

Mental Health Carers Newsletter

We support people who care for family, partners or friends who struggle with their mental health. Our Service is a partnership between Bromley Well and Bromley, Lewisham and Greenwich Mind.

Supporting you in April

Please register with Bromley Well to reserve your place on these free events, find our contact details on the following page

Mindful Photography Walk

You're invited to join us for a peaceful walk around Keston Ponds. Together we'll explore being mindful with nature and photography. No skill level required, just bring along your smart phone and we'll snap away together!

12th April at 11am
Meet in the car park
Keston Ponds, BR2 6HA

Understanding Personality Disorders

We're joined by Consultant Clinical Psychologist Kim Griffiths from Oxleas NHS for a talk on understanding personality disorders and discussion on depression and anxiety, with time for Q&A's

19th April at 2pm - 4pm
BLG Mind, 5 Station Road
Orpington

Coffee Afternoon Peer Support Zoom

Every Wednesday at 3pm, join for chat and peer support with fellow carers

Email us for the zoom link to attend!

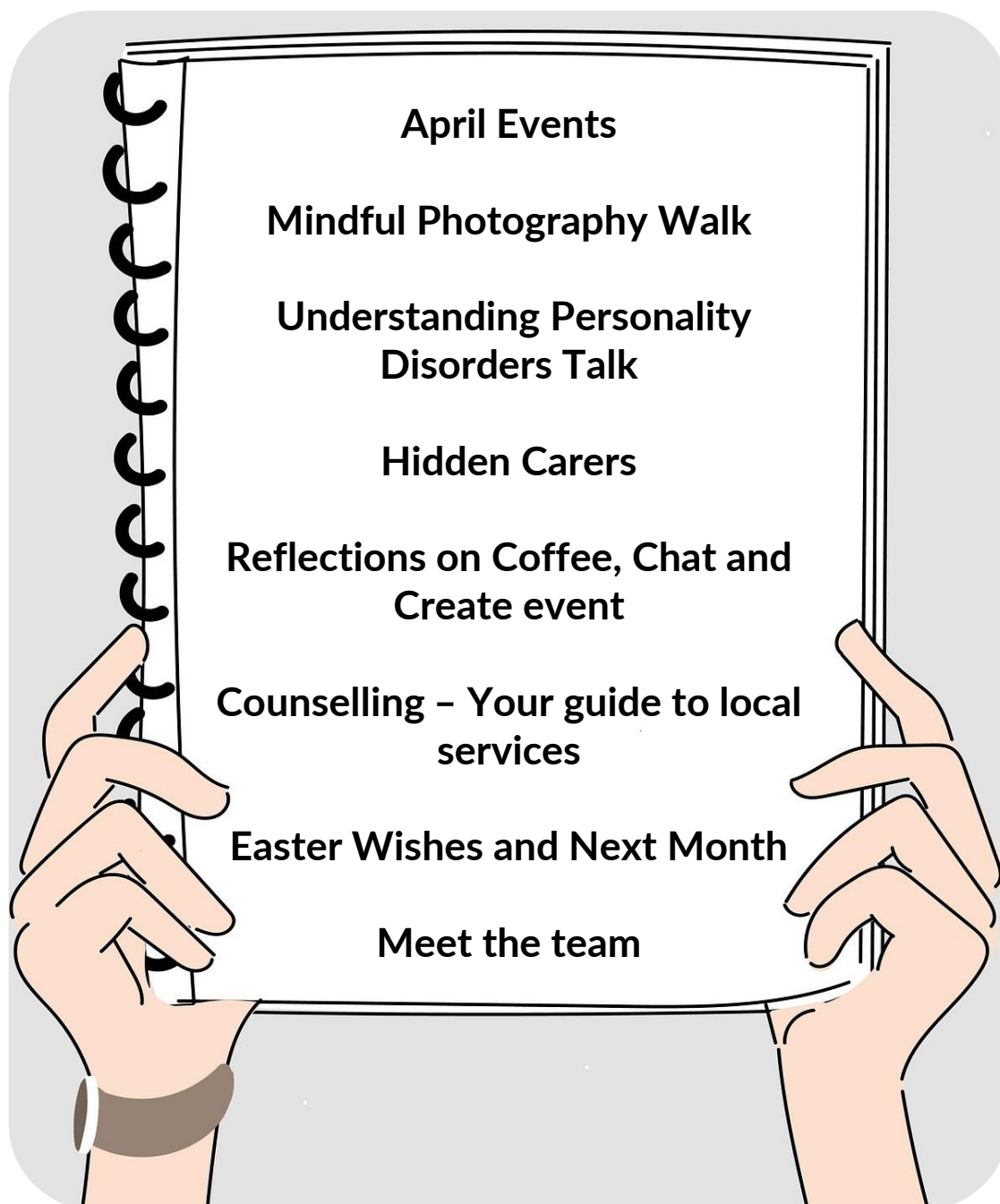


Coping with Caring

Our 6 week course for mental health carers

Next course starts **16th May** taking place every Tuesday morning in Orpington. Please get in touch to book your place

