

Adult Carers Newsletter

Happy New Year!

“You all do such caring loving work for us who are struggling through difficult times. You are a great support and help so many people. Sharing sad times and yesterday sharing good times make lives so much sweeter. Know that you are all appreciated and do a wonderful job”

Thank you to everyone who attended our Christmas Forum. We had a lovely afternoon with some Laughter Yoga (kindly delivered by Cathy from Carers Lewisham), a Christmas sing-a-long and everyone gave us valuable and informative feedback on our service. Feedback forms have gone out to all carers on our mailing lists. If you haven't already done so, please take the time to fill in and return the forms to us, as it helps us shape our service to your needs and preferences. Results of your feedback will be in our next Newsletter for the April- June 2020 edition. If you would like to attend our next Forum in March, please confirm your attendance as early as possible and we'll remind you (as always) nearer the time.



Please check out pages **4-8** for all upcoming events for January- March 2020. As some of the Bromley Adult Education College courses are repeats of previous courses held (as per your requests), please note that if these courses are over subscribed, priority will be given to carers that have not attended them before. This means it is even more important that you let us know if you are not able to attend a course you are booked on, as it may prevent another carer attending.

**Come along to
our next
Carers Forum!**

Wednesday 4 March 2020
2:00pm – 4:00pm
Community House,
South Street, Bromley, BR1 1RH
Please call or e-mail us to confirm your attendance!

We are now Carers Trust Network Partners!



What does this mean for you?

Carers Trust currently has a grant fund open for individual adult carers aged 16 and over.

Carers may be able to apply for grants of **up to £300** for items or activities that will **benefit them in their caring role**, for example:

- Breaks for carers, with or without the person they care for
- Items for the home including cookers, fridges, beds and washing machines
- Courses and materials to develop carers' skills and personal development
- Home repairs
- Short-term or time limited replacement care
- Driving lessons and other travel costs relating to caring roles

Please contact us for more information or to apply.

Free Breaks for Carers

In our previous newsletters we told you about free breaks for carers. We have partnered with **Carefree**; a charity who strive 'to support and sustain unpaid carers' as they are the "invisible workforce without which our social care system could not survive'. Carefree have holiday accommodation providers all over the country signed up with them.

How does it work?

You contact us on the details below and ask to be referred to Carefree. We go through a few criteria questions with you and if you are eligible we make the referral. Carefree process your application and contact you via e-mail with your login details which you can then use to login to their website to browse and book accommodation.

What do I need to know?

You can take a companion with you on your trip, but it can't be the person you care for. This is because the charity want carers to have a break from their caring role. Transport costs are not included, although if this is something you would need help with and you are eligible, we may be able to apply for a grant with the Carers Trust on your behalf.

Want to know more?

Check out Carefree's website for frequently asked questions and contact us on the details below if you'd like to be referred!



carefreespace.org

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

Hospital Aftercare Service



Are you, or anyone you know planning a stay in hospital or currently in hospital? If so, the Hospital Aftercare Service may be able to assist you when returning to your home.

This is a free service where experienced and dedicated volunteers support vulnerable or mildly frail older people, who live alone or need assistance to regain their confidence to prevent re-admission to hospital.

Service offer

Our aim is to support older people to work towards self-selected goals enabling them to regain their confidence and independence in their home environment. The service offers up to six weeks short term support in the client's own home and can include:

- Emotional support and companionship
- Practical tasks, help with shopping and other errands
- Going out for short walks where appropriate
- Providing access to information and other help available to older people

Who can use the service?

The service is for Bromley residents. Anyone can refer, including older people themselves, family and friends as well as health and social care professionals.

Call or e-mail Maria Harris on the details below to find out more!



To make a referral please call: **07494 972 778**
or e-mail: **services@bromleywell.org.uk**
9:00am- 5:00pm Monday to Friday, excluding Public Holidays

What's on for Adult Carers?

Adult Carers Peer Support Groups (Beckenham)

All carers welcome. No booking necessary

Cator Medical Centre & Elm House Surgery
Beckenham Beacon, 379 Croydon Road,
Beckenham BR3 3FD

[Mon 13 Jan | 2:00pm - 4:00pm](#)

[Mon 10 Feb | 2:00pm - 4:00pm](#)

[Mon 9 Mar | 2:00pm - 4:00pm](#)

New Venue!

