

Bromley 70 Challenge

A huge thank you to everyone who took part in our Bromley 70 Challenge. We raised a staggering £3,563 and this figure is still rising!

Turn to Page 15 to find out how The Lodge and Day Services clients got on completing laps of Norman Park. A pony named Olaf even got involved in the challenge!

There is still time to donate here:

<https://bromleymencap.enthuse.com/profile>



Children & Young People Now
Awards 2012

Finalist





Hi everyone,

Finally back to school in my house and, of course, just as we do the sun starts shining!

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

We have some fab photos from our Children's Wellbeing Service and Day Opportunities. More sunshine to brighten your day!

Make sure you read about the amazing efforts made during our Bromley 70 Challenge day at Norman Park on page 15. How many laps??!!

Sadly this will be my last time editing the Bulletin. I am also going back to school and have started a new chapter in teaching. I have loved being part of Bromley Mencap for the past six years and I will never forget some of the amazing stories I have read and enjoyed during this time.

Wishing all of you the very 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.



GOVERNMENT'S NATIONAL DISABILITY STRATEGY DISAPPOINTS

The Government's long-awaited new strategy for disabled people has been met with widespread disappointment by disabled people and disability organisations. The National Disability Strategy was released over the summer and sets out the actions the government will take to improve the everyday lives of all disabled people.

Disabled people have found the strategy lacks real commitment, substance and has no timescales for implementing many of the recommendations. There are also no details on the longer-term investment which is needed to make the strategy a reality and address the inequalities that disabled people continue to face. These include inequalities around welfare benefits, housing, employment and education, and transport.

Whilst it is reassuring to see the Government acknowledge the stark inequalities facing disabled people and the need to level up, the strategy falls short in the promise to achieve and deliver equality for disabled people and their families. You can read the full strategy including the easy read version here:

<https://www.gov.uk/government/publications/national-disability-strategy>

The strategy follows a lot of criticism about the government's consultation process which was followed to develop the strategy. The consultation document was heavily criticised for being designed in such a way as to elicit certain responses through

multiple choice questions with only four questions allowing free responses. The survey was only available online and the easy read version had to be printed and posted by participants which excluded many groups of disabled people, in particular people with learning disabilities.



As a result of the above, four disabled people have been granted permission by the High Court to bring forward a judicial review challenge of the National Disability Strategy consultation process. In granting permission to bring the claim, the High Court found the claimants' case that the Secretary of State had breached her public law duties arguable and that the case is 'important in the public interest'. This legal challenge could become important in any implementation of the strategy's recommendations and we will report any updates in future Bulletins.

Bromley Mencap Annual General Meeting

Our AGM will take place on 3 November 2021 (restrictions permitting) and will be a short business only meeting.

Full details of the AGM will be emailed or posted to members at the beginning of October.

Athletes with a learning disability face exclusion at Paralympics

While we celebrated the gold medal success of Team GB, Paralympian Sarah Storey, Mencap is calling for greater inclusion at the Paralympics for athletes with learning disabilities. Athletes with a learning disability were only able to compete for 4% of gold medal chances in the Tokyo Paralympics. Just 13 Team GB athletes with a learning disability competed in Japan at this year's Paralympics – out of a total of 209 disabled athletes taking part. And more widely, athletes with a learning disability could only compete in three sports – athletics, swimming and table tennis – out of a total of 22. Read more [here](#)



Motorway services access guide launched

The guides by Highways England and Access-Able are designed to take the guesswork out of planning a journey, giving Disabled people the information they need about facilities along their route. The guides cover all aspects of accessibility including parking, toilets, pet-rol stations, shops and restaurants. View the guides [here](#)

Government publishes new autism strategy for England

In the new strategy, the Government has promised to tackle long diagnosis waiting times, after successful campaigning from National Autistic Society supporters. The strategy also covers mental health, employment, education, public understanding and the justice system. It has the potential to impact on the lives of hundreds of thousands of autistic people and their families. Read more



**New Autism
Strategy for
England**

Ryanair sorry it made autistic boy take Covid test

Ryanair staff in Spain made an autistic boy have a Covid test before boarding a flight, despite having an exemption letter, his mother has said. More on the BBC website [here](#)



We support adults with physical disabilities by providing information, advice and guidance. We continue to work closely with our clients via the telephone, emails and Zoom calls, but are delighted to say that we are now starting to do more of our work face to face. We have helped our clients to complete paperwork, forms and grant applications, as well as offering emotional support.

