

Our Annual General Meeting



Photograph on the left: The Deputy Mayor of Bromley, Councillor Christine Harris with Bromley Mencap Chairman, Peter Prentice

Photograph on the right: David Walker, Bromley Third Sector Enterprise Chief Executive with Bromley Mencap Chief Executive, Eddie Lynch

An 'AGM' is an Annual General Meeting, open to all members. 'Chairperson' means the person who leads the charity's meetings through the business items on the agenda of the meeting. At the AGM, members approve the accounts and elect trustees.

We were pleased to welcome over 80 people, including many of our members and clients, to our Annual General Meeting (AGM) on 2nd November.

The event was chaired by the Deputy Mayor of Bromley, Councillor Christine Harris and, despite a challenging year due to the pandemic, it was a fantastic opportunity to share our achievements with everyone present.

You can read all about Bromley Mencap's key developments for this year on page 4 and 5.



Follow us

@bromleymencap

www.bromleymencap.org.uk



Editor's Note

Welcome to the latest Bulletin!

Can you believe we are fast approaching the festive season? Make sure you put the date of the Lodge Christmas Fair in your diary: Saturday 3rd December from 10am until 2pm.

It will be a fantastic opportunity to start your Christmas shopping and to buy the wonderful crafts made by our Lodge students and Day Opportunities clients. We have lots of other festive fundraising events planned, including our raffle with some great prizes, so do turn to page 26 to find out how to get involved.

Turn to page 23 to find out all about the fun we had during our Halloween-sponsored walk around Norman Park and see if you can guess which members of the team are wearing what costumes! Now, who was the unicorn?

Lastly, it really was wonderful to attend our Annual General Meeting and hear about all the great work Bromley Mencap and Bromley Well have achieved over the past year. It was also lovely to meet some of you in person and enjoy a pastry or two.

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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.

09
December



Christmas Ball
📅 Date 9 December 2022
🕒 Time 7:00 pm - 10:00 pm
📍 Venue Crofton Hall
👤 Organiser Sue Saeed
💷 Price £5
📁 Category Bromley Mencap 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

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.

Bromley Self Care Week 2022

Enjoy free activities, information, chat and tips for self care from Monday 14th November - Friday 18th November 2022.

Healthy Living Plan Drop-In for People with Learning Disabilities and Autism

Monday 14 November 2022 from 10am-3pm at Station Road, BR1 3LP

Create a personalised 'Healthy Living Plan'. Get support on how to start a new exercise routine and to find more interesting healthy eating options.

Healthy Living Plan Workshop for People With Physical Difficulties

Monday 14 November 2022 from 12:30-3:30pm at Station Road, BR1 3LP

Learn how to make changes including eating more healthily or making an exercise routine that works for you. Spaces are limited, so please contact Sony Brown on 020 8466 0790 or email Sony at sony.brown@bromleywell.org.uk to book your place.

HealthWatch Bromley will also be available to talk to from 10am-12pm at Station Road.

HealthWatch Bromley is your local health and social care champion and will use your feedback on services to improve care.



Meet the Bromley Well Team at the Glades in Bromley

Friday 18 November 2022 from 9:30-4pm



Find out more about Bromley Well services and our partnership of local charities. Find us on the Upper Mall in the aisle, near Levi's.

Thanks to The Glades for having us and we look forward to seeing everyone!

WELCOME TO
Bromley

SELF CARE WEEK
Monday 14th - Friday 18th November 2022

www.bromleywell.org.uk

Young Carers Online Book Club Self Care Talk

Wednesday 16 November 2022 from 5:15-5:45pm via Zoom

At the end of our usual weekly Book Group, all registered young carers are invited to join us at 5.15pm - to share top tips around how you take care of yourself and what helps you improve your wellbeing.

Please email joe.stapleton@bromleywell.org.uk to register your place.

SPECIAL EDITION

Book Club

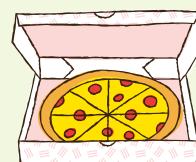
Join us for an extra length 'Special Edition' BOOK CLUB session on zoom to share our top self care tips!



