BROMLEY MENCAP 2012 AWARDS
- NOMINATIONS OPEN

Bromley Mencap has opened nominations for its 2012 Awards. Our Awards celebrate the achievements of disabled people and businesses in Bromley. Winners will be announced at an Awards Dinner on 26th June which will be hosted by global entrepreneur Graham Webb MBE (pictured left).

There are 4 Award categories for disabled people:

- achievement in art, music or drama
- sporting achievement
- achievement in employment
- personal achievement

A 5th award will be presented to an employer who has made the most significant contribution towards offering volunteering opportunities, training or employment for disabled people in Bromley.

The closing date for nomination forms (enclosed with Bulletin) is 13th April.

Get your entries in now and good luck!
FAMILY SERVICES EVENTS

30th March

Older Carer’s Lunch (60+ years)
St Augustine’s Parish Church
Southborough Lane
Bromley, Kent
BR2 8AT
By personal invitation only
If you are over 60, would like to attend but don’t receive an invitation, please call us!!

12th April

Activity Day (ages 14 to 30)
Admission by ticket only
Coney Hall Baptist Church
Coney Hall Road
West Wickham
Kent BR4 9BU

1st May - 2nd August

Adult Keep Fit Classes
(Over 18 years of age)
Bromley Town Church
Ethelbert Road
Bromley
BR1 1JA
Flyers and registration forms will be posted in due course.

22nd April

Outdoor Club Fishing Trip
Please contact Ian Breslin on 020 8466 0791 if you are interested in fishing

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

When I heard that Graham Webb would be speaking at the Bromley Mencap Awards Dinner, I only thought vaguely of hairdressing. Then as I found out more about him I was truly impressed. Here is a man who overcame a disability and little education to build a business empire. To hear him speak will, I am sure, be an inspiration. Become involved in the awards by placing your nomination (page 1).

It is also the time of year when we think of outdoor activity, so how about a run around Regent’s Park for Bromley Mencap? Having done it myself I can testify that it is a lot of fun, with everyone entering into the spirit -and some elaborate costumes - and the park is beautiful. What better way to spend a Sunday morning? See page 12 for information about joining in.

Lastly, go Jobclub! It is interesting to see feedback when it is requested and statements on page 16 highlight our members’ frustrations in a nutshell.

Jackie Ralph
Editor
Jackiemralph@gmail.com
Advocacy for All are looking for volunteers to train as Advocates for this exciting pilot project providing Advocacy for people with Autism aged 40+.

No experience is needed as training in Advocacy and Autism is provided.

For more information about the project and the role of an Advocate please look at the Advocacy for All website www.advocacyforall.org.uk.

Telephone 020 8300 9666 or email autism@advocacyforall.org.uk for an application pack.

Due to the nature of this work an enhanced CRB check is required and expenses are paid.

Advocacy for All is working in partnership with the National Autistic Society and the Burgess Autistic Trust.

This project is funded by the Inge Wakehurst Trust.
CHIEF EXECUTIVE REPORT
EDDIE LYNCH

Key Points

- A new Transition booklet has been produced by Bromley Council
- Bromley and Bexley are working together to improve transition services for disabled young people
- Bromley is producing a new integrated Transition strategy

Transition - what’s new?

Through our work with families and young disabled people we know that transition from children to adult services can be a very challenging time in their lives. Our joint conference last year with Nash College showed the importance of good, clear communication and information between services to ensure transition is seamless.

Young people and their families share a number of experiences, both in terms of their general transition to adulthood and their relationships with services. A key common characteristic is that they all require a combination of health and support services in order to access a good quality of life.

New Transition booklet

In Bromley a new Transition booklet has been produced to help families through the process. The booklet, called Transition: Future Planning, has been produced by Bromley Council. It is a useful free resource and outlines the local pathways to support people through transition. It covers key areas in the young person’s life including education, employment, day services, transport, health and housing. There is also a list of local organisations, including Bromley Mencap, who can provide support. The booklet is available on our website.
The proposed changes to special educational needs and disability were set out by the government in its Green Paper 'Support and aspiration: A new approach to special educational needs and disability' last year. Local authorities were invited to submit applications to become part of the pathfinder programme.

Bromley and Bexley Councils were awarded £150,000 to work together to develop changes to services offered to children, young people and their families, as well as how those services are accessed.

This is a fantastic opportunity which will hopefully lead to improved outcomes for people in transition.

