

Social distancing in Jubilee Park

On Wednesday 26th August the Disability Walking and Cycling Group, funded by TFL, met up for their first event since lockdown and the COVID-19 pandemic. A smaller group was necessary to comply with government guidelines, but those who attended had a lovely time catching up and getting some exercise whilst walking through Jubilee Park in Petts Wood.

Another event will be arranged shortly. Watch this space!





Hi everyone,

I hope you are all keeping safe and well.

Bulletin is here to keep you informed of what's still on and what's running online.

We still have a lot of our usual updates and some great catch ups with various events that have happened virtually.

I know the lovely photos from our Children's Wellbeing Service cheered me up, have a look for yourself on page 15.

Take care and all the best,

Luan
luanlanham@btinternet.com



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Events and Activities

Please check our website here <https://www.bromleymencap.org.uk/> or phone our helpline on 020 8466 0790 to find out about our latest events.

<https://www.bromleymencap.org.uk/coronavirus-covid-19-latest-update/bromley-mencap-services-update/>

Bromley Well has various support sessions running virtually, please check the website for details. <https://www.bromleywell.org.uk/events/>

Bromley Well online services include Employment Support workshops, workshops for people with learning difficulties and physical disabilities, Autism support sessions as well as our monthly Facebook quiz night.



Stay safe!

CHIEF EXECUTIVE REPORT

EDDIE LYNCH

WINTER FLU JAB BENEFITS



As we leave the summer behind and winter approaches, it is more important than ever for people with learning disabilities to be aware of the benefits of the winter flu jab. People with learning disabilities may be more susceptible to the effects of flu and at increased risk of developing complications including bronchitis and pneumonia.

With the risk of winter flu and COVID-19 the government is launching a national flu immunisation programme to protect vulnerable people and support the health system.

This year the flu jab is being promoted to many new groups of people. These include Personal Assistants/Carers employed through Direct Payments to support disabled people on a one-to-one basis. You can see the full list of groups [here](#)

It's now very easy to get a free flu jab. You can either get it from your GP or from a pharmacy. If you are frightened of needles you may be able to get a nasal spray instead.

The government has produced a lot of information to raise awareness of the benefits of the flu including easy read information which can be found [here](#)

The NHS has produced an accessible short film featuring Camilla, who has a learning disability, and a nurse explaining the importance of getting the flu jab for people with learning disabilities. You can watch the film [here](#)



This year Bromley Mencap and Bromley Well will be running workshops across our services about the flu jab and staying well during the cold winter months. The workshops will explain how to get a flu jab and what support is available for anyone who needs it.

SEND Parent Representatives

Your Voice in Health and Social Care (yvhs) has been commissioned to run a new service in Bromley called the Bromley Parent Engagement Service and is looking for SEND parent representatives. The aim of this service is to represent the views and experiences of parents of SEND children to health and social care decision makers in Bromley. Parent representatives are responsible for organising meetings with other parents where their views and experiences can be received and collected. Parent reps should be empathetic and have good interpersonal skills. If you think that you are the right person for this role, email vip@yvhs.org.uk or phone 07904 193151 for more information.



Royal Mencap's social care crisis petition

Seven out of ten people with a learning disability have seen their social care cut during lockdown. We are facing a social care crisis and it is time for this to change. Sign Royal Mencap's petition [here](#)



Challenging decisions about NHS disability equipment

Scope is looking to speak to disabled people who have had to challenge a decision about disability equipment or assistive technology in an NHS setting.

If you're interested in taking part, please email andrew.lancaster@scope.org.uk

Public consultation on benefits system

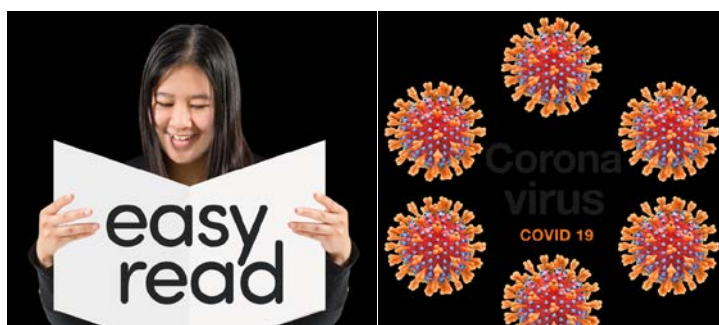
Following a call for solutions for a better benefits system which received over 1,000 responses, the public is being asked what it thinks about the ideas. The public consultation is being led by the Commission on Social Security – all commissioners have lived experience of the benefits system. The consultation closes on 30 September. For more information, click [here](#)

SEND Survey for children and young people returning to school after lockdown: My lockdown experience and returning to a new normal

Bromley Council has created this survey to capture the thoughts and feelings of children and young people during this time and how they felt about returning to school.

