

Adult Carers Newsletter

September Carers Forum

The staff and Forum thanked Margaret and Diane for hosting the carers led Arts & Crafts group. It was agreed that the 17th September will be the last group as attendance has dropped off.

The Forum and attendees were asked for ideas for a new carers led group going forward. Any suggestions or ideas please feel free to discuss with staff.



Come along to our next Forum on Wednesday 4th December 2019 share some social time with other carers

**Wednesday 4 December 2019
2:30pm – 4:30pm**

**Community House, South Street,
Bromley, BR1 1RH**

Please RSVP to confirm your attendance!

Claim a power of attorney refund

You may get part of your application fee back if you applied to register a power of attorney from 1 April 2013 to 31 March 2017.

This applies to lasting powers of attorney (LPA) and enduring powers of attorney (EPA).

You can make a claim if you're:

- the 'donor' - the person who made the power of attorney
- an 'attorney' - appointed by the donor in an LPA or EPA to make decisions on their behalf

You must claim your refund by 1 February 2021.



Refunds Helpline.

Email: poarefunds@justice.gov.uk

Telephone: 0300 456 0300 (option 6)

Textphone: 0115 934 2778

Mon - Fri 9am to 5pm

Wed - 10am to 5pm

New Bromley Well Service

A NEW service for female survivors of domestic violence



**Bromley
& Croydon
Women's Aid**
Working to end domestic abuse

From October 2019, Bromley Well in partnership with [Bromley and Croydon Women's Aid](#) will be providing support groups for female survivors of domestic violence and abuse living in the London Borough of Bromley. The groups will be free to attend and will focus on the impact of domestic violence on mental health and wellbeing. The Bromley Well Mental Health Services are inviting affected survivors of domestic abuse or violence to firstly, register their interest with us and we will contact them when the sessions become available.

Eligible referrals:

- Women (18+) who identify as a survivor of domestic abuse or violence
 - The client must not be currently at risk of harm and they must not have been a victim of an attack or assault in the last 28 days
 - They must also be experiencing additional needs regarding their mental health that is associated with the trauma of the abuse they have experienced.
- To determine if a client would be suitable, we welcome any queries from staff, as well as any clients wishing to be added to the waiting list. For staff, please email us securely (i.e. from your.bromleywell.org.uk email address) at Bromley Well Mental Health.
- For client who wish to self refer, please contact, services wellbeing@bromleywell.org.uk

For any other queries relating to domestic abuse i.e. the client is currently involved in an abusive relationship, or they are still engaged with the perpetrator, please continue to refer as normal to BCWA via 0208 313 9303 or signpost people to the One Stop Shop that takes place every Thursday 1-4pm at Community House in central Bromley.

The project is due to go live from October 2019.

Bromley Well Community Befriending Service

Our activities in the last year have included quizzes, craft events, guest speakers, outings to local places of interest, members sharing their own enthusiasms, have-a-go sessions and board games - such as scrabble, dominos or cards - as well as a cup of tea and a nice chat.

You are welcome to just come along to any of our hubs, Community House Bromley, Cotmandene and the Garden Rooms in Orpington.

The Befriending Service can also provide;

Home Visits;

Telephone Befriending;

A Volunteer Companion to get "Out & About".

Hubs are on different days and times. Please contact for details.

For more information on eligibility criteria or

please contact 020 8315 1850

Questions & Answers

NEW

Bromley

Well

As a carer have you lived an experience and learned things that may help other carers?

This is an opportunity to share your knowledge with others!

Q: Where do I get a Care needs Assessment for my loved one?

A: Contact; Bromley Social Services Early Intervention team on: 020 8461 7777

Our carers are always very supportive of each other, sharing information and resources they have discovered in their caring journey. They do so at our Peer Support Groups, Forums and have found other ways of doing so.

One example of this is a group of carers who met on a Bromley Well course. They now have a text group set up and regularly encourage and support each other and remind each other of things that are going on that may be useful.

Have you discovered anything in your journey as a carer that may be useful to others?

We will be happy to use this space to share relevant information shared by and for our carers.

If there is enough interest in this it could become a regular feature!

Please call us on 020 8315 1925 or email us to: carers@bromleywell.org.uk to share.

Q: Where do I get a Carers Assessment for myself?

A: Contact; Bromley Social Services Early Intervention team on: 020 8461 7777

NEW Tai Chi Class



The ancient Chinese healing art of Tai Chi, come learn the soft graceful movements of Tai Chi (movement in meditation) and the soulful healing of Qigong.

I will teach breathing, relaxation techniques and meditation in motion that relaxes and creates stillness of the mind.

Tai Chi and Qigong can reduce stress and depression, soothe the mind and reduce blood pressure. It can improve the immune system and keeps you active with gentle exercise.

