

Adult Carers Events

Don't forget to book!

Face-to-face events

October

Carers Peer Support Group with First Aid Training

Wednesday 6 October 2:00- 5:30pm

Community House, South Street, Bromley BR1 1RH

Support group for first two hours followed by First Aid Training (British Red Cross)

You are welcome to attend just the peer support group or just First Aid Training

Carer Support by appointment in Orpington

Thursday 7 October from 10:00am- 12:00pm

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

Mutual Carers Cookery Class

Friday 8 October 10:30am- 2:30pm

St. Augustine's Church, Southborough Lane, Bromley BR2 8AT

Carers Forum – let's talk about caring!

Wednesday 13 October 2:00- 4:30pm

Rachel Notley Hall, Beckenham Centre, Bromley, Lewisham & Greenwich Mind, 20b Hayne Road, Beckenham, BR3 4HY

This forum will be hosted by the Mental Health Carers service to coincide with World Mental Health Day. Covid-19 has impacted everyone's lives and elevated the topic of mental health into the mainstream more than ever. We want to hear how you are coping with your caring role and your learnings and reflections on caring during a pandemic. The afternoon will also include talks from guest speakers, a look at winter measures to help you cope now the days are getting shorter and a range of Mindfulness and wellbeing exercises to try, designed to help you self-care and improve resilience.

Carers Peer Support Group with Laughter Yoga

Wednesday 20 October 2:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

*Support group for first two hours followed by an introduction to Laughter Yoga.
You are welcome to join just the peer support group or just the Laughter Yoga.*

Carer Support by appointment in Orpington

Thursday 21 October from 10:00am- 12:00pm

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

Older Carers Workshop & Lunch

Friday 22 October 11:15am- 2:30pm

St. Augustine's Church, Southborough Lane, Bromley BR2 8AT

November

Carers Peer Support Group with Estate Planning

Wednesday 3 November 2:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

*Support group for first two hours followed by Estate Planning talk with the Coop.
You are welcome to join just the peer support group or just the Estate Planning talk*

Coping with Caring

Wednesday 3 November- 15 December

Venue and time to be confirmed

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.

Carer Support by appointment in Orpington

Thursday 4 November from 10:00am- 12:00pm

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

Mutual Carers Cookery Class

Friday 5 November 10:30am- 2:30pm

St. Augustine's Church, Southborough Lane, Bromley BR2 8AT

Carers Peer Support Group with Bromley Mindfulness

Wednesday 17 November 2:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

*Support group for first two hours followed by an hour's Mindfulness session.
You are welcome to join just the peer support group or just the Mindfulness.*

Carer Support by appointment in Orpington
Thursday 18 November from 10:00am- 12:00pm
Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

Older Carers Workshop & Lunch
Friday 19 November 11:15am- 2:30pm
St. Augustine's Church, Southborough Lane, Bromley BR2 8AT

Carers Rights Day
Thursday 25 November 10:30am- 12:30pm
Community House, South Street, Bromley BR1 1RH
Celebrate Carers Rights Day with us and find out what your rights are as an unpaid carer!

December

Carers Peer Support Group with Emotional Freedom Techniques (EFT)
Wednesday 1 December 2:00- 5:00pm
Community House, South Street, Bromley BR1 1RH
Support group for first two hours followed by an hour's EFT taster session.

Carer Support by appointment in Orpington
Thursday 2 December from 10:00am- 12:00pm
Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

Mutual Carers Cookery Class
Friday 3 December 10:30am- 2:30pm
St. Augustine's Church, Southborough Lane, Bromley BR2 8AT

Christmas Walk & Talk
Wednesday 15 December 11:00am- 12:30pm
Crystal Palace Park, Thicket Rd, London SE19 2GA
A gentle festive stroll around the park. Please feel free to bring the person you care for or your dog! There is a limit on numbers, so please book your place and we will let you know where we are meeting.

Carer Support by appointment in Orpington
Thursday 16 December from 10:00am- 12:00pm
Orpington Health & Wellbeing Centre, 19 Homefield Rise, Orpington BR6 0FE

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.

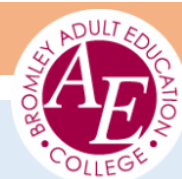
Fortnightly

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.

Bromley Adult Education College



Low Impact Exercise via Zoom

Tuesday 2 November- 7 December 1:00- 2:00pm

A 6 week online low impact exercise course for carers and the person they care for run by Bromley Adult Education College.

E-mail: carers@bromleywell.org.uk or call us on 020 8315 1925 to book your place.

Festive Crafts via Zoom

Dates and times to be confirmed (2 sessions)

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

Make and Decorate a Christmas Cake via Zoom

Dates and times to be confirmed (2 sessions)

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

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