

Bromley Well

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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.

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MONTHLY OLDER CARERS WORKSHOP & LUNCH

As always, it's been a fun-packed time for the carers on the mutual carers pathway.

In May we were joined by Caroline Hackett from Bromley Well, who gave a wonderful talk about meditation and the benefits of relaxation. Caroline played some wonderful relaxing music and gave tips on how to meditate and relax at home.



The June lunch was very special. Tina contacted a local primary school and arranged for some of the children to join the carers for lunch. It was a truly wonderful lunch with the carers and children swapping stories and happily chatting. Everyone was impressed that the children were extremely well behaved and very polite.



Tina is arranging for the school choir to attend the lunch in December. Everyone said how much they enjoyed the lunch with one carer saying it was a fabulous afternoon.

MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

The cookery clients continued their travels around the world to sample different cuisines. In May, we travelled to Italy and cooked two very classic dishes of pizza and tiramisu. Both were well received with people asking for seconds.

In June we were off again - this time to the USA. We made a wonderful Caesar salad with a delicious dressing. For dessert, we made a classic key lime cheesecake which was very tasty.



MUTUAL CARERS COFFEE MORNING

This continues to be popular and well attended so we now offer two coffee mornings per month, allowing people to get out and socialise more.



- The next Older Carers Workshop & Lunch dates are Friday 12th July and Friday 9th August.
- The next LD Cookery Class will be on Friday 2nd August.
- The next Coffee Mornings are Friday 19th and Friday 26th July.