

BULLETIN

May/June 2022

Digital Champions

As part of our ongoing work around digitalisation, Bromley Mencap has successfully employed two Digital Champions, Will Frewer and Nigel Thiruchandran.

The posts were created to enable Will and Nigel as people with a learning disability to demonstrate the positive benefits of digital devices to people attending our Day Opportunities services.



Will and Nigel have worked with people on a one-to-one basis, as well as devising and delivering quizzes using the large interactive screens in our Cotmandene Centre in St Paul's Cray, Orpington.

The sessions have been very popular and played a great role in introducing more people to the digital technology available in our centres.

Welcome to the team, Nigel and Will!

The posts have been funded with a grant from the Royal Mencap Society's Let's Get Digital programme which was set up to develop the digital skills of adults with a learning disability and those who work with and support them.





Hi everyone,

Welcome to another jam-packed issue of the Bulletin!

In this edition, you will find all our usual updates as well as information on our new User Involvement Project (page 7).

The project works to ensure that local disabled people and carers in the borough are supported to have their views heard in an accessible and meaningful way.

If you are a parent or carer of a child or young person with Special Educational Needs and Disabilities (SEND), why not get involved in our online forum to discuss the current SEND Green Paper consultation?

Don't forget to turn to page 21 to find out all about the new Job Brokerage Service and its success in securing paid employment for its candidates.

Happy reading!

Alex
alex.powell@bromleymencap.org

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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.

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



Cost of Living Crisis

The cost of living crisis has been widely reported in the media this year. More and more disabled people are turning to Bromley Mencap for support, advice and guidance on how to pay essential costs, avoid debt and maximise their welfare benefits.

The government has been told, by charities representing disabled people, that the UK's welfare system is 'completely failing' disabled people with many being pushed into poverty due to the increased cost of living. Welfare benefits are not sufficiently rising in line with the cost of living increases or mitigating the impact of additional disability costs.



This year we have seen huge increases in the cost of living for essentials including food, fuel and travel. Many disabled people were already living in food and fuel poverty and their situation has been getting much worse.

The Trussell Trust has identified that more than half (60%) of people turning to food banks are disabled. Evidence from the Joseph Rowntree Foundation show that of the 2.4million people living in destitution, more than half were disabled or have long term health conditions.



Scope has found that, on average, disabled people face extra costs of £583 per month and that this goes up to more than £1,000 per month for one in five. These costs include specialist equipment and treatment such as therapies, day-to-day services such as energy and transport, and insurance.

Disabled people have much higher energy costs than non-disabled people due to the need for medical and mobility devices which need energy to operate and require charging overnight. Many disabled people also need higher levels of heating in their homes to combat the effects of medical conditions, lower mobility and to avoid becoming ill.

As a result, the energy price cap increase is having a detrimental effect on disabled people. Many disabled people and charities were disappointed that the government's

Spring Statement did not offer any specific support for disabled people.

Our information, advice and guidance services have seen a big increase in the number of people coming to us for support around the cost of living. Our support, both one-to-one and through group workshops, includes:

- welfare benefits checks to ensure you are receiving any benefits you are entitled to
- guidance in accessing food banks
- support to contact your energy supplier for emergency credit, discretionary discounts and guidance on cost effective meters
- support to access fuel vouchers and small hardship grants
- support for a financial reassessment around your care package to ensure all disability related expenses are taken into account

There are many helpful websites and resources available to offer support on the cost of living.

1. The Bromley Welfare Fund offers support to people on low incomes: https://www.bromley.gov.uk/info/200008/benefits/1024/bromley_welfare_fund
2. Turn2Us has a welfare benefits calculator to check your entitlement to benefits: <https://benefits-calculator.turn2us.org.uk/>
3. Citizens Advice has information on support for energy costs: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>
4. The Trussell Trust website has details of local food banks: <https://www.trusselltrust.org/get-help/find-a-foodbank/>



If you live in Bromley and require any support with the cost of living, you can contact Bromley Well through the Single Point of Access here:

<https://www.bromleywell.org.uk/for-professionals/make-a-referral/>



You can contact Bromley Mencap directly for support through our email address enquiries@bromleymencap.org or by calling our Helpline on 020 8466 0790.



