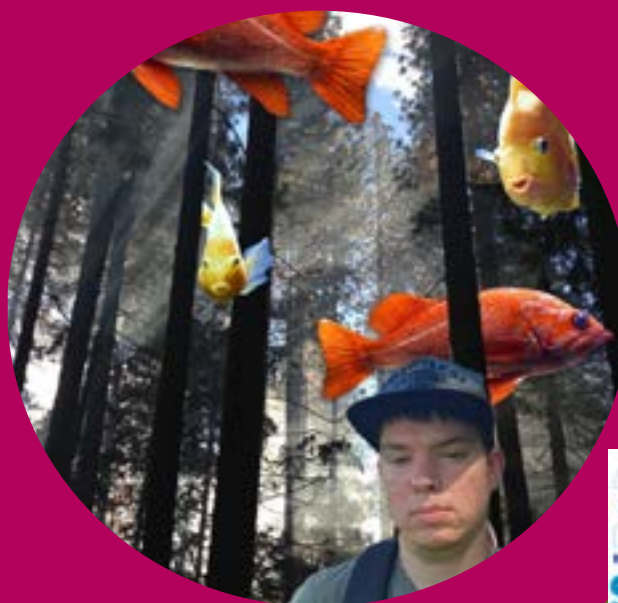


Learning Disability Week 2021

The 2021 theme for Learning Disability Week was 'Art and Creativity.' We held several events in Norman Park and online to celebrate. We had our first face-to-face event for many months and it was great to see so many happy, smiling faces.

We shared a picnic and then got involved in several art projects. First we designed a T-shirt with fabric pens and then took photos of each other before creating effects and designs with an app on a tablet. Turn to page 8 to find out more.





Hi everyone,

As I type, I'm feeling a bit hot under the collar! As usual in the UK, it's either rain, rain, rain or super hot! Let's try and make the most of it anyway...

Our Summer Bulletin will keep you informed of what's still on and what's running online. We have our usual updates and some great catch ups with various events that have happened virtually.

We have some fab photos from our Children's Wellbeing Service and Day Opportunities. I know they made me smile!

Have your say on our updated Bromley Mencap values on page 13 and meet some of our new staff on page 14.

Take care and stay safe,

Luan
luanlanham@btinternet.com

What's in this issue?

CHIEF EXECUTIVE REPORT	4
NEWS CORNER	5
BROMLEY WELL UPDATES	6-12
BROMLEY MENCAP VALUES & MONDAY AFTERNOONERS UPDATE	13
INTRODUCING OUR NEW STAFF	14
ROUND THE WORLD CHALLENGE	15
VIRTUAL DISABILITY WALKING AND CYCLING CLUB	16
DAY OPPORTUNITIES	17
CHILDREN'S WELLBEING SERVICE	18-19
COMMUNITY FUNDRAISING	20-21

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.





TWO NEW EMPLOYMENT SERVICES

We are delighted to launch two new employment support services this summer. The first is called Employ Me London and is a London-wide service funded by the European Social Fund. We are pleased to be working in partnership with Royal Mencap, the lead provider, Dynamic Training, Forward, Genius Within, LMP Education and West Ham United Foundation to deliver the service across London. Bromley Mencap is running the programme in the London Boroughs of Bromley, Lewisham, Bexley and Greenwich.

Employ Me London supports young people with learning disabilities or difficulties, aged between 16 and 24, who are not in education, training or employment (NEET). Young people are supported through motivational and confidence building activities, life-skills support, short courses, skills training and supported internships.



Our second new service, Pathways to Employment, is funded by Groundwork London and supports young disabled people aged between 16 and 25 living in Bromley.

The pre-employment programme is suited to the interests of the individual and support includes two-hour workshops on employability skills, help with writing CVs and job applications, confidence building, travel training and work experience placements.

Both services are free of charge. If you would like to find out more about either new service, please telephone our Employment Service on 020 8466 0791 or email:

enquiries@bromleymencap.org



Finally, I am pleased to report that Bromley Mencap has been re-accredited with the Investors in People award. Investors in People is a recognition that an organisation looks to improve performance and realise objectives through the management and development of its people.

Following a rigorous virtual assessment, Bromley Mencap was found to have a '...very engaged workforce, where people are delighted to be providing a worthwhile and professional service to people in need.' Furthermore, 100% of staff consulted felt that Bromley Mencap had a positive impact on society. We are delighted to have been awarded this important quality standard for a further three years.



