

# BULLETIN

January/February 2012

## BROMLEY MENCAP WINS NATIONAL GUARDIAN AWARD



Pictured from left to right are: Nicky Campbell (journalist), Sharon Blackburn (Policy and Communications Director at the National Care Forum) who presented the Award, Andrew Roffey (Mutual Carer) and Pat O' Shea (Mutual Carer Worker)



### INSIDE

- ⇒ More about the National Guardian Award p2
- ⇒ Cooking and Art classes p4
- ⇒ Community Fundraising p9
- ⇒ Support online p13

### **Bromley Mencap has won the 2011 Guardian Public Services Award for Carers, Families and Communities.**

The Guardian Awards showcase innovation and best practice in public service delivery.

The Awards were announced at a ceremony on 22<sup>nd</sup> November at the Intercontinental Hotel, London. The event was hosted by the presenter and journalist Nicky Campbell.

Bromley Mencap won the Service Delivery Award for our Mutual Carers Project. Hertfordshire County Council and Manchester City Council were shortlisted in the same category.

## **Bromley Mencap Wins National Guardian Award**

**(Continued from front page)**

Our Mutual Carers Project, which was set up 10 years ago, provides a range of support for older parents with disabled adult sons and daughters who themselves have now become elderly and disabled. The service enables the families to continue living together independently in their own home. Support is provided to approximately 25 families per year and includes respite breaks, emergency planning, cookery classes, welfare benefits checks and help with medical appointments.

The service provides assessments for carers with learning disabilities, support around health and dietary needs and advice on financial issues. Opportunities for both older carers and carers with learning disabilities to meet together are provided through a regular Older Carers Lunch Club and a peer support group.

### **Preventative nature**

Eddie Lynch, Chief Executive of Bromley Mencap, said "We are absolutely delighted to have won the Guardian Award especially as we were up against tough competition. This Award not only recognises the value and quality of our service but also acknowledges the importance of the preventative nature of the work we do.

Our project was the first of its kind in the UK to meet the needs of ageing

parents and their disabled sons and daughters whom they previously cared for, and who have now become their carers. It is wonderful to see what started as a tiny innovative pilot, which is now a successful service meeting a genuine need, being recognised in this way.

Our support leads to a range of outcomes including improving mutual caring skills, learning how to live, cook and travel independently, increased financial security, improved mental, physical and social health and reduced social isolation.

### **Meets 'invisible' but critical needs**

Our project innovatively meets those very important 'invisible', soft, yet critical needs which, if unmet, can be the main source of family breakdown. Our service empowers disabled people, carers and families and provides support to enable disabled people to actively and equally take part in mainstream society.

The families we work with do not meet the eligibility criteria for social services so, without our support, they would inevitably end up in institutional care."

The Mutual Carers Project is currently funded by the Woodlands Trust, St John Southworth Trust and Bromley Council.

The Guardian logo is displayed in a blue, lowercase, sans-serif font within a thin blue rectangular border.



Hello Everyone!

It's a time of huge pride for anyone involved with Bromley Mencap as we hear about the Guardian award for the Mutual Carers service. Bulletin sends the most huge congratulations not only to all those in the Project team, but to Bromley Mencap for developing it. A well deserved award indeed!

But all these thrills are coupled with a big concern about government cuts. On page 5 Eddie Lynch outlines how campaigning has made a difference, and some of the areas where campaigning continues.

Thanks to the Community Fundraising team it looks like nearly £4,000 was raised from Christmas activities last year, which is a wonderful achievement in these cash-strapped times (page 9).

Lastly, it's always heartening to hear about how the Jobmatch team loves to party - see them on page 15.