The results of this survey will help the council to understand how to make things better and shape services for children and young people in Bromley now and in the future. The survey closes on 30th September.

This survey can be found [here](#)



Stay Safe

Follow the guidance



If you develop symptoms:

high temperature › dry cough › loss of taste/smell
(other flu symptoms)

Contact NHS Test and Trace and stay at home

www.nhs.uk/coronavirus

or call **119** if no internet access

111 for general queries

More information: **www.bromley.gov.uk/covid-19**

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We continue to provide specialist support for mutual carers where one of the carers is aged 55 + with a disabled son, daughter or sibling living at home. Unfortunately, the current situation has resulted in the older carers' lunch and learning disability cookery class being postponed. However, we have been extremely busy providing telephone support and checking in regularly with all families.

Plans are being put in place to deliver another bag of ingredients to clients who attend the learning disability cookery class, which will enable them to cook ham and cheese omelettes and fairy cakes.



Please contact Tina Penn, Mutual Carers Support Worker, on 07719426680 or phone the helpline on 020 8466 0790 if you need support. We do hope everyone is staying safe and keeping well.

We support people with physical disabilities. Due to current Government guidelines, we have suspended face-to-face appointments and outreach services. However, we are still offering support and services via the phone, emails and Zoom meetings.

We have our Facebook page and are currently hosting quizzes on there as well as uploading lots of useful information. You can follow our Facebook page by clicking here:

<https://www.facebook.com/BWPhysicalDisabilities/>

You can join our private Facebook group by clicking here:

https://www.facebook.com/groups/BWPhysicalDisabilities/?source_id=100447464959432

Monthly Workshops

We are currently holding our workshops via Zoom which gives clients the opportunity to chat and catch up as well as learn about something new.

At our recent workshop we discussed mental health and Gracie Tredget from the Bromley Well Mental Health and Wellbeing Service joined us.

Gracie discussed how different areas of our life can affect our mental health and talked about how to keep well mentally and the different types of support systems in place. She also advised us on pandemic anxiety that has affected many people due to COVID-19.

Our next workshop on Zoom was attended by Beverley Nicklin from Bromley Trading Standards who talked about the various scams that are taking place both locally and nationally and what to look out for. This was an interactive workshop where clients shared their experiences of scams and also the various ways criminals have scammed others such as via phone calls, emails, texts, post and in person.

A newsletter from Trading Standards and various information on how to keep safe and avoid being scammed has been sent out to our clients via email.

If you would like to find out more information about our workshops via Zoom or if you need help to set up Zoom in order to join us, please contact us.

Contact Us:

If you are interested in attending one of our online workshops or would like to find out more about our service, please contact the office on 020 8466 0790 or one of our Support and Information Officers:

Sue Fuller on 07484673090 or email Sue.Fuller@bromleywell.org.uk

Chetan Raval on 07421106922 or email Chetan.Raval@bromleywell.org.uk

On Facebook: <https://www.facebook.com/BWPhysicalDisabilities/>

Alternatively you can call us in the office on 020 8466 0790.

NEWS -

Physical Disabilities

TikTok disability educator goes viral

India Atkinson has become a social media sensation for educating people about her impairment. The 20-year-old from Belfast has Symbrachydactyly, a rare condition meaning she was born without fingers on her left hand. She says there is often a stigma attached to having a disability and she wants to make others feel comfortable by showing it off. Find out more [here](#)



Chasing a passion after paralysis

Kitesurfer Andy Guy had an accident in 2014 which left him tetraplegic, but it never quenched his desire to get back to extreme sports. Having conquered wakeboarding and sit-skiing, his next target is to go solo kitesurfing again. Watch the full video [here](#)



Face masks fines will ramp up pressure on disabled people

Tougher penalties for those not wearing face coverings in public came into effect in August. The new rules will see the £100 fine for a first offence double with every misdemeanour up to a maximum of £3,200.

DR UK CEO Kamran Mallick said: "These moves, while designed to protect us all, will place further pressure on disabled people who are exempt from wearing a face covering. Not every disability is visible." Read more [here](#)

A teenage model with Down's syndrome

Ellie Goldstein has starred in a Gucci Beauty campaign, which has been featured online by Italian Vogue. The 18-year-old is a model with a mission and is the face of Gucci's Unconventional Beauty campaign – making her the first model with Down syndrome to pose for the luxury brand. Read more [here](#)



The impact of travelling due to COVID-19

Due to social distancing, the way we travel has changed and for many disabled people the access support they once relied on has changed too.

Click [here](#) for the lowdown on what to expect if you're used to being guided between platforms, using wheelchair spaces on trains or if you're a guide dog owner wondering whether that old dog will forget his tricks.



We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support.



