Bromley Well

SUPPORT

Adult Carers Newsletter
November – December 2026

Welcome to the Autumn - Winter edition of our newsletter!

Brrrrr! As we write this, it's starting to feel a bit chilly in our office, and memories of the long, hot summer are already fading!

We've had a very busy few months, receiving lots of referrals for carers needing support. We know from speaking to both new and existing carers just how tough being an unpaid carer can be, with new challenges to navigate and information to find as your caring journey progresses.

One of the most wonderful things we see is the support you give each other. Whether through our WhatsApp peer support group or at one of our groups. You share advice, ideas and encouragement, helping each other through the good times and the often difficult ones too. It really is lovely to see, and it's a privilege to get to know you all and support you.

Please remember, we are always here for you, no matter how long you've been registered with our service. We know that caring journeys change, so if you ever need a chat, help finding information or answers to your questions, just give us a call or drop us an email.

We hope you enjoy our latest newsletter and find something helpful!
With love, as always,

Vicky, Tammy, Megan & Debbie
Adult Carers Team





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Adult Carers Service - Updates

Orpington Peer Support Group

In our last newsletter, we mentioned that we were starting two new groups. Our Orpington Peer Support Group has got off to a great start, with a lovely group of carers coming together to chat and share experiences.

If you haven't been along yet, we'd love to see you! The group meets monthly at Orpington Methodist Church in Sevenoaks Road and the next meet up is on Thursday - 26th November - 10.30am-12.30pm

SEND Carers - Coffee & Connect Peer Support Group

Our new SEND Carers Group is already proving to be an invaluable space for carers to come together and talk openly about some of the challenges they face. Topics have included managing behaviour, finding the right support and helping children who find the school experience difficult.

Our Advisor Tammy supports the group, taking away topics and ideas from each session to help shape future meetings around what matters most to those attending. We're also working with our local contacts to develop support pathways, so we can provide the best possible information and guidance.

We know that caring for a child with SEND can sometimes feel isolating, so we hope this group will offer a welcoming space to meet other carers who understand and share similar experiences.

Join the next group is at Community House - Thursday - 3rd December - 12pm-2pm

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Adult Carers Service - Updates

Our First New Carers Workshop!

We held our first New Carers Workshop and met a lovely group of carers! Over coffee and biscuits, we chatted about our service, talked through the Carers Starter Pack in more detail and explored the groups, events and support available.

The two hours absolutely whizzed by – we could have sat there all day chatting! It was lovely to see carers getting to know one another, and we know this can be a great first step for those who might find turning up to a peer support group a little daunting.

We received some great feedback from those who attended and are already looking forward to welcoming our next group in January!

Community House - Tuesday - 19th January - 10:30am - 12:30pm

The Rest of Our Groups...

There's always something happening across our groups, from a friendly cuppa and a catch up to creative activities and informative workshops!

- **Coffee, chats and friendship! Our monthly Waitrose group remains a firm favourite, with one carer describing it as "a lovely relaxed space, like going out for a coffee with friends."**
- **Important conversations. Our Dying Well Workshop, run by St Christopher's, was a great success, giving carers a comfortable space to talk and share. One attendee praised the "lots of useful info" and the welcoming atmosphere.**
- **Staying scam savvy! Beth from Barclays joined us to share helpful advice on fraud and scams. One carer called it "very informative and interesting - a good refresher."**
- **Connect and create! Our Beckenham Peer Support and Mindful Creative groups continue to bring carers together to share experiences, get creative and enjoy a little time for themselves.**

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What's Coming Up...

A Little Time for You – Self-Care Week

Join us on 17th November - Community House - 10am - 12pm for a little well deserved me time!

Enjoy a coffee and chat, Mindful Creativity, mindfulness with Emma, health checks, vaccination advice from Eltham Pharmacy or hand reflexology with Anna. Drop in for 10 minutes or stay longer - you give so much to others, now it's time to do something for you!

Self-Care Week 2026
Mind & Body



Christmas Party Time!

Join us for our Adult Carers Christmas Party. A relaxed and cheerful afternoon just for you!

Enjoy festive nibbles, good company and live entertainment from the brilliant Andy Mace, with Christmas favourites and other great songs to sing and dance along to. Come along, enjoy some well-deserved "me time" and celebrate the festive season with fellow carers!

2nd December - Community House - 1pm - 4pm

A Note to Carers...

Each month, the Adult Carers Team facilitates 7 regular groups, alongside additional activities, events and forums throughout the year. We love creating opportunities for carers to meet, connect and take a little time for themselves.

