

**Bromley Well**



**Sept 2024**

# 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

**We have enjoyed a busy summer on the mutual carers pathway.**

In July, we were joined by Beverley Nicklin, Senior Trading Standards Enforcement Officer from Bromley Trading Standards Team.

She provided valuable insights into recent scams and offered essential advice on staying safe. Participants also received small bells to hang on their purses as a theft deterrent, along with a pen.



Following feedback, Tina didn't organise a speaker for the August lunch. Instead, the group enjoyed an 'open floor,' allowing attendees to share books they had recently read. One carer discussed a fascinating book titled '52 Ways to Walk' - who would have thought there are 52 ways to do something we all do every day?!

We were also treated to a humorous poem written and read by one of the carers, which had everyone in stitches. The clients also shared stories about recent and upcoming holidays. The event was a huge success, and Tina plans to organise a similar lunch in the future.



**The next Older Carers Workshop & Lunch dates are Friday 20 September and Friday 11 October.**

## MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

The travel-around-the-world theme continues in our cookery class. In July, we created a truly spectacular chicken paella accompanied by a delicious Spanish sponge cake, all enjoyed with a refreshing glass of non-alcoholic sangria.



There were many happy faces and clean plates. We also celebrated a birthday, with everyone joining in for a round of 'Happy Birthday.'

In August, we didn't travel far as we stopped off in Germany. Everyone prepared traditional German schnitzel, followed by a delicious German apple cake - a recipe we all agreed to recreate in the future.



**The next LD Cookery Classes will be on Friday 13 September and Friday 18 October.**

**The next Coffee Mornings are Friday 27 September and Friday 25 October.**

