

BULLETIN

Welcome to our new Training Centre



We have been busy over the summer and refurbishment work on our new centre is now complete!

We are delighted with the end result and look forward to delivering a range of activities from the new building in Bromley North.

Find out more about our exciting plans inside.





Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Welcome to the latest Bulletin!

I hope you have enjoyed our summer activities and are looking forward to what we have planned this autumn. Make sure you read all about our new Community Hub and Training Centre on page 4.

The cost of living crisis is causing a lot of concern for many. Mencap is working with other UK charities to demand the government rethink the support people on the lowest incomes need to cope during this time. To find out more and sign the petition, turn to page 6.

In this edition, you will also find our usual Bromley Well updates, as well as news from our Children and Family Team and Adult Services including a feature on our Summer Fun Day at the Lodge!

Happy Reading!

Alex Powell

Communications Officer

alex.powell@bromleymencap.org

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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.



September

Hire Bikes

Date Tuesday through to Thursday

Time 10:00 am - 1:00 pm

Venue The Lodge, Norman Park

Price Free

Category Bromley Mencap Events

[MORE INFO](#)

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

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 for people with learning difficulties and physical disabilities, autism support sessions, young carers activities, as well as regular catch-up sessions.

SEPTEMBER 2022

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Chief Executive Update

Eddie Lynch

I am pleased to report that works on our new premises in Bromley North are now complete. Refurbishment works started in May and the building has been fully decorated and is kitted out with a training kitchen, IT suite, workshop rooms, an arts and craft facility, a horticulture area, a one-to-one room and an office. We even have a chill out space!



This new building extends our hub locations across the borough and will provide a range of community services and activities. These include workshops, Job Clubs, drop-ins and one-to-one sessions. We have registered as an OCN Training Centre and plan to deliver accredited training courses to support more people with learning disabilities and autism into employment.



How to find us

Our new centre is at Station Road, Bromley, Kent, BR1 3LP.

It is in the heart of Bromley and has excellent transport links.

A big thank you

to our funders

We are very grateful to our funders who have contributed to the full costs of our capital works.



Thank You



These include Bromley Council (through an Additional Restrictions Grant – Occupying a Vacant Unit Business Grant), Four Acre Trust, Clothworkers Foundation, the Haramead Trust and Love Your Neighbourhood, Local Partnerships – Southern Co-op Food Stores.

We also received a number of significant individual financial donations, and office furniture from both Bank of America and Alex Jones, for which we are very grateful.



We would also like to acknowledge the great work of Jon Cooper and his team, from One Call Builders Ltd, who did a fantastic job and completed the works on time and on budget. A special thanks to Jon for donating our new oven and dishwasher for the training kitchen!

Contact us

For more information on our new centre, including our plans to deliver accredited training courses, please contact **Natasha Chetty**, Education & Employment Services Manager:



020 8466 0790



natasha.chetty@bromleymencap.org

Sign Mencap's petition: the government must act urgently on the cost of living crisis

The cost of living crisis is tough for everyone, but it will be even harder for people with a disability, many of whom are on low incomes, rely on disability benefits, and who need support to be able to budget and navigate complex information from energy suppliers.

- Disabled people pay, on average, £538 a month more than non-disabled people to live the same quality of life.
- Only 5.1% of people with a learning disability known to adult social care are in work.
- Over 60% people who were referred to foodbanks in early 2020 were disabled.
- Some people with a learning disability pay 40% of their income from benefits to councils through social care charging.

Mencap is working with UK partners across the charity sector. We all believe that the new government must rethink the support people on the lowest incomes need to cope with the cost of living crisis.



If you agree, sign the petition and make sure disabled people aren't priced out and forgotten.

[Sign Mencap's petition to call for action here.](#)

Garden Party Launch Event

On Monday 22nd August, Bromley Mencap launched its Community Network (CN) at the Lodge, Norman Park.