SAVE THE DATE

The AGM will take place on 3rd November 2021. It will be a face-to-face meeting (restrictions permitting). More details to follow.

New insight into autism in girls

New research has deepened understanding of the way autism spectrum disorder (ASD) manifests in the brains of girls. This has prompted scientists to warn that conclusions drawn from studies conducted primarily in boys should not be assumed to hold true for girls. More information [here](#).



Three in four people with a learning disability receive NHS Annual Health Check

This is two years ahead of an NHS Long Term Plan target. In a drive to tackle health inequalities, the NHS Long Term Plan set an ambitious target that by 2023/24, at least 75% of people aged 14 and over on the learning disability register would receive an annual health check. Read more [here](#).



Publication of LeDeR annual report and Action from Learning report

The University of Bristol's fifth annual LeDeR report was published recently. <https://www.england.nhs.uk/publication/university-of-bristol-leder-annual-report/>

NHS England and NHS Improvement has also published the third annual LeDeR Action from Learning report and easy read version, which describes some of the work being undertaken across the country by the NHS to reduce health inequalities and premature mortality amongst people with a learning disability. Read the easy read report [here](#).

See What I Can Do Children's Book

This new children's book explains how a range of disabilities affect people, and how disabled children can do all the things non-disabled children can do. You can buy it [here](#)



SEND Support Research

Can you help inform the provision of Special Educational Need and Disability support for children after the COVID-19 pandemic? See [here to complete the survey](#).

Social Media and the Internet Survey

The University of Kent would like to find out more about the experiences of people with learning disabilities when using the internet and social media. You can complete the survey [here](#)

We support adults with physical disabilities by providing information, advice and guidance. We have been working closely with our clients via the telephone, emails and Zoom calls.

We are able to offer emotional support and have helped our clients to complete paperwork, forms and grant applications.

Monthly Workshops

In May we were joined by Beverley from Trading Standards who made us aware of the current scams in the borough. Scams can be via text, telephone, emails, post or door to door so it is important to stay vigilant. The Trading Standards team produce a regular newsletter which we email out to our clients.



In June we provided information on how to look after ourselves during the hot weather. We gave advice on how to keep well and comfortable including information on how to avoid heat stroke and dehydration. We also used this session to gain user-led feedback about our service as requested by our commissioners.



Contact Us:

If you are interested in attending one of our Zoom workshops or you would like to find out more about our service, please contact the office on 020 8466 0790.

You can also contact one of our Support and Information Officers as follows:

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

Former sports stars Rob Burrow, Stephen Darby and Doddie Weir all have Motor neuron disease (MND) and hope to raise awareness of the condition.



Click [here](#) for the BBC video.

Parkinson's, AI and me

Find out from Rory Cellan-Jones what life is like with Parkinson's disease. Rory's daily routine was part of a medical trial to use artificial intelligence techniques to develop a wearable device that could monitor the symptoms of Parkinson's disease and even help to treat it.



Read the full story [here](#).

Lack of BSL Covid briefings – High Court challenge

The government's lack of sign language interpreters during Covid briefings has been challenged in the High Court. Katie Rowley from Leeds brought a judicial review against the Cabinet Office. The decision of the court is reserved until a later date.

More [here](#).



Tetraplegic Steven Webb is elected mayor of Truro

Steven became paralysed from the neck down after a diving accident at the age of 18 and now hopes to use his platform to ensure no groups are left behind. Steven states, 'We've got to make sure everybody is included.'

Read the full story [here](#).



Wheelchair rugby league: New chairs are 'game changers' as England plot World Cup success

England's World Cup campaign begins in the Copper Box Arena in London against Australia on 11 November. James Simpson, who plays for Leeds Rhinos, states that the wheelchairs 'are top of the range, and totally tailored to our bodies - our weight, our size and where our centre of gravity is. And they weigh absolutely nothing... If it's just the 1 or 2% extra that we get from these chairs, then that's going to be crucial at the end of the year when we are up against the other top teams.'

More here: [Wheelchair rugby league: New chairs are 'game changers' as England plot World Cup success - BBC Sport](#)



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 Difficulty Pathway has recently offered emotional support to 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 published stories and articles on our page including easy read guidance on COVID-19 vaccines and the easing of lockdown restrictions. We also have a private Facebook group. This means 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.

Monthly Workshops and Drop-ins

In May we held two workshops on Zoom to speak about parliament. We were told about the processes through which we can raise issues and make our voices heard. We also learnt which Members of Parliament and Members of the House of Lords are particularly interested in the rights of disabled people.