We recently held our first in-person workshop at the United Reformed Church in Bromley, drop-in sessions are being held at venues in Cotmandene and Mottingham and we have made some home visits.

Monthly Workshops

Our July workshop informed clients of the current activities, classes and referral schemes open to them. This included information about the FreshStart, HeartSmart and EscapePain schemes provided by Mytime Active as well as exercise classes suitable for clients with a physical disability. We also spoke about discounts available to clients making these sessions affordable to those on a low income.

Our August workshop was at the United Reformed Church, Bromley. It was great to be back and attendance was good. We also had one client who joined the work-shop via Zoom.

Our speaker Nikki, an Outreach Officer for UK Parliament, spoke to us about the House of Commons and the House of Lords, the difference between them and how they work. Afterwards she was able to send additional information to our clients including virtual talks and tours and a link to their website to see what work our MP's have been doing.



Date for your diary:

Workshop at the United Reformed Church, Bromley on 18th October from 11am – 1pm

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

From broken hip to my first Paralympics

A woman who broke her hip while roller-skating at the age of 12, has participated in the GB women's wheelchair basketball team at the Paralympics. Read more [here](#).



Olympics and Paralympics: GB athletes to get more government funds in run-up to Paris Games in 2024

The government will increase its funding of Great Britain's Olympians and Paralympians by £23.4m annually to £77.4m a year to aid preparation for the Paris Games in 2024. Read more [here](#).



Should Long Covid be recognised as a disability?

A teacher is calling for Long Covid to be classified as a disability after fearing that her job could become at risk if she needs more time off work.

Read more [here](#)



TV has 'utterly failed' disabled people, writer Jack Thorne says

Thorne described disability as the "forgotten diversity" and called for improved representation.

<https://www.bbc.co.uk/news/entertainment-arts-58308700>



Manchester Airport firefighter returns to work after losing leg in crash

A firefighter who lost his leg in a crash has returned to work at Manchester Airport Fire Service. Read the full story [here](#).

Supporting People with Learning Disabilities

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.

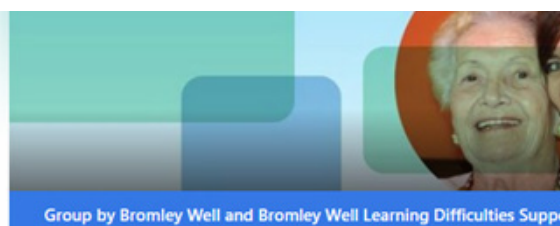
The Learning Disability Pathway has recently offered emotional support for people in isolation, support with new benefit applications and benefit checks, and with various housing matters.



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 · 46 members

Monthly Workshops and Drop-ins

In July we welcomed back SeeAbility, a charity supporting people with learning disabilities through eye care. We met on Zoom to speak about our eye conditions and any barriers to support that we have experienced. SeeAbility has since followed up with many of the attendees individually and the team has been a great source of support for those looking to book a regular check-up or to report a concern.

<https://www.seeability.org/>

SEE ABILITY

Live. Love. Thrive. Belong.

The Lodge Saturday Workshop

In August we were delighted to be back at The Lodge for the first time in over a year. It was wonderful to see everyone again and to have a good group discussion over a cup of tea.

We had to limit the amount of attendees and the workshop got booked up very quickly, so apologies to those who wanted to come but were unable to.

We discussed everything that has happened since we last met, our concerns about coming out of lockdown and the things we have been grateful for over the past year. We also spoke about some of the subjects we would like to cover in future workshops, so we have plenty to be getting on with!



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

IN THE NEWS

The Devon brewery staffed by people with learning disabilities

A brewery staffed with paid employees and volunteers with a learning disability has been featured on ITV News. Ivybridge Brewing Company was founded by Simon Rundle when he recognised there was a need to provide meaningful work for people with learning disabilities.

