

BULLETIN

March/April 2022

Pub Quiz Win!

We would like to say a big thank you to the Crown and Anchor Pub in Bromley for hosting monthly pub quizzes with all proceeds going to our charity. Last year, a grand total of **£947.10** was raised for our cause! We would also like to thank one of our fundraising volunteers, Mike Deves, who continues to be a fantastic quizmaster at these regular events.



Get your thinking caps on and join the fun on the first Sunday of the month at the Crown & Anchor, 19 Park Road, Bromley, BR1 3HJ.

The quiz starts at 7.30pm with teams of up to six people. Entry is £10 per team. Small prize for winners.



Pictured: Pub owner Martin Lloyd (left), Mike Deves (middle) and Paul Nash, trustee of Bromley Mencap.





Hi everyone,

We have had a busy few months and are pleased to report that we have re-introduced in-person activities across all our services.

Do turn to pages 19-20 to meet our new Bromley Well staff members and check out page 18 for details of our new Transition Opportunities Project (TOP). This is a new employment and education service for young disabled people in Bromley and the surrounding boroughs and is funded by the Masonic Charitable Trust.

Can you believe we are now in March? Brighter days are promised and hopefully we will all get to enjoy more sunshine while out and about.

Until next time, take care and keep well!

Alex
alex.powell@bromleymencap.org

What's in this issue?

CHIEF EXECUTIVE REPORT	4-5
NEWS CORNER	6
BROMLEY WELL UPDATES	8-15
DAY OPPORTUNITIES	16-17
TOP PROJECT	18
NEW STAFF	19-20
COMMUNITY FUNDRAISING	21-22

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.

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 and in person. Please check the website for details here: <https://www.bromleywell.org.uk/events/>



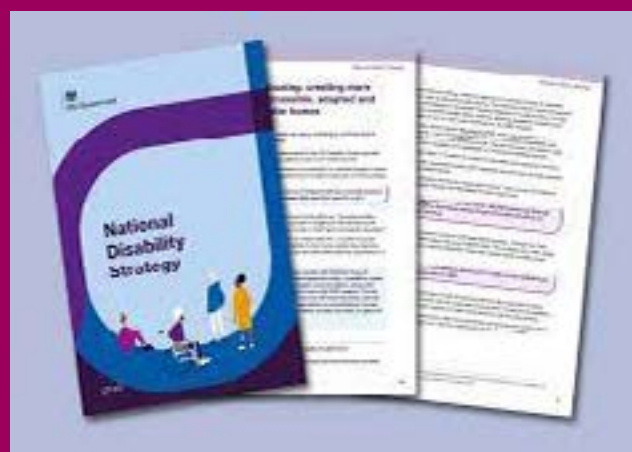
Bromley Well online services include employment support workshops, workshops for people with learning difficulties and physical disabilities, autism support sessions as well as regular catch-up sessions.



Last year we reported on how the Government's long awaited new strategy for disabled people was met with widespread disappointment by disabled people and disability organisations.

The National Disability Strategy set out actions the government will take to improve the everyday lives of all disabled people.

Disabled people found the strategy lacked real commitment, substance, had no timescales and no details on longer-term investment to make the strategy a reality. These include inequalities around welfare benefits, housing, employment and education and transport where significant improvements are needed.



There was a lot of criticism about the government's consultation process which was used 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. This excluded many groups of disabled people, in particular people with learning disabilities!



As a result, four disabled people were granted permission by the High Court to bring forward a judicial review challenge of the National Disability Strategy consultation process. The High Court has now ruled that the survey of disabled people was "unlawful".

The survey was found to have failed to consult with people effectively. The four disabled people who brought the case said they were "very pleased" with the outcome. The government said it was "disappointed" and would "consider its next steps carefully".

Jean Eveleigh, Victoria Hon, Doug

Paulley and Miriam Binder, who has since died, argued while the Work and Pensions Secretary Therese Coffey had consulted with disabled people, she had failed to provide sufficient information on the proposed strategy to allow for meaningful responses.



Work and Pensions Secretary Therese Coffey

Ms Eveleigh said: "Now that the court has given this clear declaration, I hope the secretary of state will carry out a proper and considered consultation to inform a revision of the Strategy." Ms Hon said: "For too long, disabled individuals have been infantilised and our views ignored. This judgement sends a clear message that the

government cannot claim to consult with disabled people if in practice we are not given the proper opportunity to share our views."