NEWS CORNER

Mottingham Community and Learning Shop: The National Databank Scheme

Did you know that the National Databank provides free sims and mobile data (as well as talk minutes and texts) to people in need via Good Things Foundation's network of local community partners? It's like a 'food bank' but for internet connectivity data and supports those on a low income who cannot access or have insufficient access to the internet and/or cannot afford their existing monthly contract or top up. The databank has been built with support from Virgin Media O2 and with data donated by Virgin Media O2, Vodafone and Three.



For full eligibility criteria, please contact the Mottingham Community and Learning Shop. Email mcls@bromley.gov.uk or telephone 020 8860 1150.

Scams awareness talk for people with a learning disability: Thursday 16 June 2022 from 2-3pm

Register by emailing bsab@bromley.gov.uk
Visit the Bromley Safeguarding Adults Board website for more information on the talk here: <https://bromleysafeguardingadults.org/p/training/training-1>



Accessible walking tours at Kew Gardens

Kew Gardens is holding a series of free accessible walking tours. [Please check the website for dates and times.](#)

Monthly British Sign Language Tours: A tour of the gardens with BSL interpretation for people who are deaf or hard of hearing.

Wellbeing Walks: A walk and talk around the gardens. Suitable for all ages, particularly those with disabilities or health conditions.

Dementia-friendly health walks: These relaxing walks are designed to be accessible for people living with dementia.

Sensory tours: A guided sensory tour for people with sight loss and their carers giving you the chance to touch and smell elements in the garden.

Please attend with any essential carer or supporter who will also receive free entry. Places are limited and pre-registering is essential. Please register by emailing discovery@kew.org or phoning 07341 114533.



User Involvement Project Update

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



Amana Wilkins, the User Involvement Officer, has been out and about meeting staff and clients across projects and holding mini forums to help develop the new 'easy read' user involvement pack that outlines how disabled people can become involved in decision-making processes within Bromley Mencap. Special thanks goes to clients from Cotmandene Day Centre, The Lodge Community Hub and our Employment Services for their involvement in developing these materials.

We now have a [User Involvement section on our website](#) which will continue to be populated over the coming weeks with information and events. The next steps for the project are to hold focus groups that offer the opportunity for disabled people to provide crucial feedback on current affairs that affect them.

SEND Green Paper Consultation

The government has published a green paper on the future of the special educational needs and disabilities (SEND) and alternative provision (AP) system and is undertaking a public consultation on the green paper's proposals.

We will be running an online forum for parents and carers to discuss the Green Paper and consultation questions on **Tuesday 7 June at 11am.**

Please register by emailing user.involvement@bromleymencap.org



Staff Introductions

Sharon Morgan

Hello everyone, I have recently been appointed as the Adult Services Manager. My previous role was with the Education and Employment Team supporting Ian Breslin with the Step Forward Service. I spent two wonderful and rewarding years on the programme learning many new skills, getting to know the organisation and different partnerships. I have now completed two months in my new position, taking time to learn the role and meeting various personnel throughout the borough. I would like to thank my team for making me feel so welcome and I look forward to growing our services within the organisation. Previously I worked in retail as a Customer Service Manager and although I thoroughly enjoyed my role, I decided after 36 years that it was the right time to change career.



I live by Leybourne Lakes near Maidstone with my daughter Katie and rescue dog Senna. Both of which keep me very busy! I have another daughter, Becky, who lives in Leeds and has just completed her Masters degree to become an Art Therapist, working in the community with vulnerable young adults and children. In my spare time, I volunteer as a Level 1 swimming coach for Sharks Disability Swimming Club. My role not only involves taking lessons twice a week but also supporting with galas, including the National Partnership Swimming Competition (Hosted by Mencap and Special Olympics). I have also taken the team to the Special Olympics National Summer Games. I also enjoy travelling and have been fortunate to visit many countries including Sri Lanka, USA, and Europe

and look forward to travelling again this year.

Louise Kelly

Hello, my name is Louise and I am the new Children's Services Manager at Bromley Mencap. I am very much looking forward to working in the Children's Service having worked with people with disabilities in various settings over the years within the Bromley Borough, including Bromley Mencap on secondment from Day Services with Jobmatch.