The purpose of the Community Network (CN) is to provide a space where parents, carers and disabled people are connected, have a voice, feel part of the local community and help to promote positive models of disabled people.

The service aims to be driven by those accessing it, respond to changing needs across the community and provide a safe forum for those impacted and marginalised across the London Borough of Bromley.

The launch event was well attended by families, carers, clients and Bromley Mencap members. It was an informal event for people to network and meet Bromley Mencap's User Involvement Officer (UIO), Amana Wilkins. It was also an opportunity to discuss and seek feedback on what people would like from the community network. A questionnaire was handed out to find out what people hoped to gain from the community network and how they would like it to run. We received 25 responses from disabled people, their families and their carers, representing all attendees.

Results of the survey have been submitted to members of the Senior Management Team and the full findings and next steps will be announced shortly.



User Involvement Project

Interested in joining Oxleas' Engagement Forum for Carers of People with Learning Disabilities?

It's a platform to

- **connect with and receive support from other carers and professionals**
 - **share experiences and ideas and receive practical advice and information**
 - **influence the development of services**
-

The forum meets every 2 months.

Your attendance can be flexible.

For more information

please contact

joel.parker2@nhs.net

or call [07342 086923](tel:07342086923)



By Rob Morgan
Senior 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

Claiming Benefits

In July, we held a face-to-face workshop about benefits and what we might be entitled to claim. We spoke about the cost of living crisis and how important an extra income can be. We discussed:

- Disability Benefits
- Universal Credit
- Help with travel costs
- Grants
- Council Tax Discounts
- and many other schemes

If you would like to receive a copy of our Benefits Handout by email, including useful contact numbers and links, please contact Rob: robert.morgan@bromleywell.org.uk

We received some great feedback from our sessions:

"It was really useful to find out more about the things we could claim." – Peter

"I didn't know most of these [benefits] existed!" – Zamu



Future Drop-ins and Workshops

From October, we will be running a new drop-in service for people who require help with letters, bills, completing short forms, and writing and replying to emails. This will run from our new building, near Bromley North Station. Contact Rob if you would like to know more.

We will also be running a [Life Admin workshop](#) from our new building. This will be for people who have difficulties in prioritising tasks or managing anxiety around practical issues. Our support officers will help people to:

- Complete an initial assessment
- Create an action plan
- Work on coping mechanisms
- Increase independence and resilience

Contact Rob if you would like to learn more about these workshops.



In the News

Cost of Living Payment

The government has confirmed that around six million disabled people in the UK will receive their one-off £150 disability Cost of Living payment from 20 September.

Those being paid a qualifying disability benefit will be paid automatically from 20 September, with the vast majority of those eligible expected to receive their one-off payment by the beginning of October.

The payment will help disabled people with the rising Cost of Living, acknowledging the higher disability-related costs they often face, such as care and mobility needs.

[You can find out more information here.](#)

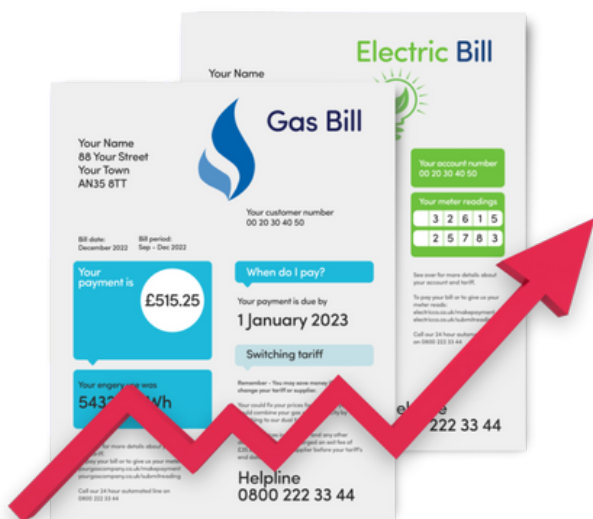


Useful Information and Resources

The DWP has created an easy read guide to the cost of living payments which you can [download here.](#)