This ruling provides yet another opportunity to highlight the vital need for both national and local Government to consult with disabled people in an accessible and meaningful way. The ruling reinforces the absolute importance of truly engaging and involving disabled people from the outset.

Bromley Mencap's new User Involvement Project will ensure that local disabled people and carers in the borough are supported to have their views heard in an accessible and meaningful way.

Through user-led focus groups and providing support around consultative processes we look forward to engaging with disabled people and their families to ensure services, policy and processes truly reflect the views of local disabled people.

Look out for further details on our new project, and how you can get involved, in future Bulletins.



NEWS CORNER

First-ever guidelines on physical activity for Disabled children published
 The UK's Chief Medical Officers have published guidance recommending daily physical activity levels for disabled children and young people for the first time. The guidelines are underpinned by Durham University, University of Bristol and Disability Rights UK's research. In particular, they advise 20 minutes of exercise per day and strength and balance activity three times a week.
[Read more here.](#)



SEND dates for your diary

SEND Matters LIVE is back at The Glades from Wednesday 23rd March to Saturday 26th March from 11am-4pm.

The event provides an opportunity for parents, carers, professionals and young people with Special Educational Needs and Disabilities (0-25) to speak to experienced professionals in SEND from across the Local Authority, Health, Social Care and volunteer partner agencies.
 Find SEND Matters opposite Lush on the 2nd floor of the Glades.
 Please email sendmatters@bromley.gov.uk for more information.

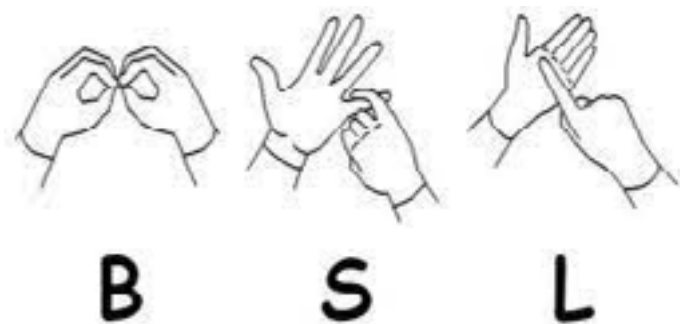
Bromley SEND 14-25 Transition Day
 This is scheduled for Monday 25th April from 10am-3pm at the Metropolitan Police

Training Centre in Hayes and is for parents, carers and young people (aged 14 - 25) with special educational needs or disabilities who live in Bromley.
 This event will be an opportunity to learn about the range of Post 16 options available across the four Preparing for Adulthood pathways. [Find out more here.](#)

NEW Education and Health Care Plan (EHCP) Annual Review Training Sessions
 These training sessions are aimed at anybody who wants to learn more about the EHC Annual Review process and is also an opportunity to ask questions.
[Find out dates here.](#)



BSL set to gain official status
 British Sign Language (BSL) is set to become a legally-recognised language after the Government backed a private member's bill. The change will mean that public bodies have to promote the language and ensure that interpreters are available for certain services and events. [Read the full story here.](#)



Shrek the Musical
 Bromley Players have pleasure in presenting Shrek the Musical at the Bob Hope Theatre in April with a relaxed performance on Easter Monday (18th April). Tickets are £14 each. Complimentary tickets will be available with a maximum of one carer to the person requiring support. Tickets must be booked directly through Bromley Players via email to bromleyplayersad1@gmail.com. We will then make contact with you to confirm your booking and arrange payment.

Bromley Players

Musical Productions

APRIL

SHReK

The

MUSICAL

BOOK & LYRICS

DAVID LINDSAY-ABAIRE

MUSIC BY

JEANINE TESORI

THE BOB HOPE

THEATRE

APRIL 2022

THURSDAY 14TH APRIL : 19:45

FRIDAY 15TH APRIL : 14:30

FRIDAY 15TH APRIL 1945

SATURDAY 16TH APRIL: 14:30

SATURDAY 16TH APRIL: 19:45

EASTER SUNDAY: 17:00

EASTER MONDAY: 13:00

(RELAXED PERFORMANCE)

EASTER MONDAY: 18:00

This amateur production is by arrangement with

Music Theatre International (Europe)

All authorised performance materials are also supplied by MTI Europe

www.mtishows.co.uk

noda

By inspired by amateur theatre

Supporting People with Physical Disabilities



We support adults with physical disabilities by providing information, advice and guidance on a range of issues.

