

# Adult Carers Newsletter

## Carers Week Fun!

**“So pleased I was able to get cover to be with my husband and get along to the event yesterday. I loved it! Thanks to everyone for making it such an enjoyable afternoon and hope you do it again!” ~ from carer who attended event**

We all had a great time at our Carers Week event and forum on 12 June. Thank you to everyone who came and participated. The highlight of the day has to be the singing workshop led by Eleanor Rastall (pictured far left). Eleanor had us singing strange songs about aliens, new rounds we'd never heard before and then a few classics like Blue Moon and Swing Low to finish off. It really lifted the spirits and brought us all out of our shells! We're hoping to have Eleanor back for one of our next forums. We also had a go at some low impact exercise, kindly delivered by our colleague Yvonne Conway. Our forums are also a chance to let us know what you think of our service and what you would like to see in the future. Thank you to everyone for all your valuable feedback and we really hope to see even more of you at the next forum in September! Feel free to contact us and register your place now, and we'll send you a reminder nearer the time.



**Come along to  
our next  
Carers Forum!**

**Wednesday 4 September 2019**  
2:30pm – 4:30pm  
Community House,  
South Street, Bromley, BR1 1RH  
**Please call or e-mail us to confirm your attendance!**

# Taking a Break

Taking a break for yourself is not only beneficial for your own well-being, it may also help the person you care for. Whether you're looking for a break for a few hours, a day or would like to take your cared for away somewhere with you, please get in touch with us to discuss the options available to you. We've listed some organisations that may be of interest, but there's a lot more out there! We cannot recommend any specific organisations, however, we can provide you with choices.

## Home Care & Sitting Services

Most care agencies offer sitting as one of their services. This would involve a trained carer coming to your home and staying with the person you care for whilst freeing you up to have some time for yourself. You may be entitled to Direct Payments, which you could use to pay for a regular break to attend an activity, see friends or do something nice for **you!**

### Bromley Well Sitting Service

Telephone: 020 8315 1859

[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

### MindCare Dementia Support at Home

Telephone: 020 8663 0499

[www.mindcare.org.uk](http://www.mindcare.org.uk)

Please contact us if you'd like us to send you **Bromley's Adult Care & Support Services** directory, which lists all the care agencies, day centres and other care services in Bromley.

You can also check the quality of care services via the **Care Quality Commission**.

The **CQC** are an independent regulator of health and adult social care.



03000 616 161



[www.cqc.org.uk](http://www.cqc.org.uk)

## Day Centres

There are a number of day centres in the borough. Day centres can often be a less expensive and more informal way to receive care as well as an opportunity for you to have a break. Most centres offer transport to and from the centre and include food, social activities and other services such as hairdressing and toe nail cutting. If the person you care for has savings of less than £23,250, Bromley Council may also be able to fund or partially fund access to day services.

### MindCare Dementia Support Beckenham

20b Hayne Road, Beckenham, Kent, BR3 4HY

Telephone: 020 8289 5900

[www.mindcare.org.uk](http://www.mindcare.org.uk)

### Bertha James Centre, Age Concern Ravensbourne

34 Masons Hill, Bromley, Kent. BR2 9HJ

Telephone: 020 8464 5361

[www.berthajames.org](http://www.berthajames.org)

### Saxon Centre, Age Concern Orpington

Lych Gate Road, Orpington, Kent, BR6 0TJ

Telephone: 01689 830 055

[www.saxondaycentre.org.uk](http://www.saxondaycentre.org.uk)

### The Garden Rooms, Age UK Bromley & Greenwich

85 High Street, Chislehurst, BR7 5AG

Telephone: 020 8467 7751

[www.ageuk.org.uk/bromleyandgreenwich](http://www.ageuk.org.uk/bromleyandgreenwich)

### Biggin Hill Community Care Association

St. Mark's Church Hall, Church Road, Biggin Hill, Westerham, TN16 3LB

Telephone: 01959 577400

[www.bigginhillcommunitycare.org](http://www.bigginhillcommunitycare.org)

### Mind Care Dementia Support- Orpington


United Reformed Church Hall, Giggs Hill, St Paul's Cray, Orpington, Kent, BR5 2SA

Telephone: 020 8402 5795

[www.mindcare.org.uk](http://www.mindcare.org.uk)

## Free Breaks for Carers



 020 8315 1925


 [carefreespace.org](http://carefreespace.org)

In our last two newsletters we told you about free breaks for carers. We have partnered with **carefree**; a charity who strive 'to support and sustain unpaid carers, the invisible workforce without which our social care system could not survive'. Carefree have holiday accommodation providers all over the country signed up with them and you choose where you stay. These breaks are for the carer and a companion only (not the person you care for) in order for you to have a proper break. There is more information about the scheme on the carefree website but referrals need to come through us. Please contact us if you would like more information or would like to be referred to carefree for a free break.

