

MENTAL HEALTH CARERS NEWSLETTER

This Carers Week we just wanted to take a moment to say thank you.

Caring for someone with mental health difficulties can be challenging, emotional and at times overwhelming. Much of what you do happens behind the scenes and often goes unnoticed but the support, patience, understanding and love you provide make a huge difference every single day.

Whether you're offering a listening ear, attending appointments, providing practical support, advocating on behalf of a loved one or simply being there during difficult times, your role is incredibly important and valued.

We know that caring isn't always easy and we recognise the strength and resilience it takes. Please remember that while you spend so much time looking after others, your wellbeing matters too.

Thank you for all that you do. We see you, we appreciate you and we are grateful for the difference you make.

With warmest wishes,

The Mental Health Carers Team 

**Thank
you!**

Funded by:

UPCOMING EVENTS

Coping with Caring 6 Week Course Wednesday 8th July

Coping with Caring is a free course for anyone who supports someone who struggles with their mental health.

Suicide Awareness and Prevention Friday 17th July

- Help keep a person safe from suicide
- Know the words to use when talking about suicide
- Spot the warning signs
- Look after your own wellbeing when supporting others

Workshop with Oxleas Tuesday 21st July

Understanding the Mental Health Act Workshop Tuesday 22nd September



**Contact Mental Health Carers for more information on 07709520029
Email mhcarers@bromleywell.org.uk
www.bromleywell.org.uk**

Universal Care Plan

The Universal Care Plan is an NHS service that enables every Londoner to have their care and support wishes digitally shared with health and care professionals across the capital. A care plan can be started by the person with input from their health or care professionals, such as a doctor, nurse, or carer support service.

The following information may be entered into the care plan:

- What is important to the person in their day-to-day life
- Their preferences or wishes about their care
- What support they need and who is best placed to provide this
- Information about others who may be involved in that person's care and/or caring responsibilities a person may have

The care plan is then launched using the Universal Care Plan system. Once information is saved on the plan, it can be viewed by health and care services that use the system, including the London Ambulance Service, NHS 111 and Out of Hours GP services, which may be particularly important in an emergency.

Help using the UCP

If you need assistance with care planning or using the NHS App, support is available.

You can speak to:



A health or care professional.



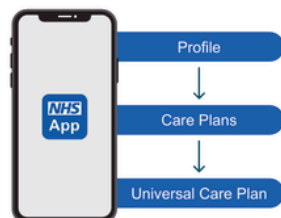
The NHS App Help Desk.

They can help you, or the person you support, to create or update the UCP.

Printed information and in-person assistance may also be available.

Managing your UCP in the NHS App

You can view and create your Universal Care Plan in the NHS App on your mobile phone.



How to access your UCP

1. Log in to the NHS App or online login service using your NHS login.
2. Select 'Profile', navigate to 'Care Plans' from your profile screen and
3. select 'Manage your Universal Care Plan'.

You can update your UCP at any time, whenever your situation or wishes change.

Your information

Your care plan is:



Stored securely on NHS systems.



Only accessible to you and health and care professionals involved in your care.

For more information about how your information is managed, visit our website.

More information

Visit our website for more information on the Universal Care Plan.



ucp.onelondon.online/patients



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NOTICE BOARD

Carefree

Change Happens Overnight



Carefree is a multi-award-winning tech charity on a mission to bring rest and relaxation to the UK's full-time unpaid carers.

If you're providing 30 or more hours of care each week and aged 18 or over, you may be eligible for a much-needed short break.

With Carefree, unpaid carers are entitled to **two breaks per year** (first between January and June, second between July and December), each offering a **1-2 night hotel stay with breakfast included**. A small admin fee of just **£38 applies per break**. With hundreds of hotel partners across the UK, it's a chance to recharge, reflect, and return feeling refreshed.

Getting started is easy.

Simply request a referral from your local carer support organisation.

www.carefreespace.org
Registered charity number 1176459



For a Carefree referral please contact Mental Health Carers

We want to hear your voice

Join our patient focus groups about redesigning safer rooms

We are setting up a series of focus groups to hear from patients about their experiences of inpatient environments and what would make these rooms more calming, supportive and therapeutic.

Why we're doing this

We are redesigning a network of safer rooms across the Trust to create more consistent, calming and therapeutic spaces.



Keep people safe



Support emotional regulation and reduce distress



Improve overall patient wellbeing

We want to move beyond a purely risk reduction approach and create environments that feel supportive, respectful and helpful when you need it most.

Your ideas and experiences will help shape the design principles and priorities for this important work.

In the focus groups, we'll explore.



Lighting



Acoustics



Colour



Layout and furniture



Sensory modulation



What makes a space feel calm, safe and helpful



We'd love you to get involved

Your feedback is vital in helping us design spaces that truly meet the needs of patients.

If you are interested in joining a focus group, please contact:

kch-tr.vulnerabilities-team@nhs.net



We will arrange some dates soon.

Thank you for helping us create better environments together.

Your voice. Your experience. Better environments. Together, we can make a difference.



DIGITAL DROP-IN

Friendly support from our Digital Champions

Do you need help using your phone, tablet or laptop?

Our Digital Champions, Lee and Martin, can offer practical support to help you feel more confident online.

We can help with:

- ✓ Using phones, tablets, iPads and touchscreens
- ✓ Setting up and using email
- ✓ Accessibility settings
- ✓ Online forms and accounts
- ✓ Online shopping and subscriptions
- ✓ Forgotten passwords
- ✓ Account security
- ✓ Spotting and blocking scam messages

Please note: We can help with using devices and online accounts, but cannot provide benefits advice.



Every Friday



10am to 3pm



Bromley Mencap upstairs offices, Rutland House, 44 Masons Hill, Bromley, Kent, BR2 9JG

Drop in for general support or ask about a one-to-one appointment.

For more information:



Telephone 020 8466 0790



Email enquiries@bromleymencap.org

For further information please contact directly

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The UK's Official Carers ID Card


Every Carer Counts

Your National Carers ID - savings, support & recognition. Get your photo ID card and our app with exclusive discounts, free carer tickets & wellbeing support.

[Who is our Carers Card for?](#)

JOIN FOR £8

[Already a member? Log In](#) | [Renew](#)



For further information or to apply for a Carers Card [Click here](#)

OAKonsult
Disabilities Outreach

Free funded wellbeing group

Free Zumba Class

For Parent - Carers who want to move, connect and relax in a welcoming community group.

Attendance funded • Registration compulsory



Class options
Choose the session that works best for your routine.

Morning session
3rd Mondays
Chapel Hall
11:45am to 12:45pm
Starts 15 June 2026

Evening session
3rd Thursdays
Verrall Hall
7:30pm to 8:30pm
Starts 16 July 2026

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

Scan to register
Registration is compulsory.



Funded community sessions
Free because of support from The National Lottery Community Fund. Thanks to National Lottery Funds.

OAKonsult
www.oakonsult.org
+447479436823
Info@OAKonsult.org



Rest and recover...

...with help from The small Society (TsS)
Offering short breaks in Deal for those with caring responsibilities.

When you're caring for someone it can be easy to keep putting their own needs before your own.

However, the benefits of taking a break should never be underestimated - whether a dose of meditation, seeing friends, or a trip away.

Whatever you do, finding some 'me' time to relax and unwind is very important for both you and those you care for.

The small Society (TsS) is a charity that offers short breaks in our holiday accommodation in Deal, Kent.

Take a look at our website: thesmallsociety.org.uk or scan the QR code for more details.





The small Society
Registered Charity: 1202655