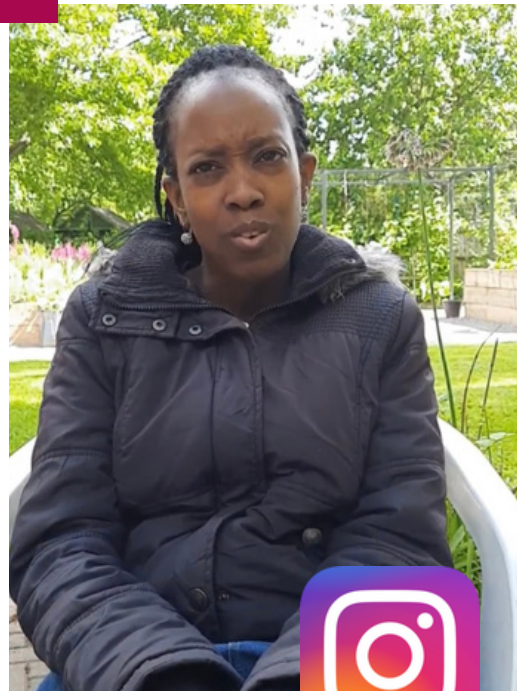


BULLETIN

Your Story: Learning Disability Week 2022



This year's theme for Mencap's Learning Disability Week was **Living Life with a Learning Disability**.

We wanted to show how people with a learning disability are reconnecting with friends and their communities following the end of Covid-19 restrictions.

To celebrate Learning Disability Week, we asked our service users to tell their story on video and we posted a story every day to raise awareness of learning disabilities on social media.

Watch their inspirational stories on our [@bromleymencap](https://www.instagram.com/bromleymencap) Instagram page.

A common theme was employment. Many of our clients spoke about being in work and how much they enjoyed their jobs. For more information on how we can support you with employment, [visit our website here](#).



Follow us

@bromleymencap

www.bromleymencap.org.uk



Editor's Note

Welcome to another bumper issue of the Bulletin! I hope you like the fresh, new look. If you have any feedback on the new design, please do get in touch.

In this edition, you will find all our usual updates as well as a new section dedicated to our Children and Family Services.

Turn to page 6 to read more about how we celebrated Learning Disability Week with a picnic and garden party at the Lodge and page 15 to learn about the achievements of our supported internship students.

Don't forget to head to our Summer Fun Day at the Lodge this Saturday (see flyer for details on page 17) and enjoy the many activities on offer and browse the stalls.

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Happy Reading!

Alex Powell

Communications Officer

alex.powell@bromleymencap.org



Incorporating Bromley Scope

**Supporting disabled people, their families
and carers to enjoy better lives**

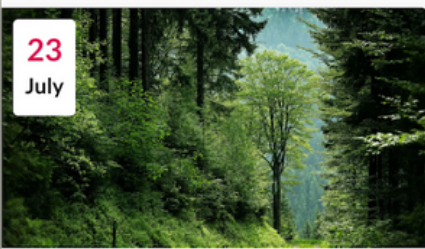
Events and Activities

Bromley Mencap

Please check our [website events section](#) 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](#).

23
July



**Bedgebury National Pinetum
Coach Trip**

 **Date** 23 July 2022

 **Time** 9:15 am - 4:00 pm

 **Venue** Bedgebury National Pinetum

 **Organiser** Sue Saeed

 **Price** £5

 **Category** Walking and Cycling Club



Bromley Well

Bromley Well has various support sessions running virtually and in person. Please check the [website for details here](#).

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.





Eddie Lynch

Chief Executive Update

I am delighted to report that the Bromley Third Sector Enterprise (BTSE) has been awarded the new Primary and Secondary Intervention Service contract, otherwise known as Bromley Well.



The BTSE has been delivering the Bromley Well service for the last five years in partnership with Citizens Advice Bromley, Age UK Bromley & Greenwich, Bromley, Lewisham & Greenwich Mind and ourselves, Bromley Mencap.

The Service is jointly commissioned by the London Borough of Bromley and South East London Clinical Commissioning Group.



Bromley Well offers a wide range of third sector early intervention and prevention support services, aimed at delaying and preventing crises and supporting local people to remain independent.

The new contract starts in October and will run for five years. As with the current contract, Bromley Mencap will continue to deliver 5 core services to support:

- People with a Learning Disability
- People with a Physical Disability
- Mutual Carers
- Young Carers
- And disabled people seeking education and employment.

