

December 2025

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

### OLDER CARERS WORKSHOPS & LUNCH

**In September, Tina was delighted to welcome Bromley Mencap's Digital Champions, Martin Kelly and Lee McPherson.**

They brought their IT expertise and gave a wonderful talk on staying safe online, sharing some very useful tips. They also spoke about the ever-evolving world of Artificial Intelligence (AI), which everyone found really interesting. Martin and Lee showed people how AI can help when writing letters and making complaints. The session was described as very helpful, and Tina is hoping to invite them back next year.



**The October lunch was a big hit, with Frances from Foal Farm kindly joining us.**

Foal Farm is a local Biggin Hill charity that rescues and rehomes neglected animals. Each year they help around 500 cats, dogs and small animals find new homes, and provide sanctuary to more than 100 animals. Frances shared some lovely photos of the animals currently in their care.



If you are in the area, Foal Farm is definitely worth a visit. They also have a tearoom serving delicious homemade cakes.



### UPCOMING EVENT

We are very much looking forward to our Older Carers Christmas Party. Please ensure you have booked your place with Tina.

**Date: 19 December 2025**  
**Time: 11.30am–2.30pm**  
**Venue: St Augustine's Church**



### ROCHESTER CHRISTMAS MARKET

We had a wonderful day out at the Rochester Christmas Market. It was a great chance to enjoy some festive cheer and good company.





## LEARNING DISABILITY COOKERY CLASS

In September, the group were busy in the kitchen cooking a Lebanese dish of shish tawook served with salad, followed by the classic Eton mess. Everyone enjoyed a tasty lunch – with clean plates and full tummies all round!



In October, we made a vegetarian main of ratatouille with rice, along with chocolate croissants – a first for the class. People were impressed by how easy they were to make, with some saying they'd like to try them at home.



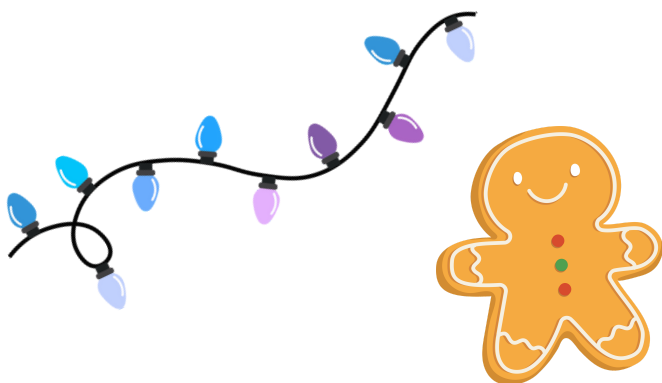
### Upcoming Event

We are very much looking forward to our Cookery Class Christmas Party. Please ensure you have booked your place with Tina.

**Date:** 12 December 2025

**Time:** 10.30am–2.30pm

**Venue:** St Augustine's Church



## 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 23 January
- Friday 20 February

### LD COOKERY CLASS

- Friday 16 January
- Friday 6 February

### COFFEE MORNINGS

- Friday 9 January, Friday 30 January
- Friday 13 February, Friday 27 February