Jackie Ralph  
Editor  
Jackie@stellamarketing.co.uk



**CHIEF EXECUTIVE REPORT 5**

**60TH ANNIVERSARY GOLF DAY 7**

**COMMUNITY FUNDRAISING 9**

**FAMILY SERVICES EVENTS 11**

**BREAST CANCER CARE TRAINING 12**

**THE MONDAY AFTERNOONERS 14**

**JOBMATCH CHRISTMAS PARTY 15**

# Interested in Cookery or Art?

**GREAT NEWS!** Our bid for funding was successful and we are now busy arranging the art and cookery courses.

Cookery classes will start in April.

The art class started on January 13<sup>th</sup> and will run for 10 weeks, in West Wickham.



So, if cookery or art classes appeal to you, you are 19 years of age or over and have a disability, please contact me to book your place.

Caroline Stone  
[caroline.stone@bromleymencap.org](mailto:caroline.stone@bromleymencap.org)  
020 8466 0790



## CHIEF EXECUTIVE REPORT EDDIE LYNCH

- Disabled people and carers are campaigning against cuts by the coalition government
- As a result of campaigning the mobility component of the DLA will not be cut
- Bromley has announced £30million worth of proposed cuts – we hope you took the opportunity to have your say

***Happy New Year all to our members and Bulletin readers!***

The public spending cuts, announced by the coalition government, are starting to severely impact on disabled people and the most vulnerable in society. As a result disabled people are becoming more organised by lobbying and campaigning against the cuts. Another march against cuts in social care will be held in London on 6<sup>th</sup> March. Look out for details on our website and a future e-newsletter.

***Opposition is beginning to have an impact***

We are slowly seeing evidence that representation and opposition by disabled people and carers is

beginning to have an impact and overturn government policy on key spending cuts.

### **One success**

One success in our fight against the cuts was the recent announcement that the Government has changed their minds on removing the mobility component of Disability Living Allowance (DLA) from disabled people living in state-funded residential care.

This is a great victory for disabled people after a year of campaigning on the issue



which would have led to the loss of an annual £160 million in DLA mobility payments to disabled people. Thank you to all our members who took part in the campaign.

### Plans to abolish the ILF

Disabled people are also campaigning against plans to abolish the Independent Living Fund (ILF). The ILF affords dignity and independence to some 21,000 disabled people with high support needs living in the UK. Without ILF many disabled people will find it difficult to maintain friendships and relationships. They will find it almost impossible to pursue other ambitions such as training opportunities, volunteer work and other community activities.

### New Charter for Health

We need to continue to campaign to make the case against cuts and improved services. An article published in the Guardian in January identifies the cases of 74 people with a learning disability who died whilst in NHS care. It also highlights a further 17 serious incidents. Families allege that hospital blunders, poorly-trained staff and indifference are to blame. This underlines the concerns about equal healthcare treatment for people with learning disabilities. The report calls for annual health checks for all people with learning disabilities, better training for health professionals, overhauling the NHS complaints procedure and a new Charter for Health to be introduced.



### Difficulties accessing information

In November the media reported the tragic deaths of Mr and Mrs Mullins in Coventry. Although the facts have still to be established it was reported that the couple were apparently driven to suicide because they were living in poverty. Mrs Mullins had a learning disability and in 2010 the couple were filmed discussing the difficulties they had accessing information and support services similar to our own brokerage service. Mencap has called for an enquiry into the case.

Clearly this is a tragic case but underlines how crucial preventative support such as our own brokerage, information and support services are for disabled people who are not eligible for support from social services. Bromley is fortunate to have a wide range of preventative services for disabled people including our Jobmatch training and employment schemes, a buddying service and support and advocacy for carers. These services are funded by Bromley Council and a range of trusts including the Lottery, City Bridge, Trust for London and Lloyds TSB plus our own community fundraising.

### Increased demand for preventative services

We are seeing demand for all our preventative services increase year on year. Without our support many disabled people would fall into more substantial and critical levels of need and require services from the statutory sector at great expense. Locally Bromley Council has announced proposals for £30million of cuts. The list of cuts are extensive and will impact on disabled people, families and carers in Bromley. I hope you have taken the opportunity to respond to the consultation to help us protect much needed services for disabled people.

