Our new community hub is now open and the three training and employment courses have had their first student bookings.

Our three new social enterprises will focus on catering, horticulture and bike recycling.

Thank you to all our funders and supporters who have helped us finish the project over the summer.

More details inside.
Hi everyone

Welcome to the Autumn issue of Bulletin. I cannot believe how quickly the seasons change and that we are already wrapping up warm and crunching through the leaves!

I hope you enjoy what we have for you - there are so many pics of people enjoying themselves doing various activities and trips over the summer in this issue - they can't fail to bring a smile to your face!

Of course we have all the usual news and event listings too. But most importantly, make sure you get all the info on the Lodge at Norman Park (pages 12-13) - it sounds fantastic and... IT’S FINALLY OPEN!!!!

See you again in a few months.
Luan
luanlanham@btinternet.com
## Family Services Events and Activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tr>
<td>September 18</td>
<td>19</td>
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<td>Carers Lunch Club and Information Session (free) (age 55+)</td>
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<td>23</td>
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<td>Family Coach Trip to Diggerland</td>
<td>25</td>
<td>Dance (age 18+)</td>
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<td>Outdoor Activities Club - Scadbury Park Walk (age 18+) (30th)</td>
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<td>Monday Afternoons’ - National Theatre</td>
<td>ANNUAL GENERAL MEETING</td>
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For more details on any of the above events please call the office on 020 8466 0790
Mencap’s #StopSleepInCrisis campaign has received extensive coverage in the media over the last few months. Recently, a number of support workers have taken their employers to employment tribunals to challenge how they are paid for sleep-in shifts. The tribunals ruled that support workers should be paid the hourly minimum wage for these shifts rather than a lower flat rate, with up to 6 years back pay. Since 1 April, Mencap has ensured that all sleep-in staff are paid at least the National Minimum Wage for the vital work they do.

This decision by the Government has created a bill of £400 million to the care sector. This is a threat to the vital support thousands of disabled people receive - support which allows them to live a safe and independent life in the community. This £400 million bill means some care providers could face bankruptcy. This could mean the end of social care as we know it.

The sector is now faced with a real and potentially overwhelming funding crisis as care providers and local authorities have to find additional money. Money which, in many cases, simply isn’t there.

Mencap has created a petition, calling on the Government to avert a crisis in the sector. They are urging the Government to fix the problem they have caused by making an urgent, public commitment to fund the back-pay bill.

Removing Learning Disability Job Barriers
Journalist Saba Salman looks at how Mencap is working with businesses to help get people with a learning disability into meaningful paid work. Mencap Business Development Manager, Mark Capper, speaks to The Guardian about why employment for people with a learning disability is so crucial and the paper also meets Anthony Knight, who Mencap helped secure a job at Kew Gardens.

Ambitious About Autism New Podcast
Ambitious About Autism has released a podcast with David Mitchell who has published his next book with Naoki Higashida Fall Down 7 Times, Get Up 8: A young man’s voice from the silence of autism. Youth Patron Jasmine read the book and quizzed him on all things autism, including his new book and being a father to an autistic son. You can listen here: https://itunes.apple.com/gb/podcast/ambitious-about-autism/id1264651468?mt=2&mc_cid=dd46dd000f&mc_eid=6a17ce5015

NHS England Learning Disability Newsletter
Read the latest newsletter here: https://www.england.nhs.uk/learning-disabilities/get-involved/newsletters/

Upcoming Events

Autism and Complex Needs Conference
A one-day conference exploring the best practice and policies to support autistic children and adults with complex needs. Covering everything from low arousal approaches, to dual diagnosis with ADHD, and communicating with students with speech and language difficulties.

The National Autistic Society’s Autism Hour
The National Autistic Society’s Autism Hour is the UK’s first week-long event, launching 2nd October, where shops and services take 60 minutes to provide autistic people with a break from the overload of too much information.
Proposed Changes to NHS Prescriptions
NHS Bromley Clinical Commissioning Group is seeking views on proposed changes to what is available on prescription in Bromley. The CCG is proposing to no longer support routine prescribing of health supplements and self-care medications for short term minor illnesses and injuries that will get better over time. The medicines covered in this proposal can be purchased from a pharmacy or a supermarket. NHS England recently announced that efforts need to be made to get better value for money in the NHS and eliminate waste. To have your say on these proposals read the proposal leaflet on the CCG website at www.bromleyccg.nhs.uk and complete the online survey here: https://www.surveymonkey.co.uk/r/PrescribinginBromleyHaveYourSay
The CCG has produced an easy read version for people with learning disabilities which you can access here: http://www.bromleyccg.nhs.uk/news/proposed-changes-to-nhs-prescriptions-in-bromley/34734

Activity Sessions
Mytime Active are piloting new exclusive activity sessions for children and young people with special educational needs which include Soft Play, Swimming, Bowling and Footgolf. Come and join in the fun at sessions across the Bromley centres.

