

Adult Carers Events

**Don't
forget
to book!**

Face-to-face events

All our events are free for unpaid carers who live or care for someone in the London Borough of Bromley. You must book your place for all face-to-face events, as we only have a limited number of places due to room size. If you are unable to attend an event you have booked a place for, please let us know as soon as you can, so another carer can be offered your place.

April 2022

[Carers Peer Support Group](#)

Wednesday 6 April from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

**New time following
your feedback!**

[Carers Peer Support Group](#)

Wednesday 20 April from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

[Dealing with Difficult People Workshop](#)

Wednesday 20 April from 4:00- 5:30pm

Community House, South Street, Bromley BR1 1RH

Robert, from Bromley Mindfulness will explore why difficult people are difficult and equip you with the tools and practices to help you deal with them.

May 2022

Carers Peer Support Group

Wednesday 4 May from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

**New time following
your feedback!**

Carers Peer Support Group

Wednesday 18 May from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

Mindfulness with Bromley Mindfulness

Wednesday 18 May from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Robert from Bromley Mindfulness will introduce and teach you techniques to manage stress, anxiety, depression, improve your focus and calm your mind. You will learn skills to increase your resilience and improve your wellbeing.

June 2022

Carers Peer Support Group

Wednesday 1 June from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

**New time following
your feedback!**

Carers Peer Support Group

Wednesday 15 June from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

Wills & Future Planning Workshop

Wednesday 15 June from 4:00- 5:30pm

Community House, South Street, Bromley BR1 1RH

The Money Charity are delivering this 90-minute workshop on wills and future planning.

Carers Forum

Monday 20 June from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Our quarterly forums give carers the opportunity to find out about relevant services, meet other carers and voice your views and ideas about what you would like to see from our service in the future. Agenda and invitations to be sent out nearer the time, but feel free to book your place early.

Carers Peer Support Group

Wednesday 29 June from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

**New time following
your feedback!**

July 2022

Carers Peer Support Group

Wednesday 13 July from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

Mindfulness with Bromley Mindfulness

Wednesday 13 July from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Robert from Bromley Mindfulness will introduce and teach you techniques to manage stress, anxiety, depression, improve your focus and calm your mind. You will learn skills to increase your resilience and improve your wellbeing.

Carers Peer Support Group

Wednesday 27 July from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

New time following
your feedback!

August 2022

Carers Peer Support Group

Wednesday 10 August from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

Dealing with Difficult People Workshop

Wednesday 10 August from 4:00- 5:30pm

Community House, South Street, Bromley BR1 1RH

Robert, from Bromley Mindfulness will explore why difficult people are difficult and equip you with the tools and practices to help you deal with them.

Carers Forum

Monday 22 August from 2:30- 4:30pm

Community House, South Street, Bromley BR1 1RH

Our quarterly forums give carers the opportunity to find out about relevant services, meet other carers and voice your views and ideas about what you would like to see from our service in the future. Agenda and invitations to be sent out nearer the time, but feel free to book your place early.

Carers Peer Support Group

Wednesday 24 August from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

New time following
your feedback!

September 2022

Carers Peer Support Group

Wednesday 7 September from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

CareDogs Talk with Q&A

Wednesday 7 September from 4:00- 5:00pm

Community House, South Street, Bromley BR1 1RH

Delphine from CareDogs will be joining us to tell you all about her amazing charity, CareDogs and it may help you or the person you care for.

Carers Peer Support Group

Wednesday 21 September from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Please join us and other carers to discuss how things have been for you, exchange ideas and socialise (from a distance!) with like-minded people.

**New time following
your feedback!**

Online events

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 MS Teams

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.