We work closely with our clients in person, via the telephone, emails and Zoom calls offering emotional support and help to complete paperwork, forms and grant applications. We continue to hold our workshops at the United Reformed Church in Bromley and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

In January our workshop was attended by Beverley Nicklin from Bromley Trading Standards. Beverley delivered a presentation on scams to look out for by post, email, text or phone. She also spoke about crimes that have happened within the local area. Clients also shared their own stories of potential scams and Beverley gave advice on what to do and who to report it to.



Leaflets and information were handed out for clients to take away with useful door stickers to prevent any potential door sales/scams.

Our topic for the February workshop was 'Mindfulness for beginners' and was delivered by our very own Sue Charles. Sue started with meditation centred on eating chocolate and then moved to meditation involving looking closely at and describing pebbles and finally breath-based meditation.



Sue also covered when we might find ourselves being mindful in our everyday lives – such as when we lose track of time or during a sensory experience.

Dates for your diary: Upcoming workshops

Monday 21st March and Tuesday 19th April at The United Reformed Church, Bromley.

Outreach

Mottingham Community and Learning Shop – 10am till 12.00 noon on Tuesday 15th March, Tuesday 12th April and Tuesday 17th May 2022.
Cotmandene Community Resource Centre – 10am till 12.00 noon Tuesday 29th March, Tuesday 26th April and 31st May 2022.

NEWS - Physical Disabilities

Disabled campaigners set for legal action after PM ends self-isolation rule

Two disabled campaigners who have spent most of the pandemic shielding are set to take legal action against the government, after the prime minister's confirmation that he was ending the legal requirement to self-isolate after a positive COVID-19 test. [More here.](#)



Winter Paralympics: Menna Fitzpatrick and Millie Knight named among GB team

Defending Paralympic champion Menna Fitzpatrick and fellow Pyeongchang medallist Millie Knight have been named in a 20-strong



Great Britain ski and snowboard team for the Beijing Games.

[See more information about Britain's line up for the Beijing games here.](#)

A paralysed man with a severed spinal cord has been able to walk again, thanks to an implant developed by a team of Swiss researchers

Read this remarkable story of a gentleman who was paralysed after having a motorbike accident five years ago [here.](#)



Therapy helps Cambridgeshire radio presenter find his voice

Joshua Donlon, of Huntingdon, Cambridgeshire, who has a rare brain tumour, was left breathless after contracting pneumonia in 2018. Joshua has learned breathing techniques with a specialist neurological team.

[Read the full article here.](#)



Contact Us:

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

Chetan Raval on 07421 106922 or email chetan.raval@bromleywell.org.uk
Sue Charles on 07484 673090 or email sue.charles@bromleywell.org.uk

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

Alternatively you can call the office on 020 8466 0790.

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 support with Tax Credits and Personal Independence Payments, Freedom Passes, socialising and housing.



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

Virtual Challenge Workshops

In January, we held a series of Zoom workshops to participate in Virtual Challenge Week. We had great fun playing games and finding ways to keep ourselves active with activities for all ages and abilities. Some of our attendees also featured in the Closing Ceremony which was broadcast on YouTube.



Please see overleaf for ways to stay active at home!

The Lodge Saturday Workshop

In February, we held a face-to-face workshop about Scam Awareness with Beverley Nicklin from Bromley Trading Standards.

We came away with lots of knowledge and some great resources. Thanks again to Bev for giving us her time.

Trading Standards has a regular newsletter containing the latest scams to watch out for.

If you would like it emailed, please visit

<https://www.bromley.gov.uk/scams>

and complete the online form.