The contract will continue to provide the same level of support but also focus on reducing isolation and loneliness and enhance befriending for all vulnerable people.

We are pleased that there will be additional resources within the new contract to extend our support to people with learning disabilities and people with physical disabilities and provide retention support to disabled people to help them sustain their jobs. Additionally, we will be relaunching our Young Carers App to take account of feedback we have received from Young Carers.

You can find more detail on Bromley Well's services, including how to make a referral [here](#).

User Involvement Project

National Co-Production Week

We have been getting involved in National Co-Production Week (from 4-9 July).

Co-production is about working in equal partnership with people using services, carers, families and citizens.

This year's theme is based on the impact user involvement has on services.

To showcase Bromley Mencap's work, we have been highlighting how our focus groups help to design and shape services, for example, the development of our new training centre.

In June, Natasha Chetty, the Employment Services Manager, and I met with current and former service users and their parents and carers to discuss what the new training centre should look like and what is needed to ensure it is effective.

We had some amazing feedback and gained valuable insight into how the service should be delivered to positively impact lifelong learning and outcomes for people. The focus group visited the site during Co-Production Week to observe how their ideas are being implemented. The focus group will be invited to form a steering group to continue to help develop the service.



Save the date: Garden Party

To launch Bromley Mencap's community network, we will be holding a garden party at the Lodge on Monday 22 August at 12 noon.

The purpose of the community network is to ensure parents, carers and disabled people are connected and have a voice, feel part of the local community and help promote positive models of disabled people.

The Garden Party will be an opportunity to meet Amana Wilkins, Bromley Mencap's User Involvement Officer, other parents, carers and disabled people, and to start to build a network. It will offer a chance to discuss what you would like to gain from a community network and how you would like it to be delivered and facilitated.

If you would like to attend or want more information on the Garden Party, please call the office on 020 8466 0790.



By Rob Morgan
Information & Support Officer

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and 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.

Monthly Workshops

Learning Disability (LD) Week Celebration

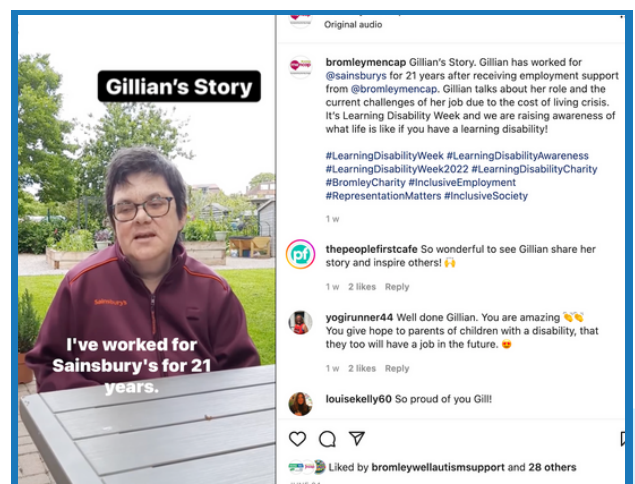
We held a picnic and garden party for our LD Week Celebration on Saturday 25 June. We were delighted with the turnout: over 30 people came along! We had a great discussion about what it means to have a Learning Difficulty and what we can achieve.



Many of the members have contributed to the LD Week 'Your Story' campaign on social media and we watched a few of ourselves on video on the big screen! The campaign was very well received on [Bromley Mencap's Instagram page](#) with lots of lovely feedback.

**"Well done Edward, that's awesome.
Great to see people enjoying being part of
the fantastic hospitality industry"**
- @helloworldburgeruk

**"Well done Gillian. You are amazing.
You give hope to parents of children with a
disability, that they too will have a job
in the future"**
- @yogirunner44



**"So wonderful to see Gillian share her story
and inspire others!"**
- @thepeoplefirstcafe

We also played games and had a great time with some guests and old friends.



Laura (pictured above) won the big prize on the day and looked very pleased!

Monthly Workshops continued

Wellness Workshop



In May, we held a face-to-face workshop about Wellness. We spoke of the need to manage our stress levels and ways to remain calm in anxious situations.

We had a taster session of Tai Chi with three experts, Richard Pearce, Nicky Fawcitt, and Matt Yule. You can see a [video of our Tai Chi session](#).



