

BULLETIN

November/December 2021

Poppies for Remembrance Day



The Step Forward employment team and several candidates were recently invited to the City of London to join staff from Bank of America to plant poppies in their wild meadow for Remembrance Day. It was a wonderful day with everyone being treated to a tasty lunch after all their hard work. Employment Advisors from Step Forward enjoy a good relationship with the team at Bank of America and are currently working on securing employment opportunities for candidates in the near future.





Hi everyone,

As you know our wonderful volunteer editor Luan has stepped down after recently taking up a career in teaching. Everyone at Bromley Mencap would like to wish Luan the very best in her new vocation and thank her for all her hard work over the years.

As such, I will now be editing the Bulletin and for those not familiar with me, I am employed as Bromley Mencap's Communications Officer so look after our social media platforms, put together E-news and design our publicity material among other duties.

I've really enjoyed reading all about what our different services have been up to recently and I am sure you will too! Make sure you turn to pages 4 and 5 for a summary of our achievements over the last year and pages 16,17 and 22 for details of our Christmas Fair at the Lodge. I cannot believe we are now on the countdown to Christmas... Where has the time gone?

See you all in January!

Alex
alex.powell@bromleymencap.org

What's in this issue?

CHIEF EXECUTIVE REPORT	4-5
NEWS CORNER	6
NEW STAFF	7
BROMLEY WELL UPDATES	8-15
MONDAY AFTERNOONERS	15
DAY OPPORTUNITIES	16-17
CHILDREN'S WELLBEING SERVICE	18
WALKING & CYCLING CLUB	19
ROUND THE WORLD CHALLENGE	20-21
COMMUNITY FUNDRAISING	22-23

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/>

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



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 regular catch-up sessions.



CHIEF EXECUTIVE REPORT

EDDIE LYNCH



ANNUAL GENERAL MEETING

Due to the rising numbers of COVID-19 cases, we held a smaller than usual Annual General Meeting on 3rd November. The event was chaired by the Deputy Mayor of Bromley, Councillor Tony Owen.



Our annual Summary Report was presented at the meeting and you can read a copy here: <https://www.bromleymencap.org.uk/wp-content/uploads/2021/11/Summary-Report-2020-21.pdf>

Despite the challenges of the pandemic and lockdown, Bromley Mencap reported on a very successful year for the organisation. Highlights from a busy 12 months were presented at the meeting.

Key developments for the organisation this year included:

- securing two large grants from the Lottery's Coronavirus Fund and the London Community Response Fund totaling £100,000. This funding enabled us to pay for:



- ✓ 85 tablets and laptops for disabled people
- ✓ 21 laptops for staff to work from home
- ✓ training to produce films and online activities
- ✓ making our premises and activity venues COVID-19 safe
- ✓ podcast equipment to produce podcasts which kept families connected during lockdown
- ✓ an emergency shopping and medication service supporting 77 families during the highest restrictions

- setting up a premises Sub-committee to take forward our plans for our new Centre for Community Living
- being reassessed successfully for our Advice Quality Standard and Investors in People awards



We secured 32 new jobs and 52 work experience placements for disabled people. Specialist employment programmes and services delivered during the year included:

- weekly Step Forward workshops for 30 people with complex needs

- our Supported Internship programme worked with 38 disabled students across Bromley and Bexley and supported 5 of them into paid jobs
- weekly online Job Clubs attended, on average, by 30 people
- support for disabled people who had been furloughed



Social and leisure activities for 107 people included:

- virtual keep fit classes, our Cycling and Walking Club and Monday Afternooners
- Round the World Challenge, in partnership with Bromley Mytime and Community Links Bromley, providing more activities to support health and mental wellbeing
- Cycling courses for families at the weekend
- Workshops and online activities for 240 children and young people through our BBC Children in Need funded Children's Wellbeing Service



Our range of respite included:

- 7,964 hours of short breaks for 50 families
- childminding for 38 disabled children and their families
- buddying for 17 young people and
- fortnightly virtual workshops and activities for 14 families through the Saturday Club



There was also a presentation on the services we delivered through Bromley Well and over the year we:

- supported 345 adults with learning difficulties and 347 adults with physical disabilities and delivered virtual workshops, drop-ins and online activities
- supported 62 mutual carers with online workshops and lunches at home
- provided 321 young carers with online activities, emotional support, coping strategies and counselling
- supported over 300 young people and adults with autism around social anxieties and through virtual activities
- supported 27 people into jobs and 50 into volunteering

Thank you to all our staff, volunteers, funders, partners and members for all your support in what was the most challenging year in our charity's history but, thankfully, a very successful one.

NEWS CORNER

Shaw Trust Disability Power 100 2021

This annual publication highlights and champions the work of the top 100 disabled influencers in the country, as nominated by the public. The Valuable 500 is the first organisation to land the top spot in the Shaw Trust's Disability Power 100. The Valuable 500 is an international consortium of organisations committed to disability inclusion in business. Others who made the top 10 include entrepreneur Shani Dhanda; Euan MacDonald, founder of the Euan's Guide: Disability view website; Cerrie Burnell, the actor and TV presenter; Dr Frances Ryan, author and journalist; and learning disability activist Ciara Lawrence. [Read more here.](#)



Get your vaccines for a healthy winter

Viruses like flu and coronavirus (Covid-19) can make you feel poorly. People with a learning disability or people with particular health conditions are more likely to become very poorly if they catch flu or coronavirus. You can get more poorly if you get flu and coronavirus at the same time.

Having a vaccine is the best way to help you stay healthy this winter. NHS England and NHS Improvement have made a short video that tells you more about why vaccines are so important. [You can watch it here.](#)

TfL consultation: step-free tube stations

Transport for London (TfL) needs your help to shape future step-free access priorities and improvements on the London Underground network, the first of its kind in 15 years. While TfL do not currently have funding to deliver more step-free stations beyond their existing accessibility programme, this consultation will help them take action to meet London's needs as soon as funding becomes available. Londoners can share their views using the [online consultation platform here](#) or participate at in-person sessions held across London. The consultation runs until 10 February 2022.



Most accessible parking by city

findandfundmycar.com has looked at data from 27 English city councils that responded to requests for information and found that 5,414 spaces (3.89%) are designated for blue badge holders. Chelmsford City Council was the most accessible with 21.67% (710) of its total 3,276 parking spaces being allocated for blue badge holders. View the rest of the data in [findandfundmycar.com's blog post here.](#)



NEW STAFF MEMBER

A big welcome to Alex French

Hello everyone, my name is Alex and I have not one but two jobs in the organisation. I work as the Supported Internship Advisor as part of the Education and Employment team and I am also part of the Day Services team as the Programme Administrator based at Cotmandene. It's a busy schedule but I love it and it allows me to see the different services we provide in action and be part of them!

I have a background in sales and recruitment as well as dance teaching. I attended full-time dance college when I was 18 and still feel passionate about dance and try to pursue it for fun and fitness in the evenings when possible. I live at home with my parents, sister and boyfriend along with our cats and dog so it's a very busy household! My boyfriend and I are saving all our pennies and hoping to buy our own home very soon.

I love going out with my friends at the weekends, but I enjoy chilling in my pyjamas with a hot chocolate in hand, watching a film just as much - even more now winter is coming!



Supporting People with Physical Disabilities



We support adults with physical disabilities by providing information, advice and guidance. We are delighted to say that we are now doing more face-to-face work with clients who appreciate and welcome this change.

We continue to hold our workshops at the United Reformed Church in Bromley. Drop-in sessions continue at Cotmandene and Mottingham and are scheduled until the end of the year. We also continue to work closely with our clients via the telephone, emails and Zoom by offering emotional support and help to complete paperwork, forms and grant applications.

