

May 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

OLDER CARERS WORKSHOP & LUNCH

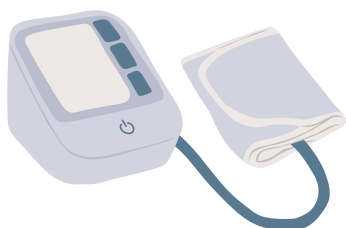
In March, Tina was pleased to welcome a guest speaker from Silvertime Legal for an engaging talk titled "Tax, Care and the New Guy."

The session covered key topics including Inheritance Tax, the importance of having both a Will and Lasting Powers of Attorney, and provided insight into the complexities of sideways inheritance. It was a highly informative talk, with carers actively engaged and asking thoughtful questions throughout.

The Easter lunch in April was a lovely cream tea, with delicious cakes served alongside plenty of tea and coffee.

Unfortunately, Eltham Pharmacy – who were due to attend – had to cancel at the last minute.

However, Tina has rearranged their visit for the June lunch, where clients will hopefully have the opportunity to get their blood pressure and hearing checked.



DATES FOR YOUR DIARY

The date for the next **Older Carers' workshop and lunch** is Friday 6 June.

Friday 11 July – **Trip to the seaside.**

Friday 28 November – **Trip to Rochester Christmas market.**

Further details to be confirmed.



LD COOKERY CLASS

yum!

In March, we were cooking on full gas as we prepared sweet and sour chicken with rice, followed by chocolate chip mug cakes.



Both dishes went down a treat, with the mug cakes proving just as popular as the last time we made them.

In April, the group cooked a delicious chicken Caesar salad—complete with homemade dressing—which was a huge success.

For dessert, we revisited an Easter favourite: chocolate rice crispy cakes topped with mini eggs. There were plenty to go around, with extras taken home to share with family.



DATES FOR YOUR DIARY

The May and June dates for our monthly cookery classes are **Friday 16 May and Friday 20 June.**



Friday 15 August – Visit to the **Kent Cookery School** in Ashford.

More details coming soon.

The Kent Cookery School trip was a huge hit last year, with participants describing it as a fantastic experience:

“Best trip ever! The kitchen was amazing – I loved cooking the food.”

“This was my first trip out. I enjoyed every part!”

The day offered more than just cooking – it gave mutual carers a chance to relax, socialise, and enjoy a well-deserved break from their daily responsibilities.



COFFEE MORNINGS



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

These sessions provide a valuable space for relaxation, support, and friendship in a welcoming environment.



Why Our Mutual Carers Coffee Mornings Matter:

Social Connection

A welcoming space to meet others, share experiences, and reduce feelings of isolation.

Mental Wellbeing

Conversation and shared moments can lift mood, ease stress, and create a sense of community.

Confidence & Communication

Regular meetups encourage conversation, helping carers build confidence in social settings.

A Well-Deserved Break

Time out for carers to relax, recharge, and connect with people who truly understand their role.

FUTURE COFFEE MORNING

Friday 23 May.