More here: https://www.mytimeactive.co.uk/sites/default/files/SEN%20Exclusive%20sessions%20June%20-%20Sept%2017_0.pdf

Bromley and Downham Leisure Centre
Disability swimming sessions on Monday 12.00-1.00pm and Fridays 7.30-8.30pm.
More here: http://www.1life.co.uk/london-borough-of-lewisham/downham-health-leisure/swim-timetable/

Bromley Healthcare Patient Reference Group
Do you live or work in Bromley and have experience of local community health services? Bromley Healthcare are looking for individuals to join their Patient Reference Group (PRG). The PRG will support Bromley Healthcare in ensuring public and patient involvement is at the heart of its services. Community health services include services such as district nursing, occupational therapy, wound care, falls service and rehabilitation services. Participants will receive £30 for each meeting they attend and any reasonable additional travel costs will be covered. Meetings expected to take place every two months.

South London & Maudsley NHS Foundation Trust
A national service offering assessment and management to adults with suspected or diagnosed Autism or ADHD, referrals from consultant psychiatrists and GPs. Individual funding approval will be required from your local Clinical Commissioning Group to access these services.

More details [https://www.national.slam.nhs.uk/services/adult-services/adultneurodevelopmental/](https://www.national.slam.nhs.uk/services/adult-services/adultneurodevelopmental/)

Midwifery Consultation
The National Midwifery Council is seeking your views on what you think nurses should know about learning disability before they start working in healthcare.

You can complete the survey here: [https://www.surveymonkey.com/r/nmc_consultation_easyread](https://www.surveymonkey.com/r/nmc_consultation_easyread)

Independent School for Children with ASD
A new independent special school for pupils age 6 – 16 with ASD is due to open near Horley in September. It will be called Redehall School and is being run by a company called the Aurora Group. As with almost all independent special schools, children attending the school would need to be funded by the local authority.

More details here [http://www.the-aurora-group.com/redehall](http://www.the-aurora-group.com/redehall)

Keeping Safe – Teenagers/Young Adults with SEN
Mark Brown is running a 5-week course in Croydon for teenagers and young adults with special needs focusing on all areas of keeping safe. The course will run from 2.00pm - 4.00pm during October and November. Topics covered include: public and private messaging, banter, consent, talking to authority and relationships. Cost: £60 for course, including refreshments and handouts.

For more details email sh4sn@sky.com or phone 01883 621124
Day Opps and Day Opps Xtra ran for 5 days throughout the long summer break. The group enjoyed a broad range of activities and particularly enjoyed the Monday ‘out and about’ days, where they visited Morden Place Park, Hornimans Museum and Dulwich Art Gallery and Park.

On other days, we’ve been looking at the environment, tending to our allotments, looking at events in London and recreating our own versions, holding the Bromley Mencap Great British Bake-off and creating some great craft projects as part of the Craft Council Craft Club.
We’ve looked at countries around the world through quizzes and making food from that region. We’ve done a series of ready steady cook challenges, done some wacky science experiments and have also learnt some first aid, how to deal with an emergency and how to keep safe when we’re out and about.

The allotments have been fantastic and we’ve been busy harvesting all our crops. We’ve made all sorts of recipes with our pickings, including crumbles, salads, quiches and cakes.

Day Opps is for disabled adults aged 18 years and over and runs Tuesday to Friday, 52 weeks a year. The cost for the service is £45 per day or £110 per day if 1:1 support is required. We are based in West Wickham, with our allotments close by.

We’ve got a great programme planned for the coming months, so if you think Day Opps might be for you, please call Caroline to arrange a visit. We’d love to show you round.

Caroline Stone – caroline.stone@bromleymencap.org or 020 8466 0790
Step Forward Update

At Step Forward our candidates have been taking some massive steps.