I am delighted to be back, and it is great to see how the services have grown and developed. I live in Bromley with my husband and 22-year-old son (he was born when I worked for Bromley Mencap!) who has just moved back home from university. In my spare time, I enjoy socialising with friends and family and like nothing better than a long walk with a lovely meal and a glass of wine at the end.

I am enjoying spending time getting to know my team and the amazing projects that they run; I am already impressed by their knowledge, professionalism and passion for their jobs and I am excited to be a part of it!

Amana Wilkins

Hello, I am the User Involvement Officer and I am very excited to be in this new position within Bromley Mencap. My role is to develop our user involvement offer and ensure our clients have a part in the decision-making process.



I have spent many years working in the third sector, providing support services to a diverse range of individuals, working with children and adults alike. My passions are delivering services that promote and build independence and ensuring services are tailored and effective in meeting client needs.

In my spare time, I enjoy live music events, particularly festivals. I also enjoy wild camping; it gets me away from the buzz of technology and provides an opportunity to unwind and reflect.



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 practical help to complete paperwork, forms and grant applications. We also accompany clients to the hospital. We hold our workshops at the United Reformed Church in Bromley and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

Our workshops have recently covered how we can help ourselves be more healthy: general health in everyday life and finding time for fitness.

Becky Hines (a regular workshop attendee) shares her feedback:

"At the March workshop, a gentleman came to talk about general health in everyday life. Simple exercises like holding a small can of soup and raising it from your elbow to your shoulder and throwing a tennis ball from one hand to the other hand and so on. How much sugar, alcohol, salt and water we should consume (sugar was 30 grams max daily, salt was 6 grams max daily, two drinks of alcohol over a week max) was also discussed. Use rapeseed oil or sunflower oil whilst cooking. Drink 8 to 10 cups a day of water per day (not the small cups but the mug-size ones).



In April, Sue talked about finding time for fitness and the different types of exercise people could do in a wheelchair, chair or walking frame just to keep us fit. No need for a gym or running track! I know some days you just do not want to do any sort of exercise but did you realise going from one room to another, cleaning your home such as sweeping the floor and washing up are ways to keep active. We talked about making exercise easy for people - Listen to your body and do a small amount of exercise, do not overdo it because your body will know about it later that day or the next day! We can exercise in a way that does not take much energy but keeps you fit without you really noticing."



Dates for your diary

Workshops: Monday 23 May, Monday 13 June and Monday 18 July at the United Reformed Church in Bromley.

Outreach: Mottingham - 10am till 12.00 noon on Tuesday 17 May and Tuesday 21 June.
Cotmandene - 10am till 12.00 noon on Tuesday 31 May and Tuesday 28 June.

NEWS - Physical Disabilities

Eden Park: Death of blind man hit by train ruled accident

Cleveland Gervais, 53, died after falling off the platform at Eden Park in February 2020. A lack of tactile paving, which can warn vision-impaired people they are near an edge, contributed "more than minimally" but the South London Coroner's Court found the death was an accident. [Read more here.](#)



Rose Ayling-Ellis first ever celebrity to sign CBeebies Bedtime Story

Ayling-Ellis, 27, who has been deaf since birth, told the tale Can Bears Ski? in British Sign Language (BSL). The story of a young bear draws on the author's own experience to show how it feels to be deaf in a hearing world.



Ayling-Ellis said she hoped it would inspire children to learn to sign. [More here.](#)

Disabled with a deposit, but can't buy a house

Calum Grevers is looking for his first house and has a £32,000 mortgage deposit raised through crowdfunding. Because Calum has muscular dystrophy, his home has to be accessible. But after a three-year search in Edinburgh, he hasn't found a property that he can afford. [More here.](#)



Music magazine features disabled cover star

National music magazine The Wire is featuring disabled musician Miguel Tomásín, leader of Argentine cult band Reynolds as its cover star. Miguel became the first musician with Down's Syndrome to play regularly on Argentine national television in the 1990s and the band are still active, thirty years on.

[You can read the interview at The Wire 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 07421106922 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 Difficulty Pathway has recently offered support with welfare benefits, grant applications, ADHD coping mechanisms and day-to-day finances.

