)



carers@bromleywell.org.uk



www.bromleywell.org.uk

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