The Learning Disability Pathway has recently offered emotional support for people in isolation, support with new benefit applications and benefit checks, and with various housing matters.

Outreach

Please visit our Facebook page [here](#) for up-to-date guidance and information for people with learning difficulties. We have run a number of stories and articles on our page including video instructions for swab tests for coronavirus and how to comply with guidelines for shopping, wearing face masks and internet safety.

We also have a Facebook group. This is a private group on Facebook where only members of the group can see what you have written or posted. We are available every working day and are currently in regular contact with many clients on this platform. If you would like to learn more, please join the group [here](#) or contact Rob for help with setting this up.



Bromley Well LD Workshop Group

Private group · 41 members



Monthly Workshops and Drop-ins

We have held two more online workshops since the last Bulletin. In July we held an Internet Safety workshop on Zoom and then the conversation continued on our Facebook group. Following the session, the group came up with the following three big tips:



Our 3 Big Tips before you post online!

1. **THINK** -What is the risk to yourself and your personal information?
2. **THINK** -What is the risk to others and THEIR personal information?
3. If in doubt, **STOP, THINK AGAIN, and SEEK ADVICE?**

In August we had a workshop around Anxiety and Wellbeing. We were very pleased to have Reanne Parkash from Bromley Well's Mental Health and Wellbeing Service join us. Again, we held the session on Zoom and continued the discussions over on the Facebook group. We discussed our anxieties, how they develop and how we can manage them. Reanne told us about Mindfulness, breathing apps and the NHS Mood Zone. Click [here](#) for more mental health support.

Reanne also told us about **the 5 Ps**

- **Pause** to acknowledge your thoughts, feelings and behaviours
- **Practise** relaxation and mindfulness
- **Plan** a routine or a to-do list
- **Prepare** for what worries you
- **Participate** in conversations and self-compassion

Bromley Well's Mental Health and Wellbeing Service will run sessions in October about Low Mood, Anxiety and Stress. Contact us if you would like to sign up for them.

Call, text or email Rob Morgan if you would like any more information about the Learning Disability service on 020 8466 0790, mobile 07482 558 660 or

robert.morgan@bromleywell.org.uk

NEWS - Learning Disabilities

Where can I get a sunflower lanyard?

More and more retailers are offering sunflower lanyards in their stores as part of the Hidden Disabilities Sunflower Lanyard Scheme, with Morrisons recently announcing it will support the initiative. The scheme aims to provide people with hidden disabilities – such as learning disabilities, Autism, asthma, or chronic illness – a way to let people know of their disability discreetly. More [here](#)



People with learning disabilities create stop-motion loneliness animation

A new stop-motion animation created by people with learning disabilities and their support workers in Devon is hoping to raise awareness of loneliness and isolation this summer after COVID-19 social distancing rules came into force.

Watch the video [here](#)



Orpington learning disability athletes take part in 10-day Olympic challenge

Cabrini House in Orpington, a collection of three homes for residents with learning disabilities, took part in the sporting challenge which had originally been organised to coincide with the Tokyo Olympics. When the real Olympics were postponed, Cabrini House decided to go ahead with their own challenge to keep residents fit and active during lockdown.

Read the story [here](#)



Bromley Well Quiz Night

Bromley Well clients are eligible for a monthly quiz. They are held on the last Thursday of the month from 6.30pm on Facebook through our Bromley Well quiz group. Join us for some tricky questions plus a chat and a laugh [here](#)



Supporting People with Autism

Bromley Well

We support people aged 16 and over who have an Autism diagnosis, or who believe they have Autism and are seeking a diagnosis, through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. We have recently supported students returning to school and college, people with benefit appeals and enquiries and tenants dealing with rent arrears.

Online Support

Please visit our Facebook page [here](#) for up-to-date guidance and information for people with Autism. We have run a number of stories and articles on our page including supported internships for young people with Autism, what it is like to be diagnosed with Autism as an adult, and free assistance with managing money.

We also have a Facebook group. This is a private group on Facebook where only members of the group can see what you have written or posted. We are available every working day and are currently in regular contact with many clients on this platform. If you would like to learn more, please join the group [here](#) or contact Rob for help with setting this up.

We also have a regular e-newsletter with details, including Zoom links, for all of our upcoming events. Please email Rob to receive this newsletter.

Monthly Workshops and Drop-ins

We are currently running workshops via Zoom in association with CASPA on the last Tuesday of every month and they have been well attended.

In July, we discussed technology. It prompted some very interesting discussions around our use of technology and what we are a little wary of. We also spoke about social anxiety. We discovered that many of our fears about the unknown online are similar to those fears about meeting people and whether we create a 'safety net'.

Thank you so much to everyone who has attended, particularly those who have shared their thoughts and opinions.