See next page for dates/times.....

What's on for Adult Carers?

Adult Carers Peer Support Groups (Bromley)

All carers welcome. No booking necessary

**Community House, South Street,
Bromley, BR1 1RH**

Thu 24 Oct | 11:00am – 12:30pm

Thu 28 Nov | 11:00am – 12:30pm

No group in December

Adult Carers Peer Support Groups (Beckenham)

All carers welcome. No booking necessary

**Christ Church Beckenham,
1A Christ Church Road,
Beckenham, BR3 3LE**

Mon 14th Oct | 2:30pm – 4:30pm

Mon 11th Nov | 2:30pm – 4:30pm

Mon 9th Dec | 2:30pm – 4:30pm

All Carers Drop-ins

Drop-in for a chat with an advisor

**Memory Lane Room, Darwin Unit, Level 2
Princess Royal University Hospital,
Farnborough Common,
Orpington, Kent BR6 8ND**

Mon 21 Oct @ 3:30pm – 5:00pm

Mon 19 Nov @ 3.30pm – 5.00pm

Mon 16 Dec @ 3.30pm – 5.00pm

Carers Allotment Groups

Please call or e-mail to book your place

Wed 9 Oct | 2.30pm – 4.30pm

Wed 6 Nov | 2.30pm – 4.30pm

No December visit

WEATHER PERMITTING!

Location: **Elmers End.**

*Please contact us for full address details and
register to confirm any changes.*

Carers Walks

All carers welcome. No booking necessary

**Kesley Park Café, Kesley Park,
Wickham Road, Beckenham BR3 6QH**

Tues 15 Oct | 10:30am – 12noon

Tuesday 19 Nov | 10.30am – 12noon

No walk in December

WEATHER PERMITTING!

*Please register and attendees will be notified
of any changes*

Carer led Arts & Crafts

We have listened to your feedback and the LAST carer led arts & crafts group is on 17th September. Due to low attendance the carers running the group decided to cease. If you have any ideas or would like to discuss running a group please contact the office

**Evening
event**

Tai Chi Workshops

**Tuesday 8th October; 12th November and 10th December
5.30pm to 6.30pm**

Room G31 at Community House, South Street BR1 1RH

**Evening
event**

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

Workshops

Please call or email to book your place

Employment Support

Friday 11 Oct | 2pm – 4:30pm
Community House, South Street,
Bromley, BR1 1RH

Maximus & Working for Carers Lewisham

Financial Wellbeing

Friday 22 Nov | 2:30pm – 4:30pm
Community House, South Street,
Bromley, BR1 1RH

This workshop is provided by

[The Money Charity](#)

Moving & Handling

Friday 15th Nov | 2pm to 5pm
50c Chatterton Road, Bromley, BR2
9QE

Bluebird Care Bromley

Coping with Caring

Please call or email to book your place

Coping with Life as a Carer

October 14th – December 2nd (8 sessions)
Mondays 6:15pm to 7.45pm
Bromley Central Library

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.

**Evening
event**

Courses

Please call or email to book your place

Carers Get Online!

3 October – 14 November (6 sessions)
Thursdays 9:45am - 11:45am

Quilted Cushions and Bags

28 October – 2 December (6 sessions)
Mondays 2:30pm - 4:30pm

Money Talks: Accessing Benefits

29 October – 19 November (4 sessions)
Tuesdays 12:45pm - 3:15pm

Look After Yourself

31 October - 5 December (6 sessions)
Thursdays 9:45am - 11:45am

Food & Eating Myths

19 Sept- 17 Oct (5 Sessions)
Thursdays 12:30 – 14:30

The Power of Positive Thinking

7 November – 12 December (6 sessions)
Thursdays 12:30pm – 2:30pm

Money Talks: Paying for Care

24 Sep- 15 Oct (4 sessions)
Tuesdays 12:45- 15:15

**All the above courses are held at:
Kentwood Centre, Kingsdale Road,
Penge, SE20 7PR**

These courses are provided for carers by
[Bromley Adult Education College](#)

Eligibility requirements

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.

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

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 contact **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 1:1 Appointments

Please call to book a 30 minute appointment

Green Parks House, Princess Royal Hospital, Farnborough Common, BR6 8NY
Every Wednesday 4.00pm – 6.00pm

Mental Health Carers Skills & Information Groups

Please call or e-mail to book your place

Monday 30th September - 1pm to 3pm.

Topic: Understanding Depression;

Monday 28th October - 5:45pm to 7:45pm

Topic: Stigma & Mental Health.

