



Adult Carers Newsletter



“I don’t
feel alone
with it all
anymore”

A big thank you to all who were able to attend our Carers Forum on 6 September. We had a good turn out with 24 carers and professionals in attendance. There was some interesting discussion on a number of topics, including: *How do you define a carer?*; *Your rights as a carer*; *Transition: life after caring*.

Suggestions on how we can develop our service included: more social activities, such as outings and quizzes; teaching computer skills; art therapy classes; more mindfulness and meditation; walking and talking groups. **Jump to pages 4-9** to see how we have started to address your suggestions!

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Carers Christmas Forum

Monday 10 December 2018
2pm - 4pm
Community House,
South Street, Bromley, BR1 1RH
Please RSVP for catering purposes

Our Recent Activities: A Snapshot

Mindfulness for Resilience

Robert Mitchell, a meditation practitioner who has taught over 5,000 people in the last 5 years, led a 4-week *Mindfulness for Resilience* course for carers. **100%** of attendees said they think the techniques learned will help them to cope better with their caring roles!



“I am so pleased that I attended the Mindfulness Course. It has given me some precious tools to deal with difficult situations in my role as a carer. I have practiced helpful exercises to get back to sleep during the night and the result has been very satisfactory” – Gianna Stanford

Q: Robert, why do you think that this course was so well-received?

A: Caring is overwhelming. The sessions not only gave the delegates the tools to find space in their daily routine, but also the practice helped them to relax, become still and discover that it is possible to find some space in their lives without needing to change anything.



Yoga for Relaxation

100% of attendees found this course helpful and **100%** said they think they will use the techniques learned.



deva Yoga

“[I enjoyed] the time to relax away from the caring situation”

Intro to Meditation

100% of attendees said they think they will use the techniques learned.

“[I enjoyed] learning the breathing techniques”



Karma Parent

Mutual Carers

Natasha's Question Time

Natasha Rayasam from the Adult Carers team asked Paula Hollywood, Mutual Carers Support Worker, some questions about the Mutual Carers service.



Q: Who and what is a Mutual Carer?

A: An increasing number of people with learning disabilities or long term conditions are still living at home with older family carers. They provide regular and substantial care for their older relatives which ranges from help with personal care, medication, cooking and cleaning. They also help with shopping and keeping them company. In many cases neither person would be able to remain living independently without the support of the other person.

Q: What is the criteria to access the Mutual Carers service?

A: Bromley Well provides specialist support for Mutual Carers, aged 55+ living at home with an adult son, daughter or sibling that has a disability or long term condition. The specialist support enables Mutual Carers to remain living independently in their own homes and in the community for as long as they are able to.

Q: What services are available through the Mutual Carers service?

A: The service offers:

- Assistance with attending medical and professional appointments
- Help dealing with complicated letters or disputes
- Assistance with household bills
- Help with budgeting
- Help with self-management and independent living skills
- Help arranging gardening, cleaners and maintenance services to do household chores and jobs
- Guidance on keeping safe from scams
- Arrangement of respite care for older carers or for the disabled person that is caring for them
- Emotional support and planning for the future

Q: How often do your groups meet?

A: This service offers a monthly Older Carers Workshop & Lunch Club, a monthly Cookery Class for adults with learning disabilities and a monthly Support Group. **See page 4 for more details.**

Q: Can you tell me more about your Older Carers Information Workshop & Lunch?

A: This monthly Information

Workshop and Lunch Club is for Bromley Borough residents, aged 55+ that have a disabled member of their family that they care for. The Workshop introduces new innovations to carers, allowing them to learn about new initiatives and offer their own ideas or experience to the conversation.

Q: I am worried about the future of the person I care for. What does future & emergency planning involve?

A: We will support you with emergency planning that could prevent accidents or crisis and would provide essential information should an accident occur. Future planning may involve information on Wills and Trusts and other care services.

Q: Who can refer to your service and how?

A: Carers can self-refer or professionals can make a referral through Bromley Well on 0300 3309 039 or via email at: spa@bromleywell.org.uk

What's on for Carers?

Dementia Carers Peer Support Groups

For carers of people with dementia. No booking necessary.

Community House, South Street, Bromley, BR1 1RH

Fri 12 Oct 2pm - 4pm
Fri 16 Nov 2pm - 4pm
Fri 14 Dec 2pm - 4pm

Adult Carers Peer Support Groups

All carers welcome. No booking necessary.