Monthly Workshops

In September we were joined by Yunus, Emre and Nas from South East London Community Energy. They discussed various saving schemes across all utilities from Water Sure by Thames Water to the Government's Warm Home Discount Scheme.

They also explained that clients can request one-to-one assessments at home where they will receive advice on making small changes to save money such as switching to energy-saving light bulbs and using radiator heat relectors which are provided for free. This event was well received as energy bills have risen sharply recently and a number of utility companies have gone bust.



For our October workshop, we welcomed back former staff member, Nikki, who is now an Outreach Officer for the UK Parliament. She spoke to us about the House of Commons and the House of Lords and how the public can sign up for specific petitions of interest. Once you achieve a certain number of petition signatures the government is required to respond. Nikki spoke about a recent petition that is very relevant to our client group. The petition was asking for a review of the DWP's Personal Independence Payment (PIP) application process. As a result of this petition and other lobbying, the Work and Pensions Committee has launched an inquiry into health assessments for benefits.

[More information here.](#)



Dates for your diary:

- Workshop on 15th November from 11am-1pm at the United Reformed Church, Bromley
- Drop-in on 16th November from 2-4pm at the Cotmandene Community Resource Centre
- Workshop on 13th December from 11am-1pm at the United Reformed Church, Bromley

NEWS - Physical Disabilities

Strictly Come Dancing welcomes its first ever deaf contestant

EastEnders star Rose Ayling-Ellis clears up the misconception of how people with a hearing impairment can still feel the music. [More here.](#)



'Parkinson's doesn't stop me playing tennis'

A man who has been diagnosed with Parkinson's at the age of 33 has said playing tennis again has helped alleviate his symptoms. [Read more here.](#)



New charter calls for 'bold' action from government on disability employment

Disabled people's organisations and allies have joined together to issue a series of demands to the government that they believe would help to end employment discrimination against disabled people. [More here.](#)



'If someone were to give me my sight back, I wouldn't take it'

Lex lost his sight when he was eight years old. At high school he discovered visually impaired long jump, where athletes sprint down the runway while being directed by the voice or claps of their guides before take-off. Now, Gillette has five Paralympic silver medals from the past five Games since Athens, 2004. [Hear his inspiring story here.](#)



Contact Us:

If you are interested in finding out more about our service, please contact our Support and Information Officer as follows:

Chetan Raval on 07421106922 or email Chetan.Raval@bromleywell.org.uk
On Facebook: <https://www.facebook.com/BWPhysicalDisabilities/>

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 socialising, correspondence, forms, grants, benefits and banking.



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 easy read guidance on the lifting of restrictions, flu jabs and COVID-19 safety advice.

We also have a private Facebook group. 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

Monthly Workshops and Drop-ins

The Lodge Saturday Workshop

In October, we returned to The Lodge for a workshop with Shaping Our Lives. Shaping Our Lives works with people, especially those facing the biggest barriers, to build better more inclusive services and support. It was great to have them join us on the big screen and to be able to share our thoughts on how medical services, such as our local GPs and hospitals have helped us over the past few years. We also spoke about how these services could become more accessible. It was important to the group that face-to-face appointments with our GPs continue to be offered and that more support is given to access online services.



Upcoming workshops

Our next workshops will focus on mental health in winter. Please get in touch if you would like to come along or join us on Zoom.

Read on for some winter wellbeing tips on page 11.

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

IN THE NEWS

'I can't read or write, but I can cook'

Thomas left school at 16 and went to catering college because he wanted a vocation that wouldn't need strong literacy skills.

Now a head chef in Cardiff at the age of 34, he runs a kitchen, but still feels flustered if he ever has to write in front of anyone.

Thomas has found ways to manage his struggles with reading and writing.

