

Bromley Well

August 2026

NEWSLETTER

Supporting Mutual Carers



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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

OLDER CARERS WORKSHOPS & LUNCH

June was a real treat as we celebrated Carers Week with a special tea party at St James School.

The sun was shining, the children joined in with big smiles, and the tables were filled with lovely sandwiches, cakes and plenty of laughter. The children treated the carers to some beautiful singing.

It was a wonderful way to recognise everything our carers do.



In July, we welcomed the Police Community Support Officer (PCSO) from Bickley and Sundridge Safer Neighbourhood Team.

The PCSO shared useful advice about local crime and staying safe and the group had the chance to ask questions and learn practical tips. It was an engaging session and everyone really enjoyed it.



UPCOMING LUNCH EVENTS

- Friday 4 September and
- Friday 9 October



MUTUAL CARERS COFFEE MORNINGS

Our regular coffee mornings at the Harvester continue to be a lovely, well-attended gathering, with new carers joining us.

It has become a relaxed and welcoming space where carers can unwind, chat and enjoy a well-deserved break from their caring roles.



UPCOMING COFFEE MORNINGS

- Friday 21 August
- Friday 28 August
- Friday 25 September

Time: 11am – 1pm at the Harvester

Please do contact Tina for more information on joining us.



LEARNING DISABILITY COOKERY CLASS

June's session was a brilliant mix of savoury and sweet.

Everyone enjoyed preparing chicken kebabs, marinating the chicken and threading colourful peppers and onions onto skewers. The kitchen smelled amazing as they cooked and the group were proud of how professional their kebabs looked.



We then moved on to chocolate chip cookies, which were a huge hit. There was plenty of excitement as the trays went into the oven and even more when they came out warm, golden, and packed with melting chocolate. A perfect treat to end the session.



July's menu was comforting and creative.

The group made bacon and cheese jacket potatoes, practising safe knife skills while preparing toppings and learning how to get the perfect fluffy-inside, crispy-outside potato.



For dessert, we made baked pears with marmalade. A simple but tasty dish. The pears cooked beautifully in the oven, and the marmalade added a lovely sweet citrus glaze. It left some very clean plates.

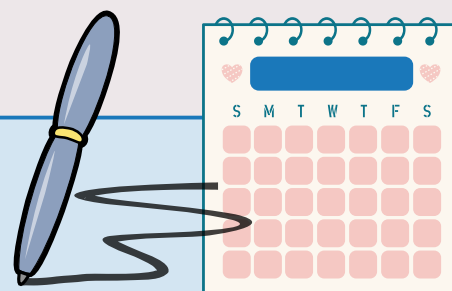
Both recipes gave the group a chance to practise chopping, mixing, measuring, and safe cooking skills, while enjoying the social side of cooking together.



SAVE THE DATE

DATES FOR THE NEXT COOKERY CLASSES:

- Friday 11 September
- Friday 16 October



To find out more about support for Mutual Carers, please contact Tina Penn:
Tel 07719426680 or email tina.penn@bromleywell.org.uk



Free support is available to help you lose weight!

Please visit www.bromley.gov.uk/HealthyWeight to check your BMI and see if you are eligible for 12 weeks of free weight management support. Support is available for both adults and children.

Contact Information

Website: www.bromley.gov.uk/HealthyWeight



Are you aged 40–74 and eligible for your free NHS Health Check?

Even if you're feeling well, it's worth having your NHS Health Check now as it can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke. Some of the same risk factors for these conditions also link with dementia. During the check-up you'll discuss how to reduce your risk of these diseases and improve your chances of staying healthy.

Contact Information

Website: www.bromley.gov.uk/health-wellbeing/nhs-health-checks

Or ask your GP Practice to see if you are eligible and to find out more.