

Supporting Mutual Carers

NEWSLETTER



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**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.

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MONTHLY OLDER CARERS WORKSHOP & LUNCH

In September, we were joined by Flavia Bertram from South East London Community Energy (Selce). She gave a very informative talk about home energy and advice on how to make savings. Everyone took part in a quiz to identify how much they could save by making some small changes within their home. This was fun and we learned some interesting tips.



Did you know that if you replace your shower head with a low-flow one, you can save over £50 pounds a year?

In October, Tina invited Cathy Fyfield, the church flower arranger, back as a speaker at the request of the clients.

She gave a wonderful demonstration of several flower decorations with a Christmas theme that the clients could replicate at home. The workshop and lunch received positive feedback with clients commenting how much they enjoyed the talk.

**MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS**

During the September cookery class, everyone made some wonderful pin-wheel pizzas along with some iced fairy cakes. It was also a client's birthday, so we sang happy birthday and shared chocolate cake.

**MONTHLY COFFEE MORNING**

The cookery class participants are meeting for coffee once a month at the Harvester on Southborough Lane, Bromley. This enables the clients to socialise outside of the cookery class, reducing isolation and has been very popular with everyone attending. We are grateful to The Mercers Company for funding this activity.



The next LD Cookery Class will be on Friday 8th December.

The next Older Carers Workshop & Lunch dates are: Friday 17th November & Friday 15th December.