



BULLETIN

November/December 2011

A JUBILEE CELEBRATION AT THE BROMLEY MENCAP ANNUAL GENERAL MEETING

Peter Prentice, Chairman, cuts the celebration cake with David Barnett, Co-chairman, Learning Disability Partnership Board



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In fitting form, the Bromley Mencap 60th Diamond Jubilee year was celebrated with a huge cake marking the occasion at the AGM, held in Bromley last month. All attendees were given a chance to taste it, and buy Christmas cards and puddings and a CD of the film after the main part of the meeting. For a summary of the main presentation, see Eddie Lynch's report on page 5.

Attendees were also given the chance to see the Bromley Mencap film, which was given a great round of applause.

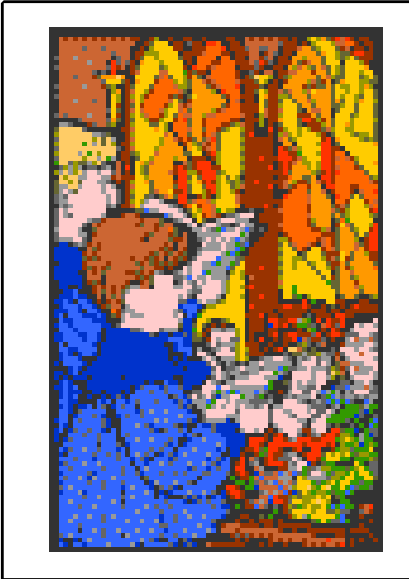
GRAND RAFFLE

First Prize £150, many other prizes

Tickets enclosed!

See page 10

Bromley Mencap's Diamond Jubilee



You are invited to a traditional service of 9 lessons and christmas carols

at

Trinity United Reformed Church,
Freelands Road, Bromley BR1 3AQ

on

Sunday 18th December at 11am

If anyone would like to do a reading
please ring the office on 020 8466 0790

Rock Into Christmas!



The Bromley Lions Club is organising a music event including music of 50s and 60s to celebrate our Diamond Jubilee.

It is being held at Keston Village Hall
on Saturday 17 December from 7.30pm.

Tickets are £10 to include a buffet.

There will be a licensed bar for drinks.

Tickets available from Jill Thomas
Email je.thomas@btinternet.com
Tel 020 8313 1940



Hello Everyone!

You will notice a new look in this issue, and I would love to know what you think. These designs have been influenced by other publications from similar organisations, so they are not entirely new. However, we always want to know if anything is difficult to read or understand, and we will take notice of your comments.

I am sure we will all have had fingers and toes crossed for Bromley Mencap at the night of the Guardian Awards in November. Whatever the outcome, we are surely hugely proud that Bromley Mencap has been nominated, quite apart from being the first to introduce a Mutual Carers Service in this country. So good luck Bromley Mencap!

Lastly, Bulletin wishes everyone a very happy Christmas and New Year. And to those who have birthdays close to Christmas (often overlooked) *double* celebrations!

Jackie Ralph

Editor

Jackie@stellamarketing.co.uk



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Raising money for Bromley Mencap

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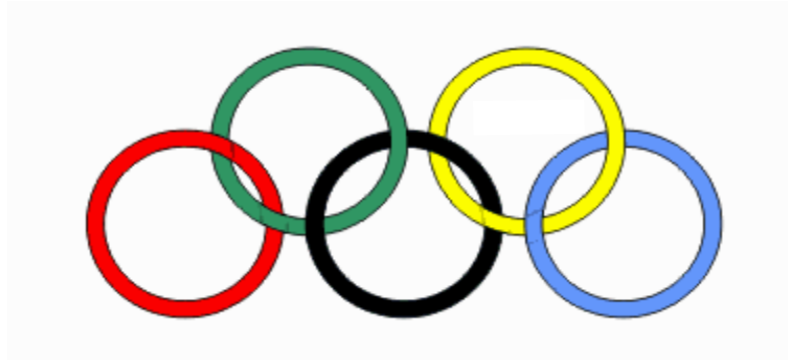
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Register your interest!