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If you are seeking support, wish to sign up to one our events or have any questions please refer to us by emailing

MHcarers@bromleywell.org.uk

or by calling Bromley Well Freephone

0808 278 7898 and asking for mental health carers

www.bromleywell.org.uk/our-services/carers/mental-health-carers

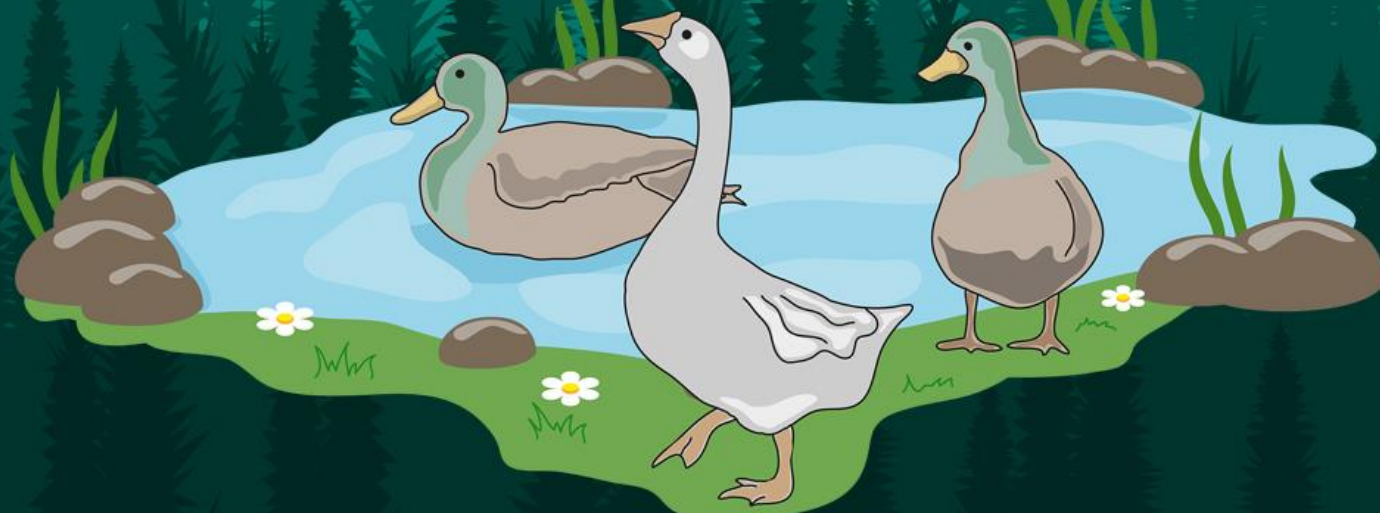
Mindful Photography Walk

You're invited to join us for a peaceful walk around Keston Ponds

Together we'll explore being mindful with nature and photography. No skill level required, just bring along your smart phone and we'll snap away together!

12th April at 11am

Meet at the entrance in the car park
Fishponds Car Park (off Westerham Road)
Keston
BR2 6HA



Understanding Personality Disorders

On Wednesday 19th April, we're joined by Consultant Clinical Psychologist Kim Griffiths from Oxleas NHS for a talk on understanding personality disorders and discussion on anxiety and depression.

Kim works in the Bromley Acute-Crisis team and the ADAPT (Anxiety, Depression, Affective disorders, Personality Disorders and Trauma) team. He's passionate about supporting carers and there will be this time for reflection, questions and answers at the end of his talk.

If you have any questions you wish to pre-submit to him before the event, please do contact us to let us know.



“
19th April
2pm – 4pm
5 Station Road
Orpington
BR6 0RZ
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If you would like to join us for this event, please RSVP to book your place by emailing us at

MHcarers@bromleywell.org.uk

Hidden Carers



“Being seen as a carer is healing in itself. Otherwise the pain is invisible.”



At one of our events recently, a discussion took place about how people outside of the situation often don't realise how much goes into supporting someone struggling with their mental health. This can often make carers feel isolated and alone, and it can even make many carers 'hidden' as they themselves don't see themselves as carers. **Carer Ya shared these words above about the power of being seen as a carer and how that itself is healing for her.**

Many carers share how it can feel hopeless and helpless and this has an effect on their self esteem. This is of course understandable. In those moments in the chaos of life, when caring feels so heavy for you, please remind yourself of the love and care you give and how powerful and amazing that is... and it isn't something that everyone can do.

You are there, always giving love and support in any way you can. In those dark moments we wish to remind you that it's an amazing act of love you are giving to another.

Reflection: Coffee, Chat and Create

Last month we held a Coffee, Chat and Create event, a morning for carers to come together for peer support and dabble in some art.

Here are some words of advice and self care from fellow carers shared at the end...

