

Bromley Well

Nov 2024

NEWSLETTER

Supporting Mutual Carers



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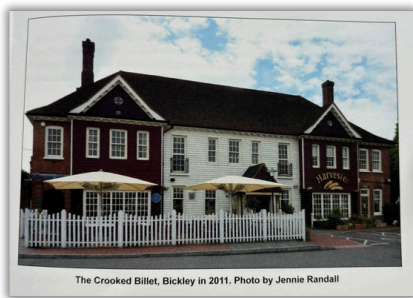
By Tina Penn Mutual Carers Support Worker

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.

Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719426680 or via email tina.penn@bromleywell.org.uk

MONTHLY OLDER CARERS WORKSHOP & LUNCH

In September, we welcomed Jennie Randell, who gave a captivating talk on the history of the Crooked Billet, a site with deep local significance just across from the church where we meet.



The Crooked Billet, Bickley in 2011. Photo by Jennie Randell



Jennie shared a presentation recounting the tragic events of Sunday, November 19, 1944, when a V2 rocket, fired by German forces, struck the forecourt of the Crooked Billet pub on Southborough Lane, leaving a scene of devastation.

The group was especially moved when one of our attendees recalled attending a dinner and dance at the Crooked Billet the night before the attack.

Jennie's passion for preserving this local history was clear, as she spoke about her efforts to have a blue plaque installed on the pub's exterior in remembrance of the event. She has also written a £4 booklet on the Crooked Billet's history, with proceeds supporting Foal Farm. To purchase a copy, please contact Tina.



In October, the carers were getting ready for Christmas by making their own Christmas wreaths.



MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

In September, we set off on our travels again, this time with a visit to Sweden! Tina found a lovely recipe for Swedish meatballs and no-bake Swedish chokladballs, which clients could enhance with coffee, orange juice, or cream for added flavour. Both dishes were delicious, leaving behind only clean plates!



In October, our adventures carried on to Greece with the class cooking chicken gyros with Greek salad and lemon and Greek pudding (photographed above).

DATES FOR YOUR DIARY

The next **Older Carers Workshop & Lunch** will be on Friday 29 November. We will meet at 10am at Norman Park (Hayes Lane entrance) for a trip to the Rochester Christmas Market. Fingers crossed for good weather!

The next **cookery class** is on Friday 15 November, with a visit to the Kent Cookery School in Ashford.

Our twice-monthly **coffee mornings** are held at the Harvester from 11am to 1pm. Upcoming dates are Friday 22 November, and Friday 6 December.