The 1948 Olympics, then and now

Talks about the Olympics offered to raise money for
Bromley Mencap

Andrew Martineau is 20 and is a big fan of Bromley Mencap - as are his parents Mike and Meg. Andrew's only criticism of this summer's excellent activities was that there wasn't more.

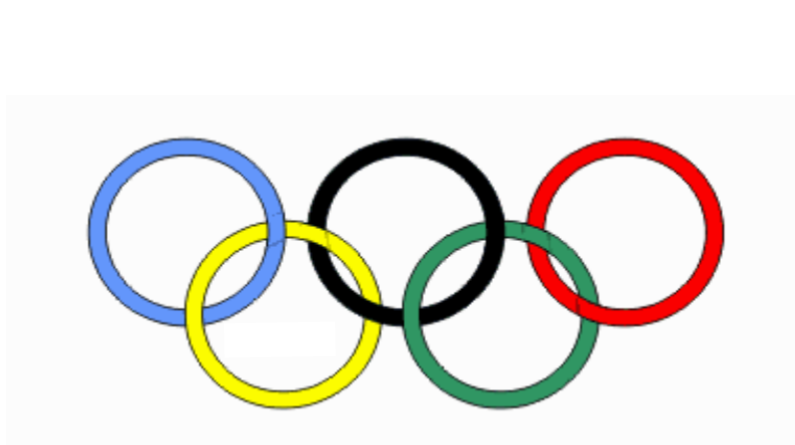
His Grandad was the sort of guy who would have been a great supporter of Mencap. In 1948 he represented Britain at Athletics in the last London Olympics coming 5th in his event.

His son and Andrew's Dad, Mike, is now giving talks on the Olympics bringing along many photos and other memorabilia. The talks are a trip down memory lane and can be between 20 minutes and an hour.

When Mike is offered a donation he specifies Bromley Mencap as the beneficiary. He has talked to Rotary Clubs, Probus Clubs and the WI and is available for bookings in the lead up to next year's Games.

If you are part of an organisation looking for speakers then Mike can be contacted on 01959 575046, m.martineau@btinternet.com

He lives in Biggin Hill and is happy to travel.





CHIEF EXECUTIVE REPORT FROM EDDIE LYNCH

- Our Annual General Meeting (AGM) was attended by over 80 people
- A summary of our services and activities over the last year was presented at the AGM
- We have set our work priorities for the year ahead
- Bromley Mencap has been shortlisted for a Guardian Award

Over 80 people attended our AGM in October where we marked our Diamond Jubilee by cutting a huge cake. A Summary Report outlining our main activities over the past year is included with this issue of Bulletin. Highlights of the year, which were presented at the meeting included:

Employment

Despite the challenges of the recession, public spending cuts and the lack of employment opportunities locally Jobmatch secured 32 new jobs for people with learning disabilities



and autism. This has been a record breaking year for Jobmatch and we now have approximately 140 disabled people sustaining open, paid, mainstream employment.

However we need to be realistic about our capacity to continue to get as many new jobs whilst supporting 140 disabled people to sustain their jobs. As we get more people into employment, we need to spend more time and resources on supporting them to stay in employment dealing with issues such as HR, redeployment, retraining etc. This obviously has an impact on what we can realistically do with our ever growing waiting list.

Referrals to Jobmatch are massively increasing and the referral list is now very long. It can take between 18 months to 2 years for people to reach the top of the list and if we only had more resources we know we could



address that problem as our 32 new jobs last year proves.

Short Breaks

We increased the number of short breaks and respite opportunities by providing childminding for 53 disabled children and their families. In addition we provided 57 different social and leisure activities for 339 disabled people – plus 484 sessions for young disabled people through our buddying scheme to access leisure opportunities.

Brokerage

Demand for our brokerage service continues to grow and we now have a queue at the brokerage office door every day. The preventative nature of the brokerage service is crucial for people who are not eligible for social services now - but who could easily fall into that level of need without our support.

