

July 2025

## NEWSLETTER

### Supporting Mutual Carers



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Service delivered by:



Incorporating Bromley Scope

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South East London

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

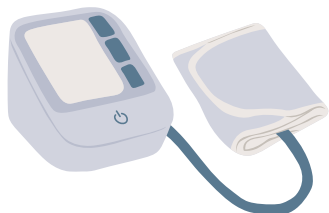
The Mutual Carers Pathway provides specialist support to families where one of the carers is aged 55+ with a disabled son, daughter or sibling living at home. Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719 426680 or via email [tina.penn@bromleywell.org.uk](mailto:tina.penn@bromleywell.org.uk)

## OLDER CARERS WORKSHOP & LUNCH

Tina was delighted to welcome back Andy Burton from RAF Biggin Hill Museum and Chapel.

Andy did a wonderful talk on Sir Winston Churchill which everyone thoroughly enjoyed. The talk gave a fascinating insight into his astonishing life, sharing some very interesting facts.

In June, the group was joined by Goodness from Eltham pharmacy. The carers were given the opportunity to have their blood pressure taken along with having their ears checked. This was interesting as Goodness used a small piece of equipment to look inside the ear which you could view via a handheld tablet.



## LEARNING DISABILITY (LD) COOKERY CLASS

In May, our group cooked up a storm with a delicious roasted veg and feta puff pastry tart, followed by a strawberry angel delight cheesecake (pictured top right).

Both dishes were a big hit – and the empty plates said it all!

June's cookery class took place on a very warm day, so Tina kept things simple and seasonal. The group made homemade pizzas and fruit kebabs, which were perfect for the heat.

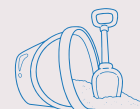


We also celebrated two birthdays with a shared cake and a cheerful round of Happy Birthday to You. Thankfully, the hall stayed cool enough to make the session relaxed and enjoyable.



## DATES FOR YOUR DIARY

**Older Carers' workshop and lunch:**  
**Friday 11 July**



**Day trip to Whitstable: Friday 1 August**  
Please note the seaside trip must be booked in advance.

**LD cookery class: 18 July**  
**Trip to Kent Cookery School, Ashford: 15 August**



**Mutual Carers coffee mornings: 4, 25 July & 8 August at the Harvester, Southborough Lane.**