## Breaks with the Person you Care for




The perfect tool people wanting to explore the UK, the revamped *Rough Guide to Accessible Britain* is free to download or view on the Motability website. The guide is an ideal planning tool for anyone with access needs and now also includes information for visitors with more hidden conditions such as autism or mental illness.

 0300 456 4566

 [www.motability.co.uk](http://www.motability.co.uk)



Dementia Adventure are a registered charity who operate nationally. Their trained team and expertly planned itineraries mean you can have the holiday you have been hoping for. Whether you want to relax by the coast or walk up mountains, they have something for everyone and welcome people with all types of dementia and can arrange personal care if necessary. You can order a brochure or download one from their website.


 01245 237 548

 [dementiaadventure.co.uk](http://dementiaadventure.co.uk)

Disabled  
Access  
Holidays




DisabledAccessHolidays.com is an online travel agent offering services to disabled people throughout the UK. Disabled Access Holidays Ltd and its sister company Mobility Equipment Hire Direct Ltd offer wheelchair accessible accommodation, mobility equipment hire, wheelchair adapted taxi transfers and wheelchair assistance on flights to destinations throughout the world.

 0800 622 6000

 [disabledaccessholidays.com](http://disabledaccessholidays.com)



Revitalise is a national charity providing respite care in a holiday setting for disabled people and carers for over 50 years. They run three accessible holiday centres in Chigwell in Essex, Southampton and Southport.

 0303 303 0145

 [revitalise.org.uk](http://revitalise.org.uk)

# Parent Carers

## Things to do over the summer holidays!

We've listed some useful organisations and discounts available to carers that may help if you're struggling to keep your children occupied over the summer holidays. Some of the discounts are available to all carers and not exclusive to parent carers. Please check out all the organisations listed, as they are doing great things and we haven't got enough space here to list all the good work and great activities they provide!

### Activities, Clubs and Outings



#### Bromley Parent Voice

Bromley Parent Voice (BPV) is a voluntary group of parents and carers of children and young people (0-25) with special/additional needs and disabilities living in the London Borough of Bromley. Their website is packed full of useful information for parent carers and has a brilliant **programme of events** listed on their events calendar. Be sure to sign up for their excellent E-Bulletin too!



[www.bromleyparentvoice.org.uk](http://www.bromleyparentvoice.org.uk)



[info@bromleyparentvoice.org.uk](mailto:info@bromleyparentvoice.org.uk)



The Maypole Project provides activities and outings for children and young people with complex medical needs, SEN and disabilities. They also welcome siblings!

The Maypole Project provide a number of services such as therapies, activities and outings, befriending and groups. You can self refer for services and they also have a regular newsletter. They've teamed up with **Gambado** in Beckenham on the 20 August, where they'll have exclusive use of the venue for the evening! Please contact The Maypole Project for further information or to book.



[www.themaypoleproject.co.uk](http://www.themaypoleproject.co.uk)



01689 851 596



Need2change are "a friendly bunch of mums dedicated to raising awareness and changing things for the better, for children and adults with complex disabilities and their families" and all live in the London Borough of Bromley.

Their aim is to "see more appropriate facilities, and in particular, Changing Places permanently installed in our local community". A map of registered Changing Places toilets can be found here: [www.changing-places.org](http://www.changing-places.org). Bromley currently has these facilities at The Glades Shopping Centre and Bromley Vue Cinema. Mobiloo will also be at Ruxley Manor on the 4<sup>th</sup> Thursday of the month until November and at Bec Rec Rocks on 13 July! For more information:



[hello@need2change.org](mailto:hello@need2change.org)



[@need2change\\_uk](https://twitter.com/need2change_uk)



[need2change](https://www.facebook.com/need2change)



[need2change\\_uk](https://www.instagram.com/need2change_uk)



Sky Badger is a charity that finds help and adventure for disabled children and their families all over the UK.



[skybadger.co.uk](http://skybadger.co.uk)

## Discounts for Carers



The Max Card is a discount card helping families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission. Some of the places include Alton Towers, Flip Out, Thorpe Park, Butlins and Go Ape!

To get a My Max card you need to register your child on the [Bromley Children's Disability Register](#).