## Are you on Email?

A significant number of our members have given us their email addresses so we can communicate more frequently with you around news releases and campaigns. It also saves us postage costs.

If you have not provided your email to us please do so by emailing [enquiries@bromleymencap.org](mailto:enquiries@bromleymencap.org) or telephoning 020 8466 0790.



## 60<sup>th</sup> Anniversary Golf Day

### Calling all Golfers!

To round off our Diamond Jubilee year we are organising a Golf Day at Sundridge Park Golf Club on Friday 27 April.

The day will begin with bacon rolls and coffee at 11am followed by 18 holes of golf on the East Course with a 3-course dinner in the evening.

The cost of the day will be £320 for a team of 4. For an entry form and more information please contact Susanne on 020 8466 0790.

If you are not a golfer but would like to support the event we need raffle prizes and items for the auction which I am happy to collect.



# Employing a Personal Assistant?

Association for Real Change (ARC) has a network for Personal Assistants (PAs) and those who employ them. They have written a short guide to employing a new PA in the form of a toolkit, available on their website [www.panet.org.uk](http://www.panet.org.uk) and [arcuk.org.uk](http://arcuk.org.uk).

There is lots of advice, from sample adverts through to sample letters of appointment, contracts and even Health & Safety policy. It also talks about supervision and developing/training your new PA.

ARC has a PA Induction Pack, designed to be delivered by the employer, and can support and prepare a small number of PA employers to use the pack. They will be recording the employer's learning needs, in order to help them deliver a good induction, then developing a learning pack for the employers.

## INFORMATION AND SUPPORT - ONLINE

[www.netbuddy.org.uk](http://www.netbuddy.org.uk) now has five dedicated 'Site experts' providing advice to family and professional carers on all aspects of supporting people with learning disabilities.

The site experts are online 24/7 answering questions related to their individual specialisms, which are:

- Learning Disability
- Occupational Therapy
- Speech & Language Therapy
- Siblings
- Assistive Technology and
- Audiology

You can talk to them here:  
[www.netbuddy.org.uk/forums/ask-expert](http://www.netbuddy.org.uk/forums/ask-expert)

***WE STILL NEED PAPERBACK BOOKS, 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.***

**Contact Susanne Dowswell  
Corporate and Community Fundraiser**

**Email [susanne.dowswell@bromleymencap.org](mailto:susanne.dowswell@bromleymencap.org)  
Telephone: 020 8466 0790**



# Community Fundraising

**Bromley Mencap needs YOU to be a Super Hero**



We need Super Heroes (costume will be provided) to take part in this year's 5K (3 mile) challenge in Regents Park on Sunday 6 May (date to be confirmed).

You don't need to be a marathon runner! As long as you are over 8 years old and can walk or jog for 3 miles you can take part. The route of the event takes you past London Zoo, round the large boating lake and through Avenue Gardens.

Over 1,000 people from charities both large and small will be taking part in this FUN event so why not join our team?

All we ask is that you pay the entry fee of £20 and agree to raise a minimum of £100 in sponsorship. It's great fun and we have a picnic in the park after the event. If you need more information or would like to take part please either ring or email Susanne.

**Contact**  
**Susanne Dowswell,**  
**Corporate and Community**  
**Fundraiser**

**Email**  
**susanne.dowswell@bromleymencap.org**  
**Telephone: 020 8466 0790**

**Happy New Year** and a huge **thank you!** to everyone who helped with the fundraising events in the run up to Christmas. We really did have a busy time.

The **Carol Singing Day** in the Glades was a tremendous success. We had 13 choirs singing at various times throughout the day and collected £1,527.

The **Tombola** on Saturday 17 December was equally successful. We managed to collect and wrap over 900 prizes and raised £1,612. £750 of this total was thanks to Janet Bevan who arranged a matched grant from Barclays Bank.

