



Incorporating Bromley Scope

# BULLETIN

January/February 2018



## Riverside Nursery Consultation

You are invited to have your say on a new consultation around a proposal to establish part-time specialist nursery places at Riverside School from April 2018.

▶ Following consultation with stakeholders last year, the London Borough of Bromley has now published statutory proposals to extend the age range of Riverside School. This will allow the school to admit nursery age pupils from the Summer Term 2018.

The consultation period runs from 15th January to 13th February 2018 and the notice can be read here [https://gallery.mailchimp.com/ceefbb105ff1a1a52fcafb588/files/84f5e712-a673-4ca9-b8f7-11ac2a2a312b/Full\\_Consultation\\_Notice\\_v.1\\_FINAL\\_DRAFT.pdf](https://gallery.mailchimp.com/ceefbb105ff1a1a52fcafb588/files/84f5e712-a673-4ca9-b8f7-11ac2a2a312b/Full_Consultation_Notice_v.1_FINAL_DRAFT.pdf)

If you wish to submit any comments please do so by emailing [school.organisation@bromley.gov.uk](mailto:school.organisation@bromley.gov.uk)



Finalist





Hi everyone

Welcome to the first edition of Bulletin for 2018! Let's hope this is a great year for all of us.

As well as all our usual listings and articles, we'll be bringing you Bromley Well updates, news and event details from now on. You can meet our Bromley Well administrator, Nikki Hasling on page 10. Please contact us in the office if you need any further information.

Christmas may seem a long time ago but the pictures from the Adults Christmas Celebration (page 9) certainly brought me some cheer!

I hope you enjoy this issue. As always, please let me know if you have any ideas about articles we could include in future issues.

All the best,  
Luan  
[luanlanham@btinternet.com](mailto:luanlanham@btinternet.com)

## What's in this issue?

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# Events & Activities

Please contact the office for further information or to book on: 0208 466 0790

Day Opportunities - all at Methodist Church, West Wickham 10am-3.30pm

Horticulture course - all at The Lodge, Norman Park 10am-3.30pm

Bike Recycling course - all at The Lodge, Norman Park 10am-3.30pm

Catering course - all at The Lodge, Norman Park 10am-3.30pm

Workshops for people with physical disabilities, see individual dates for timings and venues  
Drop in sessions for people with physical disabilities, see individual dates for timings and venues

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>January 29</b> Monday Afternooners Planning meeting, Durham House, by invitation, time TBC	<b>30</b> Day Opportunities Horticulture Bike Recycling Catering	<b>31</b> Horticulture Parents & Professionals Meet and Greet - must be pre-booked 7-9pm	<b>Feb 1</b> Bike Recycling Catering	<b>2</b> Day Opportunities	<b>3/4</b>
<b>5</b>	<b>6</b> Day Opportunities Horticulture Bike Recycling Catering	<b>7</b> Horticulture Drop in session - Cottmandene Community Resource Centre 2-4pm	<b>8</b> Bike Recycling Catering	<b>9</b> Day Opportunities	<b>10/11</b>
<b>12</b> Day Opportunities	<b>13</b> Day Opportunities Horticulture Bike Recycling Catering Family Coach Trip (age 14 and under) destination TBC	<b>14</b> Horticulture Dance (age 18+) Emmanuel Church - must be pre-booked 8-10pm Drop in session - Mottingham Community and Learning Shop 9.30-11.30am	<b>15</b> Bike Recycling Catering	<b>16</b> Day Opportunities	<b>17/18</b> Workshop- The Lodge 9.30-11.30am (Feb 17th) Drop in session - The Lodge 11.30am- 12.30pm (Feb 17th)
<b>19</b>	<b>20</b> Day Opportunities Horticulture Bike Recycling Catering	<b>21</b> Horticulture Drop in session - Cottmandene Community Resource Centre 2-4pm	<b>22</b> Bike Recycling Catering	<b>23</b> Day Opportunities	<b>24/25</b>
<b>26</b>	<b>27</b> Day Opportunities Horticulture Bike Recycling Catering	<b>28</b> Horticulture Drop in session - Mottingham Community and Learning Shop 2-4pm	<b>March 1</b> Bike Recycling Catering	<b>2</b> Day Opportunities Parents & Children with SCD/ASD coffee morning, Trinity Primary, Church Lane, Bromley 9-10.30am	<b>3/4</b>
<b>5</b>	<b>6</b> Day Opportunities Horticulture Bike Recycling Catering	<b>7</b> Horticulture	<b>8</b> Bike Recycling Catering	<b>9</b> Day Opportunities	<b>10/11</b>
<b>12</b>	<b>13</b> Day Opportunities Horticulture Bike Recycling Catering	<b>14</b> Horticulture	<b>15</b> Bike Recycling Catering	<b>16</b> Day Opportunities Parents & Children with SCD/ASD coffee morning, Airjump, Orpington 9.45-11.15am	<b>17/18</b>



# CHIEF EXECUTIVE REPORT

## EDDIE LYNCH

### TREAT ME WELL

Treat Me Well is Mencap's new campaign to transform the way the NHS treats people with a learning disability in hospital.