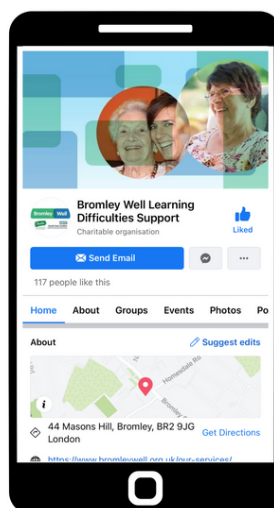
Mencap has also created an [easy read guide to the cost-of-living crisis.](#)

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 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.



Workshops and Drop-ins

On 25 July, we met at the Lodge to discuss Sexual Health.

Senior Charge Nurse, Ari Bell, from Beckenham Beacon, shared information and advice on looking after your sexual health. We discussed contraception, safe sex, the importance of getting regular checks for both men and women and busted a few myths and taboos around the topic.



Ari Bell (pictured) giving an informative talk



We held an Autism Celebration at Beckenham Central Library on Tuesday 16 August.

This was an opportunity to meet the Bromley Well Autism Support Officer, Emma Andrew, and find out about our services.

Sarah Astill, our newest member of the team, was also in attendance. Sarah is our Autism Family Support Worker.

The friendly library team were also on hand to discuss the library services available and there was an opportunity to play games and explore the interactive activities on offer.



Emma Andrew (pictured) at the library

On 26 August, the Autism Service was again at Beckenham Central Library.

We held a drop-in meet and greet session for members of the public to find out more about the support on offer.



Upcoming Workshop

Monday 26 September from 3pm – 5pm
at 8 Station Road, Bromley, Kent,
BR1 3LP

'Cost of Living Crisis' with special guests,
Bromley Food Bank

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

Peer Activities

We have enjoyed several events organised by our Peer Support Coordinators including quizzes, bingo, art sessions and more. If you would like to be part of the group, make suggestions for future activities, or learn more, please email emma.andrew@bromleywell.org.uk

In the News

Woman exhausted after work didn't know why - until Autism diagnosis

Carrie Kearns, 40, from Bolton, was told by doctors that the reason why she felt so tired was because she had been "masking all day and trying to fit in." [Read more here.](#)

Fan Focus: Luke Degilbert

Luke has autism and is a huge football fan. He wants to help get more people into the sport he loves. [Read more here.](#)



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](tel:07719426680) or via email tina.penn@bromleywell.org.uk.

Older Carers Workshop & Lunch

The events have been well attended. In July, we were joined by Laurens De Rooij, the Mental Health and Wellbeing Service Manager from Bromley, Lewisham & Greenwich Mind (BLG Mind). He gave a wonderful talk on the services available along with suggestions on how to look after your mental health which has been extremely important in the current times.



In August, the planned speaker from St John Ambulance was, unfortunately, unable to attend. However, Tina quickly arranged for someone to step in and deliver an informative talk on the Houses of Parliament and its history which included some very interesting and unusual facts. The session received very positive feedback from those who attended especially considering it was a last-minute arrangement.

The next workshop and lunch is Friday 23 September.

Learning Disability (LD) Cookery Class

In July, we tried something different and cooked chipotle chicken and black bean enchiladas which went down a storm. For dessert, we prepared a firm favourite - chocolate chip mug cake which didn't disappoint both in flavour and sight. Delicious!



In August, everyone cooked one tray pork, which people commented was very easy to replicate at home. We also made baked pears with marmalade which was very tasty. Clients looked through recipes and cookery books for inspiration and decided they would like to cook lamb hotpot along with an old favourite jam roly poly for dessert at our next session.

The next LD cookery class is planned for Friday 7 October.



By Sue Charles
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 and by email offering emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying clients to medical appointments. We currently hold our workshops at the United Reformed Church in Bromley and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

Our workshops have been very interactive and interesting, with great participation by those attending.