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 email: robert.morgan@bromleywell.org.uk

Learning Disability Week

We were delighted to join in with the picnic and keep-fit session in Norman Park to celebrate Learning Disability Week. It was good to get out of the house and do something physical but, more importantly, it was great to meet with some friends who we have not seen for a long time!

Art and Accessibility

As the theme for Learning Disability Week was 'creativity', we held a Zoom workshop and spoke about many of the creative and artistic things we have been doing and we also created our own artwork for the group. Sheena showed us some of her own amazing artwork too!

For the 'accessibility' element of the workshop, we put together a focus group and had a chat with Chris and Steve who are in the process of changing the Bromley Mencap website. It was a great opportunity for our group to speak about how the website could be accessible for us, and also to see what else must be considered in putting together such a wealth of information!

Sheena's artwork is featured below!



Creativity Resources

We spoke about a number of ways that you can get creative as part of Learning Disability Week so we thought we would share some of these on the following page.

Incredibox: There is a free demonstration available for this amazing app for use on your computer, phone or tablet. Simply add, mute and change the t-shirts of the musicians for your own unique sound. More [here](#)



Be Funky: Create a collage with a huge library of images, or use your own photos. Our group made this collage and had great fun selecting a theme and the images. More [here](#).



Flinga: This is collaborative whiteboard app which allows you to create as a group from your own homes. In our workshop, we decided that we should tell everyone what our hobbies have been over lockdown, so we created a word board which is still being updated! Feel free to add your own hobby using [this link](#).

IN THE NEWS:

Dyspraxia: My life with the misunderstood condition

Xanthe, now 23, was told she had dyspraxia - a lifelong condition affecting movement and co-ordination - when she was a 19-year-old university student. In some ways it explained a lot. "Clumsy", "fidgety" and "lazy" are labels often applied to people with dyspraxia, and ones that many without a diagnosis accept. More [here](#).



Supporting People with Autism

Bromley Well

We support people aged 16 and over who have an Autism diagnosis, or 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.

Online

Find us on social media for up-to-date guidance and information for people with Autism. Facebook:

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

Facebook group:

<https://www.facebook.com/groups/BWAutismSupport>

Instagram:

<https://www.instagram.com/bromleywellautismsupport/>

Or sign up to our regular e-newsletter with details, including Zoom links, of all of our upcoming events. Please contact Lauren to receive this newsletter.

WhatsApp groups:

- Autism Support Group: if you are aged 16+ with Autism, join us to meet new people, chat with like-minded individuals and join in daily games.
- Autism Parents & Carers Group: A space to chat about supporting someone with Autism aged 16+.

Please contact Lauren to join.

You can also sign up to our regular e-newsletter with details, including Zoom links, for all of our upcoming events. Please contact Lauren to receive this newsletter.

lauren.titheridge@bromleywell.org.uk

Monthly Workshops and Drop-ins

Our catch-up sessions run on alternate Fridays on Zoom. Here we discuss what we have been up to, any information or stories we would like to share and there is also an opportunity to take part in a group activity such as a quiz or bingo.

TV and Film Club runs on alternate Wednesdays on Zoom. We 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 Lauren if you would like any more information about the Autism Service on 020 8466 0790 or email lauren.titheridge@bromleywell.org.uk

IN THE NEWS

The Reason I Jump Documentary

A new documentary inspired by the story of a non-speaking Japanese teenager has been described as “profound” and “game-changing” for the autistic community.

‘The Reason I Jump’ takes us into the world of five young autistic people to convey how they experience life day to day.

Read more here: <https://www.channel4.com/news/non-verbal-autism-documentary-the-reason-i-jump-game-changing-for-the-community>



Bromley Well

‘Autism and Strong Man go together’ says World’s Strongest Man

Tom Stoltman has become the first Scot to win the World’s Strongest Man title. The 6ft 8in, 397lb (180kg) athlete from Invergordon won the competition at Sacramento in California. The contests included deadlifts, pushing a steam locomotive and log lifts. Since being a teenager, 27-year-old Tom has faced challenges with autism but also believes the condition has helped him achieve his goals.

He has often spoken about living with autism, saying that when he was a teenager he was unable to go outside on his own. He said his passion for sport, along with support from his parents, wider family and others, helped him manage the effects of autism.

