

Mental Health Carers Update

Mental Health Carers Information, Advice & Support Service

Who are we?

The Bromley Well Mental Health Carers Pathway provides support to people living in Bromley who care for someone who has a mental health condition. We offer emotional support and information on how to manage your caring role, by exploring approaches to self-care, learning about mental health and thinking about the impact of the caring relationship. We hope for this to be a useful guide to give you the latest information and support for your caring role. We want to hear what you think, so we can keep improving it and making it relevant for you. We welcome your thoughts, and invite you to share feedback with us via wellbeing@bromleywell.org.uk

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Staying well this winter

The days are short, the weather is temperamental, looking after ourselves can be difficult at the best of times and here we are in winter and it is more important than ever. The NHS have a few helpful pointers to keep up on track.

Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

The sooner you get advice, the sooner you are likely to get better. You can get help and advice from:

- **A pharmacy** – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- **Your GP** – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to.
- **NHS 111** – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you're not sure what to do



The NHS website has some great tips and advice. For more information visit: <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

Events

NEW: Mental Health Carers Virtual 'Afternoon Coffee'

Bring your hot drinks and biscuits, Rocio will be waiting in our virtual peer support group. A safe, confidential and relaxed space to enjoy a cup of tea/coffee whilst connecting with those who understand the responsibility of caring for others.

Join us on **Wednesday 9th, 16th and 30th December** from **3pm – 4pm** using the Zoom below:

<https://zoom.us/j/92819797230?pwd=U1krNfNsaFdISFJGdWM5Nm5wZlJmZz09> or visit www.zoom.us, select "Join a Meeting", enter Meeting ID: 928 1979 7230, followed by Passcode: 832891.

We look forward to seeing you there.



NEW workshop: Caring During COVID-19 LIVE

Based on the Cognitive Behavioural Method, you will be studying four modules over two days.

Participants will be guided by a mental health professional through common topics we know many carers are looking for support to manage during the pandemic period.

We will talk in Part 1 about the impact of caring in particular on feelings of anxiety, low mood and overwhelm. In Part 2 we will explore practical problem solving relevant to providing care during the pandemic, and some support on ways to positively self-care.

Part 1 10:30am – 12:30am

Tuesday 8th December: Managing anxiety and low mood

Part 2 10:30am – 12:30am

Wednesday 9th December: Practical Problem solving, sleep management and self-care

Book your FREE ticket here:

<https://www.eventbrite.com/e/car>

or email

wellbeing@bromleywell.org.uk

Bromley Well Online Carers Forum: 2pm – 4pm 16th December

Join us: <https://zoom.us/j/94475626622?pwd=dTVJdzJaeExwM3lFU2lIUmdyZVhKdz09>

Meeting ID: 944 7562 6622 Passcode: 762123

Carers Trust Online Carol Concert 2020



This year, the Carers Trust popular annual Christmas Carol Concert will be streamed from St John's Smith Square, London at **6.30pm on 10 December, 2020.**

- Beautiful seasonal music from the acclaimed City of London Choir, directed by Hilary Davan Wetton.
- Readings from a star-studded cast of readers including Hugh Bonneville, Derek Jacobi, Emma Thompson and Greg Wise, and a young carer, Lily May, who is supported by **Bromley Well Young Carers.**



For **FREE** access from **10th December**, carers should go to [Carers Trust Christmas Carol Concert](#), click on the booking button and enter their details and the promo code **SJSSCarers01** in the box provided to access the video.

Do you know Bromley Well?

One of the 5 Ways to Wellbeing is 'Keep Learning'. Keeping our brain active is vitally important to our mental wellbeing. Take part in our quiz and test your local knowledge. You might learn something new!



Q.1 The famous 'Dinosaurs' at Crystal Palace were unveiled in 1854, but whilst under construction, what happened inside one of the half moulded Iguanodons?

- a) It was filled with water and used as a paddling pool.
- b) A dinner party was held inside.
- c) It was used as a temporary shelter for the night workers.

Q..2 Carers Support Adviser – Helen Brushett and London Borough of Bromley MP Ellie Reeves both attended which secondary school?

- a) Langley Park School for Girls
- b) Bromley High School
- c) Cator Park School for Girls

Q.3 Which Strictly Come Dancing professional learnt their trade at Peggy Spencer's dance school in Penge?

- a) Neil Jones
- b) Anton Du Beke
- c) Amy Dowden

Q.4 The author of 'The War of the Worlds' was born on Bromley High street at Atlas House in 1866. What was their name?

- a) HG Wells
- b) Thomas Hardy
- c) George Eliot

Q.5 Which British Prime Minister had previously been MP for Bromley?

- a) Clement Attlee
- b) Anthony Eden
- c) Harold Macmillan

Q.6 Many know of David Bowie's connections to the borough. But at which pub did he start a folk club later known as the Beckenham Arts Lab?

- a) The George Inn
- b) The Three Tuns (now Zizzis)
- c) The Clockhouse (now flats)



Q.7 Which bus route travels between Beckenham Junction and Eltham Station?

- a) 162
- b) 194
- c) 118

Q.8 In 862 Bromley was known by another name which means 'where the broom grows' in Anglo-Saxon. What was it called?

- a) Broomley
- b) Bromgrowse
- c) Bromleag

ANSWERS on the next page!

'You can't pour from an empty glass'

The Mental Health Foundation have a wonderful check list to make sure you are looking after you. Use this list as a helpful reminder. They are little things, but it all adds up and you'll feel better for it. If there is one you're forgetting, make it your priority tomorrow.

For more information visit:

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>



<p>1. Talk about your feelings - Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.</p>	<p>2. Keep active - Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.</p>
<p>3. Eat well - Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.</p>	<p>4. Drink sensibly - We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.</p>
<p>5. Keep in touch - There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!</p>	<p>6. Ask for help - None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.</p>
<p>7. Take a break - A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.</p>	<p>8. Do something you're good at - What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.</p>
<p>9. Accept who you are - We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.</p>	<p>10. Care for others - "Friends are really important. We help each other whenever we can, so it's a two-way street, and supporting them uplifts me." Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.</p>

ANSWERS - Do you know Bromley Well: 1-B, 2-C, 3-B, 4-A, 5-C, 6-B, 7-A, 8-C

Staying well this winter continued

Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep bedroom window closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm
- have hot drinks regularly
- to reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional



For more information check their website: [HERE](#)

Last, but not least...

It was wonderful to see some familiar faces in my Self-Care Workshop last month. During which I told the story of the grey/pink jumper: After giving it to my sister, I asked if she had worn my 'grey jumper'. She claimed I had *not* given her a 'grey' jumper, but a 'pink' one. The stripes of pink and grey were equal, but our perception of it was the opposite. Bear this in mind during the holiday season. For some it may be a very difficult time of the year. While a few people sing with merriment, this may be a reminder to some that they aren't in a place where they think they should be, or believe others think they should be. The new year looming ever closer brings their reality into stark clarity. Remember that it is ok, to not be ok. In equal measure you are entitled to enjoy the festive season if you love it. Think about what your needs are, and how you will meet them. Until next time, I hope you have a very lovely new year!



from Helen

Like our updates? Thank you for taking the time to read. We are a small team and we write and design in-house. Please contact us if there is something you would like us to include in future editions.

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