As a small team supporting a large number of carers, organising and running groups takes time away from our other client support work. To help us make the best use of our time and ensure our groups remain sustainable, we keep attendance under review and may need to reconsider groups where numbers are consistently low.

If you enjoy coming along to our groups, please do keep attending and let us know what you find helpful. Your attendance and feedback help us understand what matters to you and where our time is best spent - Thank you for being part of our groups and helping us keep these valuable opportunities available to carers.

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Help For Carers

Carer's Allowance: Welcome Changes Ahead?

In the recent budget there was some possibly better news for carers receiving Carer's Allowance. The Government has announced plans to change the way the earnings limit works, making it easier for carers to balance paid employment with their caring responsibilities.

Currently, Carer's Allowance is £86.45 a week, and the earnings limit is £204 a week after tax, National Insurance and certain allowable expenses. Under the current rules, earning even 1p over this limit can mean losing the entire weekly allowance.

The new system will gradually reduce payments by £1 for every £1 earned above the limit, rather than stopping the allowance altogether. For example, using today's figures, someone earning £10 over the weekly limit would lose just £10 of their allowance, rather than the full £86.45.

However, the changes won't happen immediately which is very unfortunate for current carers. The new system is planned for 2030–31, as the Department for Work and Pensions needs time to develop a new IT system. Until then, the existing earnings rules still apply, so it's important to check the current limits if you work alongside caring.

The Government estimates that around 48,000 carers in England and Wales could benefit from the changes. While we welcome this step towards a slightly fairer system, we hope it will come sooner and be the start of many further improvements to financial support for unpaid carers - it is very much needed.

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ST CHRISTOPHER'S - Support for Carers

Many people know about the excellent palliative and end of life care St Christopher's provides, but may not be aware of the support available to carers.
St Christopher's runs a weekly online peer support group every Thursday, 3–4pm, giving carers a chance to share experiences and talk openly with others caring for someone with a life-limiting illness:
www.stchristophers.org.uk/timetable/event/time-to-talk-carers/

Other Carers Groups:

- **Heart Failure Carers Group for carers supporting someone with heart failure. There are groups in Orpington & Sydenham - stchristophers.org.uk/heart-failure-peer-support-group-for-carers**

- **Neurological Household Peer Support Group for people living with a neurological condition and their carers or family - Contact: 020 8768 4330 or carers@StChristophers.org.uk for more information. www.stchristophers.org.uk/supporting-you/your-support/carer-support/**

- **Bereavement Support - Peer Support Groups & Self Refer Counselling: www.stchristophers.org.uk/supporting-you/your-support/bereavement-support/**

Could You Become a Carers Champion for St Christopher's?

Carers Champions offer 1:1 peer support to other unpaid carers, sharing their experiences, listening and helping them feel understood and less alone. If you have a little time to spare and would like to offer support to other carers, get in touch with St Christopher's. To find out more, visit:
www.stchristophers.org.uk/volunteer_role/carers-champion/

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SOUTH EAST LONDON COMMUNITY ENERGY – Energy Cost Advice

The cost of living continues to put pressure on household budgets, and many carers are struggling with rising energy bills. SELCE (South East London Community Energy) offers free energy advice to help you save money on your gas and electricity, manage energy debt and find out whether you are eligible for grants or discounts.

Contact SELCE: selce.org.uk/energy-advice/
020 4566 5764 – energy.advice@selce.org.uk

Priority Services Register

Did you know you could be entitled to extra support from your energy and water companies through the Priority Services Register (PSR) - this is a free service for people who may need additional help, including older people, those with disabilities or long-term health conditions, people who rely on medical equipment, and families with young children.

Depending on your circumstances, support can include:

- **Priority help and updates during power cuts or water supply interruptions.**
- **Advance warning of planned outages.**
- **Help with meter readings and accessible bills.**
- **Password schemes to help identify genuine callers or visitors.**
- **Additional support if you rely on electricity for medical equipment.**

How to register: Contact your energy supplier (the company you pay your bills to) and ask to join their Priority Services Register. Registration is free - to find out more, visit: www.thepsr.co.uk/

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Unpaid Adult Carers

If you are an unpaid carer and would like to find out more about our service and how we can support you, please contact us: carers@bromleywell.org.uk or call: 020 8315 1925.

Or to make a referral visit: www.bromleywell.org.uk/make-a-referral/

If you would like to find out more about our upcoming events, please visit the website: www.bromleywell.org.uk/events/ or contact us for a copy of our events update: carers@bromleywell.org.uk

Please note: All events are for current unpaid adult carers registered with the Bromley Well Adult Carers service.



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