Read more here:

<https://www.bbc.co.uk/news/av/uk-scotland-57612405>



Mutual Carers News and Events

Bromley Well

Clients have been keeping well and are receiving regular welfare calls from Tina the Mutual Carers Support Worker. Lending tablet computers to clients has had a very positive impact and enabled clients that didn't have access to the internet to join online activities. As the older carers workshop and lunch are still postponed, carers were invited to join two very informative Zoom workshops. In May we were joined by James Warne from Essex Reptile Encounters. James showed us a range of different reptiles, including a no scale snake, blue-tongued skinks, flat rock scorpion, red-eyed tree frog and a panther chameleon. The second workshop took place in June and this time we were joined by Joe Raines from Joe's Bows Falconry. Joe showed the carers a very noisy barn owl along with a lanner falcon and a Harris's hawk. Both workshops gave carers the opportunity to ask questions and the feedback from both was really positive, with clients expressing how much they enjoyed seeing the different animals from both workshops. Plans are in place for the next workshop which will be centred around food and cooking.



Clients from our learning disability cookery class joined an online session via Zoom. Chilli con carne and frozen chocolate sprinkled bananas were on the menu and ready-measured ingredients were delivered prior to the class. Again, the feedback from clients was extremely positive, with clients saying how much they enjoyed eating together via Zoom after preparing the meal. Plans are in place to deliver the next cookery class in July with the clients deciding what they would like to cook.

Tina Penn, Mutual Carers Support Worker, can be contacted 07719426680 or 020 8466 0790. The pathway provides specialist support to mutual carers where one of the carers is aged 55+ with a disabled son, daughter or sibling living at home.



Bromley Mencap values

A Members' Forum was held at the Lodge in May, which looked at updating the way the Bromley Mencap values are described to try and make them more memorable. The members in attendance broadly agreed with the proposed revision and we would like to invite the rest of the membership to comment now.

THE PROPOSED VALUES FOCUS ON FIVE I'S – INCLUSIVE, INNOVATIVE, INVOLVE, INDIVIDUALISE AND INVEST. The full value statements are below:

1. We respect each other, celebrate our diversity and are inclusive of everyone.
2. We are innovative and try new things, seeking out opportunities to deliver better outcomes for disabled people and their families and carers.
3. We are a user-led organisation and actively involve our clients in our work and decision making, both in relation to the services they use and our future strategic direction.
4. We strive to provide high quality, individualised services and activities, providing value for money outcomes
5. We invest in our staff and volunteers, supporting them to develop their roles and capacity

Any comments on these would be very helpful and should be sent to Steve Barnes, our Deputy Chief Executive. Email steve.barnes@bromleymencap.org or ring 020 8466 0790.

Monday Afternooners

Unfortunately, our planned picnic in May was rained off. However, that did not stop a few of us from meeting at a Café in Bromley for something to eat and a quick catch up.

The following month we were able to go bowling at The Pavilion leisure centre. As always, it was a competitive game which saw a number of strikes and some good scores. Our winner on the day was Angie Ash with a fantastic score of 112. Well done, Angie! This was followed by lunch at a Café in the town centre.

We would also like to say a big thank you to our volunteers who have supported us with these events.



Introducing...

MEET OUR NEW STAFF MEMBERS!!

Natasha Chetty

Hi, I'm Natasha, the new Employment Services Manager at Bromley Mencap. I've previously worked in the Civil Service, the NHS, children's services and a local primary school. I have managed services in the third sector supporting vulnerable people with complex needs who are at risk of eviction and an Information & Advice Service for a charity supporting older people. I have also implemented and managed a mental health crisis service for a local Mind organisation. I also work a few shifts at a disabled young person's short-term residential unit and volunteer every winter at my local winter shelter (I do like to keep busy!).

I live in Dartford and I'm married to my husband Darren. We have a very cheeky and bright 3-year-old boy called Dylan, two cats and two rabbits. My family is the most important thing in my life, and I am fortunate to still have grandparents around to spend time with at the weekend. In my spare time, when I'm not with my family (or doing the hundreds of chores that seem to build up), I enjoy playing my Nintendo Switch, reading or having a glass of wine with friends. I can't wait to meet everyone at Bromley Mencap and all of our partners and I feel honoured to be part of such an innovative and outstanding organisation. Everyone has been so welcoming and helpful and I can tell that I am part of an organisation that really cares about its clients and its staff.



Ann Stott

Hello, my name is Ann and I started in June as the new Bromley Well Administrator.