Wednesday 16th Nov 4.30 on Zoom

Young Carers Sculpture Workshop - Session 2

Thursday 17 November 2022 from 4:30-7:00pm at Station Road, BR1 3LP



We'll be thinking about ways we can look after our own wellbeing while painting our art pieces. We will also have pizza for tea. Email joe.stapleton@bromleywell.org.uk to join us.



Eddie Lynch

Chief Executive Update

Highlights from the Annual General Meeting

Despite the continued challenges of the COVID pandemic and lockdowns, Bromley Mencap reported on a very successful year which saw 1,500 new referrals to the organisation for support.

Our annual Summary Report was presented at our Annual General Meeting and [you can read a copy here](#).



Key developments for the organisation this year included:

- Opening a new Day Centre in Orpington which is now full 5 days a week
- Launching our new User Involvement Project to ensure disabled people and carers are involved at every level of the organisation
- Creating two new Digital Champion roles to support more disabled people to learn to use technology
- Registering as an accredited training provider to provide qualifications for disabled people to get jobs
- Being awarded three new tenders – Employment Brokerage, Autism Family Support and Short Breaks
- Retaining our quality standards for Investors in People and the DWP's Disability Confident award
- Welcoming 143 new members to the organisation

Under our Employment Services, we supported 71 disabled people into new jobs and 85 into volunteering placements. Other activities included:

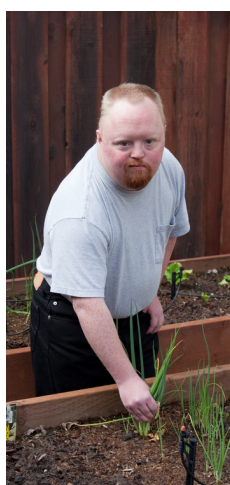
- Our Supported Internship programme which operated in both Bromley and Bexley and supported 28 young people
- Weekly Job Clubs which were attended by 177 people
- Weekly pre-employment workshops for 30 people with complex needs

Our respite support included:

- Over 8,000 hours of short breaks for 84 families, which was an increase of 34 families from the previous year
- Recruiting and training a new team of Childminders, Community Support Workers and Buddies
- Fortnightly respite and activities for 14 families through the Saturday Club

Social and leisure activities for 71 people included:

- Keep Fit classes, our Cycling and Walking Club and Monday Afternooners
- Round the World Challenge, in partnership with Bromley Mytime and Community Links Bromley, providing more activities to support physical health and wellbeing
- Cycling courses for families
- Workshops and activities for 140 children and young people through our Children's Wellbeing Service including coach trips to Legoland and the zoo for 200 people
- A series of podcasts in partnership with clients, which had 875 plays, and videos which have had over 900 views and are available on our website [here](#)



Our self-funded services, which are paid for by disabled people using Direct Payments, included:

- our 3 training schemes in horticulture, catering and bike maintenance at our Lodge community hub for 32 students
- our 2 Day Services at West Wickham and Orpington for over 60 people

Demand for information and advice significantly increased and our work included:

- Supporting 1,300 people through our Helpline and team of Family Workers
- Securing over £250,000 in new welfare benefits for disabled people and carers, £10,000 in backdated payments and grants for enabling equipment



South East London



In partnership with the Bromley Third Sector Enterprise we delivered 6 Bromley Well services last year which included:

- 365 adults with learning difficulties who benefited from one-to-one support, workshops and drop-ins to enhance their independence and resilience
- 360 adults with physical disabilities who benefited from workshops, drop-ins and one-to-one support leading to greater independence and self-management techniques
- 77 mutual carers who received one-to-one support, attended cookery classes and lunch workshops and benefited from peer support
- 288 people with autism who received support around employment, coping with lockdown and positive wellbeing
- 559 young carers who were supported through workshops, leisure activities, mentoring, coping strategies, counselling and their transition to adulthood
- And 50 disabled adults were supported into employment and 69 people supported into volunteering and work placements

Our priorities for the coming year include:

- Providing more person-centered, quality services in the local community
- Consulting with disabled people through our User Involvement Project to identify gaps in people's lives to offer more targeted support
- Building on our digitalisation work to provide more opportunities for disabled people through technology
- Supporting disabled people to relearn skills lost during the lockdowns and build up confidence and resilience
- Support and strategies to deal with the crisis including welfare benefit reviews to maximise people's incomes
- Working to a new outreach strategy across our services to ensure as many disabled people and carers as possible are able to access and know about our services



The AGM ended with a short film of our work and development over the last two years which you can [view here](#).

