



Bromley Well

September 2025

NEWSLETTER

Supporting Mutual Carers



Office: 0208 466 0790



Mobile: 07719 426680



tina.penn@bromleywell.org.uk

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

The Mutual Carers enjoyed a busy schedule of activities and events over the summer.

July was a very special month for everyone on the Mutual Carers pathway, as Tina organised a wonderful trip to Whitstable. The sun was shining, the sea was blue, and everyone enjoyed relaxing and taking in the fresh sea breeze.

It was an early meet at Norman Park before boarding the coach and heading off down the motorway. Once in Whitstable, carers had the chance to enjoy traditional fish and chips, visit the castle, stroll along the promenade, and browse the harbourside market.



It was a long day, but full of laughter and good company – and everyone came home having had a fabulous time.

OLDER CARERS WORKSHOP & LUNCH

The August workshop was also a huge hit as we were joined by Richard Griffin who was an ex-police protection officer for the late Queen Elizabeth. He gave a wonderful insight into his time with the Royal Family and shared some very funny stories. Tina hopes to invite Richard back again next year as he said he could talk for at least another four hours!



LEARNING DISABILITY COOKERY CLASS

In July, we made crispy cornflake chicken nuggets served with a fresh side salad, which proved to be a big hit. We also baked apple puffs, another favourite with the group. Both recipes have now been added to the class favourites list.



In August, we enjoyed our annual trip to the Kent Cookery School.

Everyone was really excited, and the day didn't disappoint. It was a wonderful experience cooking and trying new dishes in a professional kitchen with an amazing chef!



Each person was presented with a certificate for their excellent work, which they were very proud of. Everyone is already looking forward to next year!



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

DATES FOR YOUR DIARY

OLDER CARERS WORKSHOP & LUNCH

- Friday 19 September
- Friday 24 October

LD COOKERY CLASS

- Friday 12 September
- Friday 10 October

COFFEE MORNINGS

- Friday 26 September
- Friday 3 October