Thomas has been busy with his oil painting. He has been so busy in fact that, when he took his work to the Astley summer breeze disco/fete in August, one of his paintings was still wet!! Everybody took a shine to his work and he sold four paintings.

Annie Parsons took part in the recent Special Olympics in Sheffield. Boy did she do well! She won two gold medals with her floor work in gymnastics. Annie is also doing well with her voluntary role at the Age UK Bromley & Greenwich South Street Café. Well done Annie!

At Step Forward we continue to support people into jobs and volunteering. Recently we helped set up a new window cleaning micro enterprise and a leaflet round. The workshops are still eventful and included the LBB Safeguarding team giving a presentation and open workshop. The room was packed and everyone really enjoyed the session.

Ian and Jesse
Family Coach Trip - Leeds Castle – 30th August

On a wet and windy Wednesday, two coaches left Norman Park and we headed out to Leeds Castle.

Despite the rain 19 families made the most of the facilities, including the maze and grotto, play areas, the beautiful grounds and of course the Castle itself.

The Café and restaurant provided a much welcomed break.
It’s been a busy few weeks at the Lodge with lots of developments, including the fantastic new sign, so everyone knows Bromley Mencap are now firmly in Norman Park. We are now ready to open and are looking forward to getting up and running.

The Catering Course will be run by Dawn Derham, our Catering Facilitator – this course will run on Tuesday and Thursday.

Horticulture will be run by Ralph Ambrose, our Horticulture Facilitator – the course will run on Tuesday and Wednesday.

Bicycle Recycling will run on Tuesday and Thursday and will be led by Steve O’Hara our Bicycle Maintenance Facilitator.

All the courses will run from 10am to 3:30pm and will cost £45 per day.

The Lodge aims to provide disabled adults with the skills they would need to move onto paid employment or volunteering and we hope the three projects we have set up will facilitate this step.

For more information or to arrange a visit to the Lodge, please call Caroline Stone on 020 8466 0790 or email caroline.stone@bromleymencap.org
This year’s keep fitters worked out to music featuring the weather, from snow to sunshine and thunder to blue skies. The classes were well attended and everyone enjoyed exercising and meeting up. The final performance to parents/carers and Bromley Mencap trustees took place on 26th July. Congratulations to all the ‘keep fitters’ for a great performance. This year the Ann Kean Award and cash prize, which is awarded to the most improved person, was presented to Harry Warman. Harry was delighted to receive the award … Well done Harry!

And finally … the evening was rounded off with a lovely buffet and an amazing cake, which was enjoyed by all.

A big thank you to our long standing volunteer Marion Gee and our new volunteer Kathy Barrett. Everyone who attended the keep fit classes received a certificate from Ann Kean, our Vice-Chairman.

**A few quotes:**

Carers of Harry Warman: *Harry really enjoyed coming to the keep fit session and is looking forward to doing more activities with Bromley Mencap. It’s really good doing something fun*

Laura Frewin: *I look forward to coming to the classes and doing some exercise and seeing everyone. Thank you to the volunteers*

Theresa Allen: *I really enjoy coming to the classes and taking part, it’s always fun*

Gillian Rees: *I enjoy the classes and look forward to coming and meeting up with my friends*

Chrissie Ludlow: *I really enjoy taking part in the classes and I will try to stay fit!*
Summer Dance – August

This summer we held our Dance at The Emmanuel United Reformed Church, West Wickham. The dance was as popular as ever and attended by over 50 of our members aged 18 years and over. Light refreshments were served throughout the evening and everyone enjoyed dancing to popular tunes from our resident DJ Steve.

Carers Lunch Club
29th September and 20th October

Our monthly lunch club is for carers over 50. In September our guest speaker is from Bromley Library Services and in October we have a speaker from the Prescription Charges Coalition. The lunch club has a regular attendance of 20-30 members. It’s a good opportunity to make new friends and chat to parents in a similar situation whilst enjoying a free, 3-course lunch with drinks.

We provide information and updates on local services and there is usually a guest speaker giving informative talks on a variety of subjects.

If you would like to come along to any of the lunches please call the Bromley Mencap office on 0208 466 0790 to book your place. Please let us know as soon as possible as places will be limited.
Thank you to our Lodge Volunteers

For those of you who have been watching the development of the Lodge at Norman Park, you will have seen a lot of activity over the last few weeks. The garden has been transformed from a mud patch to our wonderful new horticulture facility.