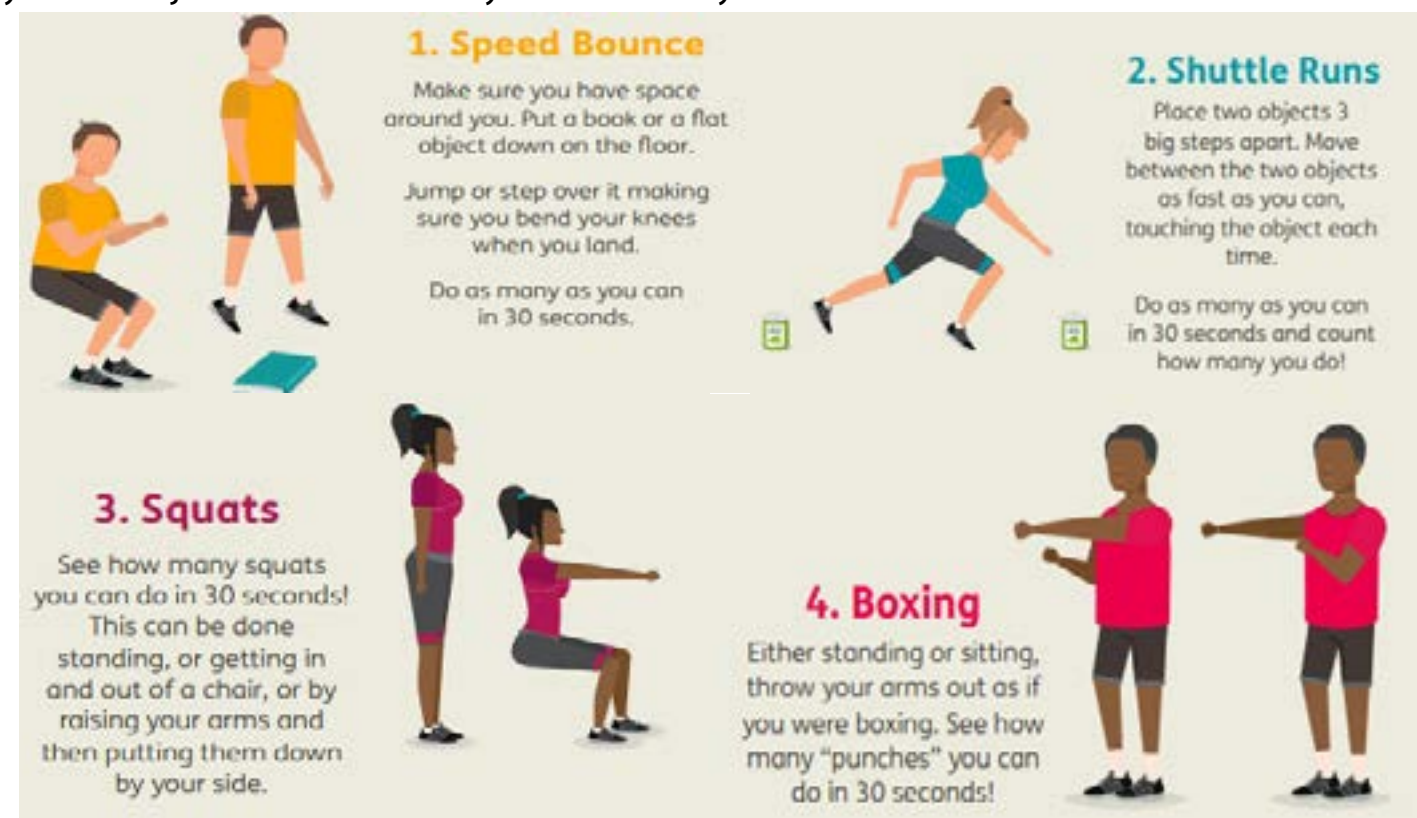


Call, text or email Rob Morgan for more information about the Learning Difficulty Service on 020 8466 0790, mobile 07482 558 660 or email robert.morgan@bromleywell.org.uk

Workshop tips to take away

Staying Active at Home

Our Virtual Challenge Week participation gave us lots of ideas to keep ourselves active if we are not able to go out or do anything too strenuous. Why not give these exercises a go. Remember, you can adjust the exercises to your own ability.



Scam Awareness

At our Scam Awareness workshop, we discussed Billing Scams. You may receive messages from scammers saying the following: 'We have seen some suspicious activity on your bank account', 'Your British Gas bill is overdue' or 'We need to talk to you about your mobile phone contract'. If you have a message or call from someone claiming to be from your bank or a service that you have used, there are four 'Golden Rules' to protect yourself.



1. Don't reveal any personal information.
 2. Don't select any options in a recorded message.
 3. If you are a customer of the real organisation, check your bill and call them directly if you are unsure.
 4. Use another phone or wait a good while, as the scammer may still be on the line.
- Call Action Fraud for advice on 0300 123 2040.**

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. We have supported clients with the transition into adulthood, social and leisure activities, life skills training, managing money, grants and benefits, housing and more.