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

Useful contacts



www.bromleywell.org.uk

0808 278 7898

Contact Bromley Well's Single Point of Access (SPA) to access other Bromley Well services such as:

- Form filling service
- Legal advice, information and guidance service
- Handyperson service
- Autism and learning difficulties service
- Physical disabilities service
- Long term health conditions service



www.coop.co.uk/estate-planning

0800 110 5221

Estate Planners offer a national service across England and Wales, in the comfort of your own home. They can advise on a range of legal services, including Will writing, Lasting Power of Attorney and the use of Trusts, as well as providing guidance on pre-paid funeral plans.



www.bromley.gov.uk

020 8461 7777

Contact Adult Early Intervention to request a Carer's Assessment, set up or review a Care Needs Assessment, request respite, an Occupational Therapy Assessment and more.



www.bromleyhealthcare.org.uk

0300 330 5777

Contact Bromley Healthcare for a range of services including bladder and bowel, district nursing, the wheelchair service and more. Lines are open 24 hours a day 7 days a week and charged at local rate.



blgmind.org.uk/bromley-dementia/bromley-dementia-support-hub/

020 3328 0366

Contact Bromley Dementia Support Hub for dementia specific information and guidance for the person you care for with dementia



carers.org/the-working-for-carers-project/working-for-carers

020 8699 8686

Working for Carers supports unpaid carers and former carers to move closer to employment. Participants can access free support, tailored to meet their individual needs. To be eligible for their service; carers must:

- Be an unpaid carer or former carer
 - Be 25 or over
 - Live in London
 - Not be in any form of employment for the last 12 months
-

Useful information

How do you request a Carer's Assessment in Bromley?

Contact Adult Early Intervention service to request an assessment over the phone, via e-mail, post or by completing their online form. In some cases you may be directed to another local authority service.



Telephone: 020 8461 7777

E-mail: adult.early.intervention@bromley.gov.uk

Online form: www.bromley.gov.uk/CarersAssessmentForm

Address: Adult Early Intervention, Civic Centre, Stockwell Close, BR1 3UH

Sharing your experiences of health and social care services in Bromley

Healthwatch Bromley works to help local people get the best out of their local health and social care services.

Telephone: 020 3886 0752

E-mail: info@healthwatchbromley.co.uk

Website: www.healthwatchbromley.co.uk



Hospital Discharge

Advocacy services can be extremely useful if you or the person you care for is admitted to hospital. Advocacy First is one such service providing advocacy for residents of Bromley or non-residents who are in Bromley Borough Hospitals. Their aim is to “listen to you to find out what you want and give you all the options available for you to choose about when you leave hospital” and includes the same for families or carers of the inpatient.

Telephone: 020 8460 6712

E-mail: info@advocacyfirst.org.uk

Website: www.advocacyfirst.org.uk



Employment Advice

Acas is an independent government body providing free advice and guidance on employment rights, best practice and workplace disputes.

Telephone: 0300 123 1100

Website: www.acas.org.uk



Telephone support

If you are already registered with Bromley Well and would like any information, advice or guidance in your caring role, please get in touch on 020 8315 1925. Due to being a small team, the events we organise and facilitate and hybrid working, our phones are not always monitored, but please leave us a message and we'll get back to you as soon as possible. Our answerphones are checked at the beginning and end of each working day.

Face-to-face appointments

Home visits and face-to-face appointments can be arranged where necessary or appropriate. We can also be present for care needs assessments or Carer's Assessments if you give us plenty of notice.

WhatsApp groups for carers

We now have six WhatsApp groups for carers in the following categories:

- Carers Together (our original group set up in 2020 for all carers)
- Parent Carers of Children
- Autism Parents and Carers
- Dementia Carers
- Stroke Carers
- Former Carers

Please text the name of the group you'd like to join to: **07985 440 043** or contact us by phone or e-mail.

If you are not already registered as a carer with Bromley Well, you can self-refer by contacting Bromley Well Single Point of Access (SPA) on **0808 278 7898** or by e-mailing spa@bromleywell.org.uk

Contact us



020 8315 1925 (*direct line*)



carers@bromleywell.org.uk



www.bromleywell.org.uk

Follow us



@bromleywell



@bromleywellservice



@bromleywelladultcarers

Bromley Well

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