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

News Corner

Warmer Homes Programme

South London healthy homes

Do you struggle to pay your energy bills?

We can offer free help to anyone living in South London who is over 65, on a low income, or has long term health conditions or disability.

Our friendly team can make your home warmer, saving you money and improving your health. They will:

- Offer energy efficiency advice
- Install energy saving devices
- Support home improvement grant applications
- Offer you impartial advice that will help you heat your home for less
- Connect you to other sources of help.

To book your free advice session, or for information, contact:

📞 0808 169 1779
💻 www.cact.org.uk/swtw



Thinking Works
for a brighter tomorrow



SOUTH EAST LONDON
COMMUNITY ENERGY

SUPPORTED BY
MAYOR OF LONDON



Cost of Living Crisis: Useful initiative

South East London Community Energy's energy advice team are offering free support to vulnerable households to access the Mayor of London's Warmer Homes.

The Warmer Homes Programme provides free heating, insulation and ventilation improvements for low-income Londoners who own or privately rent their homes. Grants of £5,000 - £25,000 are available if they:

- live in Greater London
- own or privately rent their home (landlords can apply for a 2/3 contribution to works as long as tenants meet the income eligibility criteria)
- receive a qualifying benefit OR be on a low household income (+/- £20,000 after tax and housing costs)
- live in a home that is not energy efficient (with an EPC rating of D, E or F)

Email energy.advice@selce.org.uk or telephone 0204 506 6751 or 0808 169 1779 to book an appointment.

Magpie Dance TV Appearance

Magpie Dance, a local dance charity for people with learning disabilities, was in the spotlight recently when Strictly Come Dancing featured dancers from the Magpie Dance School in Bromley. For more information on how to join a class, please take a look at the [website here](#).



Community Network Questionnaire Results

Thank you to all those who completed the questionnaire following the launch of our Community Network back in the summer.

We received 25 responses from disabled people, their families and carers and had some great feedback to move forward with the Community Network.

To obtain a copy of the full report, email user.involvement@bromleymencap.org



Here is a summary of our main findings:

- Everyone felt that the Community Network would be beneficial
- Meet-ups should have some structure and provide a space to share experiences and build relationships
- Meet-ups should be monthly and in person
- Most people would like a Community Network Facebook group set up
- Individuals would like to be more involved in focus groups and user involvement within Bromley Mencap, but more information is needed

People also felt that the Community Network would be a good opportunity to provide support to parents with specific needs, for example, bringing in facilitators to address common themes such as managing sleep, benefit and welfare advice etc.

Save the date!

We will be holding our first meet-up on Tuesday 6th December from 11 am to 1 pm at our Station Road Community Hub.

The focus of the meeting will be priority support needs for parents and carers and how Bromley Mencap can facilitate this.

Do come along for a warm drink and a mince pie.

Email user.involvement@bromleymencap.org or phone the office on 020 8466 0790.



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 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 hold our workshops at Bromley Mencap's Community Hub in Bromley North and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

We are now using a new venue for our workshops: **Bromley Mencap Community Hub, Station Road, Bromley, BR1 3LP.**



Station Road has excellent transport links. The closest train station to Station Road is Bromley North Station. It is also served by the 367, 61, 119 and 227 bus routes and is a 10-minute walk from Bromley Town Centre. There is a large pay and display car park next to the centre and pay and display parking in the surrounding streets.