Simple changes in hospital care can make a big difference – better communication, better information, and more time.



However, we know the treatment people with a learning disability get in hospital is still not good enough in many parts of the country. This has to change.

Mencap's Treat Me Well campaign will launch on Thursday 15th February.

Over the three years of the campaign, Mencap will:

- Empower people with a learning disability, family members and carers to know more about their rights to good hospital care
- Work with health care staff to make sure they make the right adjustments for people with a learning disability in their care
- Support local campaigners to call for change in their local NHS Hospital Trusts
- Lead a national call for all health care staff to be trained in how to treat people with a learning disability in hospital.

More details will be provided by Mencap following the launch in February.

### Survey On Use of Direct Payments

The London Borough of Bromley currently provides support to help families of disabled children and young people to manage Direct Payments. Bromley Council wants to hear your views about the support you receive in using a Direct Payment to organise care and provision to meet the needs of your child or young person. You can complete the survey here <https://bromley.mylifeportal.co.uk/localoffer/dpsurvey2017>



**Supporting People with Physical Disabilities**

Since the launch of Bromley Well in October, our work supporting people with physical disabilities has seen over 40 referrals to the service. Our service is for people who are 18 and over and do not receive services from the London Borough of Bromley.

**Workshops and Drop-ins**

We have delivered two successful workshops and two drop-in sessions. Our first workshop was about Keeping Well and Warm in the Winter – timely with the current cold conditions! Our second workshop explored Healthy Eating, including diet and portion control.



One person who attended said *"It was great to have a good reason to get out and about and meet people as sometimes I am so lonely"*.

**February Workshop and Drop-in**

Our workshop in February will be on Saturday 17th February at The Lodge, Norman Park from 9.30am to 11.30am followed by a drop-in from 11.30 to 12.30pm The workshop will be about using emails and the internet. We will be helping and supporting people to set up their own email address if they do not already have one and look at ways they can safely use the internet. We will cover internet shopping and home deliveries, repeat prescriptions and booking medical appointments online.

**Outreach**

We have held ten drop-in sessions at Cotmandene and Mottingham on alternate Wednesdays from 2 to 4pm. Please see activity list for dates and details of these.

For more information about our service please contact one of our Information and Support Officers: Sue Fuller and Chetan Raval on 020 8466 0790, Sue's mobile 07484673090 or email us on [Sue.Fuller@bromleywell.org.uk](mailto:Sue.Fuller@bromleywell.org.uk) and [Chetan.Raval@bromleywell.org.uk](mailto:Chetan.Raval@bromleywell.org.uk)



**Supporting People with Learning Disabilities**

Since the launch of Bromley Well at the beginning of October 2017, our work supporting people with learning disabilities has seen 22 referrals to the service. Our service is for people who are 18 and over and do not receive services from the London Borough of Bromley.

**Workshops and Drop-ins**

Three workshops and two drop-ins have been held. The workshops have focused on budgeting, money and benefits, healthy eating and staying well in the winter months.



**Peer Support Group**

Advocacy for All are running a monthly peer support group for people with learning disabilities. Meetings are on the last Friday of each month, 10.30am to 1.30pm at Community House, South Street, Bromley BR1 1RH.

**Outreach**

We will be holding meetings to support you around the borough. We can also help you at welfare benefits related meetings at Job CentrePlus, GP appointments and at assessments.



For more information about our service please contact our Information and Support Officer, Robert Morgan, on 020 8466 0790 and by email on [robert.morgan@bromleywell.org.uk](mailto:robert.morgan@bromleywell.org.uk)



# NEWS



## Train App Could Help Disabled Travellers

A new travel app could make travelling by public transport easier. Emily Yates is familiar with being forgotten with when she travels by train. She is a wheelchair user and says, on occasions, help to get her off a train has not arrived - leaving her stuck in the carriage going beyond her stop. Emily has tried out the new travel app which is in its development stage.