During the day we also drew the **raffle** and all prize winners were notified and all the prizes distributed before Christmas.

In late November we distributed our Christmas soft toy "**Malcolm the Meerkat**" to local shops, pubs and organisations. To date we have raised £700 with money still coming in.

We also sold our own **Christmas cards** and **Christmas puddings** again this year. We still have limited stock of some Christmas cards which we are selling off at £1.90 per pack. Just give me a call if you would like to stock up for next Christmas.



## Transition

A workshop for all parents and carers of a young person aged between 13–19 years old with a learning disability and/or physical disability

Bromley Parent Voice in partnership with the Transition Team invites you to a workshop for all parents and carers young people aged 13—19 with a disability or additional need.

The workshop will provide parents and carers with information and will cover the following :

- The transition process and timeline
- Eligibility & Assessments
- The Journey — a parent's perspective
- The transition pathways
- Support with Change
- Questions and Answer session

We will be joined by guest speakers from the Transition Team, London Borough of Bromley and the Voluntary Sector.

The day will include the official launch of the Resource Guide to Transition in Bromley.

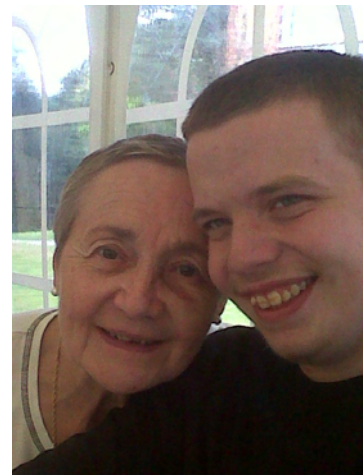
Light refreshments will be provided.

Please bring you own lunch.

**Date: Thursday 9th February 2011**

**Time: 10.30 am to 2.30pm**

**Council Chambers, Civic Centre,  
Bromley.**



Contact:

Kay Moore, Parent Participation Officer on  
0208 777 3170 for further information

Or

Email: [transition@bromleyparentvoice.org.uk](mailto:transition@bromleyparentvoice.org.uk) to  
reserve a place.

# Family Services Events



**10th February 2012**

**Carer's Lunch (age 60+)**  
St Augustine's Church  
Southborough Lane,  
Bromley  
Kent BR2 8AT

*By personal invitation only*

**13th February 2012**

**Family Trip to the London  
Eye**

Ticket only  
The flyer and booking form will  
be distributed via the schools

**16th February 2012**

**Disco**

(Ages 14-30 years)

8 pm to 10 pm

Bromley Town Church

2, Ethelbert Road, Bromley, Kent

BR1 1JA

**Admission by ticket only**

Flyer and registration form will follow

**25th February 2012**

**Outdoor Club Walk – High Elms**

(Ages 18+)

10.15am to 12.30pm

Flyer and registration form will follow

**BULLETIN WELCOMES NEW MEMBERS:**

Mrs Maggie Stokes  
Mr Adam Cwalina  
Martin & Ann Roberts  
Miss Lauren Rice  
Mrs Rosalind Luff

# Train the Trainer: Learning disabilities course

A course for healthcare professionals and carers  
promoting breast health to women with learning disabilities



This course has been developed to provide you with the knowledge, skills and resources to deliver this crucial message to women with mild to moderate learning disabilities. Interactive sessions will help you gain the skills to:

- understand and describe how to be breast aware
- understand and overcome barriers to accessing health services
- understand the breast screening programme and processes
- share ideas and best practice in working and caring for this group.

This one-day training course is designed to give confidence in delivering the breast awareness message to women with mild to moderate learning disabilities.

Topics include attitudes towards breasts, how to be breast aware and breast screening.

The course will be held in London on the 23 March 2012.

For more information, contact us at [bhp@breastcancercare.org.uk](mailto:bhp@breastcancercare.org.uk)  
or on **0845 092 0809**.