South East London Community Energy (SELCE) Workshop

We held our final workshop at the United Reformed Church in Bromley in September. It was delivered by Chetan Raval on behalf of SELCE and covered topics such as heating your home to stay well during the winter and the Priority Services Register for people who are disabled or vulnerable. The Priority Services Register is a free support service



that makes sure extra help is available to people in vulnerable situations. [More information here.](#)

SELCE carries out home assessments and can provide replacement energy savings bulbs, heat reflectors for radiators and other energy-saving devices for free. Our clients will be contacting the charity directly to request home assessments and found this information very helpful due to the rising cost of energy bills. More information can be found on the flyer on page 6.

Budgeting Workshop

Our October workshop was presented by Sue Charles. Sue went through a budgeting plan with the group which covered outgoings such as rent, utilities, Council Tax, food, toiletries, clothing and footwear. This exercise gave everyone a sense of how much money they had left once essential bills had been deducted from their income (benefit payments, grants and salaries) and where to cut back. The group also discussed the support available to deal with increasing energy bills.



Dates for your diary

Upcoming Outreach:

Mottingham: 10am till 12.00 noon on Tuesday 15 November and Tuesday 13 December 2022.

Cotmandene: 2-4pm on Tuesday 22 November and Tuesday 13 December 2022.

In the News

Bristol inclusive cheerleading team in world championships

A disability-inclusive cheerleading team has been chosen to represent England in the world championships in the USA next year. [Read more about this amazing achievement.](#)

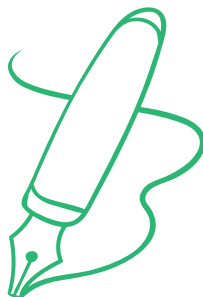


Cost of living: 'I may have to put my child in care due to bills'

Yvette Clements, 58, from Norwich, is a carer for her daughter, Rosey, who cannot regulate her body temperature and worries about the rising cost of energy bills. Read more about the devastating impact of the cost of living crisis for this family [here](#).



Supporting People with Physical Disabilities



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



When are the £400 energy rebate and other cost-of-living payments due?

All UK households will be given a £400 discount on their energy bills after the annual cost for a typical household rose to £2,500 from October. [More information here.](#)

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.

By Lauren Titheridge
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 Lauren Titheridge, our Information and Support Officer (Autism). Telephone 020 8466 0790 or email lauren.titheridge@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

In October, we held a workshop of **Managing Money**. We talked about the issues associated with the rising cost of living and support to help with this. This included budgeting and sharing ideas on ways to save money.

Money-saving tips that the group came up with included:

- Buying supermarket own-brand products
- Looking at Freecycle for furniture and other items
- Checking out [Uswitch](#) as it may offer half-price internet access for those on certain benefits

Further information on government help available can be found [here](#).



Peer Activities

Our Peer Activities Coordinators have been busy organising and hosting virtual events. These have included sessions on learning calligraphy as well as lettering and watercolour.

Regular virtual bingo sessions have also been held. A spooky Halloween Quiz also took place in October where fun was had by all.



If you would like to know more about our social activities for November, please subscribe to our newsletter by contacting Lauren Titheridge.

In the News



Netflix releases new film 'I Used to be Famous' with autistic actor Leo Long

The featured debut of Eddie Steinberg, is an adaption of his award-winning short film of the same title. It follows the story of Vince – played by Ed Skrein – who used to be in a chart-topping boy band, before finding himself alone and struggling. He forms a friendship with autistic drummer Stevie – portrayed by Leo Long – after an impromptu music jam on the streets of Peckham. Together, they form a special bond through the power of music. [Read more here.](#)

Upcoming Workshops

'Managing Emotions and Self-Regulation'
on Monday 28th November from
10am-12pm or 2-4pm at Bromley Mencap,
Station Road, BR1 3LP or on Zoom

Topic to be confirmed for Monday 19th
December from 10am-12pm or 2-4pm at
Bromley Mencap, Station Road, BR1 3LP or on
Zoom

Email to reserve your place:
lauren.titheridge@bromleywell.org.uk

Christine McGuinness to front BBC documentary about autism

Christine McGuinness is filming a new BBC documentary aimed at raising awareness of autism in women and young girls. The 34-year-old model was diagnosed with autism in November 2021, and has since spoken of the relief she has felt after she had "struggled" throughout her life.