The 3 main issues that we dealt with are housing, debt and health. Some cases are very complex and require a lot of one-to-one support. The welfare benefits work can be time consuming and the total of new benefits per week secured by brokerage is now £6,888. That's over £350,000 per year which is not only good news for people with learning disabilities in receipt of this money but it can also only be good news locally as that's an additional £350,000 of new money which can be spent within the borough.

Campaigning and Awareness Raising

We continued to work with the police and other partners to deliver training and awareness through our anti bullying film. In addition, this year, we worked with Royal Mencap and Bromley Sparks to hold a well attended awareness raising event in central Bromley for the national *Stand By Me* campaign.

This resulted in over 400 signatures in Bromley alone which indicates the strength of feeling for this campaign.

Transition Conference

One of our most successful events this year was our Transition Conference held jointly with Nash College. We were delighted to have Dame Philippa Russell, Chair of the Standing Commission on Carers, as our guest speaker.



The wide range of workshops and group work showed that transition is still a very difficult time for families and a joined up approach between adult and children's services is essential. We will continue to work with families to offer advocacy and support around transition.

New Services and Developments

- * We launched a new training and employment scheme for people with cerebral palsy



which has only been possible due to our merger with Bromley Scope

- * We supported disabled people to set up 2 new micro enterprises locally through Jobmatch
- * We created a new regular electronic newsletter which enables us to send information on a regular basis to the majority of our 1,500 members on email
- * We welcomed 171 new members to the organisation which makes us more representative and adds strength to the organisation
- * We have launched a brand new website with social media features, and a Latest News section which enables us to update news on a regular basis. The website gets on average 500 hits per week!
- * We secured new funding to run 3 lifelong learning courses for 30 disabled people in art, cookery and drama which were very successful

Our 60th Year!

Although we have been working hard it's also been a fun year with a series of events to mark our Diamond

Jubilee. The Mayor hosted a Summer Garden Party for our Volunteers and a tree was planted in the Queen's Gardens to mark our 60th year. We also finally completed our promotional film which received a round of applause when shown at the AGM.

The Year Ahead

We are in very difficult and uncertain times and we are aware that due to the impact of the coalition government's spending cuts there are going to be more cuts locally in Bromley. We are grateful to Bromley Council for its continuing support over the past year and sticking by its commitment not to cut frontline services.

In line with our Strategic Plan we will be prioritising the following work areas over the next year:

1. Funding, as always, will be a key priority. We will work with Bromley Council around all our contracts which are due to end in March and also work to our



- fundraising strategy to seek new grants from Trusts and the Lottery – as well as investigating a social enterprise
2. We will increase our independent support, advocacy and information for families and run our helpline which takes over 1,000 calls per year. A new grant from the Lottery will help fund this core work of the organisation
 3. We will promote and sell our services to people on personal budgets and run a small number of pilots to assess demand locally
 4. We will respond to changing needs and develop new services in line with personalisation and changes in social care
 5. We will continue to represent the views of local disabled people and our members through consultations in partnership with other groups including Burgess Autistic Trust, Parent Voice, Experts by Experience and Disability Voice
 6. Secure a new lease at Rutland House or find alternative offices
 7. Start consultation on updating our Strategic Plan which comes to an

We've Been Shortlisted for a Guardian Award!

Bromley Mencap has been shortlisted for the Guardian's **Carers, Families and Communities Award** in their Service Delivery category. The nomination is for our Mutual Carers Service.

Our Mutual Carers Service was the first of its kind in the UK. It was set up to meet a recognised local need and the service we have developed has now been replicated in other parts of the UK. Our Mutual Carers Project provides a range of support for older parents and carers who live together with their adult sons and daughters with learning disabilities as well as lunch workshops and a peer support group.

The service is part funded by Bromley Council's Carers Respite Grant and a number of Trusts including the Woodlands Trust and St John Southworth.

We are up against Manchester City Council and Hertfordshire County Council in our category. The winners will be announced at an Awards Evening in London 22nd November.

theguardian



Family Activities -

Caroline Stone and Kim Neighbour, Family Support Workers, report on two recent days out

Half Term Activity Day

We have just recruited 10 new buddies, who needed to work on an activity day as part of their training – so a bonus activity day was slotted into the busy Family Services diary for October half term.

