

Adult Carers Newsletter

July – September 2025



Welcome to the **=SUMMER=** edition of our newsletter!

The warmer days are here, and we're back with an update to keep you informed and connected.

It's been a busy few months — from fabulous mindful creativity sessions to a relaxing cream tea. Our brilliant Beckenham peer support group has also grown into a welcoming space where carers can unwind and share their stories. And of course, we're still smiling after a fantastic Carers Week celebration!

In this issue, our Carers FAQs share practical tips, including how to safely dispose of unused equipment and medication.

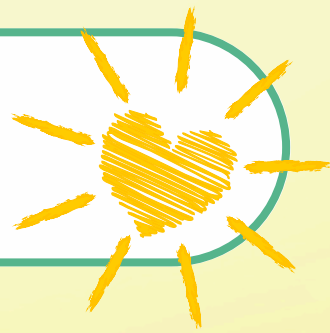
And don't miss this month's Carers Corner, where we share another real-life story from someone who truly understands what caring involves.

As always, thank you for everything you do. Take care,

The Adult Carers Team X



Updates for Carers



Bromley Healthcare
better together

Self-Referrals

You can refer yourself directly to the following services:

- Bladder & Bowel
- Speech & Language Therapy
- Podiatry
- Counselling

Note: Home dental visits are available for housebound patients only.

The website also shows current waiting times for each service in weeks.

<https://www.bromleyhealthcare.org.uk/self-refer/>



Sporting Memories | Bromley FC Community Trust

Sporting Memories Club, launched in partnership with Bromley Borough Rotary Club, supports older adults—including those with dementia, depression, or loneliness—by using the power of reminiscing and physical activity to foster connection and well-being.

Held every other Wednesday at Hayes Lane from 11am to 1pm, the free sessions bring together sports fans, former players, and carers for two hours of fun, friendship, and shared passion.

<https://www.bromleyfc.org/activity/sporting-memories/>

Need a bit of extra help?

♥ **SUPPORT** ♥

The Bromley Household Support Fund offers a £150 one-off payment (energy card, supermarket voucher, or council tax credit) for residents facing financial hardship.

Please note that priority is being given to first-time applicants. If you have received support previously, you can still apply from September.

<https://www.bromley.gov.uk/grants/household-support-fund>

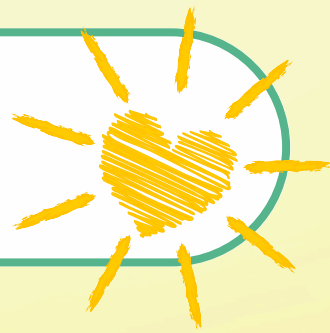
Bromley Well

Bromley & Greenwich
ageUK

Bromley
THE LONDON BOROUGH
www.bromley.gov.uk

NHS
South East London

Updates for Carers



The Bromley Branch of the Parkinson's UK Charity offers fantastic support to people with Parkinson's, their families and carers.

They offer advice and support and group activities. Visit the website, or for more information about activities & support contact Jan Williams, 020 7963 3612 - jwilliams@parkinsons.org.uk

<https://localsupport.parkinsons.org.uk/provider/bromley-branch>

London Taxicard Scheme



We know that some carers struggle with transport for their cared for, public transport is often not an option and costs mount up.

Bromley Council is a member of the Taxicard scheme. The scheme provides subsidised door-to-door transport for people with serious permanent and long term mobility or visual impairments.

Find out more by visiting the website:

<https://www.bromley.gov.uk/help-transport/london-taxicard-scheme>

Need support with your mental health?



We know that caring often means putting yourself last & inevitably, your mental health can suffer.

Adult Carers are always here for emotional support but we aren't trained counsellors and sometimes you may need professional support to help get you through.