Breast Cancer Care is here for anyone affected by breast cancer. We also offer training, workshops and resources that explain how to be breast aware and what changes to look and feel for.

Visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or call our free Helpline on 0808 800 6000.

Personal experience professional support

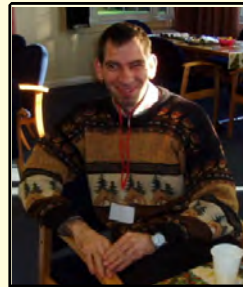
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# Update from the Learning Disability Partnership Board

By Jane Berry– Inclusion Officer at Bromley Mencap

## Mayor awards Certificates of Appreciation to Partnership Board Representatives



*Pictured, from left to right: Martyn Bax and Michael Callaghan, Chrissie Ludlow*

Partnership Board Representatives were congratulated by the Mayor of Bromley last month for their role on the Bromley Learning Disability Partnership Board and commitment to improving the lives of people with a learning disability.

The Representatives were attending a Christmas celebration at the Civic Centre to mark another successful year for the Partnership Board.

There are currently 18 representatives who work hard ensuring that service users, self advocates and students from day centres, colleges, groups and projects in Bromley have their say on the planning and delivery of services.

Cllr David McBride, the Mayor of Bromley, spoke of the crucial role of the Partnership Board in bringing together all those with an interest in learning

disability and providing a forum for ideas to be debated and shared. He then awarded each Representative with a certificate of appreciation for their work over the past year.

### ***When is the next Partnership Board?***

The next Learning Disability Partnership Board will be on Friday 24<sup>th</sup> February 2012.

### ***Contact me***

For more information about the Partnership Board please contact me on 020 8466 0790 or

[jane.berry@bromlymenca.org](mailto:jane.berry@bromlymenca.org). My working days are Monday, Tuesday morning and Wednesday.



# The Monday Afternooners

*Kim Neighbour, Family Support Worker, updates us on activities*

Since our last update the Monday Afternooners have had 3 more very enjoyable outings.



In October we went to the Museum of London and had a very interesting talk before being able to wander around looking at things that interested each of the members.

In November we had a quiz run by Louise Chorley. We all had to put our thinking caps on but we were kept going by the wonderful tea provided by Ann Hines and the Soroptimists.



In December we had a festive Christmas meal at the carvery at Polhill. We organised Secret Santa and got some lovely gifts. Some members had to swap as one of the men did not want bath salts! A fun time was had by all.

I would like to say a very big thank you to all of my helpers who I have been able to rely on throughout 2011. Here's to another full program in 2012!

# JOBMATCH CHRISTMAS PARTY 2011

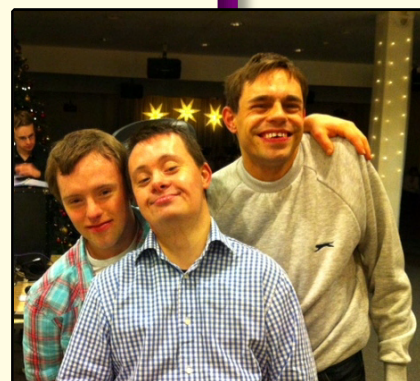
Always a popular annual event, the Jobmatch Christmas party brought together candidates from past and present to boogie the night away.

Karaoke is an important part of the evening and our candidates didn't need much encouragement to get up and sing.

Our photos show Sarah Davey belting out 'New York State of Mind,' and yours truly with Philip Sansom performing a duet called 'With A Little Help From My Friends'.

After a number of lively solos by our candidates, which featured many Queen and Michael Jackson songs, the Jobmatch staff team took to the floor to perform their party piece called 'Merry Christmas Everybody'. This was filmed by a number of candidates and one candidate, in particular, suggested that it should be put on You Tube. I have not seen it yet, thank goodness!

**Fran Dillnutt**  
Employment Services Manager



Copy deadline for March/April is 1st March 2012

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