

Bromley, Lewisham & Greenwich Mind works alongside people with mental health needs and dementia to improve their quality of life. Our portfolio of services includes:

### Mental Health Services

- ❑ **Bromley Recovery Works** service offering individual, person-centred planning and support to access opportunities and resources in the local community. It also offers employment focused support for people looking to return to employment or who need help to stay in their jobs, peer support and a Recovery College, providing a range of courses which are co-designed and delivered by people with lived experience of mental health problems and mental health professionals.
- ❑ **Bromley Perinatal Community Support Service** providing person-centred, outreach support to new mothers with children less than one year old and expectant mothers who have a mental health diagnosis, who require additional practical and social support.
- ❑ **Bromley and Lewisham Mindful Mums** helping pregnant women and new mums to stay resilient and emotionally well, develop confidence and build social connections during what can be a challenging period of their lives through:
  - ❑ A 6 week wellbeing group
  - ❑ Specialist follow on groups
  - ❑ One-to-one befriending.
- ❑ **Bromley IPS Employment Support** is embedded within Oxleas NHS Foundation Trust community teams, providing support enabling people with mental health problems to return to employment.
- ❑ **Bromley Well** is a wide-ranging prevention and early intervention service for people with a range of needs in Bromley, provided by Bromley Third Sector Enterprise. Bromley, Lewisham & Greenwich Mind provide the mental health pathway including advice, information, peer support and mental health carers support.
- ❑ **Lewisham Community Support Service (CSS)** providing short term individual one-to-one support and groups for people who do not need or are transferring from secondary care mental health services. This service works with people to set and reach goals that help them to get their lives back on track and encourage social inclusion and independent living. CSS's Peer Support Service provides a community based programme of Peer Support activities.
- ❑ **Lewisham Primary Care Mental Health Service** is jointly delivered with South London and Maudsley NHS Foundation Trust to support people with long term mental health problems in a primary care, community setting. It provides holistic one-to-one support covering clinical, social and peer support needs.
- ❑ **Greenwich Advocacy** provides free, confidential and independent advocacy for people detained under the Mental Health Act and or receiving care and support under the Care Act. This advocacy support is available to people living in the Royal Borough of Greenwich and can

help someone to understand and access their rights, as well as support them to speak up about their view and wishes.

- **Greenwich Peer Support** runs activity groups for adults with mental health problems in the Royal Borough of Greenwich to support their own mental wellbeing. Individuals are encouraged and supported to work as peer leaders within the groups to develop their skills and share their interests.
- **Greenwich Counselling** provides one-to-one counselling, in person and via telephone, to adults living in the Royal Borough of Greenwich. Counselling is available for people from all backgrounds, with a specialist provision for Eastern European, African, African-Caribbean and Asian cultures, with counsellors who understand the different cultures and their connection with a person's wellbeing.

## Dementia Services

- The **Bromley Dementia Support Hub** provides information, advice & support for people diagnosed with dementia and their carers to access dementia support services in the London Borough of Bromley. It is delivered in partnership by MindCare Dementia Support, Age UK Bromley & Greenwich and Oxleas NHS Foundation Trust. The Hub combines individual post diagnosis advice and support with workshops and coaching for carers, befriending and community based activities.
- **Bromley MindCare Dementia Support** provides:
  - specialist **Dementia Support Centres** in Beckenham and St. Paul's Cray provide a safe, stimulating environment. In addition to helping clients develop skills and rebuild confidence, the Centres give family carers a break secure in the knowledge that their relative is well cared for.
  - **Care at Home** service covering the whole of Bromley borough, providing respite in the home. This service gives family carers a much needed break and the opportunity to maintain a hobby or just get on with everyday tasks such as shopping. The Bromley MindCare at Home service provided ranges from a couple of hours to a whole weekend.
- **Lewisham MindCare Dementia Information and Support** service offers signposting, person-centred support planning and facilitates access to community resources. The service has developed several groups including gardening, exercise, peer support and self-advocacy.
- **MindCare Dementia Skills Team** provides **training, coaching and consultancy** to staff from other organisations to help them provide an improved quality of care to people with dementia. Services are provided across London and the South East.