The pilot work in Bromley will cover personal budgets and support to parents and young people.

Bromley Mencap is working closely with Bromley Council and other partners as part of the pilot which will address the following:

- A single education, health and care plan from birth to 25 years old, focusing on whether outcomes for disabled children and their parents have been improved
- Personal budgets for parents of disabled children and those with SEN so they can choose which services best suit the needs of their children
- Strong partnership between all local services and agencies working together to help disabled children and those with SEN
- Improved commissioning, particularly through links to health reforms
- The role of voluntary and community sector organisations and parents in a new system
- The cost of reform

The work is expected to continue until March 2013.

Finally, staying with Transition, Bromley Council last year released a consultation on a new Integrated Transition strategy. An integrated strategy which combines social care, housing, education and health aims to meet the needs of the increasing numbers of young people in Bromley going through transition.

This will help the commissioning of services to ensure it meets the needs of the increasing number of young disabled people in Bromley leading to greater independence and fulfilling lives not only for the young people but their families.
Volunteer Needed!

We are running cooking classes for a group of disabled young people and adults. The classes will run for 10 weeks every Thursday from 10.30am to 1.30pm starting 19th April.

We are looking for at least one committed volunteer to support disabled people with the cooking and to undertake any other duties as required. No experience is necessary as training will be provided.

Please telephone the office on 020 8466 0790 if interested.

60th 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.
Disability Voice Bromley is focused on adults with physical disabilities and their carers, who live or work in the Borough of Bromley.

We are an independent ‘voice’ speaking up for disabled people and their carers.

The committee consists of disabled people and representatives from disability organisations.

We meet every two months, usually for 2 hours on a Monday morning, at the Ripley Arts Centre, Bromley, which is accessible.

We would love to hear from anyone who would like to represent Bromley Mencap/Scope on our committee. You need to have an interest in disability issues and a commitment to attend our meetings regularly.

Don’t be put off if you’ve never sat on a committee before - free training is available on how to be an effective committee member.

Expenses will be reimbursed. British Sign Language (BSL) interpreters come to our meetings, but if you would need other communication support, a sitting service, transport or other help, please just let us know.

If you are interested and would like to come and observe one of our meetings to see if it’s for you, please contact Joanna Frizelle on 0845 463 2804 or email: info@disabilityvoicebromley.org.uk
Community Fundraising

Friday 27th April
**Golf Day**
Sundridge Park
Golf Course
Needed: Teams and sponsors for the event (see page 2)

Sunday 13th May
**5K run in Regent's Park**
Needed: people to take part (see page 14)

Saturday 23rd June
10-5pm
**Hayes Village Fair**
Help needed: Setting up and running stall

Saturday 8 September
9-5pm
**Annual Flag Day in Bromley**
Needed: Collectors

Friday 16 November
10-4pm
**Collection at Sainsbury's Locksbottom**
Needed: Collectors

Thursday 6 December
9.30-7.30pm
The Glades **Carol Singing Day**
Needed: Collectors

Contact
Susanne Dowswell,
Corporate and Community Fundraiser

Email
susanne.dowswell@bromleymencap.org
Telephone: 020 8466 0790
Tennis is an inclusive sport and nearly everyone can participate in tennis in its full format or when adapted.

Disabled people can take part in tennis activity and more coaches are being supported by the Tennis Foundation to be able to work confidently with players of all abilities.

Learning Disability Tennis

There are a number of learning disability tennis sessions available for beginners and developing players across the country. Tennis can be adapted according to a player’s ability. Playing mini tennis with low compression balls and smaller courts can build confidence on court.

Wheelchair Tennis

Wheelchair tennis is still one of the fastest growing wheelchair sports in the world. Wheelchair tennis integrates very easily with the game since it can be played on any regular tennis court, with no modifications to rackets or balls. Wheelchair players are allowed two bounces of the ball.

Find out more at http://www.lta.org.uk/Tennis-Foundation/Home/
This factsheet has been produced by Bromley’s End of Life Care Strategy Group. It is aimed at carers looking after someone with a life limiting condition/terminal illness.

Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.

Range of support

Caring for someone who has been diagnosed as having a life limiting condition can have a devastating impact on all involved, both physically and emotionally. However there is a range of support available to you, your family and the person you care for.