She added that her diagnosis has helped her to understand "why I am the way I am".

[Read more here.](#)



By Emma Andrew
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

Cancer Consultation

Clients had the opportunity to have their say on the new Cancer Centre, which will be based on the ground floor of The Glades shopping centre in Bromley.

Everyone gave their ideas and opinions on what the centre should look like and the support they would like to see available. People also gave their feedback on an Easy Read document explaining the breast screening procedure and what it involves.



Sola the facilitator from Kings College hospital (pictured above) said:

“I was so impressed with the participation of clients. I have been given so much more feedback than I ever imagined! The information will make a huge difference to the planning of the centre.”

Our client, Kat, said:

“I really enjoyed the small break-out groups and discussing what is important to us.”

Benefits Workshop



A benefits talk took place at The Lodge to make sure everyone who attended

knew about the different benefits and grants available to them. With our support, several clients have begun applications for benefits and this service will be very beneficial in the coming months.

Blood Pressure Workshop

During this workshop, clients had the opportunity to have their blood pressure taken. We also discussed the importance of keeping healthy and the benefits of checking your blood pressure at home.



Outreach

The Learning Difficulties team attended ‘Advocacy for All’ in October and presented a talk on benefits.



Correspondence Drop-ins

We are available on Mondays from 10am-12pm and 1pm-3pm at our new building on Station Road, near Bromley North Station. This drop-in service is for people who require help with letters, bills, completing short forms, and writing and replying to emails. For further information, [please download our poster](#).



Life Admin Course

Our Life Admin courses have launched, assisting 16 people with ADHD to achieve mid and long-term goals.

We are assisting clients with self-set objectives, such as:

- **Maintaining a healthy diet**
- **Making contacts for business**
- **Saving money for a laptop**
- **Managing negative thoughts**

We have spaces on our Life Admin course for the new year. If you would like to join us, [please see our poster for more information](#).

In the News

At the heart of it: 30 personal stories about learning and thinking differently

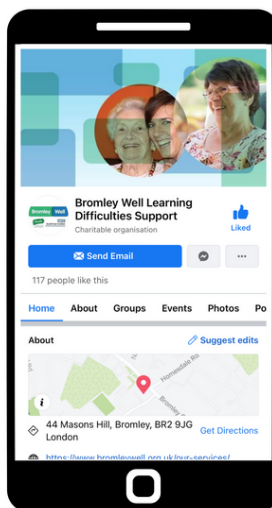
Celebrities, experts, parents, and children who learn and think differently, share their stories to help raise awareness and inform and empower families. [Read the full article here](#).

Dates for your diary

Emma has organised two advice sessions for people who would like help with their housing application or are worried about the cost of living. For more information, please email emma.andrew@bromleywell.org.uk.

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



If you would like any more information, call, text or email Rob Morgan or Emma Andrew



Office: 020 8466 0790



mobile: 07482 558 660



**robert.morgan@bromleywell.org.uk
emma.andrew@bromleywell.org.uk**

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

These events, as always, have been well attended.

In September, we were joined by Fay Hicks, who gave a very informative talk about wellbeing and relaxation and highlighted the importance of looking after our health.



In October, a representative from the British Red Cross spoke to us about first aid. This was warmly welcomed by everyone and clients commented that they had learned something new. It was also fantastic to watch a demonstration on how to use a defibrillator, especially as these are often located within the community.



The next workshop and lunch is
Friday 16th December.

Learning Disability (LD) Cookery Class

In September, we followed two classic recipes: lamb hotpot and an all-time favourite, jam roly-poly with custard. This had everyone wanting seconds. There were many requests to make the dessert again as everyone agreed that it was the most delicious dish we had ever cooked!



In October, the clients cooked their first one-tray bake consisting of bacon, potato & onion. This went down a treat with clients wanting to replicate this meal at home. For dessert, we made strawberry cheesecake which everyone enjoyed and people commented how easy it was to make.

The next LD cookery class is
Friday 2nd December



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



The Specialist Autism Family Support Service continues to support families and has achieved some great outcomes, including supporting a family to access specialist education provision for their child and successfully identifying and referring families to other agencies for specialist support.

