

# Adult Carers Newsletter

## At our last Carers Forum...

Thank you to the Carers that attended the Carers Forum on 23 May 2018. We invited *Trading Standards, Bromley Experts by Experience* and a Carer representing Bromley Council's *Adult Care and Health Policy, Development & Scrutiny Committee* and the *Health Scrutiny Sub-Committee*. The two Committees examine executive decisions, review policy on care services and are responsible for scrutinising health services. Both Committees are looking for Carers who live in the Bromley borough to represent the views of Carers. See page 2 for further details.

### What's inside?

- Support Groups
- Coffee Mornings
- Drop-ins
- Workshops
- Training Courses
- Q&A on mental health medication
- Support for Parkinson's
- A Carer's experience of the Mutual Carers service

## You wanted...

More groups in the afternoons

More happening in different locations

Support Groups for Dementia Carers

### What we're bringing you

For details jump to pages 4 - 5!

### Our next Carers Forum:

Thursday 6 September  
2pm - 4pm  
Community House,  
South Street, Bromley BR1 1RH

# Wanted!

Two volunteer Carers to become Co-opted Members of the **Adult Care and Health Policy, Development and Scrutiny Committee** and the **Health Scrutiny Sub-Committee** as detailed on the front page.

Contact Kerry Nicholls on 020 8313 4602 or [kerry.nicholls@bromley.gov.uk](mailto:kerry.nicholls@bromley.gov.uk) for more details.

Carer wanted to join **Bromley Experts By Experience (X by X)** Management Board. X by X is a pan disabilities organisation promoting the needs of those with learning difficulties; physical or sensory impairment; mental health survivors; those living with HIV or AIDS; present or previous users of drug or alcohol services. We think it is highly important to have the perspective of a Carer on the X by X Board.

Contact Joanne Munn on 020 8650 2102 or [joanne@xbyxbromley.com](mailto:joanne@xbyxbromley.com) for more details.

## Support for Parkinson's

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

Parkinson's UK provides support, information and advice for those with Parkinson's in Bromley. Your local adviser for the area is **Rosalind Kent** and she can offer Parkinson's patients and their Carers a one-to-one service that is accessible via email, phone, letter or face-to-face through home visits or events.

### Rosalind can offer:

- Information on Parkinson's and access to resources.
- Information about benefit entitlements and help to apply. Access to detailed benefits advice and assistance for those in need. Access to assistance with employment rights around your Parkinson's diagnosis.
- Information about and links to your local services – Parkinson's Branch groups, events and other local support groups.
- Help with mobility and transport including advice and help with applications.
- Links to Parkinson's UK resources – publications, peer support, referrals to Parkinson's Nurses and access to the Parkinson's UK confidential free phone line (0808 800 0303).
- Helping you get your needs assessed via Social Services (Adult Social Care).
- Support and information for Carers, friends, family members and work colleagues.



Do get in touch with Rosalind on **0344 225 3793** or [rkent@parkinsons.org.uk](mailto:rkent@parkinsons.org.uk) if you would like advice, information and support around your Parkinson's diagnosis.

# Mental Health Carers

## Helen's Question Time

Helen Brushett from the Mental Health Carers team asked the Long Term Health Conditions Support Worker, Mercy Mwansa, some of the most frequently asked questions about mental health medication.

I care for someone with a mental health problem and I have questions about their medication

### Q: What are the different types of mental health medication?

**A:** There are many different types of medication, but some of the commonly prescribed drugs include antipsychotics, anti-depressants, mood stabilisers, stimulants and sleeping pills.

### Q: Where can I get information about the different types of medication and how they are used?

**A:** The first point of call would usually be the prescriber or care-coordinator. If that isn't possible there are a few other options:

- Speak to your local community pharmacist
- Call the Oxleas Medicines line on 01322 621062 (Mon – Fri, 2pm – 4pm)
- Visit the Mind website: [www.mind.org.uk](http://www.mind.org.uk)

### Q: What if my cared-for refuses medication?

**A:** Try and open up a conversation about it, ask what their reasons are rather than talk about the consequences. There may be some physical reasons; for example, the tablets are too big or they are having difficulty swallowing. Encourage them to talk through their concerns with their GP or care co-ordinator.

### Q: What side effects should I be on the lookout for?

**A:** There can be a wide range of side effects and each is dependent on the medication. Always check the patient information leaflet (PIL) and, if you have the person's permission, ask their GP or care-coordinator.

### Q: The doctor has suggested I take anti-depressants, is this common for Carers?

**A:** According to Carers UK, 3 in 5 Carers are likely to experience depression – this is much higher than the 1 in 5 for the general population. Your GP may suggest taking anti-depressants for a short while and this can be hugely beneficial. They can also be prescribed to help with pain or difficulties sleeping.

It is very important to make sure you care for your own health and wellbeing and check up with your doctor regularly. You can register as a Carer with your GP and come winter there may be benefits, including a free flu jab.

### Q: What are the alternatives to medication?

**A:** Sometimes there aren't adequate alternatives to medication, but in addition to

medication there are some techniques which can help to aid recovery. Counselling, support groups, CBT, mindfulness, and relaxation techniques may all be useful.