[cdr@bromley.gov.uk](mailto:cdr@bromley.gov.uk)



[mymaxcard.co.uk](http://mymaxcard.co.uk)



Adult's entry is free providing documentation is shown on day of visit. Proof of ID will require DLA/blue badge/ signed letter from GP with photo ID. Awareness wristbands are available for visitors and their respective carers and Kidzania is entirely accessible to wheelchair users.



0330 131 3333



[kidzania.co.uk](http://kidzania.co.uk)



[enquiries@kidzania.co.uk](mailto:enquiries@kidzania.co.uk)



If you care for someone over 8 years old and they are in receipt of DLA, PIP, Attendance Allowance or Armed Forces Independent Payment, you can apply for a CEA card. The card offers free access to the majority of UK cinemas when accompanying their cared for. You can apply through their website direct or download and print a copy of the form and apply through the post. If you would like us to send you a form, please let us know!



[www.ceacard.co.uk](http://www.ceacard.co.uk)



[info@ceacard.co.uk](mailto:info@ceacard.co.uk)



CarerSmart is a club from Carers Trust, the UK's largest carers charity, and is open to carers, people with care needs and staff and volunteers across the Carers Trust network. You can get discounts on things from holiday and travel arrangements to free legal advice sessions. Register online!



[www.carersmart.org](http://www.carersmart.org)



National  
Trust

National Trust and English Heritage offer free admission to their places when you take the person you care for along. You can also apply for an **Essential Companion Card** which is in the name of the person you care for and entitles them to bring along up to two carers or companions.



0344 800 1895



[www.nationaltrust.org.uk/features/access-for-everyone](http://www.nationaltrust.org.uk/features/access-for-everyone)



Bromley Churchill Theatre offers a free ticket to carers when they take the person they care for along. They will accept proof of carer's allowance, a letter confirming your cared for is in receipt of DLA, PIP or Attendance Allowance or a CEA card.



020 3285 6000



[churchilltheatre.co.uk](http://churchilltheatre.co.uk)

# What's on for Adult Carers?

## Adult Carers Peer Support Groups (Bromley)

All carers welcome. No booking necessary

Community House, South Street,  
Bromley, BR1 1RH

Thu 25 Jul | 11:00am – 12:30pm  
Thu 29 Aug | 11:00am – 12:30pm  
Thu 26 Sep | 11:00am – 12:30pm

## Adult Carers Peer Support Groups (Beckenham)

All carers welcome. No booking necessary

Christ Church Beckenham,  
1A Christ Church Road,  
Beckenham, BR3 3LE

Mon 8 Jul | 2:30pm – 4:30pm  
Mon 12 Aug | 2:30pm – 4:30pm  
Mon 9 Sep | 2:30pm – 4:30pm

## All Carers Drop-ins

Drop-in for a chat with an advisor

Memory Lane Room, Darwin Unit, Level 2  
Princess Royal University Hospital,  
Farnborough Common,  
Orpington, Kent BR6 8ND

Mon 15 July | 3:30pm – 5:00pm  
Mon 19 Aug | 3:30pm – 5:00pm  
Mon 16 Sep | 3:30pm – 5:00pm

## Carers Allotment Groups

Please call or e-mail to book your place

Tue 23 Jul | 2:30pm – 4:30pm  
Tue 27 Aug | 2:30pm – 4:30pm  
Tue 24 Sep | 2:30pm – 4:30pm

Location: **Elmers End.**  
Please contact us for full address details.  
You do not have to help with the allotment  
to attend these group sessions.

## Carers Walks

All carers welcome. No booking necessary

Kesley Park Café, Kesley Park,  
Wickham Road, Beckenham BR3 6QH

Wed 17 Jul | 10:30am- 12:00pm  
Wed 21 Aug | 10:30am- 12:00pm  
Wed 18 Sep | 10:30am- 12:00pm

## Activities

Please call or email to book your place

Community House, South Street,  
Bromley, BR1 1RH

**Arts & Crafts- led by carers**  
Tue 16 Jul | 2:30pm – 4:30pm  
Tue 20 Aug | 2:30pm – 4:30pm  
Tue 17 Sep | 2:30pm – 4:30pm

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

## Workshops

Please call or email to book your place

### Stress Busting

Wednesday 31 July | 2:30pm – 4:30pm  
Community House, South Street,  
Bromley, BR1 1RH

This workshop is provided by  
[Bromley Well Long Term Health Conditions](#)

### Financial Wellbeing

Tuesday 6 August | 2:30pm – 4:30pm  
Community House, South Street,  
Bromley, BR1 1RH

This workshop is provided by  
[The Money Charity](#)

### Estate Planning

Monday 19 August | 2:00pm – 4:00pm  
Community House, South Street,  
Bromley BR1 1RH

This workshop is provided by  
[The Co-op](#)

## Coping with Caring

Please call or email to book your place

### Coping with Life as a Carer

18 July- 5 September (8 sessions)  
Thursdays 11:00am – 12:00pm  
Community House, South Street,  
Bromley, BR1 1RH

An eight week course helping you to understand the impact that caring can have on your mental health, how caring can play a role in stress, anxiety and depression and learn skills to help you cope and manage your responses.

