

MENTAL HEALTH CARERS NEWSLETTER

Making Space for You

As summer comes to an end and we move into autumn, our routines can start to change. Children return to school, holidays come to an end and everyday life can begin to feel a little busier again. For carers, it can be easy for our own needs to get pushed further down the list. There is always something that needs doing, someone who needs support, or another thing to think about. Before we know it, the days can become focused entirely on caring for someone else. But making space for yourself doesn't mean you're doing any less for the person you care for. It might simply mean finding small moments in your day that are just for you. This could be having a quiet cup of tea, going for a walk, listening to music, catching up with a friend, reading a few pages of a book or spending time doing something you enjoy. It doesn't have to be a big change. Small moments can make a difference.

It might be helpful to ask yourself:

What do I enjoy doing?

What helps me feel more like myself?

Is there something I used to enjoy that I'd like to return to?

Who would I like to spend more time with?

What could I realistically make a little more time for?

Sometimes we can feel guilty about doing things for ourselves, particularly when the person we care for is struggling. But looking after your own wellbeing is important too. You are more than your caring role and your needs matter.

Start small.

You don't need to completely change your routine. Try choosing one small thing that you could make a little more space for this autumn.

It might be 10 minutes for yourself each day, a weekly walk, meeting a friend for coffee or simply giving yourself permission to rest when you need to.

You don't have to wait until you have lots of time to start looking after yourself. Sometimes making a small amount of space for yourself is enough to begin 

This autumn, what would you like to make a little more space for?



Funded by:

UPCOMING EVENTS

Mental Health Act Workshop **Tuesday 22nd September**

This session will provide an overview of the Mental Health Act, helping you to understand how it works in practice and what it may mean for the person you care for.

Coffee Morning **Tuesday 29th September** **10 – 11:30am**

A chance to meet other carers, have a chat and enjoy a coffee.



Mental Health Carers Forum **Tuesday 3rd November**



Hear from a range of professionals and have the opportunity for a Q&A.

Coping with Caring **6 Week Course** **Tuesday 10th November**

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

National Self-Care Week **16th – 22nd November**

Join us for an opportunity to take some time for yourself and practise a little self-care. More details about the activity will be shared soon, so keep an eye out for further information.



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

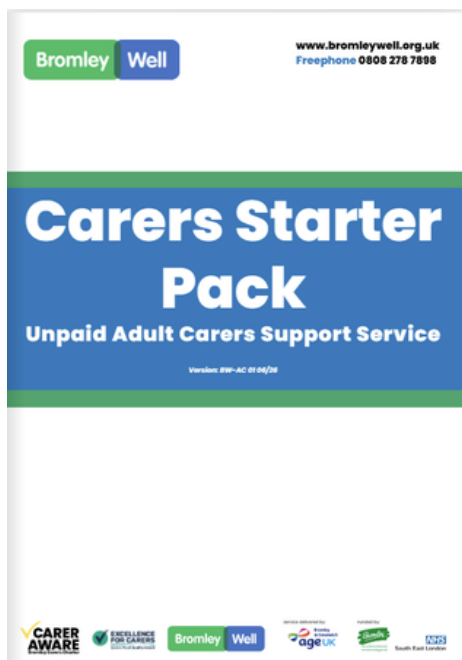
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National Self-Care Week 16th – 22nd November 2026



National Self-Care Week is an annual nationwide event organised by the Self-Care Forum, a charity that promotes the importance of self-care and encourages people to make it part of their everyday lives. The week aims to raise awareness of the importance of looking after ourselves and supporting both our physical health and mental wellbeing.

Bromley Well Carers Starter Pack



Bromley Well's Adult Carers Service has launched a new Carers Starter Pack, designed to support people who are new to caring as well as those who have been caring for someone for some time.

The pack includes useful information, practical tips, guidance and details of local support services to help carers navigate their caring role and look after their own wellbeing.

[Read more about the carers start pack](#)

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Bromley Recovery and Wellbeing College



Autumn term prospectus

September – December 2026

South East
London



selmind.org.uk

South East London Mind have opened applications for their upcoming Recovery and Wellbeing College! They offer a range of courses including managing stress and mental health, developing skills for life, personal wellbeing (such as horticulture and meditation), creative expression and more. You can find further details [here](#) about applying – please note applications will close on the Thursday 29 September.

Co-occurring Mental Health Alcohol and Drugs (COMHAD) Carers' Group

Oxleas NHS Foundation Trust COMHAD Carers/Support Network Group, Every Third Wednesday of The Month.



This group will be a safe place for carers who support a person with a mental health condition alongside drug/alcohol use. The group will enable carers to join others experiencing the issues they may be going through.

Carers will be given the chance to gain knowledge and understanding on Mental Health conditions as well as Drug and Alcohol use. This will be a group with no judgement, a safe space to share and support each other.

The group will also be a space to shape and develop how the Trust supports carers of those with co-occurring difficulties, identifying, and promoting ways in which their journeys, and experiences can be heard.

Venue: Room 2 The Memorial Shooters Hill, SE18 3RZ
Time: 5pm – 6.30pm

For more information contact: Janice Williamson Carers and Families Network Lead. oxl-tr.carersandfamilies@nhs.net
Carl Knopp Consultant Nurse COMHAD Services Carl.knopp@nhs.net



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Monthly Online

Carers' Group



If you are a carer and would like to know more about the services your loved one receives within Oxleas NHS Foundation Trust, then you are invited to attend this monthly group.

The group provides support and the opportunity to feedback to services within Oxleas.

The group takes place on Microsoft teams.

5.00pm-6.30pm.

Every 3rd Thursday of the month

For further information and to receive a Microsoft Teams link contact:

oxl-tr.carersandfamilies@nhs.net

Telephone: 020 88368574



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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](#)

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.



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



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.

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



Scan to learn more

For a Carefree referral please contact
Mental Health Carers

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