Watch the ITV report [here](#)



ADHD and memory

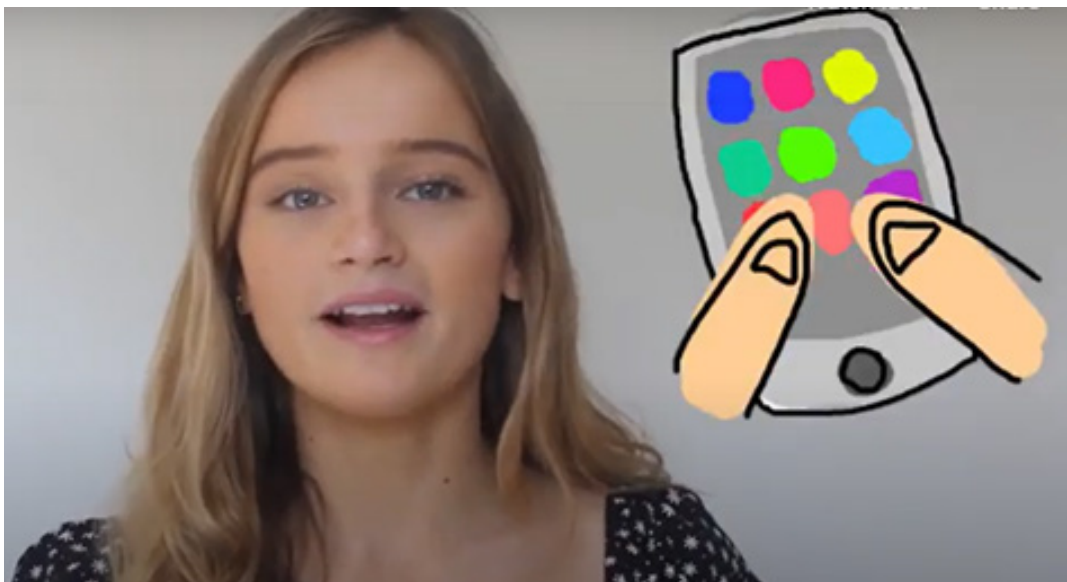
Healthline has published an article on the links between ADHD and memory issues. It includes some tips and resources as well as useful information about ADHD symptoms in adults and children.

<https://www.healthline.com/health/adhd/adhd-memory>

Assistive technology apps and tools for adults with dyslexia and learning disabilities

LD Resources Foundation has compiled a fantastic list of assistive apps, from speech-to-text to E-readers and digital libraries.

Watch the video explaining why such apps are useful and how they can make a difference [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: 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

Bromley Well

Dara McAnulty: Being out in nature always helps

The 17-year-old naturalist and author is fast becoming one of Britain and Ireland's most acclaimed nature writers for work that is brimming with his passion and he only started writing because of his autism. His debut book, *Diary of a Young Naturalist*, won the Wainwright Prize, Britain's biggest award for nature writing.



Read more here: <https://www.independent.co.uk/arts-entertainment/books/features/dara-mcanulty-nature-writing-books-b1883168.html>

Experiences of autism to be shared by Cumbrian filmmaker Sophie Broadgate

A Cumbrian filmmaker is preparing to show off a new film inspired by her experiences with neurodiversity. The film focuses on the experiences of autism through looking, listening and interaction. The film is commissioned by Every Brain and supported by Autus Cumbria, and is an evolving project designed to support and give a platform to neurodivergent creativity.

Read more here: <https://www.nwemail.co.uk/news/19501515.experiences-autism-shared-cumbrian-filmmaker-sophie-broadgate/>



Our older carers were invited to a Zoom workshop in July and were joined by Sushma Raval from Naani Maa's Kitchen. Sushma demonstrated how to make the perfect masala papad salad using a range of fresh ingredients. She also gave a very informative talk about the health benefits of using various ingredients, which is something she is passionate about. There was an opportunity to collect a free sample pack which included an apple, coriander and mint dip and a sample of dates and omega seeds with fennel and Himalayan pink salt - packed with protein and healthy omega fats. The feedback was very positive with clients expressing how much they enjoyed learning about the benefits of certain foods. Clients were also delivered lunch in August which was warmly received. They expressed how pleased they were to see Tina in person now that lockdown restrictions have been lifted and Tina was delighted to tell them that the workshop and lunches will return to face-to-face meetings at St Augustine's Church Hall from 24th September.



It was the same for the clients that attend the Learning Disability Cookery Class. Clients were delivered ready-measured ingredients to make ratatouille with rice and Eton mess and in the second session, chicken kebabs and baked pears in marmalade. Clients then joined an online cookery class via Zoom. The feedback from clients was extremely positive, with clients saying how much they enjoyed eating together via Zoom after preparing the meal. Again, plans are in place to resume face-to-face classes from September.

The Mutual Carers Support Worker, Tina Penn, 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.

