

Adult Carers Events

Don't
forget
to book!

Face-to-face events

All our events are free for unpaid carers who live or care for someone in the London Borough of Bromley. You must book your place for all face-to-face events, as we only have a limited number of places due to room size. If you are unable to attend an event you have booked a place for, please let us know as soon as you can, so another carer can be offered your place.

October 2022

Confidence Workshop

Wednesday 5 October from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

Funded by Working for Carers and delivered by True Measure, this workshop will cover:

- *Defining self confidence*
- *Identifying the confidence you already have*
- *The impact of personality*
- *Techniques to overcome nerves and self-doubt*
- *Being clear and confident in conversation*
- *Boosting thoughts and feelings to support your intention*

Carers Peer Support Group

Wednesday 5 October from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

There can be times when caring can be isolating. Our Peer Support Groups give the opportunity to meet with fellow carers, exchange ideas and support each other in a friendly and inclusive environment.

Moving and Handling Talk (theory only)

Wednesday 19 October from 10:00am- 10:30am

Community House, South Street, Bromley BR1 1RH

Sarah, Registered Manager at Home Instead, will be giving a 30 minute talk on the principles of moving and handling.

Carers Peer Support Group

Wednesday 19 October from 10:30am- 12:30pm

Community House, South Street, Bromley BR1 1RH

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November 2022

Carers Peer Support Group

Wednesday 2 November from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

There can be times when caring can be isolating. Our Peer Support Groups give the opportunity to meet with fellow carers, exchange ideas and support each other in a friendly and inclusive environment.

Falls Prevention Talk

Wednesday 2 November from 4:00- 4:30pm

Community House, South Street, Bromley BR1 1RH

Sarah, Registered Manager at Home Instead, will be giving a 30-minute talk on falls prevention.

Carers Forum: Respite

Tuesday 8 November from 2:00- 4:00pm

Saxon Day Centre, Lych Gate Rd, Orpington BR6 0TJ

Saxon Day Centre will give you a guided tour of the Day Centre followed by a discussion around respite and exploring different ways to take a break from caring in the borough.

As with all face-to-face events, booking is essential and you will be required to wear a face mask whilst moving around the Day Centre.

To register: **0808 278 7898** or **spa@bromleywell.org.uk**

Carers Peer Support Group

Wednesday 16 November from 10:30am- 12:30pm
Community House, South Street, Bromley BR1 1RH

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Break the Cycle of Stress, Worry and Anxiety Workshop

Thursday 24 November from 10:30am- 1:00pm

Beckenham Place Mansion, Beckenham Place Park, Beckenham, BR3 1SY

Learn how to bounce back from difficult situations, anxiety, and worry. This workshop will help you build resilience and learn skills for dealing with difficult situations, unhelpful thoughts or uncomfortable emotions. You will learn skills that last a lifetime to give you a foundation for the practices you need to build a better life for yourself and your loved ones.

Carers Peer Support Group

Wednesday 30 November from 2:00- 4:00pm

Community House, South Street, Bromley BR1 1RH

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The Ageing Process Talk

Wednesday 30 November from 4:00- 4:30pm

Community House, South Street, Bromley BR1 1RH

Sarah, Registered Manager at Home Instead, will be giving a 30-minute talk on the ageing process and how to support someone to cope with the changes that come as we age.

December 2022

Embracing Change Workshop

Thursday 8 December from 10:30am- 1:00pm

Beckenham Place Mansion, Beckenham Place Park, Beckenham, BR3 1SY

We live in an ever-changing world but try to insulate ourselves from change and from the effects of change. In this training class we will learn why we desire and expect stability and how to train ourselves to thrive in a world of accelerating changes. This isn't a lifestyle or a theoretical lecture it is an explanation of the common phenomenon of resistance to change and the practical steps we can take to benefit from it..

Carers Peer Support Group

Wednesday 14 December from 10:30am- 12:30pm
Community House, South Street, Bromley BR1 1RH

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Online events

Weekly

Coffee Afternoon for Carers of People with Poor Mental Health via Zoom
Every Wednesday 3:00- 4:00pm

Fortnightly

Carers Peer Support Group via Zoom
Every other Friday 11:00am- 12:00pm

Contact us



0808 278 7898



spa@bromleywell.org.uk



www.bromleywell.org.uk

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You must be registered with Bromley Well to attend any of our events. You can self-refer by contacting Bromley Well Single Point of Access (SPA) on **0808 278 7898** or by e-mailing spa@bromleywell.org.uk

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