

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 & Greenwich Mind

Supporting you in May

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

Coping with Caring

Our 6 week course for mental health carers, focusing on realistic self care.

Next course starts 16th May
Taking place every Tuesday morning in Orpington.
More information inside!

Understanding Suicide and Self Harm

We're joined by Clinical Psychologists in training from Oxleas NHS for a talk about understanding suicidal thoughts and self harm

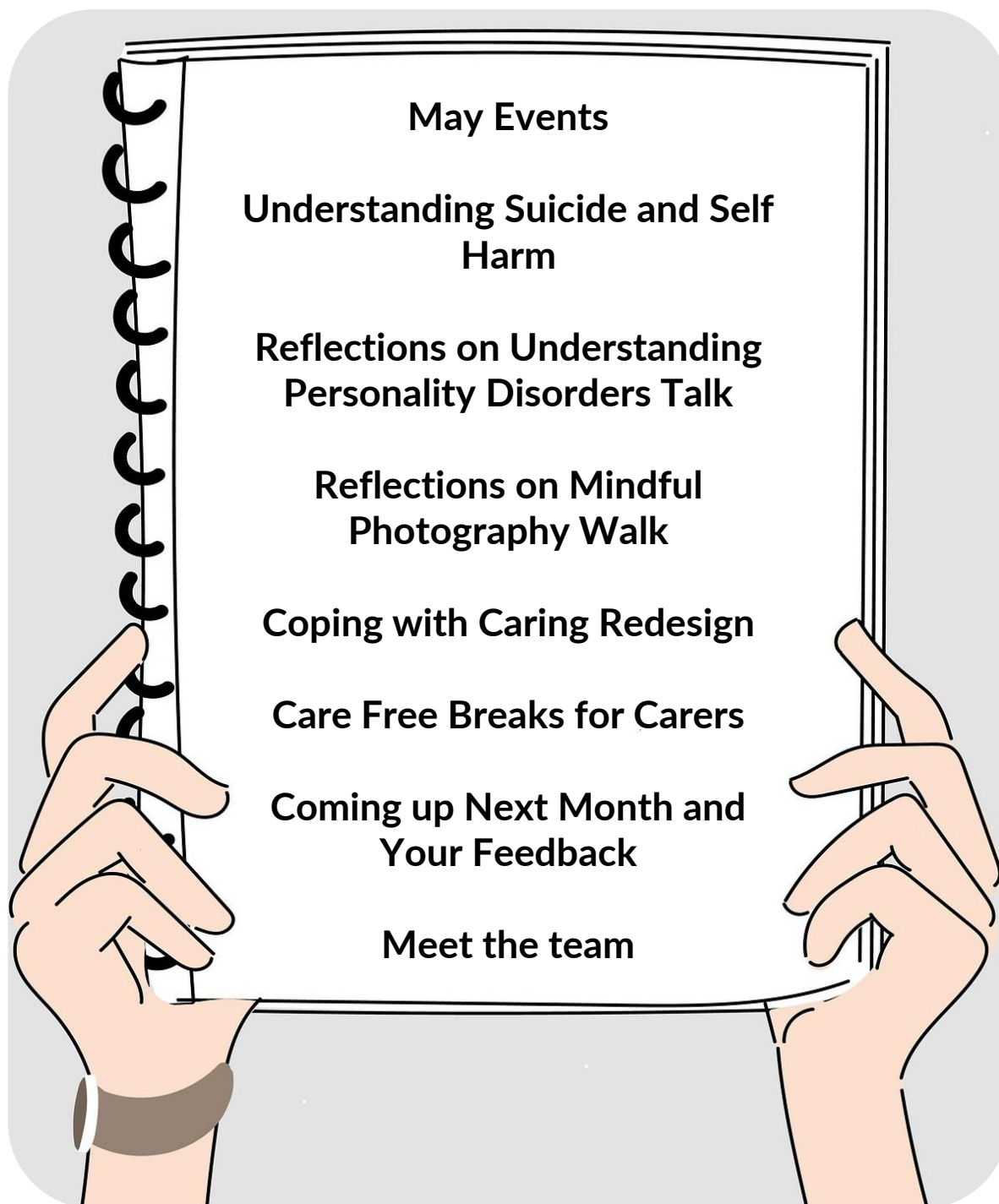
16th May 2pm - 4pm
5 Station Road, Orpington



Coffee Afternoon Zoom

Every Wednesday at 3pm, join us for peer support, a chance to chat with fellow carers. Email us for the zoom link to attend!

Inside this issue



May Events

**Understanding Suicide and Self
Harm**

**Reflections on Understanding
Personality Disorders Talk**

**Reflections on Mindful
Photography Walk**

Coping with Caring Redesign

Care Free Breaks for Carers

**Coming up Next Month and
Your Feedback**

Meet the team

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

Understanding Suicide and Self Harm

On Tuesday 16th May we're joined by Clinical Psychologists from the ADAPT (Anxiety, Depression, Affective disorders, Personality Disorders and Trauma) team in Oxleas NHS.