We had some great feedback from our sessions:

***"I found the exercises really relaxing. I'd definitely like to do Tai Chi again."* – Polly**

***"It's nice to meet up with everyone on a Saturday and have a chat."* – Kevin**

If you would like to learn more about Tai Chi, Matt Yule has shared a taster session with us. You can learn some simple moves which can be practiced standing or seated. [Go to the video here](#).



In the News

England's cricket team success

England's Learning Disability cricket team retain the Ashes with eight-wicket win over Australia in the first one-day-international in Brisbane. [Read about the series here](#).

'Shopping is a nightmare': how ADHD affects people's spending habits

Research has found that people with ADHD are four times more likely to frequently impulse-spend. 60% of people surveyed with ADHD said they believe it has a direct cost implication for them. 65% of those with ADHD say the condition makes managing their finances more difficult. [Read more here](#).

Easy Read Guide: Cost-of-Living Crisis

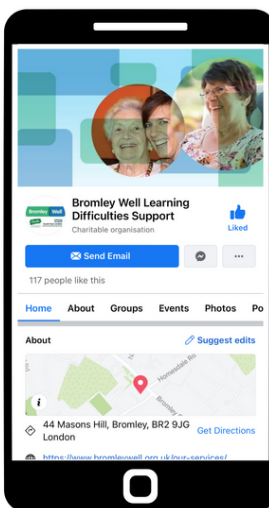


Mencap have created an [easy read guide to the cost-of-living crisis](#).

Give us a call if you are having difficulties with your finances – we are always keen to help!

Online Support and

Resources



Please visit our [Facebook page here](#).

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.

Please contact Rob for help with setting this up.



Get in touch



Call, text or email Rob Morgan if you would like any more information.



020 8466 0790



mobile 07482 558 660



robert.morgan@bromleywell.org.uk

By Chetan Raval
Information & Support Officer

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 hold our workshops at the United Reformed Church in Bromley and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

We had the pleasure of welcoming Sushma Raval, a holistic cookery coach, to our May workshop.

Sushma spoke about how certain spices, fruit and vegetables can help with specific health conditions.

The group had the opportunity to smell, feel and try some of the spices which they enjoyed.



Our guest speaker for our June workshop was Dean Baldwin, who is part of the Bromley Well long-term health conditions team. The group were very interested in this session all about sleep. Dean discussed what sort of setup you require in your bedroom to improve the quality of sleep and what to avoid before going to sleep, such as being on your mobile/ watching TV or using a tablet.



We also discussed the effects of not having enough sleep and how long the body could go on for without sleep. This is normally three to four nights before you start to hallucinate.

Dean discussed the benefits of having a good night's sleep:

- ✓ improves blood pressure
- ✓ boosts our immunity
- ✓ prevents diabetes and
- ✓ boosts our mental wellbeing.



Dates for your diary

Workshops:

Monday 18 July, Monday 22 August and Monday 19 September at the United Reformed Church, Bromley.

Outreach:

Mottingham - 10am till 12.00 noon on Tuesday 19 July, 16 August and 20 September.

Cotmandene - 10am till 12.00 noon on Tuesday 26 July, 23 August and 27 September.

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Bromley Well

In the News

Step-Free Access: Elizabeth Line

The new Elizabeth Line will be a game changer for people who are wheelchair users. This line has step-free access making traveling so much easier for a lot more people. [More here.](#)



Everest: Jamie McAnsh climbs to base camp on crutches



A man on crutches has reached Everest base camp - eight years after waking up paralysed.

Read about this incredible achievement [here.](#)

Wheelchair user says life has become a battle due to inaccessibility

Juno Sinclair, aged 22, said obstacles are constantly placed in her path, from cars parked illegally to street furniture and problems with dropped kerbs. What used to be a 20-minute walk to the supermarket could now take an hour because of accessibility problems. Juno is calling for better legislation and education so people are aware of the reality of life using a wheelchair. [More here.](#)

Contact us

Please contact our Information & Support Officers for more information on our services:

Chetan Raval on 07421106922

Email

chetan.raval@bromleywell.org.uk

Sue Charles on 07484 673090

Email

sue.charles@bromleywell.org.uk

On Facebook:

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

Alternatively, you can call the office on 020 8466 0790.