To find out how she got on click here <http://www.bbc.co.uk/news/av/technology-42244769/train-app-could-help-disabled-travellers>

## Survey - People with Learning Disabilities on TV

Beth Richards, is carrying out a research project 'Getting Things Changed' at the University of Bristol. She is looking at why it seems that people with learning disabilities are not often on TV and how we can change that. She would like to hear what you think about people with learning disabilities on TV by completing this brief questionnaire here <https://www.surveymonkey.co.uk/r/2K7V7R>

## Annual Health Checks

Annual health checks can help you stay healthy. There are now lots of resources to help everyone to understand annual health checks. Check out the Misfits film 'Health is Everybody's Responsibility' here <https://www.youtube.com/watch?v=p4T9QrUchTU>



## Inaccessible Transport and Barriers to Work

The commute to work can be a battle for millions. However, for disabled people, in particular wheelchair users, transport inaccessibility can make the struggle even harder. For many, the challenges of work begin on their journey as you can read here <http://www.bbc.co.uk/news/uk-42181276>



## Assistive Technology

Here's a top 10 list of assistive technologies which could support disabled people to live independently <https://www.hongkiat.com/blog/assistive-apps-gadgets/>

## The Micro Enterprise Scheme - Ten years on



When Bromley Mencap secured funding from Bromley Council in 2007 to pilot a Micro Enterprise Scheme, little did we know what opportunities it would provide Jobmatch candidates.

One of the first candidates to benefit from the scheme has just announced his retirement. Philip Sansom lost his job at Morrisons when the store closed. Jobmatch discussed the Micro Enterprise Scheme with Philip and how a network of support would be created to enable the candidate to operate their enterprise. As Philip's passion was gardening he decided that he would like to start a garden maintenance enterprise, and so Jobmatch helped with a business plan and to create a network of support.

Jobmatch helped to market the enterprise to gain customers, organise Philip's insurance, recruit a book keeper to do his accounts and provide support on the job. The enterprise gradually built up a good customer base over the next 10 years.

Philip always proved to be reliable and hardworking, and the support from Philip's mother meant that he could get to customers easily with his tools and be guided as necessary to do a good job.

Thinking about setting up your own business can be daunting but as Philip's mother says "Jobmatch gave our family the confidence to help Philip with his micro enterprise and it has been a great experience for him and us".

Bromley Mencap wishes Philip a happy retirement from his micro enterprise and thank you for being such a good ambassador for the Micro Enterprise Scheme.

**By Fran Dillnutt**

## LLDD NEET Project

This European Social Fund Bromley Mencap project works to support young people currently not in Employment, Education or Training (NEET) into one of these outcomes or help them move closer to achieving them. The learners benefit from a range of group work sessions to develop employability skills and also one to one support sessions.

Many of the learners have moved into a range of outcomes including full and part time paid employment, national apprenticeships, work experience, traineeships, work programs, voluntary work placements and a range of educational courses.

The photo, courtesy of LSEC Orpington college, shows 6 of our learners enjoying part of their residential experience on a current Princess Trust course.





# Adults' Christmas Celebration

On Saturday 9th December we held our Adults Christmas Celebration at Coney Hill Baptist Church. 45 adults arrived to enjoy a day of festivities.

We started the day with a Christmas quiz, followed by a 3-course party lunch. After lunch we all enjoyed a range of party games including Bingo and answers to the quiz. Prizes were given for the winners.

We ended the day with dancing to a range of both popular and Christmas tunes, everyone was able to socialize with friends and had a great afternoon.



# Monday Afternooners

In November the Monday Afternooners enjoyed a visit to the National Theatre in London. We had an informative guided tour around the three different theatres within the building. We were also able to look around the various workshops where sets and props are made as well as the art rooms where huge scenery back drops are designed and painted. Everyone enjoyed the day in fully accessible premises. Thank you to Becky from Monday Afternooners for the photographs.

In December the Monday Afternooners met up for their Christmas meal at the Toby Carvery at Badgers Mount. Members enjoyed a three course meal followed by Secret Santa presents. There was a full turn out of members who were supported by our volunteers. Many thanks to all of the volunteers for their help and support throughout 2017.

Our next meeting is on 29th January at Durham House where we will be planning our outings for 2018.



## Introducing...Nikki Hasling

**Bromley Well Administrator**

Hello, my name is Nikki Hasling and I joined Bromley Mencap in October as the Administrator for Bromley Well. I am excited to be supporting this new project and being part of the Bromley Mencap community. For the past 8 years, I have worked as a Pre-school Assistant, including supporting children with special needs. Prior to having my own children, I worked as a Partners' Secretary in a large accountancy firm.