We have been helped along the way by two teams of volunteers, whose help has been invaluable.

Tina, David and the team from the DWP at Bromley South have been fundraising for us through coffee mornings and dress down days as well as volunteering at the Lodge helping to get the garden ready.

James, Tim and the team from the Environment Agency came along for the day to help shift 14 tonnes of soil to fill the new raised beds. They have also been fundraising for us.

We really wouldn’t have made so much progress without the support of the DWP and Environment Agency Teams, and the photos show how much they have helped to transform the garden area.
Community Fundraising - Jane Barnes

Camden Grove Street Party
Thank you to all involved in organising the Camden Grove Street Party. It was a fabulous event despite the dreadful, wet weather on the day. The rain did not dampen the spirits and the community were out in force. BBQs were going, drinks were flowing and there was lots of music, dancing and singing. Great way to spend an afternoon and evening! A fabulous £250 was donated to Bromley Mencap from the proceeds of the day.

Firewalk
Unfortunately our planned firewalk has been postponed. We hope to go ahead with a date in 2018 so watch this space for more details.
Gingham Goose Craft Markets
This lovely market held at Hayes Village Hall, Hayes Street, BR2 7LE continues to support Bromley Mencap throughout this year. The dates for the remaining craft fairs are 14 October, 11 November and 16 December. There are a variety of stalls run by local people selling handmade goods. Don't miss the fantastic tea room serving homemade soups, savouries and cakes. You can find more details on their facebook ginghamgoose and Twitter @ GinghamGoose.

Quiz Night – Saturday 07 October
Our annual Quiz Night is back again! It will be held at our usual venue, St George’s Church Hall, Bickley Park Road at 7.30pm on Saturday 07 October. Book for teams of 6 – 8 people. Tickets cost £5 each and can be booked online here https://www.eventbrite.com/e/bromley-mencap-quiz-night-tickets-36397109735?aff=utm_source%3Ddeb_email%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventoext__text
Please bring your own drinks and nibbles. Don't forget there will be a small prize for the best dressed table so get your creative side thinking too. Last year we had lots of brilliant designs so let's see if we can top it!

Christmas Raffle
Our Christmas raffle is always popular and helps raise much needed funds every year. Thank you for all your support in the past and I hope you can continue supporting us again this year. Enclosed with this issue of the bulletin are 2 books of raffle tickets plus a freepost envelope. If you receive the Bulletin via email the raffle tickets will be posted to you separately. Prizes include £250 cash and 4 tickets to ‘Disney on Ice’ at the O2 Arena. Please return the completed stubs together with payment in the envelope provided.
Community Fundraising

Forthcoming Events
Yes, Christmas is coming and it will be here sooner than you know! We have lots of collections coming up and many of them will be during the festive season. It is always a very busy time for us and we need as many volunteers as possible to make these dates a success. Please spare an hour or two to support our fantastic cause.

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<tr>
<th>Date</th>
<th>Event &amp; Location</th>
<th>Help needed</th>
<th>Times</th>
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<tr>
<td>Saturday 16 September</td>
<td>Morrisons</td>
<td>Collectors</td>
<td>10am – 12pm&lt;br&gt;12pm – 2pm&lt;br&gt;2pm – 4pm</td>
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<td>Petts Wood</td>
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<tr>
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<td>Petts Wood</td>
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<td>Thursday 5 October</td>
<td>Bromley South Rail Station</td>
<td>Collectors</td>
<td>4pm – 5.30pm&lt;br&gt;5.30pm – 7pm</td>
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<td>Saturday 7 October</td>
<td>Quiz Night&lt;br&gt;St George’s Church Hall, Bickley</td>
<td>Volunteers to help with setting up and raffle</td>
<td>Setting up at 6pm&lt;br&gt;Clearing up by 10pm</td>
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<td>Thursday 7 December</td>
<td>Carol Singing at Glades, Bromley</td>
<td>Collectors</td>
<td>11am – 1pm&lt;br&gt;1pm – 3pm&lt;br&gt;3pm – 5pm&lt;br&gt;5pm – 7pm</td>
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<td>Thursday 14 December</td>
<td>Carol Singing at Glades, Bromley</td>
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<td>Sainsburys, Bromley</td>
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<td>Sunday 17 December</td>
<td>Carol Singing at Tesco, Orpington</td>
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Copy deadline for November/December 2017 is 1st November

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