"People don't mind, people understand, if you just ask for a little help," he says. "I've had directors and bosses who are very understanding. If I need help, there's always someone I can talk to." [Read more here.](#)



Five easy ways to protect your wellbeing as the days grow shorter

1. Balance your diet

As winter approaches, we start to crave sweets and fast food. Add healthy stews and soups to your diet to warm yourself up. The vitamins and nutrients will also help regulate mood and brain function.

2. Maintain your vitamin D

Vitamin D plays a vital role in keeping our bones, teeth and muscles healthy, and can regulate mood. We would usually get enough vitamin D from natural sunlight but in winter we sometimes need a boost. Speak with your local pharmacist or GP about vitamin D supplements.

3. Get cosy and comfy

Accepting the colder weather and taking steps to make yourself feel cosy and comfortable can make a big difference to your wellbeing. We're more likely to feel better in ourselves if we're comfortable, warm enough, cosy and settled. Try placing blankets on your sofa to grab when it gets chilly or keep a spare jumper or cardigan to wear around the house.

4. Don't let the cold hold you back

Embracing the outdoors and staying active is important no matter what time of the year it is. Fresh air is still great for clearing the mind and getting oxygen into the lungs and brain. Try brisk walks through the park and a hot drink when you get home.

5. Listen to what you need

While taking care of yourself is important all-year round, taking the time to listen to your body and mind – and giving them what they need – is even more crucial when you're feeling down. Try to embrace it rather than feel intimidated, and if a duvet day is required just to help keep you warm and sane, that is OK too!

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 with 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

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

Bromley Well

Airbnb launches virtual experiences designed for neurodiverse guests

The company has unveiled a collection of online experiences “designed by hosts with neurodiverse guests in mind” as part of the company’s push to be more inclusive.

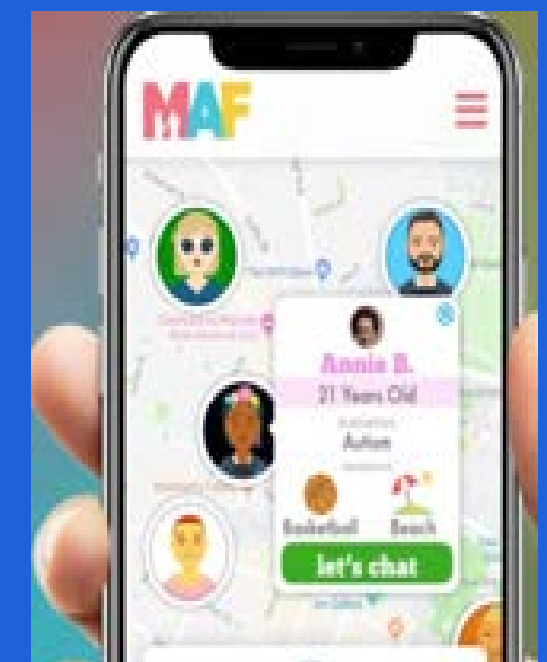
[Read more here.](#)



Inspired by a brother with autism, new app helps adults with special needs make friends

Juliana Fetherman’s brother, Michael, has autism and ADHD and has felt very lonely due to a lack of friends. Michael doesn’t have the social skills to meet and engage with new people, so Juliana designed an app called Making Authentic Friendships to tackle this. The app connects those over the age of 13 with special needs so they can make friends based on age, diagnosis, interest and geographic location.

[Read more here.](#)



Mutual Carers News and Events

Bromley Well

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

It's been an exciting time for clients supported by the Mutual Carers Pathway, with both the lunches and cookery sessions back at the church hall. Tina was delighted to welcome everyone back and made sure Covid-19 safety measures were in place.

The monthly Older Carers Workshop and Lunches have been well attended since returning to face-to-face meetings. In September, committee members from U3A Bromley (The University of the Third Age), Sandy Boden and Angela Dowling, gave an informative talk about the 20 activity groups available, offering retired and semi-retired people a variety of opportunities to use their knowledge, skills and experience and to acquire new ones in an informal, friendly atmosphere. Clients had the opportunity to ask questions and find out about the different classes being held locally.