Carers Bromley, Caritas House, Orpington, Kent, BR6 9XA
Carers Helpline 0800 015 7700
Visit our website at www.carersbromley.org.uk

At the Bromley Lions 25th Anniversary Dinner held at The Victory Social Club on 11th February Bromley Mencap’s Trustee Paul Williams had much pleasure in receiving a £500 cheque from Lions President Mike Deves.

Bromley’s Deputy Mayor, Councillor Reg Adams also attended the very enjoyable event.

The money was donated to Bromley Mencap to mark our Diamond Jubilee and was raised through a series of fundraising events including the Rock Into Christmas evening held in December.

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 or telephoning 020 8466 0790.
Jobmatch runs four Job Clubs a week for its candidates. They are an important part of the candidates’ weekly activities, as they not only provide an opportunity for them to job search, but also provide knowledge about a range of subjects. The Job Club sessions also encourage candidates to introduce themselves at the start of each session, and participate in numerous role plays which help to build their confidence and self esteem.

Job Club was asked to respond

Occasionally the Job Club members are asked to participate in consultations. At the beginning of March they were asked to respond to a government document from the Office of Disability Issues. This was called Helping disabled people do the best they can and take part in their local area.

The Minister for Disabled People, Maria Miller, told participants in the document that she hoped to use their feedback to find ways that can make a real difference to the lives of disabled people.

The document was broken down into 4 sections:

- Helping disabled people do the best they can do
- Choice and control
- Changing the way people think and act towards disabled people
- Letting us know what you think

All the candidates entered into lively debate about the subjects and gave some very good feedback. Unfortunately there is not room to list all their comments but some examples are listed on the next page.

Session overran

This was probably the first Job Club session ever that overran in time as all candidates decided to stay on for a further half an hour to complete the consultation document.

Written by Fran Dillnutt – Employment Services Manager
Contributions by Karen Warburton and the candidates at Friday morning’s Job Club
Job Club’s feedback for the Government’s Consultation

I don’t want to always be labelled.

There should be more schemes like Jobmatch.

Bromley Mencap’s Brokerage Drop-In Service is confidential and you are given a personal service.

Banks do not have easy read information for people with learning disabilities but have leaflets in different languages.

Why do we always have to justify our disability to get welfare benefits?

My money gives me control over my decisions.

Not everyone with a disability wants to be seen as a separate group or an afterthought.

Disability does not mean inability.

Companies should be strict about who they give credit cards, mobile phones and loans to. Disabled people are taken advantage of and they can get into all sorts of trouble.

Politicians should get more involved in the community by visiting people – not just visiting you near elections.
We need Super Heroes to take part in this years’ 5K (3 mile) challenge in Regent’s Park on Sunday 13 May.

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.

It would be great to have some young people taking part as it is a FUN event! The route takes you past London Zoo, round the large boating lake and through Avenue Gardens.

Over 1,500 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. Costumes are provided, or you can bring your own.

If you need more information or would like to take part please either ring or email Susanne Dowswell on 020 8466 0790 or susanne.dowswell@bromleymencap.org
Update from the Learning Disability Partnership Board
By Jane Berry—Inclusion Officer at Bromley Mencap

When was the last Partnership Board?
The Learning Disability Partnership Board met on Friday 24th February. There was no morning workshop for this meeting.

What happened at the Partnership Board?
The Partnership Board heard presentations about

- A new Easy Read version of the Council’s Transition Strategy. This is their plan for helping people to move from Children’s services to Adult’s services
- The Bromley Safeguarding Adults Board. This is a group of people who work with service providers and local groups in Bromley to help keep people who use care services safe
- The Good Health Sub Group Action Plan. The Good Health Sub Group makes sure that the Big Health Plan in Bromley is working well.

We also heard a presentation from Gillian Rees and Linda Allchorne about the Talking with Doctors report. This is a report from the Advocate 4 Health group.

The group wrote this report about their experiences with their doctors. It is for doctors and other people who work in health as well as people with a learning disability. The report suggests some things that are important to make sure people with a learning disability get good health care.

These include:
- better understanding of patients
- more learning disability awareness training for doctors, nurses and receptionist
- more time for appointments
- using black books
- information in easy read

Reps asked questions about the future of day services including the Astley Centre, the closure of public toilets in Bromley, and changes to welfare benefits, supported living and education maintenance allowances for people in the borough.

When is the next Partnership Board?
The next Learning Disability Partnership Board will be on Friday 11th May 2012.

Contact me
For more information about the Partnership Board please contact me on 020 8466 0790 or jane.berry@bromleymencap.org.