My role is to give administrative support to a number of different pathways within the organisation, including Mutual Carers, the Education and Employment Team, and Young Carers. I have been working in primary and secondary schools for the last six years and prior to this, worked for Bromley Libraries for 10 years. I am new to the charity sector and really excited to join the team as everyone has made me feel very welcome. I have been amazed by all the fantastic services that are offered through Bromley Mencap and look forward to meeting more clients and helping out with workshops.

I have three teenage children who keep me very busy, but when I do get some free time, I love to read, watch crime dramas and enjoy baking (and eating!).



Round the World Challenge

This is being run in partnership with Community Links Bromley, Mytime Active and Palace For Life Foundation. The Round the World Challenge is all about turning hours of fun sports and physical activities into a round the world adventure for people with a learning disability. To date, we have had online keep fit and dance sessions with Ann Wilbourn, tai chi with Tai Chi Simplicity and football with Palace For Life.

In June, we were able to organise face-to-face sessions including bowling at The Pavilion in Bromley. There will be lots more to enjoy over the coming months. If you are interested in joining, please contact Matt Yule on 0208 466 0790.



Virtual Disability Walking and Cycling Club



A humorous article written by service user, Antoinette Gaughan (aka Wonder Woman)

Superman and Batman came to a mutual decision to move Disability Walking and Cycling (DWC) Club events online during lockdown. The first virtual DWC Club was a virtual 'walk in Spain and then up a mountain!' You are probably wondering to yourself how we managed to go to Spain whilst in lockdown. Well, it is all thanks to the wonders of modern technology. Batman, the Zoom host, used 'Google Earth' to enable us to visit various countries and then through Zoom, he shared his screen with us. There were over 21 of us at the meeting and we visited various holiday hotspots together with members taking turns to be our tour guide as they had been on holiday to the places we visited.

Our second virtual DWC Club's theme was 'sunglasses and hats' and we were asked to come to the meeting with those items. Superman arranged a 'Magical Mystery Trip' as he was the only person who knew, in advance, where we were travelling off to around the world. Unfortunately, Wonder Woman was unable to attend this second meeting as she had just started a new career, that day, as a journalist for the Metropolis newspaper, the 'Daily Planet'.

During our third virtual DWC Club, Batman was replaced by his sidekick Robin as he had been experiencing intermittent internet problems throughout the day. Robin used 'Google Earth' to enable us to visit Cuba, Jersey, New York, Turkey, Edinburgh, and various other places including a number of car parks. Was Robin looking for a new car, a Robin Reliant, perhaps? The theme of the meeting again this week was 'hats' and one of our members won a prize as we found a person wearing a similar hat to them on screen.

At our fourth virtual DWC Club (hosted by Batman as Superman had gone on a fishing holiday), Batman announced some 'Breaking News' - Face-to-face meetings will resume again soon! Unfortunately, our first meeting to Crystal Palace Park had to be postponed due to the rain but will be rearranged soon.

The DWC Club is held every fortnight on a Tuesday between 7pm and 8pm on Zoom. We have a good laugh and giggle with each other and we would love to meet and make new friends. Join us if you would like to 'travel' to new countries and places with our friendly group; we will welcome you with open arms.

Day Opportunities, The Lodge & Saturday Club Update

Our Day Opportunities West Wickham group have enjoyed being back and meeting again. Our clients have been engaging in all sorts of activities from their programme. An example of one of their craft projects is below - they have created some fantastic tie dye handkerchiefs!

The Lodge is full of activity and it is wonderful to have all of our students back. There is lots of great learning going on across all courses: Catering, Horticulture and Bicycle Maintenance. The garden is in full bloom and we have some new residents amongst our crops. Can you spot them in the pictures below? The kiosk at The Lodge is now open regularly on Tuesdays and Thursdays from 10:30am until 3pm. Our students are serving fresh coffee as well as other hot drinks, cold drinks and snacks. If you are in Norman Park why not make a stop and treat yourself.

We have continued to support our Saturday Club Respite Members virtually. Our members have received monthly resource bags to complete activities with video support from their regular providers. Members have been engaging in cookery, music, art, exercise and wellbeing activities. We worked hard to get Saturday Club back at Astley in July and we did it! It was a very hot day but it was great to be back.

There are lots of exciting service developments to report. Due to the volume of new referrals, we are increasing the number of days we are running our courses at The Lodge. Also in line with current Government guidelines, we are beginning to increase the number of clients at our current Day Opportunities service. Email caroline.stone@bromleymencap.org if you are interested in finding out more.



Over May half term, the Children's Wellbeing Service planned two days of activities. These were the first face-to-face sessions since March 2020 and it was great to see the families in person!