They will be joining us for a talk on suicide and self-harm to help develop understanding and build confidence in active listening skills.



“

16th May

2pm - 4pm

5 Station Road
Orpington
BR6 0RZ

”

If you would like to join us for this event, please RSVP to book your place by emailing us at

MHcarers@bromleywell.org.uk

Please note that there is limited parking onsite at this premise, however this is parking available nearby in Orpington town centre or for 3 hours in the Tesco's opposite. Orpington Station is a 10 minute walk from the premise.

Reflection: Personality Disorders Talk

Last month, Lead Clinical Psychologist Kim Griffiths joined us for a talk on understanding personality disorders.

Kim works in the ADAPT (Anxiety, Depression, Affective disorders, Personality Disorders and Trauma) team in Oxleas NHS and is passionate about supporting carers.

It was a brilliant talk and thank you to so many of you who came along for the event.

Your feedback about how helpful it was to learn about different brain functions, different definitions within mental health and how it was helpful to learn strategies to help with your loved one is really useful and will help inform future sessions.

We will be running more learning and knowledge workshops with professionals from Oxleas, the next one being the understanding suicide and self harm talk on 16th May.



Reflection: Mindful Photography Walk

Last month we held a mindful photography walk around Keston Ponds. The weather was on our side as we strolled round, chatting and taking in nature. We were even blessed to witness ducklings!

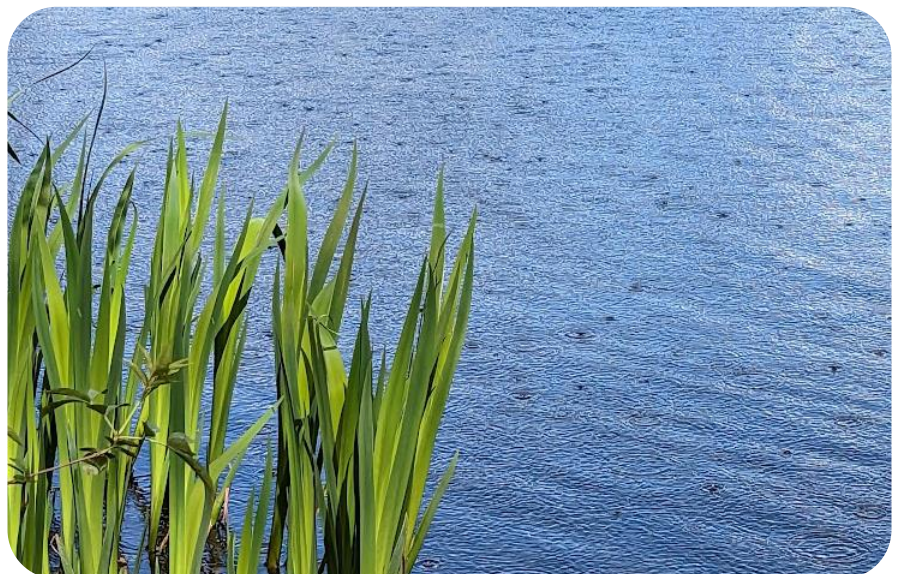


Reflection: Mindful Photography Walk

As we walked, we took in the details of nature around us.

If you're new to mindfulness, it's as simple as noticing the world around you and being present in that moment.

The details in the bark of a tree, the ripples in the water when it rains, the way the sun hits the branches of trees around you...





Coping with Caring Redesign

Last year our course for mental health carers underwent a redesign. We want to share more about the six sessions with you...

Introduction and The Emotional Impacting of Caring

Getting to know each other and thinking about the complex nature of being a mental health carer

The Body Keeps the Score

Looking at how the body holds stress, anxiety and overwhelm and techniques to manage the physical effects of this; including mindfulness, grounding and muscle relaxation that we'll practice together throughout the course

Coping with Distressing Conversations and Situations

Discussing the nature of mental health and what recovery means to individual people. Exploring different communication ideas, de-escalation techniques and the complex area of boundaries. We'll look at the emotional impact of distressing situations and explore together ways to cope and look after your own wellbeing

Carrying What Can't Be Fixed

Using acknowledgement, self-compassion and realistic self-care. We'll explore creative ways to cope and express yourself and how to build a self-care toolkit

Growing Your Life Outside of Caring

Exploring how many carers find they're feeling a loss of identity, as feelings become intertwined with the one you care for and it's hard when you take on their emotions too. We'll explore how to grow your life outside of caring and create a balance between your caring and your own life

Looking Forwards

Looking at what the course has covered and how to bring the techniques practiced with you moving forwards. Here we will also look at future planning (for you as a carer and the one you care for) and navigating the mental health system, as well as advocacy and carers' rights.

