

# Mental Health Carers Newsletter

Welcome! We're the Mental Health Carers Service, we support people who care for family, partners, friends or neighbours who struggle with their mental health

## Supporting you in the New Year...

### Events, Peer Support and Dates for your Diary

#### Coffee Afternoon Peer Support Zoom

Every Wednesday at 3pm, please email us for the zoom link to attend!



#### Peer Support Morning in Beckenham

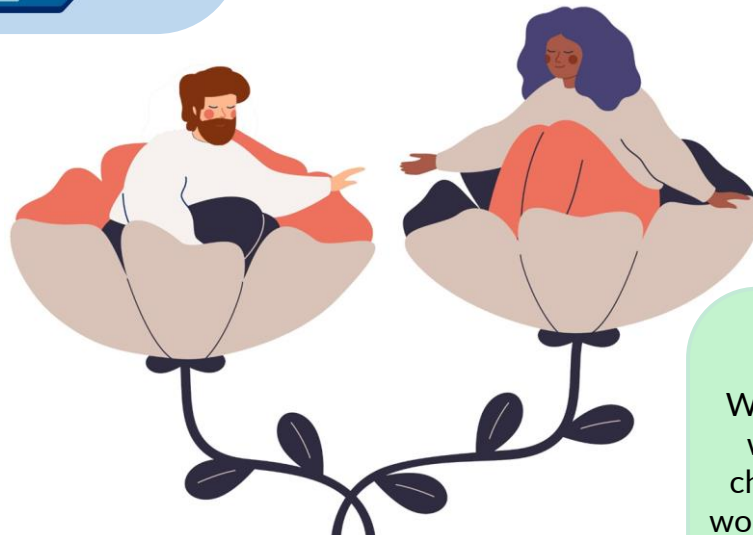
Please join us for a morning to meet other mental health carers, chat, have some coffee and cake and practice some self care together!



**18<sup>th</sup> January at 10am**  
**BLG Mind**  
**20b Hayne Road**

Do you care for someone with a serious mental illness that finds it hard to engage with their GP? **Voice your views to GPs directly!**

More information on the following page...



#### Coping with Caring

Our six week course for mental health carers, held in person in Beckenham. The course is interactive with an overall focus on realistic self-care for the enduring nature of caring.

There are a few spaces left for the course starting in January or register for the next course in March!

#### More to come...

We're currently working with Oxleas and local charities to set up some workshops and talks in the new year.

We hope to host some talks about different areas of mental health and creative and self care events for you as carers!

Please register your place on any of these events by contacting us at [MHcarers@bromleywell.org.uk](mailto:MHcarers@bromleywell.org.uk) or by calling Bromley Well Freephone 0808 278 7898

# Meet the team!

## Mental Health Carer Support Advisors



Lucy Blake



Aimée Roberts

We're here to provide emotional and practical support for you to manage your wellbeing and help you with your caring relationship. We're passionate about supporting those who devote so much time supporting others.

We aim to be person-centered and led by you, as the carers. We can provide...

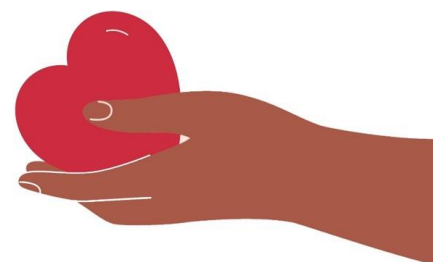
- Emotional support and a listening ear
- Wellbeing advice and relaxation tips
- Coping techniques for stressful situations
- General mental health information and information on further support services, for support for you or the person you care for (this could be counselling services, groups, advocacy services, benefits advice etc)

## Voice your views to GPs – Join the forum!

Do you care for someone with a serious mental illness who finds it hard to engage with their GP?

We are hosting a forum via zoom for carers of people with serious mental illness to discuss with a lead GP and feedback about what barriers people with serious mental illness face for accessing routine health checks through their GP surgeries. We would love for you to join us!

This is your opportunity to feedback directly to GPs on why GPs can be hard to engage with for some and what can be done differently to encourage people with serious mental illness to reach out to their GP's and take up offers for health checks and generally seek support. **Save the date – February 9<sup>th</sup> 2022...** More information to come in the new year.

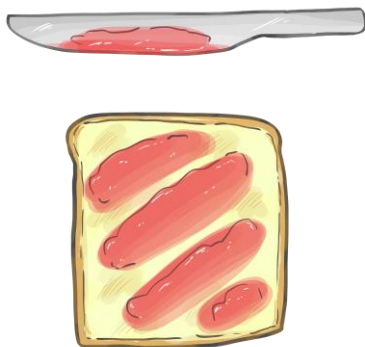


# Self Care during the festive season...

This time of year can be so hard for so many reasons. As carers, you may be feeling a mix of emotions.

It's okay if you feel exhausted; if you're grieving, if you're just hoping for this season to be over.

If you can embrace a little light and joy, that's amazing! If you're feeling it's all too much, we're by your side.



Self care isn't always lavish holidays and spa breaks. Sometimes it's just reminding ourselves to stay hydrated, eat and rest and be easy on ourselves.

It sounds cliché to say 'be kind to yourself' and often people aren't sure what this means. Being kind to yourself means treating yourself like you would a friend.

Eat toast for a meal if it all feels too much. Take a few moments at night to read a chapter of a favourite book, or listen to a song that holds good memories.

Self care is often those simple, small things... that just bring you a small moment of time for yourself in the chaos of life.





Wishing  
you a calm  
festive  
period

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

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0808 278 7898

<https://www.bromleywell.org.uk/our-services/carers/mental-health-carers/>