By Emma Andrew
Information & Support Officer

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 contact Emma Andrew, our Information and Support Officer (Autism). Telephone 020 8466 0790 or email emma.andrew@bromleywell.org.uk

Ways to receive support



Find us on
Facebook

Social media

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

[Facebook page](#), [Facebook group](#), [Instagram](#).



WhatsApp group

[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.



Drop-ins

Our catch-up sessions run on alternate Fridays on Zoom and TV and Film Club runs on alternate Wednesdays on Zoom.



Monthly Workshops

We also hold monthly workshops which can be attended in person or on Zoom.



addictions can have on the individual and families, as well as what steps to take and the additional support available.

In June, we had a packed workshop agenda! Firstly, we discussed 'Understanding Autism' and clients spoke about issues such as masking and receiving a late diagnosis.



In response to many people expressing concerns about the rising cost of energy, guest speakers from Selce (South East London Community Energy) also attended to talk about how to manage those costs and concerns.

Workshop Review

In May, we held an Addictions Workshop. We talked about the issues faced and the effects

Please get in touch with Emma Andrew if you would like more information on how to save money on energy.



Representatives from Bromley, Lewisham and Greenwich Mind also attended to provide a drop-in session for clients and answer questions.

Bromley,
Lewisham
& Greenwich



Upcoming Workshop

- Monday 25 July at the Lodge:
Sexual health and Keeping Safe

A sexual health nurse will be attending the workshop to share information on this topic

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

Peer Activities

Our Peer Activities Coordinators organised two virtual events for the Queen's Jubilee. The first was a Jubilee-themed cookie decorating session.



A list of ingredients was sent out ahead of the event and a step-by-step tutorial on how to decorate the cookies was held on Zoom. A virtual Jubilee Quiz was also held over the Bank Holiday weekend and fun was had by all.

If you would like to know more about our social activities for August, please subscribe to our newsletter by contacting Emma Andrew.

In the News

Autism: I was diagnosed at 60

Journalist Sue Nelson discusses her late diagnosis and how "this new understanding of life is a huge gift... I no longer view myself as broken. I am simply wired differently. And that's OK." [Read the full story here.](#)

Ministers join Understanding Autism session organised by the National Autistic Society

The sessions are a chance for MPs and their staff to hear directly from autistic people, to get a deeper understanding of autism and to discuss how they could better support their autistic constituents. The recent training was attended by the Minister for Care and Mental Health, Gillian Keegan MP, and Minister for Health, Edward Argar MP. It is the aim of the National Autistic Society for every MP to take part in these sessions. [More here.](#)

Get Involved & Have Your Say!

The All-age Autism Board is looking for more members of the community who have lived experiences of Autism to talk about the difficulties they face and what steps can be put in place to reduce these. For example, using public transport independently and receiving travel training.

We are in the process of setting up a sub-committee for people to have their say ahead of the next board meeting in line with the Bromley Autism Promise.

If you would like to join the Autism Board and/or the Autism sub-committee, please contact Emma Andrew.

By Tina Penn
Mutual Carers Support Worker

The Mutual Carers Pathway provides specialist support to families where one of the carers is aged 55+ with a disabled son, daughter or sibling living at home.

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

Older Carers Workshop & Lunch

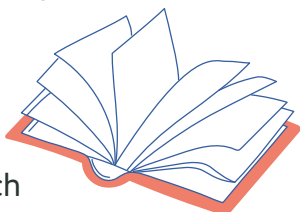
The events have been well attended.

In May, we were joined by Cleaver & Twine, a local family-run butcher, who gave a wonderful talk on their award-winning pies and selection of ready meals. They generously brought along lots of pie samples for everyone to try.

Clients were absolutely delighted with the speakers, with some saying they enjoy supporting the local community.



In June, the group were joined by Ciji Varughese from Bromley Library Services, who gave an interesting talk around events and services on offer along with information on useful library apps clients can access. The sessions received positive feedback from clients saying how much they enjoyed the informative talk.



The next workshop and lunch is Friday 15th July

The next Cookery Class is Friday 12th August

Learning Disability (LD) Cookery Class

In May, we cooked Cornish pasty, followed by bread and butter pudding. The Cornish pasties were a little tricky to make but each client created a lovely pasty that they were proud of.



We also celebrated a client's special birthday with chocolate cake and a song.