25 young people with disabilities joined us, for a day of drama and art. We met at a new venue, Coney Hall Baptist Church, to try out the facilities and to spread our activities around the borough a little more.

Ian Breslin had us thinking about 'our dreams' and we made several dreams come true during the drama session – we had brides walking down the aisle, pop stars taking to the stage, and someone scoring the winning goal for England in the world cup!! We can dream.....



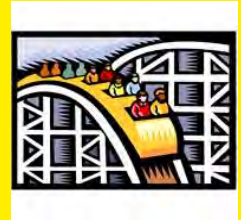
Hazel Adams got us thinking about autumn colours in the afternoon. Everyone produced beautiful over-laid pictures, using paints, textured papers, and golden leaves.

I think it's fair to say that everyone had a great day!

Christmas Cards

If you have not already ordered your cards please do so as soon as possible on the order form that was enclosed in the last issue of the Bulletin. You can also still buy cards from the Bromley Mencap offices or at the Christmas Card Shop in Community House which will be open until 16 December.

Coach Trip to Diggerland



A group of 61, set off for Diggerland in half term. We had a full coach and an accessible minibus in convoy to Stroud.

The children spent the day clambering over diggers and driving them around the tracks. They all had a great time, and there were some very happy, but sleepy children who got back on the coach at the end of the day. Everyone received a certificate to say they had driven the diggers, together with some Diggerland stickers.

We were very lucky with the weather and spent a glorious October day in the sun.

Thank you to Diggerland for making us so welcome.

Need a break? Find out what's available in the borough now!

If you would like information about short break services available in the London Borough of Bromley and other services, please refer to the LBB website where further details can be found via the following link:

http://www.bromley.gov.uk/info/10122/disabled_children_and_young_people/168/short_breaks_for_disabled_children_and_young_people_and_their_carers/2

If you don't have access to the internet and would like the information in print, please call Gill on 020 8466 0790.





Community Fundraising



Christmas is always a very busy time for us all and particularly for community fundraising. By the time you are reading this we will already have undertaken collections at both Ruxley Manor Nursery and Sainsbury's, Locksbottom and also distributed our Christmas soft toys into local outlets for them to raise funds on our behalf.

Help is still urgently needed at our 2 December events. Just one hour will make a huge difference.

On Thursday 8 December in the Glades, Bromley primary school choirs from across the borough will be singing Christmas songs and carols from 10.00am-7.30pm. We need help with the cash collection.

On Saturday 17 December we will be holding our Annual Gift Tombola outside Mothercare in Bromley High Street. Help with selling the tickets is needed.

Contact Susanne Dowswell,
Corporate and Community Fundraiser
Email
susanne.dowswell@bromleymencap.org
Telephone: 020 8466 0790

**Grand Raffle, 1st prize £150,
2nd prize a Christmas Hamper,
3rd prize £50 John Lewis
voucher plus many more
prizes.**

Enclosed with this issue of Bulletin are two books of raffle tickets. Please do your best to sell them to family and friends. **If all the tickets are sold we will raise over £5,000.**

The raffle will be drawn on 17 December.

When you have sold the tickets please return the completed stubs together with a cheque, made payable to Bromley Mencap in the envelope provided. If, for any reason, you feel unable to sell the tickets please return them in the freepost envelope.

Quiz Night

The evening, as always, was great fun despite the fact that we only had 11 teams taking part. The quiz master had compiled a very interesting set of questions and the music round was, as ever, very popular with the younger people present.

We raised £563 which was amazing considering the low number of teams.

The winning team was lead by Susan Fisher, our Finance Officer, and yet again the booby prize was won by my team.

We still need paperback books and any magazines for Bob to sell on his stall. We also accept old mobile phones and printer cartridges which we can convert into cash. We would also be delighted to receive any unwanted Christmas Gifts for our various events throughout the year.