In October, clients were joined by Beverley Nicklin, Senior Consumer Protection Inspector, for Bromley Trading Standards Team. Beverley informed clients of current scams, how to identify rogue traders and gave advice and guidance on staying safe. Clients were also given information sheets to take away and information on how to contact Bromley Trading Standards should the need occur. The feedback from clients was very positive with everyone expressing how much they enjoyed both workshops.



The next workshop and lunch will be on 19th November with guest speaker Dominic Bercelli, Energy Advisor from South East London Community Energy (SELCE), who will give a talk on money saving tips.

The Learning Disability Cookery Class has also been well attended. In September, clients cooked four-way tortilla wraps, which was an instant hit with everyone reporting how easy they were to make and that they were very tasty. For dessert we prepared fresh fruit salad with crème fraîche.



In October, we tried out Halloween-inspired recipes making 'spooky mummy pizzas' and monster pots. Again, we received positive feedback.

The next cookery class will be on 3rd December.

The Mutual Carers Support Worker, Tina Penn, can be contacted on 07719426680 or 020 8466 0790.

Normal working pattern: Monday, Thursday, Friday 9am – 5pm and Tuesday 9am – 1pm.

Monday Afternooners

The Monday Afternooners visited Southend-on-Sea in September for their first 'proper' outing since the pandemic. Despite the petrol crisis in progress and protesters on the M25 nothing was going to stop us from enjoying our day! On arrival we had a tasty lunch of fish and chips followed by a walk in the sunshine along the seafront with some members enjoying a round of crazy golf. It was so nice to all be able to get out and about again as a group. Before heading home, there was just enough time for a cup of tea and an ice cream.



In October the group went tenpin bowling in Bromley. As always, the bowling was very competitive. Andrew had the highest score of the day (but he was bowling with the barriers up in error!) Afterwards we went to Nick's Café for lunch and enjoyed a chance to chat and catch up with each other. This was Sue Fuller's last Monday Afternooners as she has now left Bromley Mencap, so it was also a chance to bid farewell to everyone. Thank you to our wonderful volunteers who continue to support the group.



Day Opportunities, The Lodge and Saturday Club Update

Autumn has arrived and we are busy engaging in lots of autumn-inspired learning and activities across our day services. Preparations are also in full swing for our Christmas Fair: our clients are busy making bespoke gifts and planning for the event on Saturday 27th November at The Lodge.



The Day Opps West Wickham clients have been maintaining their new allotment plot and enjoying an array of cookery, arts and crafts and healthy lifestyle activities. Students at The Lodge have been developing their skills in their chosen courses and the garden is being prepped for the winter period.

The Kiosk at The Lodge is now open regularly on Tuesdays, Thursdays and Fridays 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 stop off at the Kiosk.

We have also started a new enterprise project running from The Lodge with the Zero to Hero Running Group. The group's chairman approached us to provide refreshments for the runners every Wednesday morning after their laps of Norman Park. We've been making 50 plus hot drinks for the runners which is great practice for our students!

Our Saturday Club Respite Service remains full of activity. We continue to run fortnightly and everyone is enjoying the value of being back together.

This season we are introducing a new activity of Tai Chi and members are now back to participating in cookery sessions.



On 4th October, Cotmandene Day Service opened its doors. This was a huge effort by the whole team and what a success it has been so far! Many of our new clients had been at home for 18 months due to COVID-19 but we have been slowly introducing them to the new service. The centre has undergone a makeover, creating a warm and welcoming space for all that attend. So far, the clients have taken part in cookery, sports activities, craft, bingo and karaoke. Clients are at the centre of what we do, so making sure they are involved with the activity planning is key and helps us to provide the best and most person-centred service.



