



February 2026

NEWSLETTER

Supporting Mutual Carers



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Service delivered by:



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

OLDER CARERS WORKSHOPS & LUNCH

It's been a lovely couple of months for all. In November, Tina arranged a visit to the much-loved Rochester Christmas Market

The trip turned out to be a truly enjoyable day. The group boarded the coach at Norman Park and made their way down the motorway, welcomed by bright sunshine and dry weather – a small but very welcome gift for a winter outing.



Once there, everyone took their time exploring the festive stalls, soaking in the atmosphere, and enjoying tasty treats from the Bavarian food market. Many shared how much they appreciated the chance to wander, chat and experience the Christmas spirit together.

In December, it was time to come together for a festive celebration.

Tina invited the children from St James School to sing Christmas carols in the church – something many look forward to each year. Their voices filled the space beautifully and brought a real sense of Christmas cheer.

After the carols, the afternoon continued



with a light-hearted Christmas-themed quiz and a raffle, with a few lucky people taking home a prize.

It was a warm, joyful event that left everyone smiling and feeling uplifted.



LEARNING DISABILITY COOKERY CLASS

In November, people enjoyed cooking a lovely meal together.

They made a warm and comforting ratatouille with rice, followed by freshly baked chocolate croissants for dessert. The meal was clearly well loved, with lots of clean plates and plenty of happy, full tummies by the end.

In December, it was time to celebrate with a cheerful Christmas karaoke party.

The afternoon was full of laughter as people discovered their singing voices and enjoyed joining in with their favourite songs.



To make the occasion even more special, everyone was treated to pizza – a welcome break from cooking – followed by Christmas pudding and mince pies served with custard or cream.

It was a lovely way to begin our Christmas celebrations and got everyone into the festive spirit.

Important Notice

Just a quick reminder – our cookery class is now held at the Bromley Mencap office.

The full address is:

**Rutland House, 44 Masons Hill, Bromley,
BR2 9JG.**

We look forward to seeing you all soon for more cookery sessions.



COFFEE MORNINGS



Coffee mornings are held twice a month at the Harvester on Southborough Lane between 11am – 1pm.

The coffee mornings are always well attended, offering carers a chance to relax and take a break from their caring role.

SAVE THE DATE

2026

DATES FOR YOUR DIARY

OLDER CARERS WORKSHOP AND LUNCH

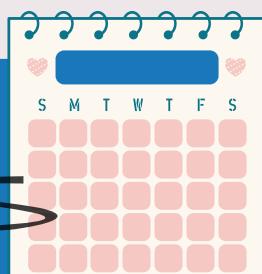
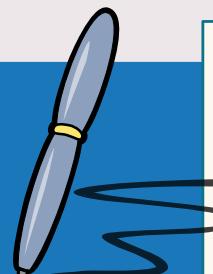
- **Friday 20 February**
- **Friday 13 March**

LD COOKERY CLASS

- **Friday 6 March**

COFFEE MORNINGS

- **Friday 27 February**



Correspondence Drop-ins



We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.
No sessions on Friday 26 Dec and Friday 2 January.



You will find us at:

Bromley Mencap Office,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898



LOWER MY DRINKING

GET HEALTHIER, FEEL BETTER!

Free support to help you reduce your alcohol intake!

The **Lower My Drinking App** is available to Bromley residents aged 18 or above. The free quiz is available to try and based on your results, you will receive tailored information to help monitor alcohol use or help to reduce alcohol consumption.

To find out more information scan the QR code or click on the link:
www.bromley.gov.uk/substance-misuse/drug-alcohol-services



Drug and
Alcohol Service

Bromley



Bromley's local community drug and alcohol services

Change Grow Live Bromley offers a free and confidential service for adults over 18 who are Bromley residents and need help with their drug (including over the counter and prescription medication) and alcohol use or who are worried about a family member or a loved one. If you would like to find out more about the support, please contact us.

Contact Information

Call: 020 8289 1999

Email: referrals.bromley@cgl.org

Website: www.changegrowlive.org/service/bromley-drug-alcohol