## Courses

Please call or email to book your place

### Recycled Jewellery

16 September–14 October (5 sessions)  
Mondays 9:45am–11:45am  
Kentwood Centre, Kingsdale Road,  
Penge, SE20 7PR

### Low Impact Yoga

**For carers and their cared for**  
19 September- 12 December (12 sessions)  
Thursdays 1:30pm – 2:30pm  
3:00pm – 4:00pm  
Poverest Centre, Poverest Road,  
Orpington BR5 2DQ

### Food and Eating Myths

19 September–17 October (5 sessions)  
Thursdays 12:30pm–2:30pm  
Kentwood Centre, Kingsdale Road,  
Penge, SE20 7PR

### Money Talks: Paying for Care

24 September – 15 October (4 sessions)  
Tuesdays 12:45pm–3:15pm  
Kentwood Centre, Kingsdale Road,  
Penge, SE20 7PR

These courses are provided for carers by  
[Bromley Adult Education College](#)

### Eligibility requirements

*These courses are funded through a Community Learning grant, supported by the Mayor of London and The Education & Skills Funding Agency. To attend these courses, you must be a resident of London and lived in the EU or EEA for at least three years prior to the start of the course.*

Check out our website for more info: [www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events)

## What's on for Mental Health Carers?

A Mental Health Carer is someone looking after a person with a mental health condition and these activities are specifically for them. Please contact **Clare Dundrow** on **07718 403 572** or [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) for more information on these events or to book your place.

### Mental Health Carers Drop-ins

*Please call to book a 30 minute appointment*

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

Every Wednesday 4:00pm – 6:00pm

### Mental Health Carers Support Groups

*No booking necessary*

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

Tue 9 July | 6:00pm – 7:30pm

Tue 13 August | 6:00pm – 7:30pm

Tue 10 September | 6:00pm – 7:30pm

### Mental Health Carers Skills & Information Groups

*Please call or e-mail to book your place*

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

**Monday 15 July | 5:45pm – 7:45pm**

*Topic: Caring for someone who is self harming*

*Speaker: Bridget Mhako from Bromley Crisis Service*

**Monday 19 August | 5:45pm – 7:45pm**

*Topic: Understanding depression*

**Monday 30 September | 1:00pm – 3:00pm**

*Topic: Understanding depression*

*Speaker: Kim Griffiths, Lead Clinical Psychologist, Green Parks and Bromley ADAPT*

## What's on for Mutual Carers?

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.

### Mutual Carers Lunch & Workshop

*Please call 020 8466 0790 or e-mail [nikki.hasling@bromleywell.org.uk](mailto:nikki.hasling@bromleywell.org.uk) to book your place*

**Older Carers (55+) Lunch & Workshop**

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

**Fri 26 July | 11:15am – 2:30pm**

*Speaker: Helen Sharp, The Learning Alliance; Shaping services in Bromley for people with Learning Disabilities*

**Fri 16 Aug | 11:15am – 2:30pm**

*Speaker: Neil Chick, Goal Setting for Adults with Learning Disabilities*

**Fri 27 Sep | 11:15am – 2:30pm**

*Speaker: To be confirmed*



# COACH4CARE

**StChristopher's**  
More than just a hospice

St Christopher's are running an initiative that trains former carers to become coaches for current carers who look after someone with a life limiting illness.

Coach4Care believes experienced carers are best placed to support people who are caring because they truly understand what it is like. They provide former carers with training to help them use their caring experience in a rewarding and meaningful way. Ex-carer coaches help carers develop positive coping strategies to improve their resilience as well as helping carers to reflect on their situation and take action to improve their well-being and the well-being of those they care for.

Coach4Care are looking for people who are interested in being a coach, or who would like to receive coaching as a carer.

## Would you like to receive coaching?

- Do you look after someone more than 3-4 hours a week?
- Do you sometimes run out of love and energy when caring?
- Do you want some flexible support at a time that suits you?
- Would you like to be coached by someone who has been in your shoes?
- Would you like to improve your well-being and the well-being of the person you care for?

## Could you be a coach?

- Have you cared for someone in the past?
- Would you like to use your experience to become a coach and help other carers?
- Can you commit to giving an hour of your time every week, for 6-12 weeks?