Azelia Hall, 258 Croydon Road, Beckenham, BR3 4DA

Mon 1 Oct 2pm - 4pm
Mon 5 Nov 2pm - 4pm
Mon 3 Dec 2pm - 4pm

Community House, South Street, Bromley, BR1 1RH

Fri 5 Oct 2pm - 4pm
Fri 2 Nov 2pm - 4pm
Fri 7 Dec 2pm - 4pm

Orpington Village Hall, 311 High Street, Orpington, BR6 0NN

Tue 9 Oct 2pm - 4pm
Tue 13 Nov 2pm - 4pm
Tue 11 Dec 2pm - 4pm

Carers Drop-ins

Drop-in for a coffee and a chat with an advisor and other carers.

Community House, South Street, Bromley, BR1 1RH

Weds 10 Oct 3pm - 4:30pm
Weds 24 Oct 3pm - 4:30pm
Weds 7 Nov 3pm - 4:30pm
Weds 21 Nov 3pm - 4:30pm
Wed 5 Dec 3pm - 4:30pm

Mutual Carers Activities

Call 020 8466 0790 to book your place.

Cookery Class

St Augustine's Church, Southborough Lane, Bromley, BR2 8AT

Fri 12 Oct 10:30am - 2:30pm
Fri 9 Nov 10:30am - 2:30pm
Fri 7 Dec 10:30am - 2:30pm

Carers Lunch

St Augustine's Church, Southborough Lane, Bromley, BR2 8AT

Fri 26 Oct 11:15am - 2:30pm
Fri 23 Nov 11:15am - 2:30pm
Fri 21 Dec 11:15am - 2:30pm

Contact us on: **020 8315 1925** or **carers@bromleywell.org.uk**

Free Courses & Workshops

Please call or email to book your place.

Confidence & Assertiveness

1 Oct - 12 Nov (6 weeks)

Mondays at 1:30pm - 3:30pm

Community House, Bromley, BR1 1RH

Moving & Handling

Friday 19 Oct at 9:30am - 12pm

Bluebird Care,

50c Chatterton Rd, Bromley, BR2 9QQ

Carers Get Online!

30 Oct - 27 Nov (5 weeks)

Tuesdays at 10am - 12pm

Kentwood Centre,

Kingsdale Road, Penge, SE20 7PR

Free Courses & Workshops

Please call or email to book your place.

Carers: Looking After Yourself

1 Nov - 6 Dec (6 weeks)

Thursdays at 10am - 12pm

Community House, South Street, Bromley,
BR1 1RH

Mens Life Skills

7 Jan - 11 Feb (6 weeks)

Mondays at 1:15pm - 3:15pm

Community House, South Street, Bromley,
BR1 1RH

Reflexology

10 Jan - 14 Feb (6 weeks)

Thursdays at 10am - 12pm

Community House, South Street, Bromley,
BR1 1RH

Coping with Caring: CBT for Carers

1 Oct - 26 Nov

Mondays at 10:30am - 12pm

Bromley Parish Church, Church Road,
Bromley, BR2 0EG

Mental Health Carers

Support Groups

No booking necessary.

Ripley Arts Centre, 24 Sundridge Avenue,
Bromley, BR1 2PX

Tue 9 Oct 6pm - 7:30pm

Tue 13 Nov 6pm - 7:30pm

Mental Health Carers

Drop-ins

No booking necessary.

Green Parks House, Princess Royal
Hospital, Farnborough Common, BR6 8NY

Every Wednesday at 4:30pm - 5:30pm

Mental Health Skills & Information Group

Please call or e-mail to book your place

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

Mon 26 Nov 1pm - 3pm

Topic: Sharing your views about Oxleas

Guest speaker: Alison Furzer, Oxleas Director

Please eat beforehand or bring your lunch
with you.

Contact us on: **020 8315 1925** or **carers@bromleywell.org.uk**

Carers Christmas Forum

Monday 10 December
2pm - 4pm
Community House, South Street,
Bromley, BR1 1RH

Enjoy **free** mince pies. Take the chance to win a prize for yourself in our raffle. Laugh with other carers as you enjoy yourself in a festive quiz. All for free!

Can't attend without your cared-for? No problem, bring them along too.

RSVP for catering purposes
Please call or email to reserve your place

Carers Get Crafty

Come along to a free, informal art session to unwind in fun arts and crafts activities in a friendly, supportive environment. No prior experience or skills are required.