Adult Carers Peer Support Groups (Orpington)

All carers welcome. No booking necessary

Baycroft Care Home
Grays Farm Road,
Orpington BR5 3AD

New Venue!

[Thu 23 Jan | 10:30am- 12:00pm](#)

[Thu 27 Feb | 10:30am- 12:00pm](#)

[Thu 26 Mar | 10:30am- 12:00pm](#)

Carers Coffee Mornings

Drop-in for a chat with an advisor and other carers

St Christopher's Hospice
Caritas House, Tregony Road,
Orpington BR6 9XA

New Venue!

[Mon 20 Jan | 10:00am – 12:00pm](#)

[Mon 17 Feb | 10:00am – 12:00pm](#)

[Mon 16 Mar | 10:00am – 12:00pm](#)

Carers Walks

Please call or e-mail to book your place

[Wed 15 Jan | 10:30am- 12:00pm](#)

Marvels Wood, Mottingham SE9 4AU

[Wed 19 Feb | 10:30am- 12:00pm](#)

Kesley Park, Beckenham BR3 6QH

[Wed 18 Mar | 10:30am- 12:00pm](#)

High Elms Country Park, Orpington, BR6 7JH

We will give you the meeting place when you book

Mindfulness Sessions with Bromley Mindfulness

You can attend as many of the sessions as you like. Please call or e-mail to book your place

[Wednesday 5 Feb | 4:00pm – 6:00pm](#)

[Wednesday 12 Feb | 4:00pm – 6:00pm](#)

[Wednesday 19 Feb | 4:00pm – 6:00pm](#)

No session on Wednesday 26 Feb

[Wednesday 4 Mar | 4:00pm – 6:00pm](#)

[Wednesday 11 Mar | 4:00pm – 6:00pm](#)

[Wednesday 18 Mar | 4:00pm – 6:00pm](#)

New Venue!

Verrall Hall, Bromley United Reformed Church, 20 Widmore Road, Bromley BR1 1RY

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

Workshops

Please call or email to book your place

Falls Prevention

Tuesday 11 February | 11:00am – 12:00pm
Community House, South Street,
Bromley BR1 1RH

Estate Planning

Wednesday 25 March | 2:30pm - 3:30pm
Community House, South Street,
Bromley BR1 1RH

This workshop is provided by
[The Co-op](#)

Coping with Caring

Please call or email to book your place

Coping with Life as a Carer

Evening
Event

16 January – 5 March (8 sessions)
Thursdays 6:15pm – 7:45pm
Orpington Village Hall, 311 High Street,
Orpington BR6 0NN

An eight week course helping you to understand the impact that caring can have on your mental health, how caring can play a role in stress, anxiety and depression and learn skills to help you cope and manage your responses.

What's on for Mental Health Carers?

A Mental Health Carer is someone looking after a person with a mental health condition and these activities are specifically for them. Please call or text **Clare Dundrow on 07718 403 572** or wellbeing@bromleywell.org.uk for more information on these events or to book your place.

Mental Health Carers Skills & Information Groups

Please call or e-mail to book your place

Monday 27 January | 2:00pm – 4:00pm

Topic: Boundaries in the caring role

Speakers: Stephen Brown, Team Manager ADAPT East Bromley & Dr Roman Czornyj, Principle Clinical Psychologist ADAPT East Bromley

**Orpington Village Hall, 311 High Street,
Orpington BR6 0NN**

Thursday 27 February | 5:45pm – 7:45pm

Same as January but different venue:

**Bromley, Lewisham & Greenwich Mind,
Anchor House, 5 Station Road,
Orpington BR6 0RZ**

Evening
Event

Mental Health Carers Skills & Information Groups

Please call or e-mail to book your place

Monday 30 March | 2:00pm – 4:00pm

Topic: Dealing with difficult behaviour

Speakers: Oxleas Practitioner (TBC)

**Orpington Village Hall, 311 High Street,
Orpington BR6 0NN**

Mental Health Carers 1:1 Appointments

Please call to book a 30 minute appointment

**Green Parks House, Princess Royal
Hospital, Farnborough Common, BR6 8NY**
*For carers of current or recent inpatients at
Green Parks House*

Check out our website for more info: www.bromleywell.org.uk/events

Bromley Adult Education Courses

These courses are funded through a Community Learning grant, supported by the Mayor of London and The Education & Skills Funding Agency. To attend these courses, you must be a resident of London and lived in the EU or EEA for at least three years prior to the start of the course.