Monday 25th November 1pm to 3pm

Topic: Stigma & Mental Health

**Bromley United Reformed Church,
20 Widmore Road, Bromley BR1 1RY**

Evening event

Mental Health Carers Support Groups

POSTPONED-SEE BELOW

We've listened to your feedback and are looking at ways to improve the delivery of our peer support group offering.

The group will therefore be taking a break over the next couple of months while we plan the new improved service that caters more effectively for your needs.

Look out for an email from us giving you the chance to have your say in the new look group!

NEW

Mental Health Information & Advice (Open to all)

Ways to Wellbeing, an 8 week programme on Coping with Depression using Mindfulness Techniques.

Wednesday 2nd October to 20th November.
12:45 to 3pm

Beckenham Centre 20b Hayne Road
Beckenham BR3 4HY

BOOK a place at:

wellbeing@bromleywell.org.uk

What's on for Mutual Carers?

Bromley Well provides specialist support for Mutual Carers, aged 55+ living at home with an adult son, daughter or sibling that has a disability or long term condition.

Mutual Carers Lunch & Workshop

Please call 020 8466 0790 or e-mail nikki.hasling@bromleywell.org.uk to book your place

Older Carers (55+) Lunch & Workshop

St Augustine's Church, Southborough Lane, Bromley, BR2 8AT

Sept 27th, Oct 25th, Nov 22nd & Dec 18th - 11.15am to 2.30pm

Cookery Sessions:

St Augustine's Parish Church, Southborough Lane, Bromley, BR2 8AT

Sept 13th, Oct 11th, Nov 8th and Dec 6th – 9:30am to 2:30pm

Carers Writing Competition

We're asking carers to submit a poem or short story relating to the theme of "**Christmas Spirit**" and we'd love to hear from you. You can interpret the theme in any way you like, but your work needs to **relate in some way to your life as a carer**.

We will select the winning entry to be featured in our next newsletter. The winning entrant will also receive a mystery prize!

All submitted entries, with author's permission, will be compiled into an anthology and distributed alongside our newsletter.

What do I need to know?

- The competition is **free** to enter
- It's open to **all** carers and former carers
- No writing experience is needed
- Your piece can be as short as you like
- You must not exceed 1,000 words
- It does **not** have to rhyme
- Spelling and grammar are **not** taken into consideration
- This is a chance to tell us what it's like to be in your shoes

Great! How do I enter?

Entries must be submitted by **Friday November 28th 2019**. You can email your submission to us at carers@bromleywell.org.uk or send them by post to **Bromley Well Adult Carers, Community House, South Street, Bromley, BR1 1RH**. Not sure how to tell your story? Give us a call for a chat: 020 8315 1925.

The last competition theme was Seasons. Unfortunately we had no submissions. Therefore this will be the LAST competition to end the year.

If you have any ideas for a new competition going forward, please let us know.



Bromley Dementia Community Event

Calling all those with a Dementia diagnosis, their carers, dementia professionals and volunteers! You are invited to join us at:

Big Birthday Street Party
Thursday 10th October 2019
2:30pm to 4:30pm

Main Hall, Crofton Halls,
27 Crofton Road, Orpington
BR6 8QE

Please RSVP by 26th September to

Ann Wilbourn
07535647660

Email:

primetime@mytimeactive.co.uk

Thank You!

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



www.baec.ac.uk

Bromley Adult Education College organised a number of courses for carers. They are running most of the courses in this issue.

the **MONEY** Charity

themoneycharity.org.uk

The Money Charity provided a Financial Wellbeing workshop in August & again in November.



Estate Planning

estateplanning.coop.co.uk The Coop Estate Planning team delivered a two hour workshop in August covering a range of subjects



Carers Lewisham . T: 0208 434 7655 www.carerslewisham.org.uk are providing a workshop on supporting working carers & those seeking employment



Finalist
Bluebird Care Bromley
Franchise of the Year
2016 & 2017
South East Region

Winner
Bluebird Care Bromley
Franchise of the Year 2014
Premier Business Group

Bluebird Care; 50c Chatterton Road, Bromley, BR2 9QE . Kindly provide Moving & Handling workshops for us.

T: 020-8315-0234 .

E: bromley@bluebirdcare.co.uk

Like our Newsletter?

If you are receiving this newsletter in the post and you don't find it useful, please let us know and we'll save money by not sending it to you. Equally, if you are receiving a paper copy and you would prefer to receive it electronically please let us know.

If you are already receiving a paper copy please sign up to electronic updates too! We will continue to send you a paper copy but we may want to update you in between newsletter publications.

You can sign up for electronic updates on our website here:

www.bromleywell.org.uk/our-services/carers

Contact us



020 8315 1925



carers@bromleywell.org.uk



www.bromleywell.org.uk

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