*A big welcome to Emma Andrew, our new Autism Information and Support Officer.
Turn to Page 19 to find out more about Emma.*

Online Support

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/>

WhatsApp groups: Contact Emma to join our WhatsApp group.

We also have a parent and carers group.

This is a safe space to chat about supporting someone with Autism aged 16+.

Newsletter: You can also sign up to our regular e-newsletter with details, including Zoom links, for all of our upcoming events. Please contact Emma Andrew to subscribe by emailing emma.andrew@bromleywell.org.uk or telephoning 020 8466 0790



Monthly Workshops and Drop-ins

Our catch-up sessions run on alternate Fridays on Zoom.

TV and Film Club runs on alternate Wednesdays on Zoom.

We had our first face-to-face workshop on Saturday 19th February and discussed in detail services we would like to engage and use in the future.

Dates for your diary

Workshop on Friendship and Reducing Isolation on 28th March from 1pm-2pm at The Greyhound (JD Wetherspoon), 205 High St, Bromley, BR1 1NY or alternatively on Zoom.

Our wonderful clients have organised a few meet ups:

- Bowling on Friday 11th March at The Pavilion Leisure centre from 7pm-9pm. £5 to be paid on arrival.
- A drink and chat at The Richmal Crompton Pub, Bromley on Saturday 19th March from 1pm-3pm.
- Vue Cinema Bromley on Friday 25th March from 7pm-9pm.



National Awareness Days

World Acceptance Week from

28th March - 3rd April

Autism Awareness Day - 2nd April

April is World Autism Month

Bromley Autism Strategy - Have your say

A survey has been produced to continue to capture the feedback of lived experience of people

of all ages with Autism, their families, carers, and professionals. The feedback received will influence the context and direction of the Bromley All Age Autism Strategy 2022-2027.

[Complete the survey here.](#) Closing date Friday 11th March.

IN THE NEWS

'Stop caging people!'

Ex-Justice Secretary Sir Robert Buckland is calling for changes to mental health laws to stop people with autism or learning disabilities being detained in hospitals for long periods.

Last year, the BBC found that 100 people with learning disabilities and autism had been held in hospitals for at least 20 years. [Read more here.](#)



Labrador assistance dog transformed autistic owner's life

Rho Miller says that her assistance dog Lyra has transformed her life after the Labrador helped her to become more independent. [Read the heart-warming story 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

After the disappointment of postponing the December Christmas lunch, Tina was excited to welcome clients back to the church hall in January. Clients were joined by Bromley Mencap's Chairman, Peter Prentice, who gave an interesting talk around his time in the police force and some of the celebrity clients he protected. Clients also joined in for a fun game of bingo. This was warmly welcomed with clients saying it was nice to do something a bit different.



The lunch also gave us time to say a sad farewell to Shirley Poole who has been a volunteer at the carers lunches for six years. Both Tina and Kim were extremely grateful to Shirley for all her hard work over the years, which has enabled the lunches to run smoothly. Shirley will be sorely missed, but we wish her lots of luck for the future.



Unfortunately, the February lunch was postponed to keep everyone safe following the weather warnings concerning Storm Eunice.

The next workshop and lunch is planned for Friday 18th March.

The Learning Disability Cookery Class has been well attended. In January clients cooked roasted veg and feta puff pastry tarts with pineapple upside-down mug cakes for dessert and in February chorizo and mixed bean quesadilla and chocolate Rice Krispie cakes. Both sessions enabled the group to try new food such as aubergine, feta cheese and chorizo which they all really enjoyed. Clients all took the easy read recipe cards home saying they would make the recipes again especially the mug cake as it was so easy to make plus tasted and looked wonderful.

The next Learning Disability Cookery Class is planned for Friday 1st April.

Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719426680 or via email tina.penn@bromleywell.org.uk

The Monday Afternooners

Written by Sue Charles, our new Information and Support Officer (Physical Disabilities). Turn to page 19 to find out more about Sue.

The Monday Afternooners met for the first time in January for a (very) belated Christmas lunch. Sue Fuller was missed by everyone, and I have a very hard act to follow! Although I had met a couple of the Monday Afternooners before this, it was a great chance to meet everyone over some food (excellent carvery and sumptuous ice-cream sundaes!) at the Crown, Bromley Common.