Will is a young person aged 19 with mild cerebral palsy who is being supported on our Pathways to Employment programme to find employment or educational opportunities. Will is a very talented writer who writes beautiful in-depth stories to help him manage his feelings and think about other people's perspectives. He would like to share his story and technique to help others who have had similar experiences.

Will says, "For people with disabilities, anxiety, depression etc, we can struggle trying to find ourselves. How can we support ourselves better and believe in our abilities even though we're told so many times?

I have created characters for myself and ones of emotion to help me believe in what I had to do in my situation and to try to get a perspective on how people may act and counter it. By understanding the function of your emotion, you can find out what you're made of and how you're compared, and you can make yourself feel better."

Please find the first instalment of Will's story here to enjoy:
<https://www.bromleymencap.org.uk/2021/09/the-life-long-story/>

Monday Afternooners

The Monday Afternooners have enjoyed two outings recently. In July we met at The Toby Carvery in Bromley. It was great to be able to meet up properly again and catch up with everyone. Members and helpers enjoyed a delicious roast dinner and we were joined by one of our new volunteers.

In August we met at The Lodge in Norman Park for an activities day. Games were set up in the garden as well as a quiz and bingo. The sun was shining and we enjoyed a picnic lunch of sand-wiches and cakes. The games were quite competitive and fun with everyone joining in and having a laugh.

Thank you to our volunteers who help and support the group. We hope to finally be back to our normal outings in September with a trip to the coast.



It's been a busy summer at our Day Services with lots of new clients joining us during their school and college break. This is a great introduction to our Day Services and also a good opportunity to catch up with friends during the long summer holidays. We have been operating in bubbles due to COVID-19, but these are easing now, which has enabled us to increase our numbers back to pre-pandemic levels which is great. Day Opps West Wickham have particularly enjoyed the craft and horticulture projects – we have expanded horticulture to also include an area at the church where we meet. We've been busy painting old tyres to make our own raised flower beds and we think these really brighten up the area.



We have also moved allotment plots. Many thanks to Peter and his Duke of Edinburgh volunteers, who have really helped us along the way on our new plot. Peter has created new seating for us, raised beds and also provided plants for us to start off. The allotment had got a little unmanageable during lockdown, so we are grateful for Peter's support and the clients are all excited to be tending our new plants in such a lovely environment. We were also fortunate to notice a scarecrow festival that was happening locally and went out to spot all

26 scarecrows – it was a fun afternoon and the scarecrows were fantastic – it just goes to show what great resources we have on our own front door.

We are expanding our Day Opps service further by opening a new site in Cotmandene Crescent towards the end of September. Decorating work is underway to provide a light and spacious environment for our new venue. Our name is already on the door, as you can see from the picture below. Watch out for more information about this new and exciting step in the next Bulletin and on our social media.



It was also great to be able to reopen the Saturday Club Respite service in July - this saw lots of members and staff return for the first time in over a year. We continue to run fortnightly and everyone is enjoying being back to a face-to-face service. Activities so far have included drumming, keep fit, art and cookery demonstrations.



The Lodge is full of life and activity and it is great to have all of our students back. Due to the increase in referrals, we have expanded the days we offer here and are delivering twice as many courses as previously and now have 30 clients signed up. There is lots of great learning going on across all courses; Catering, Horticulture and Bicycle Maintenance.

The Kiosk at The Lodge is now open regularly on Tuesdays through to Friday 10:30am until 3pm. Our students are serving fresh coffee amongst other hot drinks, cold drinks and snacks. If you are in Norman Park why not make a stop at the Kiosk.



Bromley 70 Challenge Day Services Event

We want to say a huge THANK YOU to all those who attended and took part at The Lodge on Tuesday 13th July, to all those friends and family who kindly donated on the day, and the donations we have received online. It was a really fun event and I'm sure those who attended would agree it was so nice to come together face to face to take on this challenge and raise funds for Bromley Mencap.

We are proud to announce that as a Day Services team we completed an impressive 111 laps of Norman Park which totalled 124 miles or approximately 200 kilometres! We even had one of the ponies from the adjacent fields walking laps for us - Olaf managed 2 laps (with a fair few grass-eating breaks!)



We have raised a total of £638 so far which we are very proud of! If you would like to donate it's not too late, please click on the link to our team page:

<https://bromleymencap.enthuse.com/pf/day-services>

If you would like to find out more about any of our day services, please contact Caroline Stone by emailing caroline.stone@bromleymencap.org

The Children's Wellbeing Service



The Children's Wellbeing Service, funded by Children in Need, organised a fantastic programme of summer activities for families to enjoy.