Bromley Talking Therapies is a free service available through the NHS - you can self-refer and speak to a counsellor who will find the best way to support you - find out more: <https://www.bromleytalkingtherapies.nhs.uk>

Bromley Well



Carers FAQs



Disposing of Equipment and Clinical Waste - What Carers Need to Know

We've noticed lots of useful conversations happening in our Carers WhatsApp group, especially around what to do with items like equipment, incontinence pads, and clinical waste. These are common questions, so we thought it would be helpful to share some practical information on how to safely and appropriately dispose of these items.

Disposing of Clinical Waste in Bromley

- For one-off clinical waste collection, call Bromley Council Contact Centre: 0300 303 8658
- For regular clinical waste collection, your GP or healthcare provider can make a referral.
- The council provides free yellow sacks and free sharps bins for domestic use.
- Pharmacies do not collect clinical waste.
- **Incontinence pads can be double-bagged and disposed of with your regular non-recyclable domestic waste.**

More info: [Bromley Clinical Waste Disposal](#)

Returning and Donating Equipment

- Equipment is usually obtained via the Bromley Council Adult Social Care team who have a team of healthcare professionals.
- NRS Healthcare often provide the equipment and they offer free collection of health equipment (e.g. walking aids, bathroom aids).
- To arrange pickup, call 0300 100 0253 or visit: <https://www.nrshealthcare.com/>
- Some charity shops accept donations — call ahead to check. You can also give away or sell items on Olio, Facebook Marketplace, or Freecycle.

Medication:

Medicine that is out of date or no longer used can be disposed of by pharmacies, but call to check whether they take it back packaged or require you to pop out tablets individually into plastic bags.

Carer's Corner

Thelma's Caring Journey...

Caring can often feel like a lonely journey, but it doesn't have to be. One of the most powerful ways carers connect is by sharing their experiences.

At our Peer Support Groups, we've seen how honest stories can offer comfort, spark conversation, and build a real sense of community.

In this issue, we're delighted to introduce Thelma, who has agreed to tell us about her own caring journey.

For the past 13 years, Thelma has been a full-time carer for her father, Percy, who is now 87. Her journey began while supporting both her parents, and since her mother's passing in 2018, she has continued to care for her dad along with their much-loved dog, Bella, who's now nearly 14 and has kidney problems.

Before stepping into her caring role, Thelma had a high-powered career and even spent some time living in Ireland. Eventually, she returned to her family home to be there for her parents.

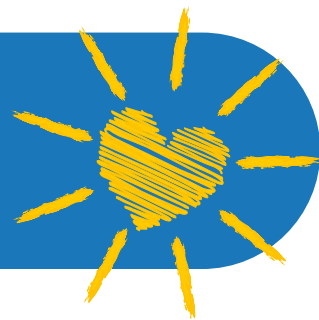
Thelma describes her father as an introvert—quiet, private, and happiest at home. Though he's not one for long conversations indoors, he becomes animated at church, where he's known for his warm gestures like giving children Easter eggs and cakes. He tends to his garden and enjoys brief chats with neighbours, but his frailty prevents him from venturing far, even something as simple as catching a bus is now too much.

Percy is happy and confident around people at the church and with his neighbours, but he values his privacy and does not want carers in the house.

His pride and independence, while admirable, mean he refuses outside help, leaving all the responsibilities, cooking, cleaning, and providing care on Thelma's shoulders...



Carer's Corner



Thelma's Caring Journey...

Thelma admits that finding the time and energy to look after herself is a constant struggle. She can go out for a couple of hours, but she's always clock-watching, needing to be back in time for Percy's medication or to cook meals.

Thelma has had little respite from her caring role in over 12 years, and Percy's reluctance to accept external help means Thelma is always on alert. Even short outings require careful planning. When a scheduled gas inspection ran late, Thelma had no choice but to leave the house, she talked through everything with Percy to ease his anxiety including what to do with Bella, their dog. Percy managed, but when he put Bella in the garden, her barking raised concern among neighbours, who quickly checked in.



Thelma had once dreamt of retiring and travelling - Now, that dream feels distant.