'Give yourself time to practice self love'

'Learn to let go and not try to control'

'Take care of yourself and be to kind to yourself'

'Sometimes you have to put yourself first and don't feel guilty if you do'

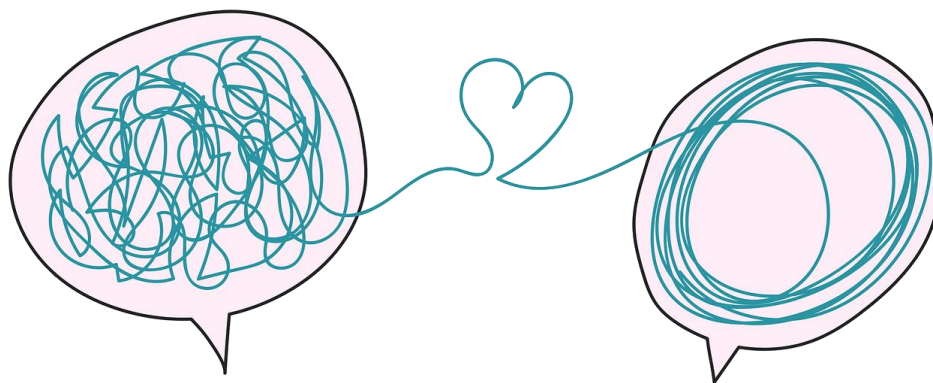
Do you practice anything creative that helps with your wellbeing and mental health? We would love to hear!



Counselling – Your Guide to Local Services

If you're seeking counselling, it can be confusing finding out what is available and what might be the right fit for you.

Below we outline the local NHS counselling service available as well as the two low cost counselling services for Bromley.



Talk Together Bromley is the free NHS talking therapy support in Bromley. This is part of the NHS Improving Access to Psychological Therapies service (IAPT) and free to those living in Bromley.

They offer talking therapies for people experiencing depression, general anxiety and worry, health anxiety, panic attacks, social anxiety, traumatic memories and obsessive-compulsive disorder (OCD).

They offer Cognitive Behavioural Therapy (CBT), guided self help, computerised CBT, therapeutic CBT based workshops, employment coaches and counselling. They usually work on a 6 sessions basis.

If you're aged 18 or over and registered with a Bromley GP, you can self refer to Talk Together Bromley by calling 0300 003 3000 or completing their form online. For more information on what support they offer and self-referral, visit their website at www.talktogetherbromley.co.uk

Counselling – Your Guide to Local Services

Westmeria Counselling offers a low cost counselling service, whereby they ask clients to make a contribution towards the cost of their counselling. This amount is set by you at the start (minimum fee for each session is £10).

They offer up to 24 sessions and they have also just started a range of workshops each month for £15 (on topics such as anxiety, menopause and more).

All of their counsellors are members of the counselling governing body BACP. You can self refer by calling 0208 467 9693 or through email - enquiries@westmeriacounselling.co.uk

For more information on what support they offer and self-referral, visit their website at www.westmeriacounselling.co.uk



Bromley Community Counselling Service offers a low cost counselling service, whereby they ask clients to make a contribution towards the cost of their counselling. This amount is set by you at the start (minimum fee for each session is £20).

They offer up to 24 sessions and offer psychodynamic therapy, psychological therapy, humanistic therapy, gestalt, transactional analysis and existential.

All of their counsellors are members of a nationally recognised professional counselling/psychotherapy register, such as those held by BACP, UKCP, BPS, or BABCP. You can self refer to by calling 0208 460 7711 or through email - contact@bccs.uk.com

For more information on what support they offer and self-referral, visit their website at www.bccs.uk.com

Easter Wishes

We wish you a peaceful Easter
this April.

We hope the sun continues and
you can find some moments of
calm, just for you.



Coming up next month...

Stay tuned next month for more events and talks!

In May we will be holding the allotment gardening afternoon with Heather from BLG Minds Recovery College, and another talk from an Oxleas professional.

We want to create a mental health carers service that has the voices and needs of carers at its heart.

We're working with Oxleas NHS and local charities in the aim to provide a rolling timetable of monthly events to support you. Whether it's talks from professionals on specific subjects, workshops on different areas, peer support or self care and alternative therapies... What support would you like to see and what would help you the most?



Meet the team

We're a team of two mental health carers advisors and we're passionate about the support that carers deserve.



Lucy Blake



Aimée Roberts

Our Service Provides...

Emotional support and a listening ear on the phone

Wellbeing advice and relaxation tips

Coping techniques for stressful situations

Peer support groups in person and online

Information and Skills Workshops and Talks

Wellbeing Events

General mental health information

Information on further support services for support for yourself and the person you care for

If you are seeking support, wish to sign up to one our events or have any questions please refer to us by emailing MHcarers@bromleywell.org.uk or by calling Bromley Well Freephone 0808 278 7898 and asking for mental health carers