

**Bromley**

**Well**

**March 2025**

# NEWSLETTER

## Supporting Mutual Carers



Office: 0208 466 0790



Mobile: 07719 426680



[tina.penn@bromleywell.org.uk](mailto:tina.penn@bromleywell.org.uk)

Service delivered by:



Incorporating Bromley Scope

Funded by:



**South East London**

**By Tina Penn**  
**Mutual Carers Support Worker**

The Mutual Carers Pathway provides specialist support to families where one of the carers is aged 55+ with a disabled son, daughter or sibling living at home. Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719426680 or via email [tina.penn@bromleywell.org.uk](mailto:tina.penn@bromleywell.org.uk)

### 21ST MARCH, 11TH APRIL AND 16TH MAY.

We kicked off the new year with a warm and welcoming session.

Everyone had the chance to share stories about their Christmas and New Year, making for a lovely start to 2025. A highlight of the day was celebrating a very special 98th birthday, complete with a heartfelt round of Happy Birthday and, of course, cake!



In February, we were delighted to welcome Nicola Fishman, Community Engagement Officer from Age UK. Nicola gave an informative talk about the range of services available, including the Post-Discharge Settling Service, Hospital Aftercare Service, and Handyperson Service. As the event took place on February 14th, love was in the air, with Tina decorating the hall with hearts and all things Valentine's.



### OLDER CARERS WORKSHOP & LUNCH

The cookery participants kicked off the year by making homemade pizzas with a variety of delicious toppings. A lively debate soon followed—does pineapple belong on pizza? The majority firmly said no!



To finish, they whipped up a classic bread and butter pudding, which proved to be a hit—leaving behind plenty of empty plates.



### DATES FOR YOUR DIARY

The next **Older Carers' Workshop and Lunch** will be on Friday 4th April and 9th May.

The next **Cookery Classes** will be on Friday 21st March, 11th April and 16th May.



## COFFEE MORNINGS

Tina joined everyone for the twice-monthly coffee mornings which are held in the Harvester on Southborough Lane between 11am – 1pm.

These are always well attended and give everyone the chance to socialise in a relaxed atmosphere.



### What our attendees say:

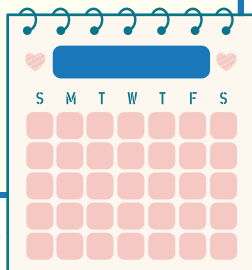
**"I love coming to the coffee mornings as I can chat with my friends."**

**"It's nice to come along as it gives me a break from looking after my mum."**

These sessions provide a valuable space for relaxation, support, and friendship in a warm and friendly environment.

## FUTURE COFFEE MORNINGS

- Friday 28th March
- Friday 25th April
- Friday 2nd May
- Friday 23rd May



## SUPPORTING MUTUAL CARERS: MD & TD'S STORY

MD, 90, lives with asthma, arthritis, depression and anxiety. He shares his home with his daughter, TD, who has a learning disability, and together they care for each other. Their only support comes from Tina, the Bromley Well Mutual Carers Support Worker, who has been assisting them for over five years.



MD attends the Older Carers Workshop & Lunch, where he enjoys socialising, learning from guest speakers.

**"Everyone is friendly. It's a chance to chat, laugh, and share stories. These lunches help me feel less isolated."**

MD

TD takes part in cookery classes, where she has gained confidence, learned new recipes, and embraced healthy eating habits. She also attends coffee mornings, helping her expand her social circle.

**"I love trying new dishes and cooking for Dad. The classes give me a break from caring and allow me to enjoy meals with friends."**

TD

Our support worker has also helped arrange medical appointments, care assessments, medication deliveries and renewing TD's Freedom Pass. Thanks to this ongoing support, both MD and TD feel more connected, independent, and empowered in their daily lives.