

Adult Carers Newsletter

October – December 2025

Welcome to the *Autumn* - *WINTER* edition of our newsletter!

As the days grow cooler and evenings turn cosy, we're delighted to share our Autumn/Winter newsletter! Summer was fabulous, everyone enjoyed our Wimbledon-themed peer support group (strawberries and cream included!) and thank you to everyone who joined us on the wonderful trip to Kew Gardens - your feedback was fantastic.

Looking ahead, we'll be reflecting on what carers have enjoyed most and planning for 2026, more on that soon!

In this issue, you'll find updates on **vaccination eligibility**, insights from **SELCE** on the **Warm Homes Prescription**, and another inspiring story in **Carers Corner**.

We're also thrilled to welcome Megan Kennedy-Cahoon back from maternity leave late October as our service continues to grow, supporting new carers every week.

Grab a cuppa, get comfy, and enjoy this cosy edition!

Warm wishes,

The Adult Carers Team X

♥ SUPPORT ♥



Carer's Team Update...

We've had a busy few months running our two Bromley peer support groups each month, as well as our monthly Beckenham and Hayes library meet-ups and the monthly Zoom sessions. It's been wonderful to see the groups growing and to welcome new faces. Thank you to everyone who has joined us!

This September, we were lucky enough to access funding to treat carers and their cared for to a wonderful trip to Kew Gardens. It was a chance to unwind, explore the beautiful grounds - from the Oak Tree installation to the Palm House and enjoy some unexpected afternoon sunshine. We know how hard it can be for carers to plan days out, so it was lovely to offer a day of peace, connection, and a little "me-time." We hope to plan another carers outing next year!



I'm so glad I made the effort to make the trip. It made me feel so much more energised. Thank you so much for organising today.

This October, Debbie and Tammy hosted a fantastic peer support feedback session, where carers shared ideas which will help shape our groups, courses, and events for 2026 and we aim to put as many as we can in place.

It was so lovely to have a laugh and enjoy the day out with nothing to worry about.



Carer's Team Update...

Looking ahead to next year, we have identified that carers would benefit from having the opportunity to speak to an adviser face-to-face, and so we are planning to launch a monthly drop-in at the One Bromley hub in The Glades, which we want to be a welcoming space for carers to get practical support.

We've also been busy creating a Carers Starter Pack for new carers joining our service. This guide is packed with steps to support you and practical information. On top of that, we're working on a series of factsheets covering the most common queries from carers, which we hope to have live on the Bromley Well website before the end of the year.



Such a treat somewhere I'd always wanted to take my mum but the logistics prevented it.

It's been a busy few months, and we're thrilled to keep developing ways to support and celebrate all our carers!



Being with friends who relate to being carers, having a laugh and sharing the experience of Kew.



Updates for Carers

COVID-19 and Flu Vaccines for 2025/2026 – What Unpaid Carers Need to Know

The JCVI has updated guidance for this year's COVID-19 and flu vaccines. Some carers have had trouble booking, so it's important to know who is eligible. Vaccination helps keep both you and the person you care for safe. Even though COVID-19 is milder, it can still be serious for vulnerable people.

COVID-19 Vaccine is now limited to highest-risk groups only:

- Adults 75 and over (including those turning 75 by 31 Jan 2026)
- People 6 months–74 years with weakened immune systems
- Residents in care homes for older adults

Unpaid carers are not automatically eligible unless they fall into one of these groups.

Flu Vaccine is available to:

- 65 and over (including those turning 65 by 31 Mar 2026)
- People with long-term health conditions
- Pregnant women
- Children aged 2–3 or school-aged children (Reception to Year 11)
- Carers, those living with someone immunocompromised, or frontline health/social care workers



Unpaid carers remain eligible – protecting yourself also protects those you care for.

For full details or eligibility checks, visit the NHS England website: <https://www.nhs.uk/vaccinations/> or speak to your GP or Pharmacist.

Updates for Carers

Carer's Credit – Protect your Pension

If you care for someone for 20 hours or more a week, you could be eligible for Carer's Credit – a National Insurance credit that helps fill gaps in your record, protecting your State Pension.

You can get Carer's Credit if you're:

1. Aged 16 or over and under State Pension age
2. Caring for someone receiving certain disability or attendance benefits



If the person you care for doesn't receive these benefits, you may still qualify by completing a Care Certificate signed by a health or social care professional.

You can still claim during short breaks in caring (up to 12 weeks).

How to apply:

Download a claim form or call the Carer's Allowance Unit on 0800 731 0297 – <https://www.gov.uk/carers-credit>

Working With Primary Care Networks

We're pleased to be working with **Primary Care Network (PCN)** teams across the borough to help identify and support more carers. Based in GP surgeries, PCN teams play an important role in linking carers with local help and advice.