Sibling Hangout

Julie (our Children's Wellbeing Officer) was joined by 14 siblings (over two sessions) at Frylands Scout Activity Centre. The siblings enjoyed taking part in archery and the assault course. Lots of fun was had by all!



Family Fun Session at Norman Park

Unfortunately, the weather was unkind to us and it rained – but that didn't stop five families from coming along and joining in and we still managed to have lots of fun, even if we were glad to get home to a nice warm bath! Feeling very wet, the team decided to cancel the afternoon session as the heavy rain persisted.

One parent said:

'It was a fun event despite the weather and I think an even more memorable event for the children given the rain!'

We have lots of exciting sessions planned for the summer holidays. Get in touch with julie.cook@bromleymencap.org or phone 020 8466 0790 to find out more.





Community Fundraising

Our plans for the future are extremely exciting as we want to create and develop a Centre for Community Living: a safe, inclusive and accessible area for all our services, activities and office duties to be conducted. Take a look at our plans in detail [here](#). We will need your help to do this, so please join in with our fundraising events and challenges and help us hit our target and continue to support disabled people and their families for the next 70 years!

Upcoming Events

The "Bromley70" Challenge – July 2021

You can still support staff, members and supporters by donating to their fundraising pages and encourage them to hit those targets! Phil Burnett is taking on the 'Bromley 70' and will be cycling 700 Km during July. Bromley Mencap staff have supported Phil's son, Sebastian, who has autism and also helped Phil to learn strategies to manage .

Phil set up his fundraising page with a target of £700 and raised over £600 in one day! What an amazing response from his friends, family and colleagues. We want to wish Phil all the best for his challenge and hope he carries on smashing his fundraising targets too!

[Donate to the Bromley 70 Challenge here.](#)

Grand Summer Raffle

Don't miss your chance to win one of our many fantastic prizes in our Grand Summer raffle. To celebrate our 70th anniversary, we are hoping to make this raffle bigger and better than ever. Tickets are on sale online only so buy your tickets here or visit our website.: <https://register.enthuse.com/ps/event/GrandSummerRaffle20211>

The first prize is a wonderful Fortnum & Masons hamper generously donated by Lesley Hine at Ennis-Webb & Co. The draw will take place on 26 August.

If you encounter any problems purchasing tickets online, then please contact jane.barnes@bromleymencap.org or telephone 020 8466 0790.



How money is spent

Our bike maintenance and loan project that runs from The Lodge at Norman Park has proved to be very successful. We are very grateful for all the bikes that have been donated to our cause. Due to the popularity of these projects, we have needed to expand our storage space to accommodate the new and growing stock. Thanks to recent donations from local businesses and supporters, we have been able to purchase two new sheds for The Lodge.

Why not pop down to our Community Hub at The Lodge, Norman Park, Hook Farm Road, Bromley BR2 9SX and hire a bike for FREE. Donations are always welcome. The loan scheme is open every Tuesday from 10am to 1pm and every other Saturday from 9am to 12 noon (next open Saturday 24th July).



THANK YOU!

Thank you to our supporters

Huge thanks to Sarah Brannigan, an employee of Batchelors Solicitors, Bromley, who nominated our cause to receive a donation from the company. Along with other local charities, we received a generous donation of £1,000 which will make a big difference and shows such great support for the local community.

Thank you to David Long for his generous donation of £30 and thank you to all our regular donors who continue to support us on a monthly basis. Regular giving provides us with a reliable source of income that we can direct to where it is most needed. These monthly donations allow us to plan ahead more effectively, ensuring that we can continue to offer the best care and support for our families. [Click here for more information on our Bromley Champion scheme.](#)

Big Yellow Self Storage

Thank you to Big Yellow Self Storage Bromley for providing free storage space. With no space in our small office, this is invaluable for storing our equipment for events and donated goods. Members also receive a 10% discount on storage from Big Yellow when mentioning Bromley Mencap. Telephone 020 8313 0854 for further details.



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 September/October 2021 is 1st September

Editor: Luan Lanham, email: luanlanham@btinternet.com
Publisher: Bromley Mencap, Rutland House, 44 Masons Hill
Bromley Kent BR2 9JG TEL: 020 8466 0790

Copyright © Bromley Mencap Charity Number: 800685

The opinions expressed in Bromley Mencap Bulletin are those of the individual contributors and not necessarily those of Bromley Mencap. We reserve the right to edit articles before publication.