Carefree Breaks

We are a partner of the charity Carefree. Carefree offers free breaks within the UK for unpaid carers. They have deals with hotels to offer free accommodation (one or two nights) for carers, you can even bring a friend!

The stay at the hotels is completely free, you only have to pay the cost of your travel and your food and drink (however most hotels do include breakfast) and a small admin fee.

If you're interested, please do contact us so we can refer you for a break – MHcarers@bromleywell.org.uk

Carefree transforms vacant accommodation into vital breaks for unpaid carers.

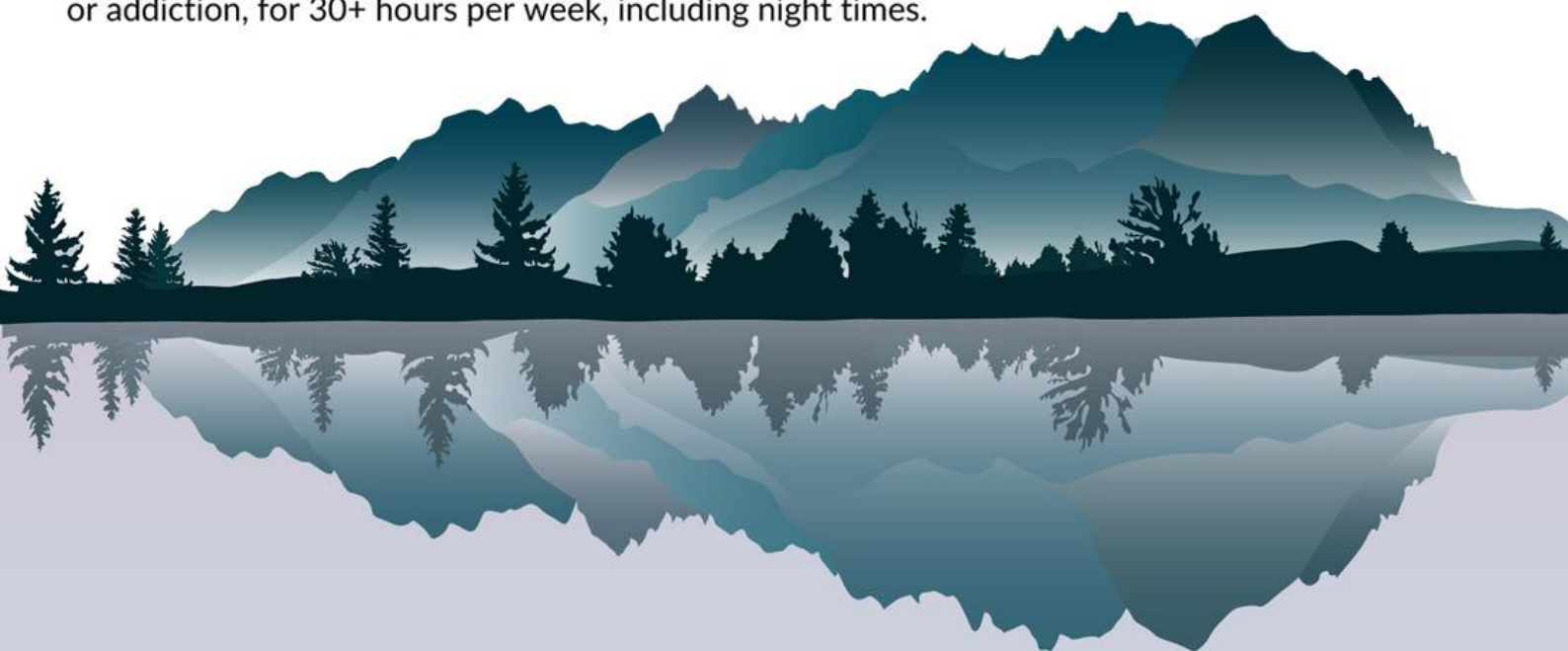
To qualify for a break carers must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (£25 admin fee, transport, food etc)

The break is for the carer only. You are welcome to take a companion but not the person(s) you care for as this is a break and respite for you.

What do we mean by unpaid care?

At Carefree this means anyone who looks after a family member, partner, friend or neighbour who can't cope alone for reasons including frailty, illness, disability, mental health problem or addiction, for 30+ hours per week, including night times.



Coming up next month...

Stay tuned next month for more events and talks!

In June we will be hosting a talk about psychosis where we will be joined by more guest speakers from Oxleas NHS and a peer get-together for a summer picnic!

We want your feedback!

Tell us what workshops, talks and information sessions you would like

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 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?

Please let us know your views, ideas and any feedback by emailing us at MHcarers@bromleywell.org.uk



Meet the team



Lucy Blake



Aimée Roberts

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

Our Service Provides...

Emotional support and a listening ear on the phone

Wellbeing advice and relaxation tips

Coping techniques for stressful situations

Support groups in person and online

Information and Skills Workshops and Talks

Peer Wellbeing Events

General mental health information

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