Paddleboarding sessions, for families with children aged 10+, took place at Beckenham Place Park with 40 people taking part.

'It was well organised and such a great activity to do as part of a group... I felt my child was safe and would enjoy it with other children. It definitely helped his confidence and gave him a real sense of achievement'

The next activity was Forest School at Pickhurst Infant School for families with children under 10. There was lots of fun to be had including den building, tree climbing, bug hunting, rope swings and ladders, hammocks, forest crafts, scavenger hunts, storytelling, marshmallow roasting and lots more!

'It provided a calm and secure environment to enjoy some outside adventures and play along with siblings which helped the engagement both with the activities and with others around'



Up next was the Bromley Mencap Summer Party! The sun was shining and over 60 people came along to Hayes Victory Club for lots of fun and games including Beat the Goalie, Tin Can Alley and Hook a Duck. Everyone had a wonderful time and it was lovely to finally meet families face to face after such a long time.



Another day, another activity – this time there was a Picnic and Footgolf for all the family at High Elms Golf Course.

'Thank you for organising the family event at High Elms. Our whole family enjoyed spending some time together in the park for a picnic on a beautiful sunny day followed by a round of footgolf.'

My son enjoyed a new sport that he was able to participate in successfully and told us how much he enjoyed it, which can only be good for his confidence and will encourage him to try other new things in the future'



For the first time in over 18 months, the Children's Wellbeing Service was very pleased to take three coaches of very excited children and their families to Legoland for the day!

'Thank you for an AMAZING day, he thoroughly enjoyed himself. He would have spent the whole day in miniland if his sister had let him!!'

As the world begins to open up again, we hope to be able to plan some face-to-face events for the near future. Quiz nights, our Christmas fair, gin tasting and a climb over the O2 are just a few. Watch this space and check our website and socials for updates. A huge thanks to everyone that took part in our virtual event, the Bromley 70 Challenge. I am delighted to tell you that the total raised so far is £3,563 and this figure is still rising. We had amazing supporters taking on the challenge and really working hard to smash their targets. Lots of staff and students took part too which is always good to see.



Biggin Hill Carnival

A big thank you to our volunteers and everyone that helped raise an amazing £406.30 at Biggin Hill Carnival on Saturday 4th September! Our fundraising stall was not only a huge success, but it was so nice to be back to face-to-face events after such a long time away.

Grand Summer Raffle – New draw date announced!

Our raffle draw date has been extended to 3 November and will take place at this year's AGM. Tickets are still available to purchase online but we also have paper tickets back by popular demand. You should have received them in the post but if not, please contact jane.barnes@bromleymencap.org or telephone 0208 466 0790 and we will arrange to send them to you.

Don't miss out the chance to win one of our many fabulous prizes!

Details are on our website here: <https://register.enthuse.com/ps/event/Grand-SummerRaffle20211>



Double your donation

The Four Acres Trust has offered to double all donations received from NEW donors towards our Centre for Community Living Capital Appeal. The minimum single donation is £500 and the deadline for this incredible opportunity is 30 September 2021.

If you know any local businesses, groups or individuals that have not donated to us in the past but would be interested in supporting a good cause and doubling their donation, then please put them in touch with Jane Barnes on jane.barnes@bromleymencap.org or call the office to make a donation today.



How you can help

As lockdown restrictions have been lifted, we would like to remind you that we are on easyfundraising which means you can help Bromley Mencap by raising free donations when you shop online for things to do. easyfundraising has over 5,200 shops and sites which will donate to us at no extra cost to yourself, including lots of big name retailers such as Booking.com, See Tickets, Attractiontix, ASOS, TUI, Groupon and tastecard.

All you have to do is sign up to support us using the link below and the next time you shop online go through the easyfundraising website or app and we'll receive a free donation. You can find our easyfundraising page at:

https://www.easyfundraising.org.uk/causes/bromleymencap/?utm_campaign=raise-more&utm_medium=email&utm_content=c19ll-e1.

Even as things start to return to normal, we still really need all the help we can get and any additional funds we raise will make a big difference to us.



Donor Spotlight

Thank you to TK Maxx and Homesense Foundation for donating £500 to our cause.

We are so grateful to the staff at our local branch for nominating our charity for this donation again.



Thank you to our Supporters for your recent donations:

Lesley Hine - £110

Alix Branch - £30

Alan Porter - £100



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 November/December 2021 is 1st November

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

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