

# TUCARE CUSTOMER



**TUcare**

## NEWSLETTER

MAY 2023

### CUSTOMERS COLUMN

I have been contacted by a customer who has asked me to look into Social Groups for older people as they do not need a Day Centre, but would like some company from people around the same age.

On my search I have managed to find an Over 65's Friendship Hub which meet at various locations across the Borough; I have listed the meeting points and dates below and I have put the contact details for the organiser as well.

Central Bromley meet every Monday 10-12 at Bromley URC Church, 20 Widmore Rd, Bromley BR1 1RY

Orpington meet every Wednesday 10-12 at St. Pauls Cray Library, Mickleham Rd, Orpington BR5 2RW.

Chislehurst meet every Thursday 2-4 at St. Patricks Church Hall, 14 Red Hill, Chislehurst, BR7 6DB

### **Contact for information**

Email the team  
at [befriending@bromleywell.org.uk](mailto:befriending@bromleywell.org.uk)

Or

Call Yvonne: 07498 250350

### BROMLEY'S BIG LUNCHESES

I am delighted to let you know that there will be 3, Bromley Big Lunches happening this June. These picnics are not only to celebrate the month of Community but are also an extension to Loneliness Awareness Week (12th – 18th June 2023)

The Big Lunch is a concept which allows people to come together and celebrate everything that makes our community great!

Join us and the community for a big Picnic at the following open spaces:

**Queens Gardens, Bromley - Saturday 17th June 2023, from 11 am – 1 pm**

**High Elms County Park, BEECHE Centre, Orpington Sunday 18th June 11 am – 1 pm**

**Betts Park, Anerley - Saturday 24th June 2023, from 11 am – 1 pm**

There will be a few stalls at these events informing the public how to get more connected with their community.

There will be activities for young and old alike, from arts and crafts, creating bug hotels and making bird feeders.

There are no fees for any of these events, just bring your own food, drinks, and picnic essentials.



# TUcare



### **KCR STARS OF MAY**

Please remember to let us know if you feel a carer goes above and beyond to be **Kind**, ensure our customers and other carers feel **Comfortable** and are being **Respectful** again to all customers and carers. To nominate a carer for a **KCR Star** please email your nomination and reason for your nomination to [bromley@tucare.co.uk](mailto:bromley@tucare.co.uk) or you can call the office and speak to a member of the team.

This Months nominations are:

Zoe Humphreys, Clare Brown, Susan Frost and Kris De'vere.

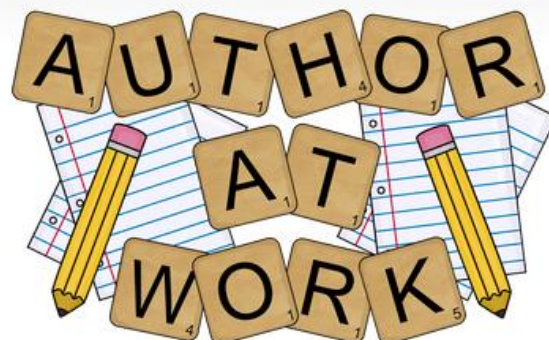
Well done all, keep up the good work!!!

### **A CUSTOMERS COLUMN REMINDER**

We have had a few customers call in to say they would like to write something for us. We would like the customers to be more involved in the Newsletter and so we are opening up the floor to you.

We would like customers to write into us and tell us about anything they like, introduce us to a new side of you, do you have a strange hobby, are you a budding artist or the next Charlie Dimmock, have you achieved something your proud of or do you just want to tell us a bit about you.

If you would like to take part please send in your article to [jo.doxford@tucare.co.uk](mailto:jo.doxford@tucare.co.uk) or you can send them by post to 167a Widmore Road BR13AX.





**TUcare**



**CARERS WEEK 5<sup>th</sup>-11<sup>th</sup> JUNE**

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 5.7 million unpaid carers.

Bromley Well has invited all carers to join them for a summer picnic, to chat with other carers, relax and have some tasty treats in the sunshine!

**When:** June 6th from 1pm onwards

**Where:** Church House Gardens, Bromley (the park beside Church Hill Theatre).

This is an event to celebrate Carers Week 2023! Open to all carers registered with Bromley Well.

To register your place, please contact Aimee or Lucy via email

at [MHcarers@bromleywell.org.uk](mailto:MHcarers@bromleywell.org.uk) or call Bromley Well Freephone on 0808 278 7898.

**Bromley Well**

Bromley, Lewisham & Greenwich 

## Summer Picnic for Carers

You're invited to join us for a summer picnic, to chat with other carers, relax and have some tasty treats in the sunshine

**June 6<sup>th</sup>**  
**1pm onwards**  
**Church House Gardens, Bromley**

Meet us in the park,  
Spot us by the bunting!

This is a free event for carers registered with Bromley Well. To register your place, please email [MHcarers@bromleywell.org.uk](mailto:MHcarers@bromleywell.org.uk) or call Bromley Well Freephone on 0808 278 7898

**Carers Week**