

## Mental Health and Wellbeing Service Groups

Group	Frequency	Dates	How to Access
Mental Health	Mondays 10.30-	Every week	Just drop in, no need to book,
Carers Drop-In	12.30		please ask at reception for
(Orpington)			directions. But you may be
			required to wait.
This is a chance to			
meet and talk about			Should you wish to make an
caring for someone			appointment for a face to face
with mental health			consultation, you can contact
problems with a			our service anytime to register
Carers Support			and you will be offered the
Adviser.			next available time.
			Email:
			wellbeing@bromleywell.org.uk
			Text: 'carers drop in' to
			07716088374 Phone: 0808 278
			7898
			Carlton Parade CMHT, 1-6
			Carlton Parade, Orpington BR6
			OJB. Starting 1st August.
Mental Health	Tuesdays 9-11	Every week	Just drop in, no need to book,
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Carers Drop-In	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	2.0.7	please ask at reception for
Carers Drop-In (Beckenham)			please ask at reception for directions. But you may be
(Beckenham)	, , ,		please ask at reception for
(Beckenham)  This is a chance to	,		please ask at reception for directions. But you may be required to wait.
(Beckenham)  This is a chance to meet and talk about	,		please ask at reception for directions. But you may be required to wait.  Should you wish to make an
(Beckenham)  This is a chance to meet and talk about caring for someone			please ask at reception for directions. But you may be required to wait.  Should you wish to make an appointment for a face to face
(Beckenham)  This is a chance to meet and talk about caring for someone with mental health			please ask at reception for directions. But you may be required to wait.  Should you wish to make an appointment for a face to face consultation, you can contact
(Beckenham)  This is a chance to meet and talk about caring for someone with mental health problems with a			please ask at reception for directions. But you may be required to wait.  Should you wish to make an appointment for a face to face consultation, you can contact our service anytime to register
(Beckenham)  This is a chance to meet and talk about caring for someone with mental health problems with a Carers Support			please ask at reception for directions. But you may be required to wait.  Should you wish to make an appointment for a face to face consultation, you can contact our service anytime to register and you will be offered the
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Coping with Caring	Tuesdays 10.00-	Next Available	We provide this course
	12.30	dates:	throughout the year. You can
6-week programme		13/9 – 25/10	contact our service anytime to
to help carers		And	register and you will be added
navigate the impact		8/11 – 13/12	to the next available course.
of caring and			
establish effective			Email:
ways to improve			wellbeing@bromleywell.org.uk
thoughts, feelings			Text: 'CWC' to 07933393253
and behaviours			Phone: 0808 278 7898
towards caring for			
others.			
<u>Please note</u>			
Attendance at all six			
sessions is			
recommended but			
not compulsory.			
<b>Carers Coffee</b>	Wednesday	Every week	Please contact
<u>Afternoon</u>	afternoons 15.00-		wellbeing@bromleywell.org.uk
	16.00		to register to join the zoom
Fancy a chat? Meet			session live every week.
other mental health			
carers, give and			
receive emotional			
support and learn			
from one another.			
This informal group			
brings together			
local, like-minded			
carers to connect			
and chat in the			
afternoon.			

Delivered by Bromley, Lewisham and Greenwich Mind (<u>www.blgmind.org.uk</u>) in partnership with Oxleas NHS Foundation Trust and the Bromley GP Alliance.





