

Bromley

Well

October 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 07719 426680 or via email tina.penn@bromleywell.org.uk

OLDER CARERS WORKSHOPS & LUNCH

Due to several people being away on holiday during August, the monthly lunch was cancelled because of low attendance. While it was disappointing not to hold the event, it was lovely to hear that many people were enjoying well-deserved breaks and time away.

In September, Tina was delighted to welcome everyone back to the hall after the summer break.

We also welcomed Sara Lewis and Sarah Fischer, Project and Communications Officers from the Universal Care Plan Programme, who gave an informative presentation about how the Universal Care Plan works and the benefits it can offer.

They also brought along useful leaflets and resources for people to take away.



Our Digital Champions were on hand throughout the session, offering practical support with accessing the NHS App and helping people find and understand their care plans on their devices.



The session was very well received and gave everyone the chance to ask questions, learn more about digital health services and build confidence using them.



UPCOMING LUNCH EVENTS

- **Friday 13 November and**
- **Friday 18 December**

Please note the lunch on Friday 18 December will be at the slightly earlier time of 10.30am and will run until 2pm.

MUTUAL CARERS COFFEE MORNINGS

The coffee mornings continue to be a popular and valued part of the Mutual Carers service.

Over a cup of coffee and a chat, carers can catch up with friends, share experiences, support one another and take some time for their own wellbeing.

UPCOMING COFFEE MORNINGS

Time: 11am to 1pm at the Harvester

- **Friday 23 October**
- **Friday 30 October**
- **Friday 20 November and**
- **Friday 27 November**



LEARNING DISABILITY COOKERY CLASS

The August cookery class kept everyone busy in the kitchen, creating two delicious dishes.

First on the menu was a chicken Caesar salad with homemade garlic croutons, which proved to be a big hit, with plenty of clean plates all round.

For dessert, the group made frozen chocolate banana bites and enjoyed choosing from a variety of toppings. Biscoff biscuit was the clear favourite, adding the perfect finishing touch to a fun and tasty session.



In September, the class decided to try something new in the kitchen.

After plenty of discussion, everyone agreed to make an ambitious selection of four flans: tomato and broccoli, salmon and spinach, bacon and leek, and goat's cheese and onion.

The flans were a huge success, looking fantastic, smelling delicious and, most importantly, tasting great. They were enjoyed by everyone, and the group were incredibly proud of what they had achieved. Tina was especially pleased with the teamwork and support everyone showed throughout the session.



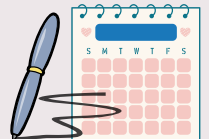
To round off the day, everyone made fruit smoothies using a range of different and exciting fruits, including some they had never tried before.



We also celebrated a very special 30th birthday with chocolate cake and a round of Happy Birthday. It was a lovely way to end another fun and successful cookery class.

SAVE THE DATE

DATES FOR THE NEXT COOKERY CLASSES:



**Friday 16 October
Friday 6 November and
Friday 18 December**

Please note that the class on 18 December will be held at St Augustine's Church hall from 3pm to 6pm.

To find out more about support for Mutual Carers, please contact Tina Penn:

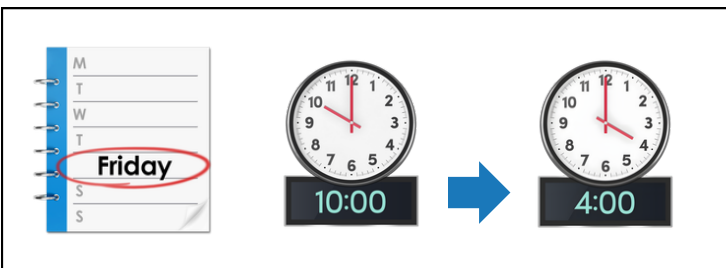
Tel 07719 426680 or email tina.penn@bromleywell.org.uk

Correspondence Drop-ins



We can help you with:

- Reading and responding to letters
- Blue Badge applications
- Freedom Pass applications
- Universal Credit migration
- Digital/tech problems
- Council Tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm.**



You will find us at:

Bromley Mencap Office,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898



Smoke Free

Bromley



SmokeFree Bromley is a free local stop smoking service for people of any age living in Bromley who want to stop smoking.

- One-to-one support for up to 12 weeks with a trained advisor.
- Free stop smoking aids, such as nicotine replacement therapy (NRT) and/or starter kits for vaping (adults only).
- Support by phone, in person, or online video.
- Local drop-in clinics – see SmokeFree Bromley website for opening times and locations.

Contact Information

Website: www.changegrowlive.org/service/smoke-free-bromley

Telephone: 0808 281 5933

Email: smokefreebromley@cgl.org.uk