'How to Prioritise' Workshop

In July, our guest speaker, Richard Wiseman from our Employment and Training Service, delivered a workshop on life and work skills. He focused on how to prioritise and organise tasks, deadlines and jobs in order of importance. It was a great presentation and really practical. Those who attended gathered a lot of good ideas (including our team members). Thanks to Richard for covering this topic so well.



Cost of Living Crisis Workshop

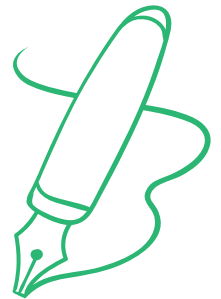
Chetan Raval presented lots of useful information about what is on offer to help with the current cost of living crisis depending on the type of benefit you receive.



The presentation was very timely as this is a topic at the forefront of everyone's mind.

Dates for your diary

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Upcoming Outreach:

Mottingham - 10am till 12.00 noon on Tuesday 20 September and Tuesday 25 October

Cotmandene - 10am till 12.00 noon on Tuesday 27 September.

Contact Us

Contact our 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.

In the News

Commonwealth Games: Biggest Para-sports programme to date

Birmingham 2022 included a fully integrated para-sports programme, with 42 events across eight sports.

The retired five-time Paralympic gold medallist swimmer Ellie Simmonds said: "More events show how powerful the Para-sport movement is... Para-athletes are now seen as professional athletes and are inspiring the next generation."



Shortage of personal assistants concerning

A disabled member of the House of Lords says she "fears" disabled people could end up living in care homes if a shortage in personal assistants is not addressed.

Baroness Jane Campbell, a cross-party peer, and others have been struggling to recruit PAs in recent years. The government said £500m will be used to "develop the existing workforce".

The Baroness is a wheelchair user with the muscle wasting condition spinal muscular atrophy (SMA).

According to the Local Government Association (LGA) about 70,000 people in England use PAs. It described the current lack of workers as "severe" in a [recent report](#).



Not having reasonable adjustments caused me to get an infection

In 2018, Jo was in a cycling accident which caused an injury to her leg and she developed post-traumatic stress disorder (PTSD). When she went back to work after time off to recover, she found the system wasn't designed for her. As a reasonable adjustment, Jo required a leg stool at work to stop her leg from getting infected but she didn't get a leg stool for three months resulting in an infection. This was despite two occupational therapist assessments.

As a disabled person, Jo has experienced negative attitudes from many including her employer who responded by saying she should not be at work if prone to infection. [More here.](#)

Inclusive Barbies are a major step

"It's a major step in the toy industry and in my life. It made me feel proud of who I was."

James Stewart is among those celebrating the new Barbie dolls that were released in August.

Mattel, the company that makes them, has released a range of more diverse dolls.

For the first time, Barbie is seen with a hearing aid, a prosthetic limb and a wheelchair, while a Ken doll has the skin condition vitiligo. [Read more of the story here.](#)

Barbie



Disabled people face barriers everywhere

Read Disability Rights UK's Media and Communications Manager, Anna Morell's [day in the life feature](#) explaining why we need the social model of disability across all of society.



Children & Family Services Update

Our services provide support for disabled children and 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



After the retirement of Jasmine in June, we are delighted to introduce Sarah Astill to join Sarah Clark as our new specialist family support worker. I promise you don't have to be called Sarah to work here but it does make things easier!!

We are delighted to have Sarah working for us and with all her knowledge and experience, Sarah A and Sarah C will be a great team!

Over the summer we have done a couple of outreach sessions at Beckenham and Bromley Libraries in collaboration with the Bromley Well 16+ Autism Service and we are hoping to do some more in the near future. If you feel that you and your family could benefit from some specialist short-term support, signposting, and information, **please contact Cat Hardiman at Bromley Children Project (BCP). Details below.**



0208 461 7697



autisticspectrumcondition@bromley.gov.uk

Short Breaks Service

The Short Breaks Services have been busy matching our short breaks 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.