Family Services Events

13th December 2011

Outdoor Activity Club (age 18+)

Evening walk to view the London Christmas Lights and the tree in Trafalgar Square

19th December 2011

Children's Christmas Party (ages 13 and under)

By Invitation

Oakley House
Bromley Common
Bromley
Kent BR2 8AH

Flyers, invitations and booking forms for these events will follow. For more details please call Lynda on 020 8466 0790

16th December 2011

Carer's Lunch (age 60+)

By Invitation

St Augustine's Church
Southborough Lane,
Bromley
Kent BR2 8AT

If you are over 60, and would like to attend but don't receive an invitation, please call us!!



21st December 2011

Christmas Activity Day (ages 14 to 30)

Admission by ticket only

St Augustine's Church
Southborough Lane,
Bromley
Kent BR2 8AT

14th January 2011

Adult's New Year Party (age 30+)

St Augustine's Church
Southborough Lane,
Bromley
Kent BR2 8AT



JOBMATCH WELCOMES TWO NEW EMPLOYMENT CONSULTANTS

Hello. My name is **Karen Warburton** and I am pleased to have joined Bromley Mencap, working as an Employment Consultant with Jobmatch where I will be delivering the Transition to Work Programme for people on the autistic spectrum.

My background is in careers guidance and I have previously worked as a Careers Adviser for the Connexions service in Bromley borough schools for the past 6 years. I had the opportunity to work in most schools across the borough including SEN secondary provision and Pupil Referral Units.

I previously worked for Prospects Careers Services, also based in Bromley as an Information Advisor and before that as an Employment Advisor for young people in the borough. I also worked at Nash College for a number of years after I graduated.

In my spare time I help to run a scout group in Tottenham for young people with additional needs which is always a lot of fun. You may also find me running, attending a concert or two or attempting some kind of DIY project.



Hi. My name is **Tony Holah** and I have recently joined Bromley Mencap as an Employment Consultant / Trainer with Jobmatch where I will be delivering the Work Choice Programme.

I have been working with unemployed people for about 20 years, helping various groups back into employment, starting with 9 years working for the Jobcentre. A vast majority of my time was spent working with offenders, both in the community and in prison. This included 2 years in HMP Brixton (working, not as an inmate!). I am also a qualified trainer and spent a year travelling around the UK delivering training on the Rehabilitation of Offenders Act and surviving on hotel food!

I am married to the lovely Kirsten, who is disabled, and have three grown up children, my son Josh, my step son Kevin and my wonderful daughter, Jade, who I am proud to say is joining the Navy next year.

My new role with Bromley Mencap, no doubt, is going to see me facing many new challenges which I am really looking forward to. I am very proud to be part of Bromley Mencap and look forward to meeting everyone in the near future.

I am looking forward to my new role and am keen to make a positive contribution to Bromley Mencap and its work.

MEET MARIA COOK, BROMLEY MENCAP'S NEW ASSISTANT BROKER

Hello my name is **Maria Cook**, and I recently joined Bromley Mencap as Assistant Broker.

I mainly work from Community House in Bromley. So far I have been able to meet lots of members, and new clients who have needed all sorts of help and support with everyday living - including housing help, financial help, and practical support.

I have many contacts from my last job, which was working for Bromley Council. These are proving to be very useful! I've been on refresher training around benefits and I'm enjoying this new challenge working in our busy Brokerage office.



BULLETIN WELCOMES NEW MEMBERS:

Mrs Denise Khan
Mrs Elizabeth Purnell
Miss Laura Hitchings
George Christian
Karen Newman
Keith Day
Clarisse Chanaud-Stewart
Arlette Seppings
Sean Gladman
Julie Masters
Helen Oliver
Catherine Warman
Dianah & Martha Waiswa



You can now make a contribution to Bromley Mencap by Text message!

It is very simple: you just text **BRME22** to **70070**.

You then get a reply text asking you how much you wish to donate up to a maximum of £10.

Easy!

Update from the Learning Disability Partnership Board

By Jane Berry – Inclusion Officer at Bromley Mencap

The Learning Disability Partnership Board met on Friday 4th November

What was the morning workshop about?

There was no morning workshop for this meeting.

What happened at the Partnership Board?

The Partnership Board heard presentations about:

- The final report from the Big Health Check Up day
- How many annual health checks have been done in Bromley
- The Council's new transition strategy. This is a plan to help people move from children's services to adult's services.