We do have a few spaces left across our day services so if you would like to arrange a visit to any of our sites or to find out more please contact Caroline Stone at caroline.stone@bromleymencap.org

CHRISTMAS FAIR

The Lodge Community Hub,
Norman Park, Hook Farm Road,
Bromley, BR2 9SX



Bromley
mencap

Incorporating Bromley Scope

SATURDAY 27 NOVEMBER
10AM - 2PM

Tombola & Raffle

Homemade Crafts

Christmas Gifts

Winter Punch & Mince Pies

Carol Singing

Bikes for Loan

ENTRY £1 & KIDS GO FREE



Come along to our Christmas Fair from 10am - 2pm at The Lodge Community Hub, Norman Park, Hook Farm Road, Bromley, BR2 9SX

Browse our selection of Christmas gifts and homemade crafts, try your luck at the tombola and raffle and enjoy a glass of winter punch and a mince pie or two while listening to our choir singing carols.

Our service users will also be showcasing their small businesses at our fair. Please come and support them!

The Children's Wellbeing Service



Taking a walk on the wild side...

The Children's Wellbeing Service, funded by Children in Need, took three coachloads of excited families to Port Lympne Safari Park during half term. As well as enjoying a wander around the park to discover rare and endangered animals, there was an opportunity to board a safari truck and take in the full 600 acres of Port Lympne Reserve! We had a lot of fun spotting giraffes, camels and zebras to name but a few.

'What an amazing day out – we feel very privileged'

'Thank you for a great time – our family had such a fun day out!'

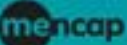


Walking and Cycling Club

The Walking and Cycling Club visited The Royal Botanical Gardens at Kew on Saturday 16th October. The weather did not look good on our coach journey up to London as it was raining hard but as soon as we arrived, the sun came out to greet us. This meant we were able to spend a few marvellous hours discovering the many delights within the grounds. Those not afraid of heights (and the many steps) took the Tree Top Walkway Tour and then we headed to the Temperate Glass House which was hosting the Japan Festival – including One Thousand Springs by Japanese artist Chiharu Shiota which is 'an intricate construction of 5,000 haikus suspended in a web of red threads' as pictured below. As you can see, everyone had a very enjoyable day!



Next month we have another coach trip planned to London's Wetlands Centre.





THE ROUND THE WORLD CHALLENGE

NOVEMBER PROGRAMME

TUESDAY BOWLING	The Pavilion, the Glades, Bromley BR1 3EF 10am-11.30am (cost £5.00 card payment only)
WEDNESDAY GOLF	Bromley Golf Centre, Magpie Hall Lane, BR2 8JF 2pm-3pm FREE SESSION + CLUBS AVAILABLE
THURSDAY BOWLING (new)	The Pavilion, the Glades, Bromley BR1 3EF 10am-11.30am (cost £5.00 card payment only)
THURSDAY DANCE	Pavilion, the Glades, Bromley BR1 3EF 12.30pm-1.30pm FREE
FRIDAY MULTI SPORTS	Walnuts Leisure Centre, Orpington BR6 0TJ 10.30-11.30am FREE
FRIDAY TAI CHI (new)	Walnuts Leisure Centre, Orpington BR6 0TJ 12.00-1.00PM FREE

CELEBRATION EVENT, CROFTON HALLS ORPINGTON
NOVEMBER 19TH 6.30-8.30PM

Awards, postcards and certificates presented, videos of our sessions and the latest updates about our Round the World Challenge in Bromley. Come and join us to celebrate the success of our project so far!

REGISTRATION FOR THESE EVENTS IS REQUIRED! CONTACT
ANN STOTT - BROMLEY MENCAP - 0208 466 0790
OR
STEVE SMITH - COMMUNITY LINKS - 07510 002 157













THE ROUND THE WORLD CHALLENGE

BROMLEY ROUND THE WORLD CHALLENGE

CELEBRATION EVENT



**FRIDAY 19TH
NOVEMBER
6:30PM TO 8:30PM
CROFTON HALLS,
ORPINGTON**

JOIN US FOR AN EVENING
OF CELEBRATION AS WE
RECOGNISE THE
ACHIEVEMENTS OF THE
BROMLEY ROUND THE
WORLD CHALLENGE
PARTICIPANTS

**CONTACT ANN STOTT ON TEL: 020 8466 0790
ANN.STOTT@BROMLEYMENCAP.ORG FOR DETAILS AND
TO REGISTER**







Community Fundraising

Yes, it's that time of year when we start counting down to Christmas. We have had less time to fully plan fundraising activities for the festive season due to the uncertainty of COVID-19, but we do have our amazing Christmas Fair and hopefully a few other treats to look forward to.