Monday 15 October | 1pm - 3pm
Painting with templates

Monday 12 November | 1pm - 3pm
Memory book making

Monday 10 December | 10am - 12pm
Making Christmas decorations (*followed by our Christmas Forum!*)

Community House, South Street,
Bromley, BR1 1RH

Please call or email to reserve your place

Contact us on: **020 8315 1925** or **carers@bromleywell.org.uk**

Mental Health Carers

A carer shares her experience of the Mental Health Carers service.



I am a carer and was finding life very difficult before I contacted Bromley Well. My husband has Parkinson's disease as well as a mental health diagnosis and my son is diagnosed with an anxiety disorder and can be very aggressive. I couldn't cope anymore; it is difficult to care for one, let alone two and I work part time. I felt overwhelmed and very isolated.

I was very pleased when I was contacted by the Mental Health Carers Support Adviser, Helen Brushett. She listened very patiently and made me feel like somebody understood what I was going through. We have met a couple of times and I feel that talking about it has helped me. She made me feel like I have hope for my son again.

I have been able to attend the Mental Health Skills & Information Group and the Mental Health Carers Support Group. These groups are really useful spaces to share problems and opinions, very helpful. I am looking forward to the meetings in the autumn. Thank you, the help is really appreciated.

The Mental Health Carers group has recently developed: The group is run by trained volunteers and the carers have decided to dedicate the last thirty minutes of the session to talk about practical strategies to help them in their caring roles. **See page 5 for the next meeting dates!**

StChristopher's
Bromley Bereavement Service

Referrals: 020 8768 4591

Helpline: 020 8768 4595

Talk together
Bromley **NHS**

Anxious, stressed or down?

Contact us on 0300 003 3000
or visit talktogetherbromley.co.uk

Delivered in partnership by Bromley Healthcare
and Mental Health Matters for the NHS

Bromley
Healthcare
better together

mhm

TALK TO US

If things are getting to you

116 123 **FREE**

This number is FREE to call round the clock

SAMARITANS

Oxleas
NHS

Urgent Advice Line
0800 330 8590

Money Matters

There are plenty of discounts on offer for carers, and we've listed just a few below. Please note that you may be asked to provide proof of your caring role – for example, you may be asked to show your Blue Badge or evidence of disability benefits you are in receipt of. If in doubt, please ask first.

Health & Fitness



10% off
membership



FREE membership
when cared-for is a
paying member



FREE swimming
across all
centres*



£20 off your first
consultation

Beauty & Wellbeing



20% off massages
– service for
women



30% off
massages &
treatments



10% off classes



Pay what you can
for Meditation
Classes

Leisure & Entertainment



FREE ticket when you
bring your cared-for &
£2-£5 off when you
don't



FREE ticket when
you bring your
cared-for



FREE ticket when
you bring your
cared-for



FREE ticket when
you bring your
cared-for

Did you know...

A carer of a disabled person above the age of 8 years old can apply for a CEA Card, giving the carer free access to the majority of UK cinemas when accompanying their cared-for.

Visit www.ceacard.co.uk to apply.

*my time active centres include West Wickham Leisure Centre, The Pavilion, Biggin Hill Library & Pool, The Spa in Beckenham, Walnuts Leisure Centre & Darrick Wood Swimming Pool.



FREE ticket when you bring your cared-for



£10 off your ticket when you pre-book



FREE ticket when you bring your cared-for



FREE admission when you bring your cared-for

Transport

Vehicle tax exemption

You can apply for exemption from paying vehicle tax if you get the higher rate mobility component of DLA or the enhanced rate mobility component of PIP.

Disabled Person Railcard

The Disabled Persons Railcard is for people with a disability that makes travelling by train difficult. Both you and your cared-for can get 1/3 off rail fares.

Taxicard Scheme

Your Taxicard allows you to make a set number of subsidised journeys in licensed London taxis. It aims to provide transport for disabled and older people who have mobility impairments.

Vehicle tax reduction

You can get a 50% reduction in vehicle tax if you get the PIP standard rate mobility component.

VAT relief for vehicles

You may not have to pay VAT on having a vehicle adapted to suit your condition, or on the lease of a Motability vehicle.

Did you know...

You can get offers on everything from shopping to insurance by becoming a member of CarerSmart (and it's free!)

Register online at www.carersmart.org.