Outreach

Please visit our [Facebook page](#). Information from workshops and updates on the service can be found here, as well as useful information about learning difficulties. We also have a private Facebook group. Here we continue workshop discussions so that the group can offer peer-support. If you would like to learn more, please join the group [here](#) or contact Rob for help with setting this up.



Book Day

We held our own book day and discussed books and interests. Everyone at the event was given a copy of Graham Norton's 'Quick Read' book, The Swimmer. The books were given to us through [World Book Night](#) and aimed at "less confident readers looking for an escape."



Workshops

In March, we held a face-to-face workshop about anxiety. We discussed how it can be difficult to find accessible advice for mental health conditions such as anxiety. We spoke of the need to tackle stress before it starts to impact how well we relax or sleep or causes physical illnesses.

In April, we held a workshop about eye care with SeeAbility. We discussed everything from general appointments with your optician and daily eye care, to long-term or serious eye conditions. We also spoke about how eye care should be part of your annual health checks. We came away with lots of knowledge and some great resources, so thanks to SeeAbility for giving us their time.



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

Anxiety Tips

Our Anxiety workshop was built around the NHS information about improving your mental wellbeing.

We discussed a particular method of preventing unhelpful thoughts, called the 'Catch It, Check It, Change It' approach. This makes us think about our worries before they get worse.

- **'Catch It'** – catch the thought before we act
- **'Check It'** – ask ourselves if we are being realistic, rational, and truthful about our concerns
- **'Change It'** – use this information to take a more considered approach

You can learn more about this method and many more tips around mental wellbeing on the [NHS Website](#).



Eye Care Tips

SeeAbility are Eye Care Champions and support people with Learning Disabilities, Autism, and sight loss. Adults with Learning Disabilities are 10 times more likely to have sight problems.

Their 10 Top Tips for eye care are:

- Eat more fruit and vegetables
- Don't smoke
- Do more exercise
- Protect your eyes from the sun
- Talk to your chemist, optician, or doctor about eye problems
- Try not to touch or rub your eyes
- Don't spend too long on the computer
- Visit the opticians for an eye test
- Wear and look after your glasses
- Everyone can and should have an eye test every 2 years (or more often if the optician says you need to)



[You can learn more about SeeAbility on their website.](#)

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.

If you would like to find out more about the service and join the activities listed below, please do contact Emma Andrew, our Information and Support Officer (Autism). Telephone 020 8466 0790 or email emma.andrew@bromleywell.org.uk

Online Support

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

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

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

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

WhatsApp groups

- Autism Group for young people aged 16-18 years old: Join to receive advice and peer support to aid your transition to adulthood.
- Autism Parents & Carers Group: A space to chat about supporting someone with Autism aged 16 plus.

Newsletter

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

Monthly Workshops and Drop-ins

Our catch-up sessions run on alternate Fridays on Zoom and TV and Film Club runs on alternate Wednesdays on Zoom. On Good Friday we had an Easter quiz which was organised by our two peer support coordinators, Aimee and Antoinette. They did a wonderful job and a great time was had by all!



We also hold monthly workshops which can be attended either in person or by video conferencing. In April we discussed mental health with Sally Stevens from Bromley Well's Mental Health and Wellbeing Service. This was hugely popular and, as a result, we have arranged for our clients to attend a three-week course specifically for Mental Health and Autism delivered collaboratively by the Mental Health and Wellbeing Service and the Autism Service. Please get in touch if you would like to join the course.

Upcoming Workshops

- Monday 30th May at the Lodge: Addictions workshop
- Monday 27th June at the Lodge: 'How Autism affects you' workshop.



This will be delivered by our clients who will speak about their own experiences and the obstacles they have faced and overcome. If you would like to be involved, please contact Emma Andrew.

Email to reserve your place: emma.andrew@bromleywell.org.uk

Peer Support Activities

Emma Shrimpton has been tasked with coordinating some leisure activities for our clients to enjoy and the following social activities have been arranged with service user Rishna's help:

A meet up every other Friday evening from 7-9pm for Bowling at The Pavilion in Bromley. The group like to go out afterwards to play board games and have dinner.

On alternate Saturdays, the group meet up and go to various places of interest.

They have been to Christmas tree farm which and had fun feeding the animals, chatting, and drinking hot chocolate to stay warm on a cold March day. Please get in touch for more information and to join.