We met via Zoom on Monday 28th February and everyone was supplied with a nice sandwich lunch (and cake too). Our zoom meeting was to discuss our plans for the year – with some excellent ideas - and I now have the task of fitting everything together with transport etc and coordinating plans with our lovely volunteers!



Mmm . . . seems like a lot of this is based around food! Excellent!

Day Opportunities, The Lodge and Saturday Club Update

Our Day Services have been busy throughout the winter season and lots of great learning and activity has been taking place across the projects.

Day Opps West Wickham have been engaging in lots of activities; they've made soap, bespoke craft projects and continue to keep their allotment plot well maintained.



The students at The Lodge have been developing their skills in their chosen subjects and working hard in the garden to get it spring ready! The Kiosk at The Lodge is now open regularly on Tuesdays, Thursdays and Fridays from 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!



Our partnership at The Lodge with the Zero to Hero Running Group is still going strong. We provide refreshments for the runners every Wednesday morning after their run around Norman Park. We're now making between 60-80 hot drinks for the runners and plan to purchase something special with the donations when we have reached our goal. Watch this space for further announcements!

Zero to Hero have been kind enough to make Bromley Mencap their Club Charity and are organising a Charity Spin Class in April with the local Virgin Active Gym – all the

proceeds will be kindly donated to Bromley Mencap.

Thank you for your continued support Zero to Hero Running Group!



Cotmandene Day Opportunities Update

Here at Cotmandene Day Opportunities we have been focusing on clients developing their independence skills and ensuring that they have a client-led experience with us. We now hold monthly client meetings to discuss what clients would like to do and what they are enjoying so far.

It has been really successful and we have made lots of adaptations and introduced lots of new activities. Clients have really enjoyed our themed days including cooking and making lanterns for Chinese New Year, playing games with handmade boomerangs for Australia Day and designing their own head dresses for Brazilian Carnival Day.



We have begun to focus on ways that we can help our planet and the environment. We now take a weekly trip to the local recycling bank to do our bit. We have also started to look at why it is so important we look after the nature around us, especially our bees! This is something we will continue to learn about and find new ways of giving back. Finally we have had the Digital Champions coming to Cotmandene on a Monday and Tuesday to support our clients with getting online and learning how to use the Tablets. We are going to be focusing on how to keep safe online with workshops and visits. We are looking ahead to the warmer, brighter months with lots of creative and exciting new ideas to explore!



We do have a few spaces left across our Day Services. If you would like to arrange a visit to any of our sites or to find out more, please contact Caroline Stone by emailing caroline.stone@bromleymencap.org

Employment, Training and Education Update Transition Opportunities Project (TOP)

This is a new employment and education service for young disabled people in Bromley and the surrounding boroughs and is funded by the Masonic Charitable Trust.

Our advisors work with young people with a range of disabilities and mental health needs and support them in their next steps into employment or further education.

As well as supporting with job searching, applications, or choosing the right education provider, we also offer ongoing support to the young disabled person and employer once they've found their first job.



This can include helping with company induction programmes and e-learning, support at probation reviews and supervision meetings, understanding timesheets, conduct in the workplace and any disciplinary meetings.

Please contact us for more information.

Telephone 020 8466 0790 or email enquiries@bromleymencap.org

Bromley Well

Staff Introductions

Emma Andrew

Hello, I am the new Bromley Well Information and Support Officer for Autism. I also work as a support worker at our wonderful Bromley Mencap Saturday Club, which brings immense joy and support to the members and their families.

I have previously spent 20 years working in education in the Bromley borough as a teaching assistant and I have also worked at charities such as Home Start Bromley and Sure Start.

As well as being a mother to my now 19-year-old son who is neurodivergent, I also believe I have autism which gives me a greater understanding when supporting clients in my new role.

In my spare time, I have been busy fundraising for a local charity and singing in a choir. Singing and music are a real passion of mine and I feel it is a great way to relieve stress and anxiety. I also like to get out, weather permitting, for walks and bike rides for fresh air and some much-needed exercise which I feel is also important for myself and my family.

Sue Charles

Hello everyone, my name is Sue, and I have replaced Sue Fuller in the Bromley Well Physical Disabilities Team, working with Chetan.

My background is management and admin and so I have a lot of new ideas and processes to learn for this job. I am very pleased to say that everyone has been really helpful – although I still have lots to learn. I am really busy, but adore meeting the clients and seeing how we all make a difference in people's lives.