The Motability Scheme

The scheme can help you with leasing a car, powered wheelchair or scooter. You will need to be receiving certain benefits, such as the higher rate of the mobility component of DLA or the enhanced rate of the mobility component of PIP.

Did you know...

Early next year, Blue Badges will be extended to those with less visible conditions, including autism and mental health conditions. The Blue Badge scheme currently means those with physical disabilities can park closer to their destination than other drivers.

To apply for or renew a Blue Badge, visit www.gov.uk/apply-blue-badge.

Special Assistance at London Airports

As well as offering mobility aids, help points and reserved seating, most London airports now offer help to people with hidden disabilities such as autism, dementia or a mental health condition. This includes a lanyard, sticker or wrist band system that people can wear so that staff know they may need a little extra care navigating the airport. This could include taking the passenger through a quieter area, avoiding queues in busy places and priority boarding.

Thank you!

We would like to take this opportunity to thank these service providers for their generous contribution of time and skills.



www.devayoga.co.uk

Deva Yoga led a 4-week *Yoga for Relaxation* course, accommodating everyone.



www.bromleymindfulness.org.uk

Robert Mitchell led a 4-week course on *Mindfulness for Resilience*, teaching Carers stress management techniques.



www.clearnutrition.co.uk

Nutritional practitioner Amy Prior led carers through the basics of nutrition and healthy eating before providing tailored advice.



www.contact.org.uk

Contact a Family led an information workshop for parents of children with a learning or physical disability, providing strategies to help.

Karma Parent

www.karmaparent.com

Emma Martin taught meditation techniques that an on-the-go carer can incorporate into their life.



www.baec.ac.uk

Bromley Adult Education College led a 6-week *Aromatherapy for Wellbeing* course, teaching stress-busting massage strokes.



www.bromleydementiasupporthub.org.uk

Bromley Dementia Support Hub gave carers practical advice on helping someone to live well with dementia.

Contact us



020 8315 1925



carers@bromleywell.org.uk



www.bromleywell.org.uk

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Bromley Well

Delivered by:



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Carers Christmas Forum

**Monday 10 December
2pm - 4pm
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Bromley, BR1 1RH**

Enjoy **free** Mince pies. Take the chance to win a prize for yourself in our raffle. Laugh with other carers as you enjoy yourself in a festive quiz. All for free!

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RSVP essential

Bromley Well **Christmas Closures**

Our offices will be closed on Tuesday 25 December, Wednesday 26 December, Thursday 27 December and Friday 30 December. We will reopen on Monday 31 December.

Should you want to speak to someone urgently during this period, please call a relevant emergency service. Below are some numbers that may be useful.

Samaritans	116 123
Bromley Social Services Early Intervention	020 8461 7777
Oxleas Urgent Advice Line	0800 330 8590
Cruse Bereavement Care	0844 477 9400
National Domestic Violence Helpline	0808 2000 247

Long Term Health Conditions

Health & Wellbeing Workshops

The Bromley Well Long Term Health Conditions team are running a Health & Wellbeing programme for people living with conditions such as COPD, arthritis, hypertension, diabetes and many more. The sessions are friendly and informal and are designed to encourage people to share their experiences and knowledge. The sessions are held at **Community House, South Street, Bromley, BR1 1RH.**

- Thursday 18 October - *Good Health and Self-Care*
- Thursday 25 October - *Eating Well and Drinking Sensibly*
- Thursday 1 November - *Physical Activity: 'The Wonder Drug'*
 - Thursday 8 November - *Sleep and Mindfulness*
 - Thursday 15 November - *Pain Management*
- Thursday 22 November - *Cognitive Behavioural Therapy: An Introduction*
 - Thursday 29 November - *Ensuring Good Medical Care*
- Thursday 6 December - *Self-Care and Planning for the Future*

To find out more, contact Diana Norris on 0208 315 1857.

“The programme was very empowering. Enjoyed the mindfulness and feel more confident talking to other people”



“I used to feel sorry for myself due to my health condition but now I have realised that I can help someone by sharing my experience with others”



Fibromyalgia & Chronic Fatigue Support Group

Our group is for people living with Fibromyalgia or Chronic Fatigue and is an opportunity to share your experiences and learn from others. The group is run from **Community House, South Street, Bromley, BR1 1RH** on the **last Friday of every month**. Our next meeting will be on Friday 31 September. **To find out more, contact Diana Norris on 0208 315 1857.**