**For more information about mental health medication, come along to the next Mental Health Skills & Information Group where we will be joined from 2pm by Mercy Mwansa (see page 5 for further details)**



# What's on for Carers?

## Dementia Carers Peer Support Groups

*For Carers of people with dementia. No booking necessary.*

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

Thurs 26 July	10am - 12pm
Thurs 30 Aug	10am - 12pm
Thurs 20 Sept	10am - 12pm

## Adult Carers Peer Support Groups

*All Carers welcome. No booking necessary.*

### Azelia Hall, Beckenham, 258 Croydon Road, BR3 4DA

Mon 02 July	2pm - 4pm
Mon 06 Aug	2pm - 4pm
Mon 03 Sept	2pm - 4pm

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

Fri 20 July	2pm - 4pm
Fri 24 Aug	2pm - 4pm
Fri 21 Sept	2pm - 4pm

### Orpington Village Hall, High Street, Orpington, BR6 0NN

Tues 10 July	10am - 12pm
Tues 14 Aug	10pm - 12pm
Tues 11 Sept	10pm - 12pm

## Coffee Mornings

*Drop-in for a coffee and a chat with an advisor and other Carers. No appointment necessary.*

### Mottingham Community & Learning Shop, Beaconsfield Road, SE9 4DZ

Wed 4 July	10am - 12pm
Wed 1 Aug	10am - 12pm
Wed 5 Sept	10am - 12pm

### Medhurst Hall, Sussex Road, West Wickham, BR4 0JX

Wed 11 July	10am - 12pm
Wed 8 Aug	10am - 12pm
Wed 12 Sept	10am - 12pm

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

Wed 18 July	10am - 12pm
Wed 15 Aug	10am - 12pm
Wed 19 Sept	10am - 12pm

### Azelia Hall, Beckenham, 258 Croydon Road, BR3 4DA

Wed 25 July	10am - 12pm
Wed 22 Aug	10am - 12pm
Wed 26 Sept	10am - 12pm

## Courses

*Call or email to book your place.*

### **Yoga for Relaxation**

03 July - 24 July (4 weeks)

Tuesdays at 1pm - 2pm

12 Belmont Parade, Chislehurst, BR7 6AN

### **Mindfulness for Resilience**

02 Aug - 23 Aug (4 weeks)

Thursdays at 10am - 11:30am

Azelia Hall, Beckenham, BR3 4DA

### **Aromatherapy for Wellbeing**

13 Sept - 18 Oct (6 weeks)

Thursdays at 10am - 12pm

Community House, Bromley, BR1 1RH

## Mental Health Carers Support Groups

*No booking necessary.*

**Ripley Arts Centre, 24 Sundridge Avenue,  
Bromley, BR1 2PX**

Tues 10 July 6pm - 7:30pm

Tues 11 Sept 6pm - 7:30pm

## Mental Health Carers Drop-ins

*No booking necessary.*

**Green Parks House, Princess Royal  
Hospital, Farnborough Common, BR6 8NY**

Every Wednesday at 4:30 - 5:30pm

## Workshops

*Call or email to book your place.*

### **Eating for Better Health**

Fri 13 July at 10am - 11:30am

Community House, South Street, Bromley,  
BR1 1RH

### **Introduction to Meditation**

Tues 17 July at 1pm - 2pm

Community House, South Street, Bromley,  
BR1 1RH

### **Dementia: How it can Affect You & Yours**

Mon 10 Sept at 10am - 12pm

Community House, South Street, Bromley,  
BR1 1RH

### **Coping as a Parent Carer**

Thurs 13 Sept at 10:30am - 1pm

Community House, South Street, Bromley,  
BR1 1RH

## Mental Health Skills & Information Group

*No booking necessary.*

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

Mon 25 Jun 1pm - 3pm

*Guest speaker Mercy Mwansa from  
Long Term Health Conditions*

Mon 24 Sept 1pm - 3pm

*Guest speaker to be confirmed*

Biscuits and refreshments provided!

For more information or to book your place on a Course, Workshop or the Carers  
Forum, contact us on: **020 8315 1906** or **carers@bromleywell.org.uk**



# Mutual Carers

A Carer gives his account of the service he received from the Mutual Carers Support Worker



I am a man with cerebral palsy and learning difficulties. I am unable to live alone and so I live with my mother at home who is now very elderly, so we care for each other. I sometimes go out to take part in activities, but most of the time I am at home with my mother and I often feel lonely.

My brother and his wife visit us to do our laundry, cleaning and shopping. They do lots of extra things that we cannot do for ourselves including looking after household bills, making phone calls and arranging appointments.

My brother made contact with the Bromley Well service and we then met the Mutual Carers Support Worker, Paula. Paula made a list of our concerns and made suggestions about how Bromley Well could help. We were given information about Carers Allowance and activities that I could take part in, such as a monthly community cookery class, a Carers support group, a Saturday drop-in for people with physical difficulties and a monthly keep-fit class.

I now feel better informed about the range of social settings where I can meet friends and my mother is pleased to enjoy a little more time to herself. My brother and sister-in-law now know about the allowances available to help them continue to support us, and we all feel more confident knowing that we are not on our own.

## Older Carers Workshop & Lunch

A chance for older Carers to meet, participate in an informative workshop and enjoy an informal lunch.

**St Augustine's Church, Southborough Lane, BR2 8BQ**

Fri 22 June	11:30am – 2:30pm	Dementia Friends
Fri 27 July	11:30am – 2:30pm	Speaker TBC
Fri 17 Aug	11:30am – 2:30pm	Money Matters Update
Fri 28 Sept	11:30am – 2:30pm	Speaker TBC

To confirm your place contact Nikki Hasling on **020 8466 0790** or **nikki.hasling@bromleywell.org.uk**

## Thank you for reading!

If you have information or an event that could benefit Carers, please let us know!

**carers@bromleywell.org.uk**  
or **020 8315 1906**

**Bromley Well**

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