Reps from schools in Bromley also gave a presentation about what young people think of the Partnership Board and how it could be improved.

The Carers Forum and the Personalisation Sub-group presented their Action Plans for the next year. The Partnership Board was asked to vote on these plans and both plans were adopted.

Reps asked questions about the future of day services including the Astley Centre, respite services and services for outreach service users.

When is the next Partnership Board?

The next Learning Disability Partnership Board will be on Friday 4th February 2012.



Reps for the Partnership Board are invited to a Christmas gathering and awards ceremony on Monday 12th December 2011.



Contact me

For more information about the Partnership Board please contact Jane Berry on 020 8466 0790 or jane.berry@bromleymencap.org. My working days are Monday, Tuesday morning and Wednesday.

**GP surgeries which are doing
Annual Health Checks this
year (2011-12)**

Dr Begum (High St, St Mary Cray)
Bromley Common
Broomwood
Chislehurst medical practice
Derry Downs
Dysart
Forge Close
Highland Rd/Tuddenden Lane
Knoll Rise
London Lane
Norheads Lane
Oakfield
Park Practice (Anerley Rd)
Pattapola/Anerley Surgery
Pickhurst Lane
St James
Southview - Dr Heathcote
Southview - Dr Matthews
Station Rd
Summerlands
Sundridge
Trinity
Tudor Way
Woodlands



**Ask your GP or
Community
Learning
Disability Nurse for
more information.**



Face Britain is a self-portraiture project that aims to celebrate the nation's children and young people during the lead up to the Royal Jubilee, the London Olympic and Paralympic celebrations.

Face Britain is open to anyone in the UK, regardless of drawing or learning ability.

Children and young people aged 4 - 16 years in the UK are invited to create a self-portrait in any style they wish. They can be uploaded until the end of March 2012 onto the Face Britain Online Gallery.

Flagship supporting schools and youth groups around the UK are already starting to upload a stunning selection of portraits onto the Online Gallery. These can be accessed on the Face Britain website www.facebritain.org.uk

For more information, please contact:



**Patzi Shepperson
Face Britain**

**The Prince's Foundation for
Children & the Arts**

T: 01473 822 411 M: 07887 662 286
Children & the Arts, The Prince's
Charities Office, PO Box 50473,
London, W8 9DN



Blue Badge

Fraud and misuse operation

Do you have information about anyone misusing a Blue Badge?

We want to stop Blue Badge fraud. We will act quickly on any information received and take steps to prosecute criminal activity.

If you have any information, please call in confidence

020 8313 4094

or go to

www.bromley.gov.uk/report

Would you be interested in a 10-week course in Cookery or Art?

Following on from the very successful art and cookery classes we ran earlier in the year, we have applied for some more funding from the Personal and Community Development Learning Fund (PCDL).

If we are successful in securing this funding, we will be able to organize two, 10-week courses in art and cookery with our tutors Hazel Adams and Mary Nash.

Although we must stress that funding is not guaranteed, we would like to put together a list of people who might be interested in attending one of these courses, so we are ready to go, if funding is secured.

So, if cookery or art classes appeal to you, you are 19 years of age or over and have a disability, please contact me with your name and contact details. I will keep them on file, and contact you as soon as we hear about the funding.

Caroline Stone
caroline.stone@bromleymencap.org



Volunteer Wanted

Could you occasionally volunteer to spend an hour or so on a Thursday evening to teach Beckenham & Penge Gateway Club members LINE or COUNTRY DANCING?



There is no pressure because the emphasis is on fun and you're guaranteed to meet lots of really great people.

If you think you could help, or would like to come along and meet us, ring Paul Williams any time on 020 8467 1147 or email me at paulwilliams@talktalk.net

Reasonable expenses will be covered.

TRANSITION INFORMATION NETWORK

This is a website for parents/carers and other people who support young disabled people in transition to adulthood. There is also a section for young people explaining the transition process and giving useful links to other resources.

www.transitioninfonetwork.org.uk

Copy deadline for January/February is 6th January 2012

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