In June we cooked ratatouille with rice, which clients enjoyed as some had never tried aubergine before. We then made peach and raspberry crumble which went down a treat with most of us having seconds.



During the session, everyone had the opportunity to look through recipe magazines and cookery books to help them decide as a class what to cook next month.

Children & Family Services Update

Our services provide support for disabled children, young people and young carers through to their transition into adulthood. Whether it is advice and information, signposting, opportunities for peer support, support with short breaks, or leisure activities, our services work with disabled children and young people and their families in order to make lives better.

Specialist Autism Family Support Service

Over the last six months, Sarah and Jasmine have been delivering the new specialist family support service which the borough has developed following parent/carers feedback.

We are really pleased that Bromley Mencap is able to provide this new service. The service offers short-term, intensive specialist support to families with more complex issues. For initial enquiries, signposting or referrals to our new service, please contact Cat at Bromley Children's Project (BCP).



0208 461 7697



autisticspectrumcondition@bromley.gov.uk

Unfortunately, Jasmine Berry, who has a wealth of knowledge and was a long-standing member of the Children's Team, has recently left Bromley Mencap as she begins her retirement.

On behalf of all the staff and volunteers at Bromley Mencap and the many families Jasmine has supported over the last four years, here's a big thank you for all you have done and best wishes for the future. We look forward to introducing Jasmine's replacement very soon.

Short Breaks Service

The Short Breaks Services have been busy matching our workers with children and young people aged 0-25 with a disability. The workers support children and young people to get out and about in the community and have some fun, while their parents and carers have a short break.

The age range of the project has increased and we are now actively supporting young people aged 18-25. There are now more families using our service who are supported by more than one worker which enables them to have a very flexible arrangement. Short Breaks currently has 22 support workers and 11 buddies on board. We have some new buddies who are waiting to be matched, so if you are aged 14 – 25 and think a buddy might be just what you need, please contact Sarah or Eleni at Bromley Mencap.

We are always looking to recruit new staff so we are able to continue matching workers to families looking for support. If you think you might have the experience to support disabled children and young people and have a few hours to spare, please look at our [website](#) where you can see the job advert.

Alternatively, please contact the Short Breaks team by email: shortbreaks@bromleymencap.org.uk.



— HAPPY —
Retirement





Bromley Well Young Carers (BWYC) support young carers aged 4-19 to manage their caring relationships whilst still enjoying their childhood.

We've had a really busy few months, with activities such as workshops at Jamie Oliver's Cookery School, theatre trips and art workshops. Take a look at our [summer newsletter for details of these activities here.](#)

We are really excited to have organised our first-ever steering group, where a group of young carers will be working towards developing the new BWYC App which will enable more young carers to access support in a different way. Watch this space. You can also [follow us on Instagram](#) for the latest updates!

As well as lots of fun activities, transition has been the focus of support for the past couple of months. We have been supporting children and young people to plan for the move from primary to secondary school and from secondary school to college and university. This can be a difficult point in any young person's life, but when you have caring responsibilities, it can be very daunting.



Employment and Training Update

By Sally Bateman
Senior Employment Consultant

Supported Internships

Support for students with learning disabilities, including those with complex needs, to source internship placements. This is delivered in partnership with London South East Colleges (LSEC) at Bromley College and Bexley College.

What a fantastic year for the 2021-2022 cohort!

Our students have achieved the best outcomes since we have been delivering the supported internship programme, in partnership with London South East Colleges (LSEC), over the past five years.



Student Ben Moncrieffe (pictured middle) received a £234 pay cheque from Upton Primary School following a celebration assembly to thank him for his support



Student Tyrese (pictured middle left) received his certificate following his placement at Green Machine, Greenwich

The students have shown commitment and dedication and grown into young adults achieving six paid outcomes, across Bromley and Bexley.

Employers, including Mytime Active, Nuffield Health, and the Running Horses public house, Erith, have recognised our students' hard work and offered employment opportunities to them this summer. Several students will be continuing their placements on a voluntary basis as well. This would not have been possible without the support of our dedicated team of job coaches who have been amazing from start to finish.

With special thanks to Alex French who has now secured a full-time position within our team and Jill Baughen for her invaluable input supporting the admin element of the programme.