We are also running a TV and Film Club via Zoom on alternate Wednesdays. We can share our favourite films or what we have recently been watching. It is a lighter session and a great way to get some good recommendations and to let the group know why your choices are important to you.



Call, text or email Rob Morgan if you would like any more information about the Autism service on 020 8466 0790, mobile 07482 558 660 or email robert.morgan@bromleywell.

IN THE NEWS

Student with Autism makes craft packages for children with learning difficulties

Matthew Hayes, 20, volunteered to create the packs for Flintshire charity DAFFODILS so that children and families could still enjoy activities over lockdown. Matthew was diagnosed with Autism and attention deficit hyperactivity disorder (ADHD) at the age of four and began attending DAFFODILS soon after. Read the full story [here](#)



Photography helps Joe overcome lockdown anxiety

Joe James has Autism and being confined during lockdown sent his "anxiety levels through the roof". His love of photography has helped him gain confidence to go out again as lockdown measures ease.

Watch the video [here](#)



Bromley Well

Chris Packham hosts Q&A for students

Students with learning disabilities and Autism wrote their own questions for the nature presenter and learned about conserving nature and different species of butterflies and other insects during this summer's Big Butterfly Count.

Chris Packham, who made the TV programme 'Asperger's and Me', said:

"From my own experience, I know the hugely positive impact that connecting with nature has for individuals with Autism. It is very important that we continue to raise awareness of the benefits of being outdoors in nature for children and adults with Autism."

Read the full story [here](#)

Chris Packham's BBC TV Programme, 'Asperger's and Me' is available to stream on Vimeo [here](#)



For many months now our Monday Afternooners group has not been able to meet up due to COVID-19 and members have been keeping in touch via the WhatsApp group instead by sharing pictures, games and quizzes.

However, with restrictions lifting, we were recently able to meet for a picnic in the park. Following government guidelines, members and helpers met in the Queens Gardens in Bromley to chat, catch up and enjoy a picnic lunch together. The sun came out and luckily, we just missed the late afternoon rain. It was a real treat to be able to meet up in person once again and everyone had a lovely time!



The Children's Wellbeing Service

It's been a busy summer holiday for the Children's Wellbeing Service – offering families and sibling groups a variety of activities via Zoom thanks to funding from BBC Children in Need.

Families enjoyed a magician, online escape room, musical session, pottery painting, Indian cookery and finally pizza making. The Sibling Hangout group also met up virtually and decorated cakes, made puppets and created button families.

The feedback and photos have been so positive with one grandparent saying, "Today was the highlight of my week! I am so happy my grandson joined in a little socially as we have not been out at all since March due to shielding. He needs to see faces other than mine, bless him, and I was so happy he wanted to at least say hello to everybody. I personally loved it and will have happy memories of the day, even during COVID."



The Step Forward staff members would like to thank everybody on the programme. It has been so rewarding to hear how well all the candidates have been coping while in lockdown. Ian and Sharon are proud to be working with such confident, positive people. We are still in contact with employers and have had some voluntary positions taken up. The virtual workshops are still well attended, and the packs are still well received. In total we have sent out over 480 workshop packs and have made over 600 phone calls to candidates!

As restrictions ease, we have started to meet people on a one-to-one basis, either to go through the workshop packs or just to catch up with them. It has been wonderful to see to people in person again – we have missed you and we are already looking forward to meeting up again in the coming weeks. Once again well done to everyone for being so positive during such unprecedented times.



Fundraising for the Future

Things have changed dramatically in 2020 and fundraising for Bromley Mencap will have to change in order for us to continue to raise funds to support the vital services we provide. Please take a few minutes to complete [this survey](#) and help us evaluate our future fundraising events and make it easier for supporters to donate to our cause. Your help is greatly appreciated, and we thank you in advance for your time.



Annual Quiz Night

Our annual fundraising quiz night planned for Saturday 3 October will still go ahead but will now be online via Zoom. We will also have a raffle with some great prizes. Get your tickets for the quiz here (£5 per team member): <https://www.eventbrite.com/e/89976733833>
We hope you can join us virtually!

Shop online and raise money for us at the same time

Click [here](#) to sign up to easyfundraising and shop online. Retailers include Amazon, eBay, Argos, M&S, Tesco, Debenhams, Next and Boden, among thousands of others. Every time you shop a small donation will be made on any purchase at no extra cost to you.

You can also donate your used inkjet cartridges via www.recycle4charity.co.uk and raise money for us at the same time.

Did you know you can also support our fundraising efforts by donating used stamps, coins, bank notes, keys, locks and more, as well as various collectables to Stamps n All. More information [here](#)

Please donate via our virtual collection bucket!



Don't forget you can keep updated on what is going on at Bromley Mencap by following us on Facebook, Twitter and Instagram.

Copy deadline for May/June 2020 is 1st November

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