

**Bromley**

**Well**

# Bromley Well provides training for health and social care professionals working in the borough

## Training is free of charge for public sector and charitable organisations

Our training has a common approach based on:

- ✓ Understanding the experience of clients and patients
- ✓ Developing skills and approaches to respond to and support people more effectively
- ✓ Listening to people with personal lived experience



You can book a range of scheduled half day training sessions held during the year, or by arrangement we can deliver sessions tailored to the needs of your organisation, at a time and location of your choice.

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For further information: [www.bromleywell.org.uk](http://www.bromleywell.org.uk) and see overleaf



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# Bromley

# Well

**Half day** training sessions held during the year or you can get in touch to arrange in-house training, **tailored** to the needs of your organisation

## Supporting Disabled People and their Carers

Useful for anyone working with, or supporting, disabled people and their carers and for anyone wanting to understand more about disability and the identification of carers. **Contact** [nikki.hasling@bromleywell.org.uk](mailto:nikki.hasling@bromleywell.org.uk)

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## Carers Awareness

What do we mean by “Carer”? What issues do Carers face and how do these affect their lives? Find out how you can identify and support “hidden Carers”, how you can help Carers self-identify and encourage them to access support services in the borough. **Contact** [carers@bromleywell.org.uk](mailto:carers@bromleywell.org.uk) 0208 315 1925.

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## Available by arrangement: Young Carers Awareness

Our Young Carers Team provide services for young people aged 4-19 years who have a caring role. The Team are available by arrangement to speak at team meetings or at in-house training sessions to provide staff with skills on who young carers are and identifying and supporting young carers. Alternatively they can provide information and resources for you to self deliver sessions. If you work with this age group – schools, young people’s services and youth organisations - get in touch to find out more. **Contact** [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk) 0208 466 0790.

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Further information: [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



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Clinical Commissioning Group

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## Making every Contact Count (MECC)

MECC is about supporting clients to make positive changes to their physical and mental wellbeing. The MECC approach recognises that staff across the health, local authority and voluntary sectors have thousands of contacts with individuals every day and are uniquely placed to promote health and healthy lifestyles.

Contact [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)

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## Mental Health Awareness Training

What do we mean by good mental health? What are the warning signs when things are beginning to go wrong? This session provides a greater insight into the promotion of robust mental health together with a range of simple strategies which can be used to support others.

Contact [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk)

*Continue for scheduled sessions...*

Further information: [www.bromleywell.org.uk](http://www.bromleywell.org.uk)

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## Supporting Disabled People and their Carers

Wednesday 16 September 1.30pm-5pm

Bromley Civic Centre, Stockwell Cl, Bromley BR1 3UH

Monday 16 November 9.30pm-1pm

Bromley Civic Centre

## Carers Awareness

Tuesday 24 March 2pm-5pm

Community House, South Street, Bromley BR1 1RH

Wednesday 22 April 9.30am-12.30pm

As above

## Making Every Contact Count (MECC)

Dates TBA

## Mental Health Awareness

Dates TBA

Further information: [www.bromleywell.org.uk](http://www.bromleywell.org.uk)

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