Our Buddies and Community Support Workers have been busy supporting families over the summer holidays, to give both families and children some much needed respite. We have reports of fun days out to the seaside and local events. If you feel that your family would benefit from this, please contact us. [More information is on the Bromley Mencap Website.](#)

We always make sure that our workers are up to date with their training and have run sessions on asthma medication, communication and local days out. It is also great for the workers to get together to swap ideas and experiences.

So we are able to continue matching workers to families looking for support, we are always looking to recruit new staff. 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](#) or you can contact the Short Breaks team by email.



shortbreaks@bromleymencap.org.uk

A photograph of a woman with long dark hair and a young boy with dark hair, both looking at a bubble. The woman is holding a pink bubble wand. The background is a blurred outdoor setting with green trees and a house.

WE ARE HIRING!

COMMUNITY SUPPORT WORKERS

Bromley Mencap is looking for people to work flexibly to support children and young people with disabilities to access community activities. You will be matched with a child or young person to provide stimulating and person-centred activities in and outside of the home.

Experience of working with people with disabilities would be an advantage but not essential as we offer full training and induction to the role.

Rate of pay: £11.05 per hour

Please contact Eleni Clark or Sarah Garner for more information.

Telephone 020 8466 0790 or email

eleni.clark@bromleymencap.org or sarah.garner@bromleymencap.org

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

Since the last Bulletin, we have said goodbye to Julie Cook, who has taken up an exciting new role with The Local Offer, but we are very pleased to welcome Joe Stapleton as our new Young Carers Support Worker. Joe has been getting to know everyone over the Summer.

We've had a busy summer holiday organising the many activities for our Young Carers, which kicked off with Paddleboarding. Two groups of 20 young carers enjoyed a glorious day on the lake at Beckenham Place Park, after which they all enjoyed an ice cream treat!

We held a Wellbeing Day, where over 40 young carers took part in reflexology, attended a yoga class and enjoyed a Mindful Walk. The Community Nurse Team also delivered a healthy lifestyle workshop.

We had a day at Frylands Activity Centre, where the children took part in archery, air rifle shooting and tackled an assault course. Lots of new friendships were made and everyone had a brilliant time.

We have been supporting our 16+ Young Carers with planning for the future after their GCSE and A Level results and we are really pleased to share that they have done incredibly well and are looking forward to the next stage in their lives.

We are still working on our new BWYC app with Idea Farm, with loads of input from the young carers. Watch this space!



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

Bedgebury National Pinetum and Forest

The club had a wonderful day trip to Bedgebury on Saturday 23rd July. A coach was organised to take us there from Bromley, arriving in time for a 3 km walk in the morning. We then enjoyed a well-earned rest and a picnic lunch.

In the afternoon we completed another 3 km walk, enjoying the wonderful scenery and learning about the different pine trees.

It was a lovely warm, sunny day and all thoroughly enjoyed the trip which was led by Ian.

The club is supported
by funding from:



Adult Disco

It's Carnival Time

In August, we all had a fun-filled evening at Crofton Halls, enjoying a photo booth and disco!

Sixty adults attended and many dressed in the carnival theme; dancing the night away to reggae and ska!

Forthcoming event

Disco - Tuesday 18th October.
[Download our disco flyer here.](#)



Monday Afternooners

The Monday Afternooners is a monthly recreation club for people with cerebral palsy who live independently or who are isolated in the Borough of Bromley.