Experienced carers can support people who are caring because they truly understand what it is like

## How to sign up

Contact **Anna Warhurst** on 07718 250 363 or e-mail her at:

[anna.warhurst@stchristophers.org.uk](mailto:anna.warhurst@stchristophers.org.uk)

The training for coaching will take place between **10:00am- 5:00pm each day** on the following dates:

- Thursday 26 September 2019
- Friday 27 September 2019
- Saturday 28 September 2019

**St Christopher's Hospice, 51-59 Lawrie Park Road, Sydenham, London, SE26 6DZ**

For more information: [www.coach4care.squarespace.com](http://www.coach4care.squarespace.com)

# Carers Writing Competition

We're asking carers to submit a poem or short story relating to the theme of **'seasons'** and we'd love to hear from you. You can interpret the theme in any way you like, but your work needs to **relate in some way to your life as a carer**.

We will select the winning entry to be featured in our next newsletter. The winning entrant will also receive a mystery prize!

**All** submitted entries, with author's permission, will be compiled into an anthology and distributed alongside our newsletter.

## What do I need to know?

- The competition is **free** to enter
- It's open to **all** carers and former carers
- No writing experience is needed
- Your piece can be as short as you like
- You must not exceed 1,000 words
- It does **not** have to rhyme
- Spelling and grammar are **not** taken into consideration
- This is a chance to tell us what it's like to be in your shoes



## Great! How do I enter?

Entries must be submitted by **Friday 30 August 2019**. You can email your submission to us at [carers@bromleywell.org.uk](mailto:carers@bromleywell.org.uk) or send them by post to **Bromley Well Adult Carers, Community House, South Street, Bromley, BR1 1RH**. Not sure how to tell your story? Give us a call for a chat: 020 8315 1925.

## Thank you!

In our last Newsletter we asked you to submit a poem or short story relating to your caring role and specifically to the theme of **'happiness'**. Thank you to all those who participated in the competition – all the entries will be compiled into an anthology which we hope to publish next year. We really enjoyed reading all your entries and encourage anyone who has entered before to enter again!

It's getting really difficult to choose a winner, as all the pieces are so good! We kept our method the same as last quarter, where the team all ranked their top three creative writing pieces; giving a score of 1-3 with the highest scoring entrant winning the competition.

Congratulations goes to **Dave Martin**, the winner this issue!

**Well done Dave! Thank you for entering again and a prize will be coming your way soon!**

# Carers Writing Competition Winner

## Happiness

The times on our boat, our weekends afloat  
were some of the best times we knew.

The boat she slept eight, we were skipper and mate  
and our friends would line up to be crew.

On crisp misty mornings we'd slip from our mooring  
and hit the canal for the day.

At four miles an hour you observe every flower  
and all nature's gifts on the way.

I could write a huge book on the pleasure we took  
from our trips, each one an adventure.

But as good as it was, it's gone now because  
my wife has been touched by dementia.

Though she can't quite recall this morning at all  
she will go back a few years with a smile.

Then we talk about things that these memories bring  
and I get my mate back for a while.

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# Thank You!

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



[www.baec.ac.uk](http://www.baec.ac.uk)

Bromley Adult Education College organised a number of courses for carers, including *Carers Get Online*, *Reflexology* and *Low Impact Yoga*. They are running most of the courses in this issue.



[www.redcross.org.uk](http://www.redcross.org.uk)

British Red Cross ran a free Everyday First Aid course for carers in June and will hopefully be running another for one for us later in the year.



[www.stchristophers.org.uk](http://www.stchristophers.org.uk)

St Christopher's Hospice provided us with all the information on pages 9 on the Coach4Care initiative and for inviting us to their Carers Week event!



[www.oneills.co.uk](http://www.oneills.co.uk)

O'Neill's in Bromley kindly contributed to our Carers Week event.

## Like our Newsletter?

We are a small team and we write, design and print this newsletter ourselves in-house. Please contact us if there is something you would like us to include in future editions.

If you are receiving this newsletter in the post and you don't find it useful, please let us know and we'll save money by not sending it to you. Equally, if you are receiving a paper copy and you would prefer to receive it electronically please let us know.

If you are already receiving a paper copy please sign up to electronic updates too! We will continue to send you a paper copy but we may want to update you in between newsletter publications.

You can sign up for electronic updates on our website here:

[www.bromleywell.org.uk/our-services/carers](http://www.bromleywell.org.uk/our-services/carers)

### Contact us



020 8315 1925



carers@bromleywell.org.uk



www.bromleywell.org.uk

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