

**Bromley Well**

**Jan 2025**

# NEWSLETTER

**Supporting Mutual Carers**



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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.

Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719426680 or via email [tina.penn@bromleywell.org.uk](mailto:tina.penn@bromleywell.org.uk)

The Mutual Carers enjoyed a busy schedule of activities and events over the festive period time.

## OLDER CARERS WORKSHOP & LUNCH

Tina arranged a trip for the older carers to visit Rochester Christmas market which was set in the castle grounds. The market was filled with lovely stalls to purchase that special Christmas present, a Bavarian food market plus a funfair complete with a ghost train and ferris wheel. This was all topped off with street performers singing some Christmas songs getting everyone in the Christmas mood. Everyone had a great time, and the weather was very kind to us with no rain.



We were delighted to welcome the choir from St James Primary School and the Pearly King of Bromley to the older carers' Christmas party. The carers enjoyed a heartwarming performance of Christmas carols in the church, including all the favourites—with delightful actions to 'A Partridge in a Pear Tree.'



The children sang beautifully and had clearly worked hard on their performance, making it a truly special occasion. It was especially lovely that the children stayed for lunch, giving them the chance to chat with the carers.



After lunch, everyone joined in for a cheerful sing-along with the Pearly King of Bromley, who also kindly posed for photos. We finished with a raffle, adding to the excitement of the day.

### DATES FOR YOUR DIARY

Friday 17 January, Friday 14 February and Friday 14 March.

### LEARNING DISABILITY (LD) COOKERY CLASS

Tina organised an exciting trip for the LD cookery clients to the Kent Cookery School in Ashford. The day gave clients the unique opportunity to cook in a professional kitchen under the guidance of a skilled chef. They prepared a delicious Thai green curry and vegetable spring rolls, resulting in some very clean plates!



In December, everyone enjoyed a Christmas party filled with festive fun and games. They tucked into delicious festive pizza, Christmas pudding, and homemade mince pies before rounding off the day with a lively disco.



### COFFEE MORNINGS

The coffee mornings held at the Harvester on Southborough Lane remain popular.



### DATES FOR YOUR DIARY

The next [cookery classes](#) will be on Friday 24 January, 21 February and 21 March.

Our twice-monthly [coffee mornings](#) are held at the Harvester from 11am to 1pm. Upcoming dates are Friday 31 January, Friday 7 and 28 February and Friday 7 and 28 March.