When I'm not working, I enjoy various crafts (knitting, sewing etc) and I am also an Anglican priest (which is unpaid – hence working at Bromley Well).

I live in Eltham with my hubby and we try our best to enjoy what spare time we have together. We like nothing more than walking in the country, birdwatching and just enjoying the fresh air (and any café that might be along the route). We also both love films – superheroes as a special favourite.

Thank you for making me feel so welcome.

Welcome back Julie Cook

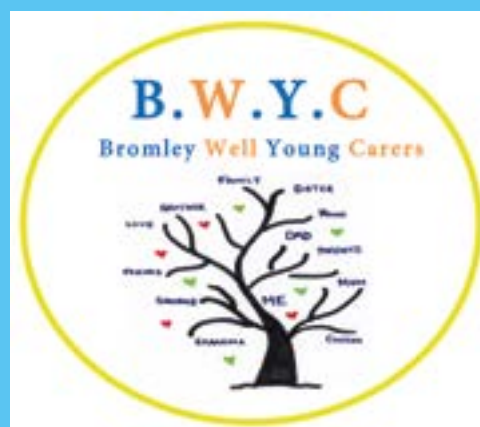
I am Julie and I am the Bromley Well Young Carers Support Worker (covering Hannah while she is on maternity leave).

Some of you may know me from my role as Children's Wellbeing Coordinator for Bromley Mencap (the role ended in December 2021).



I am really looking forward to working with Young Carers and their families in one-to-one sessions and the many fun activities that are organised and can't wait to meet you all!

In my spare time, I love spending time with my family – two teenage boys, my husband and our two-and-half-year-old golden retriever. We enjoy walking, travelling and spending evenings playing games. I also enjoy sewing, Zumba and meeting up with friends for a chat!



Community Fundraising

Asda Foundation

Thank you so much to Asda Foundation for a donation of £200! We came runner-up in the digital Green Token Giving Programme at Asda Wallington! The money will help us in our work supporting disabled people of all ages, their families and carers in Bromley.



Zero to Hero Spinners!

We are very grateful to the Bromley branch of Zero to Hero Runners, who not only buy beverages every week at our Lodge Community Kiosk, but are organising a charity Spin Day at Virgin Active in Bickley on Saturday 2nd April for forty of their members. More updates to follow in the next Bulletin!



Upcoming Events

Pub Quiz



As mentioned on the front page, we are delighted that the Crown and Anchor pub in Bromley continues to support our cause by hosting monthly pub quizzes with all proceeds going directly to our charity! Do pop along on the first Sunday of the month, have fun and support us in the process!

RideLondon 100, 29th May 2022

RideLondon – the world's greatest festival of cycling – returns on Sunday 29 May 2022, with a new format, featuring a unique opportunity to ride 100 miles on traffic-free roads through the heart of London and neighbouring Essex, and Bromley Mencap have four places available for riders. You will need to commit to raising a minimum amount of £500 in order to secure one of the places. The event will start on Victoria Embankment and finish to rapturous applause at Tower Bridge, with 65 miles through some of Essex's most beautiful countryside and villages in between. If you are interested in applying for one of our places, please email

enquiries@bromleymencap.org

Ways you can help

There are lots of ways you can help to raise money for Bromley Mencap

Online Shopping

Don't forget to buy your shopping online via easyfundraising.org.uk and you will be raising a free donation for Bromley Mencap with no extra charge to you.

It's free and simple to use and thousands of online retailers are part of the scheme.



Recycle Your Ink Cartridges

Did you know that you can help us raise funds simply by recycling your ink cartridges via our Recycle4Charity programme?

For each ink cartridge recycled via the programme we will receive up to £2 donation.

To send your cartridges or start collecting for us go to Recycle4Charity.co.uk



Get rid of your unwanted car. Fast, free and for charity.

Giveacar is a not-for-profit social enterprise that can turn your old car into cash for any UK charity. With free collection, your car will be auctioned or sold for scrap, depending on its condition, and the proceeds (minus service fees) raised will go to Bromley Mencap.

[Find out more here](#) or call 020 7736 4242.



E-cards

Do your bit for the environment and raise money for charity at the same time by sending a charity e-card and donate the cost of the greeting cards to Bromley Mencap.

[Take a look at the different designs and occasions here.](#)

Copy deadline for May/June 2022 is 1st May 2022

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

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