Indian Head Massage

A short course to find out about Indian Head Massage techniques. Learn how to keep your hair in perfect condition and familiarise yourself with treatment techniques, which you can use to ease tension in the head and scalp. This course will stimulate action to encourage change in daily routine with the aim to promote self awareness, resilience and calming techniques. All resources provided.



9 January - 13 February (6 sessions)
Thursdays 10:30am – 12:30pm

Crafts- Glass, Wood and Frames

Learn different crafts and discover your talents and interests. Discover glass painting, learn to upcycle and decorate a picture frame, create a keepsake box - Each project will last three sessions, you can choose to learn one (or more) specific crafts, or enrol for the whole course.



Glass Painting: 20 January, 27 January and 3 February
Keepsake Boxes: 10 February, 24 February and 2 March
Picture Frames: 9 March, 16 March and 23 March

20 January – 23 March (9 sessions in total)
Mondays 9:45am – 11:45am

NB: once booked for one part of the course, you must attend all three sessions.

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

Introduction to Aromatherapy

An ideal introduction to aromatherapy massage and its benefits to reduce stress, maintain inner balance and wellbeing. You will learn basic massage strokes and which oils to use and when. Please be prepared to give and receive massage on selective parts of the body, while fully clothed. All resources provided.



27 February – 2 April (6 sessions)
Thursdays 10:30am – 12:30pm

Low Impact Yoga

As you may be aware, Bromley Adult Education were not able to source an available venue for another Low Impact Yoga course. Bromley Well Adult Carers team have since sourced another venue in Bromley United Reformed Church for the below dates, but the course tutor has now withdrawn her commitment to the course starting in January. As we have already secured the venue and will be charged for late cancellation, Bromley Adult Education are going to try and source a different tutor. If this is not possible, we will be trying to arrange other activities for the below dates and times. We'll be in touch with everyone on our mailing lists as soon as we know more, but feel free to contact us if you'd like to be put on the waiting list for any future Low Impact Yoga courses or would like us to give you information on similar activities in the borough.

9 January - 13 February (6 sessions)
Thursdays 10:30am – 12:30pm



All scheduled courses (not Low Impact Yoga) are being held at **Bromley Adult Education College**, Kentwood Centre, Kingsdale Road, Penge, SE20 7PR. There is a free student car park on site.



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Check out our website for more info: www.bromleywell.org.uk/events

Thank You!

We would like to take this opportunity to thank these service providers for their generous contribution of time and skills over the last three months.



www.baec.ac.uk

Bromley Adult Education College organised a number of courses for carers, including *Look After Yourself*, *Food & Eating Myths*, *Low Impact Yoga* and *The Power of Positive Thinking*. They are running all of the **courses** on pages **6 & 7**.

The **MONEY** Charity

themoneycharity.org.uk

The Money Charity provided another Financial Wellbeing workshop in November and we hope to have them again in the new year.



bromleymindfulness.org.uk

Robert Mitchell from Bromley Mindfulness kindly delivered four more workshops in October and November.



www.facebook.com/Tai-Chi-Simplicity-628340034256442/

Nicky Fawcitt of Tai Chi Simplicity delivered two Tai Chi workshops for carers in October and November. Unfortunately, he was unable to deliver the final workshop in December.



www.carerslewisham.org.uk

Cathy Collymore from Carers Lewisham, kindly gave us a taster session of Laughter Yoga for our Christmas Forum.



Pierluigi's restaurant in Beckenham, Neal's Yard Remedies in Bromley, Caffè Nero, Rituals in Bromley and Diva Designer Nails and Beauty in Bromley all generously donated prizes for our raffle at the Carers Christmas Forum in December.



PIERLUIGI'S

- www.pierluigis.com
- www.nealsyardremedies.com
- caffenero.com/uk/
- www.rituals.com
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Contact us



020 8315 1925 (*direct line*)



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