Our new Carers Starter Pack will soon be available through these teams, making it easier for carers to access useful information where they already receive care.

PCN teams also run friendly **Health and Wellbeing Cafés** across the borough – great places to meet others and join wellbeing activities.

Find your nearest café:

www.bromleypcns.nhs.uk/health-and-wellbeing-cafes



Updates for Carers

SELCE Guest Speaker & Warm Homes Advice

We were delighted to welcome Michael from **South East London Community Energy (SELCE)** to our peer support group at the beginning of October.

His advice was too good to keep to ourselves, so we're sharing it here and we want to give as many carers as possible the chance to meet him face-to-face so Michael will be joining our afternoon peer support group next year on: 28th January 2026.

SELCE is a community energy co-operative powering a cleaner, fairer future for Southeast London. They offer a range of support, including:

- Free, independent, one-to-one energy advice (phone, online, or in person)
- Home visits with free energy-saving measures installed
- Community financing and installation of solar PV and LED lighting in schools and community buildings
- The Solar Roller, a clean generator for outdoor events
- Retrofit advice and support
- Warm Homes Prescription – helping pensioners and those with health conditions stay warm through money, energy advice, and home visits

To find out more, visit **SELCE's website**: <https://selce.org.uk/>
Call: 020 4566 5764, or email energy.advice@selce.org.uk.



Carer's Corner...

This month in Carers Corner, we hear from Peter, who shares his experiences of caring for his wife Leni. After 62 years of marriage, Peter reflects on the challenges, reward and love that continue to sustain them both.

Tell us about the person you care for

I care for my wife Leni. I am 83, she is 82, and we have been married for 62 years. For the past 20 years Leni has suffered from a condition known as spinal stenosis, which causes pain in her legs and limits her mobility. She is on heavy pain meds and also has periodic epidural injections, which bring her much relief while they last.



How long have you been caring for Leni?

Leni's condition deteriorated over the past 3-4 years.

A year ago it became even worse and for three months she was in intense pain, until the pain was finally controlled. Those first three months were just awful and what made things worse was that I was trying to finish writing a book. (It is called *Murder in Cairo* and was published in March.) Things are more settled now. Leni spends most of her time sitting down and sleeps in a hospital bed in our living room. Caring for her is full-on, from helping her get up in the morning and back to bed at night – with the full range of domestic tasks in between.

What are some of the things Leni enjoys doing.

Simple things bring her great pleasure, above all seeing our family – we have two children and four grandchildren. We are still able to go out, using a walker, and have been to two Proms at the Albert Hall. Leni enjoys reading, watching television, discussing politics and the arts, and eating good food, especially with family or friends.

Carer's Corner...

The services or resources you use

We have had a lot of support from the District Nurses, especially when Leni developed some very persistent pressure sores. We steered our way through the Attendance Allowance application which succeeded. I have only just contacted the Bromley carers support group who have been very helpful. I have been very encouraged by the chat in the WhatsApp group – and feel that a number of people are in a more demanding situation than me.

What's going well and is rewarding

The caring experience has been very demanding and at times I feel overwhelmed. Leni and I talk about the problems we face and that is very helpful, even if the discussions can be quite intense. I have enjoyed developing my cooking and have become more ambitious in what I attempt. We both love it when we can go on outings together. We have now stayed out overnight on three occasions – the most fun was a day-long wedding celebration in Somerset.

Great moments or experiences...

Cooking (and eating) dover sole for two.



Support...

We have had priceless support from family members, in particular one son and one grandson, both of whom are temporarily staying with us, and our granddaughter. Without them I don't think we could have coped. Leni is very keen for me to maintain as much of my former life as possible and I still sing in two choirs: the Croydon Male Voice Choir and the Croydon Philharmonic Choir.

I watch Crystal Palace and was at Wembley when they won the Cup Final. I had a half-day in Oxford when I had dinner at my old college, getting home after midnight to find all was well. Leni is nearly always positive and even when she does complain, does it in the nicest possible manner. I feel bad when I make mistakes and she is always forgiving. After 62 years we still love each other dearly and that usually helps us through any crises or problems.



Carer's Corner...

Challenges

Feeling totally overwhelmed at times and also losing it when everything is finely balanced and then something goes wrong. Like the kitchen sink getting blocked, I can't fix it and need to find a plumber. Or an internet problem: I need to log in somewhere and the internet goes down. Leni always listens patiently when I tell what I am doing to try to solve the latest problem. And I think I have found a way of chilling when things go out of control. Sit down, stay still, breathe deeply, look ahead to something good to come.