I have two children, age 12 and 14, who keep me busy and challenged! In my spare time, I am a Scout Leader and, spend a lot of time outdoors, camping, geocaching, fire lighting, having fun and making memories!

# Community Fundraising - Jane Barnes

## Community Fundraising Happy New Year to everyone!

I would like to say thank you to all our volunteers and supporters who have helped us in so many different ways throughout 2017 to make it a successful year for fundraising. We could not do it without your help and are grateful for your continued support.

We had many events over Christmas, which included two Carol Singing Days at The Glades on 7th and 14th December. We would like to thank all the school and community choirs for attending and making this a very festive experience along with all the Glades staff and parents and friends of the choir members that gave so generously and helped us raise a whopping £2,352.89.



We had another festive singing session at our annual Christmas collection at Tesco, Orpington this year. Many thanks to Fran Dillnutt and the Friends of Bromley choir who entertained the shoppers. Thanks go to our many volunteers who helped on the day and collected £631.10.



We were invited to collect at Sainsbury's, Bromley on 15th & 16th December. We are the store's Local Charity Partner for the year and they donated a fabulous Christmas hamper that we raffled over the two days. The total will be announced by Sainsbury's at a later date so I will keep you posted. Our annual Christmas raffle was drawn at the store and the lucky winners were all informed and received their prizes in time for Christmas. We are very grateful to Mr & Mrs Quinlan for generously donating the first prize to our cause. Thanks to everyone who supported our raffle and helped raise £1,695 from ticket sales.

Thank you to so many local businesses and supporters that made donations during the Christmas period and held events and raffled hampers for us. P & A Townsend Butchers, Orpington collected £257 for their Christmas hamper and The Five Bells pub, Chelsfield, collected £250 from a pub quiz and raffle. Lewis McKale arranged a donation of £750 from his masonic lodge and we received our first portion of fundraising totals from Addington Palace Golf Club of £2,315.







## JobCentre, Bromley

Jobcentre Plus runs a Community 10,000 volunteering initiative and kindly sent an enthusiastic group of staff to help us at our community hub at the Lodge in Norman Park. They were kept busy clearing the garden area during warmer weather last year.

The staff have also been busy fundraising in the office to help raise funds for our project and we were delighted to receive a cheque for £500. There were lots of dress down days held and also a dressing up day when one member of staff worked all day as a Super Hero!

We would like to thank all the staff for their help and generosity and look forward to working with you again this year.

One member of staff, Brian Moore, is also raising money by doing a sponsored diet for Bromley Mencap. Please support his efforts and help him reach his goal weight by donating here: <https://uk.virginmoneygiving.com/BrianMoore64>





## Fancy a Challenge for 2018?

Why not take part in a Firewalk?

Registration is £25 per person and we ask that you help us raise funds through a fundraising page. This can be done as a group or individual. You can register online at [www.virginmoneygiving.com](http://www.virginmoneygiving.com) Just go to "start fundraising" at the top, then "organised events" and type in "Firewalk" and date "24.02.18". Follow the instructions to set up your own page and pay the registration.



## Recycle and Raise Money

Don't forget to declutter and pass on any unwanted Christmas gifts to us. These can be used for raffles and tombola throughout the year and make a huge difference to our fundraising target. We also collect used stamps, coins, metals, ink cartridges & mobile phones to recycle. Take a look at our website for further details or contact me directly.

**Jane Barnes, Corporate and Community Fundraiser**  
Email [jane.barnes@bromlemencap.org](mailto:jane.barnes@bromlemencap.org) Tel: 020 8466 0790

## Easyfundraising

Planning on beating the January blues by booking your summer getaway? Whether it's a city break or beach holiday, you can collect a free donation for us when you book it online with easyfundraising and really help our fundraising get off to a flying start .



## Quiz Nights at the Hop & Rye

Our monthly quiz night will continue to be held at the Hop & Rye, Bromley every second Thursday of the month. Please check our social media sites for dates throughout the year. All proceeds go to Bromley Mencap and quizzers can just turn up and pay on the night. £6 per person.

## Local Collections

Our collections at local stores and supermarkets have continued to be successful so we will be planning more for 2018. Please check our website for further details or contact us directly if you could volunteer to help.

## 2018 Marathon Runner

We are delighted to have a runner in the 2018 Virgin Money London Marathon on 22th April. Mollie Fox has been training hard and would appreciate your support to help her reach her fundraising target. Please support her hard work and effort by donating online here: <https://uk.virginmoneygiving.com/MollyFox1>



**Copy deadline for March/April 2018 is 1st March**

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