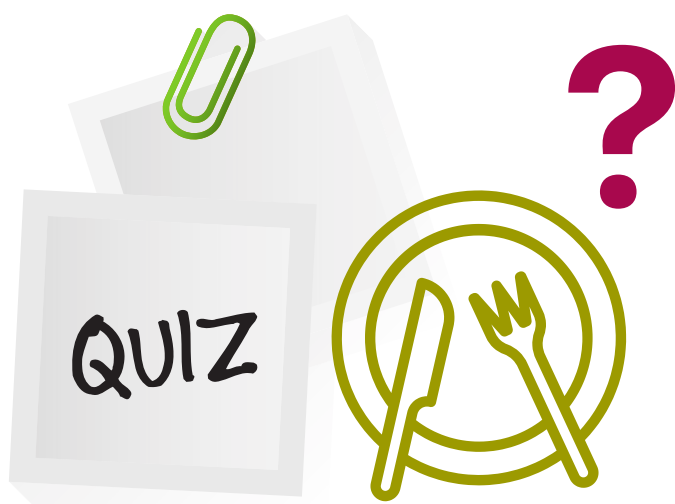
The annual programme is varied with two or three indoor meetings and eight or nine outings. Members of the club set the programme for the year.

We currently run a waiting list for anybody interested in joining. Please contact the office on 020 8138 9663 for more information and to join the waiting list.

Hastings Day Trip

The Monday Afternooners visited Hastings in June. The weather stayed fine for us and members who usually have electric wheelchairs were able to bring them along for the first time – which was a great success.

After a lovely fish and chip lunch, we were all able to go our separate ways to explore and meet up for the ride home.



Lunch and Quiz

Our lunch and quiz in July was well attended, with Monday Afternooners and volunteers working together in teams. The quiz was prepared by one of our volunteers, Louise Kelly. There was a round of questions and also a page of TV photos for us to identify. All in all, it was a great afternoon together.

Adult Day Services

Day Opportunities and The Lodge Update



Summer Fun Day

Our Summer Fun Day event at The Lodge in Norman Park in July was a huge success and the sun shone all day! There were so many great stalls and attractions - highlights included appearances from The Crazy Captain Pirate and fantastic live music from the band Alpaca Attack.

We raised £1400 which was fantastic! Thank you to those who attended and supported us and to all of our wonderful staff and volunteers.

We would also like to thank parents, carers and clients who made delicious baked goods for our cake stand; they were delicious!



The Lodge

The Lodge, our training centre in Norman Park, has been full of action this summer with lots of learning across our three courses: Catering, Horticulture and Bicycle Maintenance.

The horticulture students have grown patty pan squash (pictured below) in the garden over the summer and the catering students cooked our produce so everyone could sample - they definitely passed the taste test!



The Kiosk has been open regularly and has been very busy with customers in the park enjoying drinks and snacks. The Bicycle Workshop has been its busiest ever as the word spreads about our FREE bike loan scheme on Tuesdays, Wednesdays and Thursdays (10:30am until 3pm)! Why not come along?

Day Services

What a great summer we have had across our Day Services.

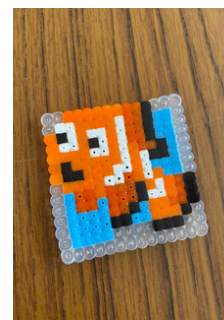
Clients have been engaging in lots of interesting activities and developing new skills.

Highlights include some colourful beaded craft projects, shrink artwork and developing IT skills with regular

workshops held by our Digital Champions.

Clients at Day Opps West Wickham have also enjoyed singing sessions with our wonderful volunteers who visit the centre regularly.

We do have a few spaces across our day services. To arrange a visit to any of our sites or to find out more, please email caroline.stone@bromleymencap.org or phone 020 8466 0790.



Thank you!

A big thanks goes to all the companies that donated prizes for our raffle at the summer fun day:

Bromley Property Company, Flying Colours Pottery, Tugra Restaurant, I-Naga Restaurant, Sweets for my Sweets, Bodyshop Hamper & gift sets, Pilates 29, Jelly Belly Beans, Becca Benning Online Health Coaching, and Cook.

Thank you all for your support.