Advice to other carers

Talk to your loved-one, if you can, and share problems. Look back at good times together and look forward to others to come. Ask family for help if available. Always thank people for help, whether in person or on the phone. Explain your difficulties but without laying it on too much. Try to stay positive and do the same with your loved-one.





Adult Carers Events

Events from 28/10/2025 - 11/12/2025

Events are for carers who are registered with the Adult Carers team.

Contact the Team for more information and to book your place:

carers@bromleywell.org.uk

Don't forget to check the events pages on the Bromley Well website too:

<https://www.bromleywell.org.uk/events/>

October:

28/10/2025 - Adult & Mental Health Carers Forum
Community House - Tuesday - 1pm - 4pm

This event offers a fantastic opportunity for carers to hear from and speak directly with senior service providers from the **Bromley Council's Adult Social Care Team** as well as having guest speakers from local solicitors **Thackray Williams** who will be covering subjects such as Deputyship and Power of Attorney:

- 1pm - **Welcome**
- 1:30pm - **Thackray Williams**
- 2:30pm - **Bromley Adult Social Care Teams**

Adult Carers Events

November:

05/11/2025 – Adult Carers Peer Support Group
Guest Speaker Wayne Jackson Bromley Fire Brigade
Community House – Wednesday – 10:30am – 12:30pm

07/11/2025 – Adult Carers Online Peer Support Group
Online – Friday – 11am – 12pm

10/11/2025 – Adult Carers Peer Support Group
Azelia Hall Beckenham – Monday 10am – 12pm

13/11/2025 – Adult Carers Coffee & Chat
Hayes Library – Thursday – 2pm – 4pm

19/11/2025 – Adult Carers Wellbeing Peer Support Group
Eltham Pharmacy, Long Term Health, Mindful Exercise
Community House – 2pm–5pm

27/11/2025 – Carers First Aid Course
Registration Online – Limited Spaces
Contact: carers@bromleywell.org.uk
Community House – 10am – 12pm



Adult Carers Events

December:

03/12/2025 – Adult Carers – Peer Support & Christmas Creations

Community House – Wednesday – 10:30am – 12:30pm

**05/12/2025 – Adult Carers Online Peer Support Group
Online – Friday – 11am – 12pm**

**08/12/2025 – Adult Carers Peer Support Group
Azelia Hall Beckenham – Monday 10am – 12pm**

**09/12/2025 – Adult Carers Christmas Party
Community House – 1pm – 4pm**

**11/12/2025 – Adult Carers Coffee & Chat
Hayes Library – Thursday – 2pm – 4pm**

Ensure you check the events page on the Bromley Well website, we have lots of events planned for the rest of the year and will be updating the website with workshops, forums, coffee & chat Peer Support Groups and much more!

<https://www.bromleywell.org.uk/events/>

Or contact the Adult Carers Team for more information or to register with our service.



carers@bromleywell.org.uk



020 8315 1925



Community Contacts



The Silver Line – 0800 470 8090 – <https://www.thesilverline.org.uk/> Run by Age UK is a free, confidential telephone service for older people. Providing friendship, conversation and support 24 hours a day, 7 days a week.

Citizens Advice Bromley – <https://www.bromleycab.org.uk/> – 0808 278 7898

Bromley Borough Foodbank – <https://bromleyborough.foodbank.org.uk/> – Info@bromleyboroughfoodbank.org.uk 0800 920 2324

Bromley Adult Services –

Support for Carers: <https://www.bromley.gov.uk/carers/support-carers>

Support for Adults: <https://www.bromley.gov.uk/help-adults>

Safeguarding: Office Hours: 020 8461 7777 – Out of hours Emergency Number: 0300 303 8671

Community Links Bromley – Events in Bromley –

<https://www.communitylinksbromley.org.uk/calendar/>

Adult Carers – 0208 315 1925 – carers@bromleywell.org.uk

<https://www.bromleywell.org.uk/our-services/carers/>

Age UK Bromley & Greenwich – 020 8315 1850 – info@ageukbandg.org.uk

<https://www.ageuk.org.uk/bromleyandgreenwich/>

Carers Trust – Transforming the lives of carers – <https://carers.org/> –

Email – info@carers.org

ACAS – Carer's Leave – Your Rights at Work –

<https://www.acas.org.uk/carers-leave> – Helpline: 0300 123 1100

Care Choices – Information and Guidance – <https://www.carechoices.co.uk/>

Primary Care Network Teams – <https://bromleygpalliance.org/primary-care-networks-pcns/>

