

Mental Health and Wellbeing Service Groups

Group	Frequency	Dates	How to Access
<p><u>Mental Health Carers Drop-In (Orpington)</u></p> <p>This is a chance to meet and talk about caring for someone with mental health problems with a Carers Support Adviser.</p>	<p>Mondays 10.30-12.30</p>	<p>Every week</p>	<p>Just drop in, no need to book, please ask at reception for directions. But you may be required to wait.</p> <p>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 next available time.</p> <p>Email: wellbeing@bromleywell.org.uk Text: 'carers drop in' to 07716088374 Phone: 0808 278 7898</p> <p>Carlton Parade CMHT, 1-6 Carlton Parade, Orpington BR6 0JB. Starting 1st August.</p>
<p><u>Mental Health Carers Drop-In (Beckenham)</u></p> <p>This is a chance to meet and talk about caring for someone with mental health problems with a Carers Support Adviser.</p>	<p>Tuesdays 9-11</p>	<p>Every week</p>	<p>Just drop in, no need to book, please ask at reception for directions. But you may be required to wait.</p> <p>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 next available time.</p> <p>Email: wellbeing@bromleywell.org.uk Text: 'carers drop in' to 07709520029 Phone: 0808 278 7898</p> <p>Beckenham Beacon CMHT, 379 Croydon Rd, Beckenham BR3 3QL. Starting 2nd August.</p>

<p><u>Coping with Caring</u></p> <p>6-week programme to help carers navigate the impact of caring and establish effective ways to improve thoughts, feelings and behaviours towards caring for others.</p> <p><i>Please note</i> Attendance at all six sessions is recommended but not compulsory.</p>	<p>Tuesdays 10.00-12.30</p>	<p>Next Available dates: 13/9 – 25/10 And 8/11 – 13/12</p>	<p>We provide this course throughout the year. You can contact our service anytime to register and you will be added to the next available course.</p> <p>Email: wellbeing@bromleywell.org.uk Text: 'CWC' to 07933393253 Phone: 0808 278 7898</p>
<p><u>Carers Coffee Afternoon</u></p> <p>Fancy a chat? Meet 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.</p>	<p>Wednesday afternoons 15.00-16.00</p>	<p>Every week</p>	<p>Please contact wellbeing@bromleywell.org.uk to register to join the zoom session live every week.</p>

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