IN THE NEWS

Autism has turbocharged health professionals' work

Therapists, psychologists and nurses who are autistic say it has made them better at their jobs, but that misconceptions about the condition are forcing them to keep their diagnosis a secret. [Read more here.](#)



My Story On Autism

[Watch a vlog](#) by YouTuber, BJ DJ, documenting his experiences of living with Autism to help raise awareness.

What is Autistic Burnout?

Autistic burnout is characterised by increased social withdrawal, a form of 'hibernation' and reduced executive functioning. [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.



The monthly Older Carers Workshop and Lunch has been well attended. In March, clients were joined by Sushma Ravel from Naani Maa's kitchen, who gave a wonderful talk on the health benefits of spices and various ingredients. She also brought along a range of spices to hand around which enabled the clients to become familiar with the different spices.



In April, the group were joined by the London fire brigade, who gave a talk around fire safety and details on how to arrange a home visit for a free safety check. Both sessions received positive feedback from clients saying how much they enjoyed the speakers.

The next workshop and lunch is planned for Friday 20 May.

The monthly Learning Disability Cookery Class has also been well attended.



In March, clients cooked mini burgers in pitta bread with salad and, for dessert, pancakes with a selection of toppings including strawberries, chocolate sauce, lemon juice and sugar. The session was fun with some clients being brave enough to toss their pancakes in the air. The pancakes were a big hit with everyone asking for seconds.

In April, clients cooked chicken wraps with peppers, mushrooms and onions and, for dessert, Easter fairy cakes. The class was also attended by Matt Yule who ran a taster course in Tai Chi. Everyone thoroughly enjoyed joining in with the moves.

The next Learning Disability Cookery Class is planned for Friday 10 June.

Did you know Tai Chi has proven to be an exercise with significant benefits in the areas of balance, upper- and lower-body muscular strength and endurance, and upper- and lower-body flexibility, particularly in older adults?

Read more about its health benefits [here](#).



Monday Afternooners

We have recently visited the Carvery and Nick's Café (after bowling - see photo) and this month, we decided to meet for lunch at the Wetherspoons opposite Bromley South.

We also have a trip to Hastings booked for June and will be starting to have more informal meet ups during the month.

Ivica, a Monday Afternooners writes:

"It is nice to see people who are the same level as myself. I feel comfortable with the Monday Afternooners and the helpers. There is a spirit of support and guidance. It is good to have a connection that we know will continue. There are no social barriers – it gives us hope and motivation."

This group has been running consistently for years and it feels like an extended family.

Our visit to the Wetherspoons was the first time that we had met some people since lockdown. There was good conversation that flowed throughout the meal; everyone was involved. We interacted well together.

I felt more that we are part of a team rather than I am a client and you [leader or volunteer] are a helper."



Day Opportunities and The Lodge Update

Spring has sprung across our Day Services! The Lodge Garden is really flourishing and if you pass by you will see we have had a new veg cage put up to house our crops. Lots of great cookery projects have been taking place but the cake with the surprise ingredient of brussels sprouts must get a mention (it was delicious!) as does the beautifully presented afternoon tea that the students created together.



The Kiosk at The Lodge is open regularly on Tuesdays, Wednesday, Thursdays and Fridays from 10:30am until 3pm. Our students serve fresh coffee amongst other hot & cold drinks and snacks. If you are in Norman Park, do stop by to say hello and have a coffee!

Our Bike workshop is open Tuesday through to Thursday. There are some great refurbished bicycles for loan or for sale and now the weather is improving there is no better time to enjoy a ride around the park! The Bike Workshop has had a refit including a new door and a re-paint and it is looking great, all thanks to funding from B&Q.

Our Day Opps group in West Wickham have some great new equipment to enhance their activities and time at the centre – they have a full size interactive smart screen and some portable induction hobs and equipment for sensory experience cookery sessions.

Clients have made some beautiful handmade biscuit gifts, interesting art pieces and have been continuing to work on their allotment plot as part of their healthy lifestyle approach.



A huge thank you must go to the fantastic Zero to Hero Running Group who raised an incredible £470 from their charity Spin Class in April which took place at Virgin Active, Bromley. Thank you to all those who took part.