A selection of students receiving their certificates from Sally and Alex following successful internships

Adult Day Services

Day Opportunities and The Lodge Update



Summer Fun Day

Our Day Services have been full of fun and activity across our sites. Everyone has been busy planning their team contributions to our Summer Fun Day event at The Lodge, Norman Park on **Saturday 16th July from 10am-2pm.**

Highlights include a tombola and raffle, handmade crafts, Pimm's and cake stall, hanging baskets, choir singing, free bike loans, Hook a Duck, lucky dip, cookery demos and more. Do put the date in your diaries and pop along to join the fun!



Platinum Jubilee

The Day Services groups marked the Queen's Jubilee with lots of



fun activities including afternoon tea and games, baking, decorating their own bunting and craft sessions. The Day Opps West Wickham group made some fantastic wooden London scenes.



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.

Telephone: 020 8466 0790

Email: caroline.stone@bromleymencap.org

Come & see us

The Kiosk at The Lodge has been very busy since the weather has improved. We open regularly on Tuesdays, 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 for some refreshments.

Our bike workshop is open Tuesday through to Thursday, from 10:30am until 3pm for free bike hire.

Our students are putting their learning into practice by working on refurbishing bikes. From generous donations of bikes from the public, the refurbished bikes are then put up for sale to raise funds for our charity. This in turn helps towards less bikes being sent to landfill.



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

SUMMER FUN DAY



**Saturday 16 July
10am-2pm**

**Tombola & Raffle | Handmade Crafts | Pimms
Cake Stall | Hanging Baskets | Choir | Free Bike Loans
Hook A Duck | Lucky Dip | Cookery Demos | & more!**



Incorporating Bromley Scope

Cotmandene Catch Up

Adult Day Services

Garden Project

Now we are enjoying the warmer weather, staff and clients have started to utilise the outside space at Cotmandene for activities and a place to eat lunch. However, it was in need of some TLC, so we have decided to make the garden a project for everyone to be part of.



So far, we have seen a huge improvement: the area has been cleared and weeded, and flowers have been planted into pots.



We are hoping to get the local community involved with donations of seeds etc and to ask for their help and advice on what else could be done to improve our outside space. Our plan is to host a Summer Garden Party once it is complete for everyone to come and enjoy the garden with us!

Platinum Jubilee Celebrations

Over at Cotmandene Day Services, everyone truly got into the spirit of the Queen's Platinum Jubilee. Themed activities included bunting making, designing crowns, building a miniature Buckingham Palace and finishing it all off with homemade brownies, cupcakes and trifle for the party! And what a fantastic party it was! Games were played, laughs were had and visitors attended - including the local Councillor, Rebecca Wiffen.



Person-Centred Meetings

Our clients are the focus of what we do and we want everyone to have the choice and freedom to take part in the activities they enjoy or would like to try out.

Every month, we invite everyone to a client meeting where they have the space to voice their thoughts and ideas. This has worked well so far and the clients have said how much they appreciate being involved. We are now working on ways to make our future meetings a more interactive and visual experience and hope the services we provide become even more tailored and personalised as a result of improved user involvement.

Adult Leisure Services Update

by Sharon Morgan, Adult Services Manager

Bromley Mencap provides a wide range of social and leisure services for disabled adults to try new activities, meet with friends and have fun. From our always popular discos through to opportunities to try out new physical activities, there are many ways to enjoy yourself and learn new skills.

Walking and Cycling Club

Walks to Jubilee Park and Keston have been held over the last couple of months. Both walks were enjoyed by 20 people and led by Ian Breslin, who planned some fun quizzes along the way which everyone loved! We have an exciting day trip organised for 23rd July to Bedbury National Pinetum and Forest!

The club is supported by funding from:



Disco time

The Spring Disco was held at Crofton Halls on 31st May. Over 50 clients attended and had an amazing fun time! [Details of our Summer disco can be found here.](#)

Keep Fit fun

Our last keep fit class was held on 29 June and after our class, we held a presentation evening followed by a celebration buffet!

The Ann Kean Achievement Award and cash prize of £50.00 was presented to the most improved person during the course of keep fit classes and this year it was awarded to Katie Arrow (pictured).

We received some great feedback from participants:

'Really enjoyed that Keep Fit classes'

'It was great to be back'

'Great to see my friends and have fun'

'Really enjoyed the music'

A special thank you goes to our volunteers Sue Scrase, Marion Gee and Kathy Barrett (pictured) for their support over the last 10 weeks. We really do appreciate all your help!