*"This isn't the life I imagined," she reflects.
"But it's the life I've taken on."*



Without family to share the load, Thelma leans on a few close friends and the support she's found through the Adult Carers peer support group at Azelia Hall. Recommended by a home nurse, the group has been a *"godsend"*, offering connection, understanding, and a rare sense of normalcy. *"If I could get to Bromley, I would, but the Beckenham group works for me. Just having someone to talk to who gets it, it makes all the difference."*



Thelma practices self-care where she enjoys short walks with Bella, a coffee with a friend, or moments in the garden. *"It's not much, but it helps me reset".*

Despite the emotional and physical toll, Thelma remains hopeful. Her wish for the future is simple: for her father to live a long and peaceful life without further decline. She also holds hope that one day, he may feel comfortable accepting outside help even just someone to assist with meals or check in during the day.

Her advice to others in similar positions is heartfelt: *"Don't give up. There is always hope. It's hard, but things do get better. You're not alone there are people and groups that can help. Even in the hardest days, try to find one positive thing."*

Adult Carers Events



Events from 02/07/2025 – 26/09/2025

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/>

July:

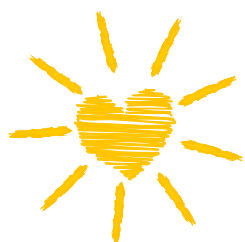
**02/07/2025 – Peer Support Group – Wimbledon Theme
Community House – Wednesday – 10.30am – 12.30pm**

**10/07/2025 – Adult Carers – Coffee, Chat & Create!
Hayes Library – Thursday – 2pm – 4pm**

**16/07/2025 – Peer Support Group – Fire Safety Talk –
Community House – Wednesday – 2pm – 4pm**

**18/07/2025 – Online Peer Support Group – Online
Friday – 11am – 12pm**

**21/07/2025 – Adult Carers Peer Support Group –
Liz's Sandwich Bar Beckenham BR3 3PS
– Monday – 10am – 12pm**



Adult Carers Events



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August:

**06/08/2025 – Adult Carers Peer Support Group –
Community House – Wednesday – 10.30am – 12.30pm**

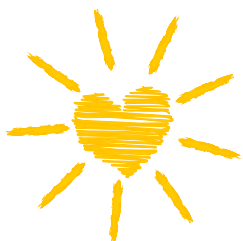
**14/08/2025 – Adult Carers – Coffee & Chat –
Hayes Library – Thursday – 2pm – 4pm**

**15/08/2025 – Online Peer Support Group –
Online – Friday – 11am – 12pm**

**18/08/2025 – Adult Carers Peer Support Group –
Azelia Hall Beckenham – Monday – 10am – 12pm**

**20/08/2025 – Peer Support Group – Retro Games Afternoon
Community House – Wednesday – 2pm – 4pm**

**22/08/2025 – Young Adult & Adult Carers Forum –
Community House – Friday – 1pm – 4pm**



Adult Carers Events



Events from 02/07/2025 – 26/09/2025

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carers@bromleywell.org.uk

September:

**11/09/2025 – Adult Carers – Coffee & Chat –
Hayes Library – Thursday – 2pm – 4pm**

**12/09/2025 – Online Peer Support Group –
Online – Friday – 11am – 12pm**

**15/09/2025 – Adult Carers Peer Support Group –
Azelia Hall Beckenham – Monday – 10am – 12pm**

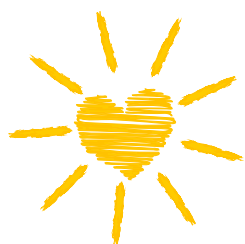
**17/09/2025 – Peer Support Group –
Community House – Wednesday – 2pm – 4pm**

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/>

Carers Card UK – Carers ID Card & Help & Advice –

<https://www.carerscarduk.co.uk/>

<https://www.carerscarduk.co.uk/help-and-guides>

Proper Bloke's Club – Walks in Bromley for Men's Mental Health –

<https://www.theproperblokesclub.co.uk/walks>