We are delighted to report that the group has made Bromley Mencap their charity of the year so after their fundraising, including the spin cycle class, they have donated over £1,000!

Our students have been continuing to serve weekly refreshments to the group and the sale of teas and coffees have raised £1500 so far.

With this fundraising, we have decided to buy a defibrillator for the benefit of the local community which will be situated outside The Lodge in Norman Park.

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.

Email caroline.stone@bromleymencap.org



Adult Services Update



Party On!

Due to Covid restrictions, the belated Bromley Mencap Christmas party took place in March and what a lot of fun it was! Fifty clients attended the rescheduled event and the feedback was extremely positive. We delighted in a game of bingo to get the party started and had a very successful dancing competition along with an amazing spread of food. A big thank you to all our staff and volunteers for all your hard work in making the afternoon a resounding success.

Walking and Cycling Club

Our first walk of the year was a successful trip to Scadbury Park back in March. Twenty clients joined us for a very enjoyable walk, with Ian spotting various species of birds and butterflies whilst checking our own knowledge. We walked for a couple of hours and then went to the Sydney Arms for a drink and some food. Everyone had a wonderful time!

In April, a group of 25 visited Crystal Palace Park. It was warm and sunny day so a stop for an ice cream was called for! Ian led the group around the park, sharing some interesting facts and details along the way. The park was very busy, but we still had an enjoyable and relaxing walk and finished off with a visit to the cafe.



Keep Fit

Keep fit resumed for the first time this year. Twenty-eight people attended the first two sessions. All thoroughly enjoyed the class and it was so great to see so many of our clients having fun while getting active!



Palace for life!

Two of our clients, Gill and Laura, went to Wembley in April to support Crystal Palace Football Club in the semi-finals of the FA Cup. They told me that although the result wasn't what they had hoped for, they both had a wonderful time revelling in the atmosphere! They received excellent support from the stewards at Wembley.



Employment and Training Update

The new Job Brokerage Service is now up and running. If you would like to seek employment, please contact us on 0208 466 0791.

We have made a brilliant start by carving out positions with Bank of America and Outco at their Bromley offices. We are also looking to start working alongside ISS World.

Bromley Football Club has also been fantastic by creating new positions for our candidates. We are very grateful to everyone who has been in contact with us, offering potential job opportunities. Please keep them coming.



Job Brokerage Service

- ✓ Do you live in the London Borough of Bromley?
- ✓ Do you have a learning difficulty or disability?
- ✓ Do you want to get into paid employment?

Bromley Mencap can help you find and keep employment by offering free personalised support, advice and guidance.

If you are an employer who wants to take action to improve employment opportunities for disabled people, please contact us.

For more information, telephone 0208 466 0791 or email enquiries@bromleymencap.org



The future is looking bright for paid employment!



Community Fundraising

Zero to Hero 'Spinners'

Thank you to our Zero to Hero 'spinners' who did an amazing job at a charity spin class at Virgin Active in Bromley in aid of Bromley Mencap.

Keith, the spin instructor, certainly put them through their paces but it looked great fun!

The Zero to Hero running group have raised a fantastic £470 from the charity spin class.

Not only that, but we are their nominated charity of the year!

We are very grateful to the group and their continued support. More on page 19.



Upcoming Events

RideLondon 100, 29th May 2022

Good luck and a big thank you to our four riders who will be taking on the world's greatest festival of cycling on Sunday 29 May and raising money for Bromley Mencap. This year a new format has been introduced, featuring a unique opportunity to ride 100 miles on traffic-free roads through the heart of London and neighbouring Essex.

Updates on how our riders get on will be published in the next Bulletin.



Ways you can help

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

Co-op

Did you know you can support Bromley Mencap through the Co-op Local Community Fund until October? We recently received a donation of £442 which helps us train and teach horticultural courses to disabled people.

The more Co-op members that choose our cause and shop with Co-op, the more funds we will raise. [Sign up to support us here.](https://www.coop.co.uk/membership)



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. [Sign up here.](https://easyfundraising.org.uk)



Amazon Smile

Do you shop with Amazon? Did you know Amazon will donate 0.5% of the price of your eligible purchases every time you shop with no cost to you? It's so easy.

[Sign up now.](https://www.amazon.com/smile)



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

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