Christmas Fair – Saturday 27 November from 10am to 2pm

We are delighted to be able to invite you to our Christmas Fair at our Community Hub, The Lodge, Norman Park. Doors open at 10am and the fair finishes at 2pm.



Don't miss your chance to buy Christmas gifts and crafts, many of which have been made by our students at the Lodge and our Day Opportunities services.

Enjoy a mince pie or two with some winter punch and listen to the Grove Park Community Choir singing Christmas carols. We will have our fundraising tombola along with a lucky dip for children. Don't forget to enter our raffle for a chance to win some fantastic prizes donated by supporters and local businesses. You can also

purchase tea or coffee from our kiosk run by our students or even take up the offer of our bike loan scheme for a cycle round the park. We look forward to seeing you all there!

How you can help

Christmas Shopping

Don't forget to buy your Christmas shopping online via [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and you will be raising a free donation for Bromley Mencap with no extra charge to you.

Christmas E-cards

Be eco friendly this year and raise money for charity at the same time by sending a charity Christmas E-card. Simple and easy to do, just take a look here:

<https://www.dontsendmeacard.com/ecards/charities/bromley-mencap/christmas>

Donate your Unwanted Gifts

We are in need of new and good quality items for our fundraising events so please have a declutter and ask your friends and family to donate too. Unused gift sets or unwanted presents would be gladly accepted and put to good use for prizes for raffles and tombolas.



Thanks to our Challenge Fundraisers

Virtual London Marathon

Huge thanks to Matt Yule and Anthony Marchant for completing the Virtual London Marathon on 3rd October and raising a whopping £1,046.25.



We asked Matt how he completed this challenge:
"Everything went really well - managed to get an 8 mile run in with the dog just after midnight - then Jason and I did a 15 mile walk from 8am (he'd picked up an injury and wasn't able to do the whole 26 miles - but it was really good to do the 15 with him) that then left me a couple of miles which I finished off with another run in the afternoon at Kenley Aerodrome. Thankfully I felt pretty good afterwards and not much muscle stiffness - probably down to the ice bath."

Cambridge Half Marathon

Our supporter and trustee, Daniel Lambauer raised an amazing £635 by taking part in the Cambridge Half Marathon on Sunday 17 October.

Daniel told us: *"It was an amazing experience running my first half marathon on a beautiful course. It was even more special to break my fundraising target for Bromley Mencap and I am very grateful for all the people that supported me and donated."*

Thank you to all our amazing challenge fundraisers and if you would like to take part in a challenge and want to raise money for Bromley Mencap then please contact us.



Thank you to our Supporters

We would like to send our thanks to our amazing supporters following recent donations received:

- Identity E2E Ltd - £5,000
- Toby Marks - £1,000 (matched by The Four Acre Trust giving total £2,000)
- Casey Johnson - £30
- Sharon Hancock - £25
- We have received kind donations amounting to £200 in memory of Mattie Tindle

Thank you to everyone who supported our raffle which raised a total of £1,204 and generated donations of £225. Congratulations to all our winners!

Thank you 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 our events equipment and donated goods. Did you know that Bromley Mencap members also receive a 10% discount on storage from Big Yellow when mentioning us?

Telephone 020 8313 0854 for further details.



Copy deadline for January/February 2022 is 1st January 2022

Editor: Alex Powell - alex.powell@bromleymencap.org

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.