Sports Activator Training

Sharon and Emma attended a Sports Activator course with five clients, held at Lewisham Leisure Centre. The course was designed to teach our clients how to support people with disabilities to participate in different activities. They all had an opportunity to create their own activity and thoroughly enjoyed the day. Course attendees were presented with certificates of achievement at the end of the course and the feedback from the facilitator was very positive. We are so proud of our client's enthusiasm and participation.



COMMUNITY FUNDRAISING

By Jane Barnes

WAYS YOU CAN HELP

➔ 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.](#)

➔ Movement for Good

Did you know you can nominate us for a Benefact group Movement for Good Award? We could win an extra £1,000 to make a difference to the lives of disabled people, their families and carers. The more nominations we receive, the greater our chance of winning, so once you've done your part, spread the word! [Nominate us here.](#)



Our Ride London Team enjoying a well-earned pint at the end!

RIDE LONDON 100

A huge well done to our cyclists who took part in the RideLondon event on Sunday 29 May and raised over £4,000 (and counting) for us! Thank you so much.

UPCOMING EVENTS



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.](#)

SUMMER FUN DAY

Roll up, roll up! Our Summer Fun Day is on Saturday 16 July from 10am-2pm at the Lodge, Norman Park.

Come and try your luck at the tombola, raffle and fun games. Browse the stalls and buy some homemade crafts while enjoying a glass of Pimms or two and a slice of cake!



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.](#)



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 a donation of up to £2. To send your cartridges or start collecting for us, go to Recycle4Charity.co.uk



For even more ways to raise funds for us, [please visit our website!](#)

QUIZ TIME!

Join the fun at the Crown & Anchor Public House, 19 Park Road Bromley, BR1 3HJ.

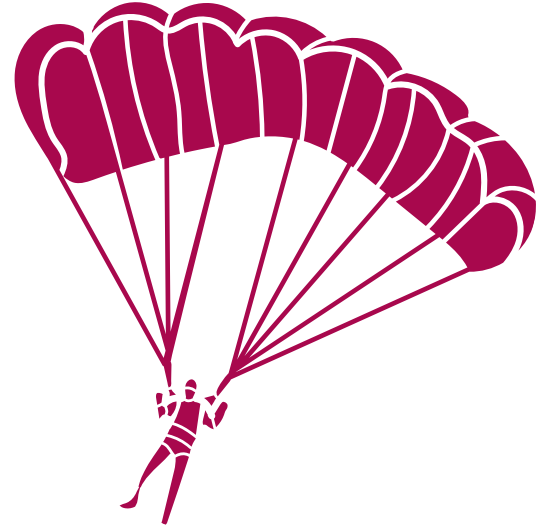
The monthly quiz starts at 7.30pm with teams of up to 6 people. Entry is £3 per person. Small prize for winners. One lucky person will also get to enter 'play your cards right' with the chance to win the jackpot!

All the money raised goes towards supporting disabled people of all ages, their families and carers in the borough.

Quizzes are every four weeks.

Confirmed dates are as follows:

- Sunday 31st July
- Sunday 28th August
- Sunday 25th September
- Sunday 23rd October



FUNDRAISING INITIATIVES

SKYDIVE

Tandem skydive is the easiest and most popular of all skydives.

It requires only 30 minutes of training before you jump strapped to your instructor, allowing you to enjoy the exhilarating feeling of flying through the clouds from over 10,000 feet at up to 120 mph! No experience is required. Registration/booking fee: £395. [Book your jump online today.](#)

Please keep an eye out on our socials for details of more events that you can get involved in for Bromley Mencap!

THANK YOU TO OUR SUPPORTERS



CHARITY FOOTBALL MATCH

We are delighted that Grove Pensions Solutions have chosen to raise money for our charity during a football match on Saturday 1 October at Darrick Wood School.

Grove Pensions are a great supporter of our cause and employ a number of candidates that were supported through our employment and training service. [You can support them here.](#)

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.



DONATE TO BROMLEY MENCAP



You can make a huge difference to the lives of disabled people, carers, and families by donating to Bromley Mencap. We simply could not provide all our range of support and services for local disabled people without the generosity of the local community.

Whether a one-off donation or regular giving, every penny received enables Bromley Mencap to make a difference! You can donate via [Just Giving](#) or [Paypal](#).

Scan. Pay. Go.



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