WELCOME TO OUR

NEW STAFF

Ann Stott, Employment Advisor

Hello, my name is Ann and I took up the post of Employment Advisor back in June. I work part time on two different employment programmes: Employ Me London and the Brokerage Service.

Some of you will already know me as I have worked for Bromley Mencap since June 2021 as the Bromley Well Administrator. I like to be hands-on, so have worked as a volunteer with the young carers service, supported at the Lodge and Cotmandene and used to work the odd Saturday as a support worker at Saturday Club. I love meeting and interacting with our clients so have attended social events like the adult disco, keep fit and the Walking and Cycling Club.

During my time as administrator, I worked closely with the Education and Employment Team and witnessed the



amazing and rewarding work they do. I thought I would like to be part of that team permanently if the chance arose and luckily it did!

On a personal note, I have three teenage children who keep me busy and have recently rekindled my love for the cinema.

WORK WITH US



For our latest job opportunities, please visit:
<https://www.bromlymencap.org.uk/work-with-us/>

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.](#)



SUMMER FUN DAY

Our Summer Fun Day at the Lodge was a great success! We raised over £1400 which was brilliant. We had some lovely stalls selling gifts, many of which were homemade by our Lodge and Day Opportunities clients.

Thank you so much to all the staff, families and local businesses who generously donated tombola and raffle prizes and delicious cakes. We really appreciate all your support.

➔ easyfundraising feel good 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.](#)

➔ amazon smile You shop. Amazon gives.

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.](#)

➔ Recycle 4 Charity

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

THANK YOU TO OUR FUNDRAISERS

Congratulations to our two runners, Nathan and Izzy, who took part in The Big Half 2022. Together they have raised £646! If you would like to sponsor them, please see click on the links below.

Nathan's Fundraiser: <https://thebighalf.enthuse.com/pf/nathan-sinclair-can-do-it>

Izzy's Fundraising Page: <https://thebighalf.enthuse.com/pf/izzy-enticknap>



For even more ways to raise funds for us, please visit our website!

QUIZ TIME!

Confirmed dates as follows:

- Sunday 25th September
- Sunday 23rd October

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

The quiz takes place every four weeks and starts at 7.30pm with teams of up to six people.

Entry is £3 per person and there is a small prize for the winners. One lucky person will also have the opportunity to enter 'play your cards right' with the chance to win the jackpot!

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

CHALLENGE EVENTS

THE O2 SUNSET CLIMB

Wear your climb suit and strap on your boots and harness and climb over the famous roof of the O2 to enjoy some incredible views of London.

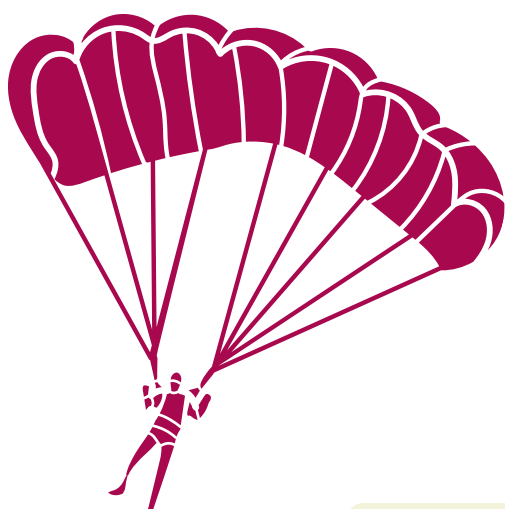
During this 90-minute experience, you will also be able to cross a walkway suspended 52 meters in the air. At the top, you will be able to explore the city from an exciting new vantage point. Get a 360-degree view of Historic Greenwich, The Olympic Park, and Canary Wharf and spot other iconic attractions.

Registration fee: £30
Fundraising commitment: minimum of £100
Dates: various dates available.



Email jane.barnes@bromleymencap.org for information.

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!



Scan. Pay. Go.

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](#).



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