

Bromley Well

June 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

In April, the carers enjoyed a lovely Easter afternoon tea together. The tables were decorated with spring flowers creating a bright and cheerful atmosphere.

Everyone was treated to a delicious selection of sandwiches and cakes and there was plenty of time to relax, chat, and unwind.



In May, Tina arranged for a lovely gentleman from Bromley U3A to join us and lead a wonderful art session.

He brought a beautiful rose for each person and shared some excellent tips on how to draw it. His expertise and passion for art really shone through, and the carers produced some amazing drawings. Everyone said how much they enjoyed the session, so Tina will be inviting him back later in the year.



UPCOMING EVENTS

CELEBRATIONS FOR CARERS WEEK

- Friday 12 June - Older carers workshop & lunch



Tina has organised a special visit to St James' School on Southborough Lane for a joint tea party with the children. It promises to be a lovely intergenerational afternoon, with plenty of chatter and smiles. The weather is looking bright, so it should be a wonderful day for everyone involved.

- Friday 10 July - Older carers workshop & lunch

MUTUAL CARERS COFFEE MORNINGS

As always, the coffee mornings are well attended. These gatherings have become a much-loved part of the month, offering carers a precious opportunity to step away from their caring responsibilities for a little while. Over a relaxed cup of coffee, they can chat, unwind, and enjoy the company of friends.

UPCOMING EVENTS

- Friday 19 June,
- Friday 26 June,
- Friday 17 July and
- Friday 31 July

Time: 11am – 1pm at the Harvester



LEARNING DISABILITY COOKERY CLASS

In April, the class spent a wonderful day in the kitchen preparing a delicious homemade meal together.

The menu for the day was a salmon traybake, followed by a comforting hot cross bun bread and butter pudding that everyone was excited to try.



In May, everyone was busy in the kitchen, creating two delicious dishes that filled the room with plenty of smiles.

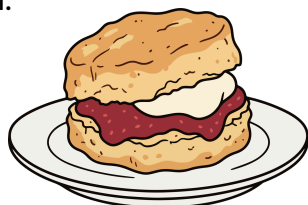
They prepared a hearty Cheesy Vegetable Bake, carefully chopping, mixing, and seasoning until it came out perfectly golden and bubbling.



They then moved on to baking fruit scones, which quickly became the highlight of the afternoon.



Once the scones were warm and fresh from the oven, everyone enjoyed them the proper way – generously topped with jam and cream. There were plenty of empty plates and very full tummies by the end.



CELEBRATIONS FOR CARERS WEEK

Monday 8 June - LD cookery class

Carers were invited to the United Reformed Church in Bromley for a lovely day filled with treats and activities. They enjoyed a traditional afternoon tea, followed by a music quiz and a selection of fun games to keep everyone entertained.

It was a warm, sociable event where people could relax, laugh and spend time together in a friendly setting.

After the activities at the United Reformed Church, the group continued their day with a special visit to Bromley Fire Station. This gave them the chance to meet the firefighters, learn more about the important work they do, and explore the station. It was an exciting and memorable day for everyone.



Photos will follow in the next edition of the Bulletin!

SAVE THE DATE

DATE FOR THE NEXT COOKERY CLASS:

FRIDAY 3 JULY