Please remember that your child does not have to have received a formal diagnosis of autism or social and communication difficulties to access our service. 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 for an initial discussion. 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.

As some of our buddies have now gone off to university, we have been training some new buddies ready to work with young people aged 14-25. Buddies help with those first steps to independence and to access leisure activities.

If you know someone who would make a good buddy aged 16+ tell them to contact our short breaks team for a chat about the role.

If you would like to find out more about having a buddy or a community support worker, please call either Sarah or Eleni.



0208 466 0790



shortbreaks@bromleymencap.org.uk

So, we can 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 **www.bromleymencap.org.uk**, where you can see the job advert or contact the Short Breaks team by email.

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

It has been a busy time for the Young Carers team as the children and young people go back to school. Lorna and Joe have been visiting young carers at their schools providing 1-1 emotional support and a listening ear.

We held a half-term photography workshop at BEECHE in High Elms Country Park for young carers aged 12-18.

The workshop was facilitated by CREATE, a charity that provide the facilitators and equipment free of charge. The children and young people learned digital photography composition and portraits and had a great time.

We are holding a sculpture workshop for our 4-10-year-old young carers in November.

This is being run by our talented young carers support worker, Joe, who is also an artist! We are looking forward to showing you the results in the next Bulletin. To find out more about Joe, please turn to our new staff section on page 22.

Our popular Book club and Pets Corner club also continue to run on Zoom.

If you would like to find out more about our Young Carers Service, please contact Bromley Well Single Point of Access on [0300 330 9039](tel:03003309039).

You can also download our [autumn newsletter here](#). Happy reading!



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.

Adult Disco

Party Time!

Over 55 adults enjoyed our Autumn Disco on the 18th of October. Our regular DJ Steve kept the night alive with lights and music and we had a Halloween-themed photo booth for all to enjoy. A big thank you to all those who volunteered on the night.



Upcoming event: Christmas Ball

Friday 9th December from 7-10pm at Crofton Halls, Orpington.

Cost: £5

Dress to impress and celebrate with us. There will be food, dancing and lots of fun to be had!

The Christmas Ball is for people aged 18 years and over with a disability.

A paid bar for alcoholic and non-alcoholic drinks will be available. Please note this is card payment only.

All places must be pre-booked and paid for no later than Tuesday 22nd November.

Places will be confirmed by 25th November 2022.

Please contact Sue Saeed to book your place.

Email: sue.saeed@bromleymencap.org

Telephone: 020 8466 0790



Bromley
mencap
Incorporating Bromley Scope



CHRISTMAS BALL

18+

Dress to impress and celebrate with us.
There will be food, dancing and lots of fun to be had!



Friday



December
9

When: Friday 9th December



7:00

to



10:00

Time: 7-10pm



Where: Crofton Halls, York Rise, Orpington, BR6 8PR



Cost: £5:00
A paid bar for alcoholic and non-alcoholic drinks will be available. Please note this is card payment only.

All places must be PRE-BOOKED by completing the booking form and paid for no later than Tuesday 22nd November. Places will be confirmed by 25th November 2022.

This event is exclusively for adults with a disability. Please note that we cannot offer personal care. If you need the support of a parent or carer, please ensure that you are accompanied.



Adult Day Services

Day Opportunities and The Lodge Update



The Lodge Garden

Day Opportunities

Clients at our West Wickham Day Services have been enjoying lots of new activities and a real highlight has to be the wonderfully expressive artwork that was created to mark Her Majesty Queen Elizabeth's passing.



Clients have also enjoyed making many tasty cookery projects including a delicious oat crumble, lasagne cups and banana sushi!



Clients at our Cotmandene Day Services have been busy delivering leaflets for the local shops.

One of the clients said, "I enjoy walking and delivering the flyers".



Clients have also enjoyed various art projects and have been busy planning a Halloween party. As part of their seasonal cooking, they have made different recipes such as sweetcorn fritters and apple crumble.

The Lodge

Our training centre in Norman Park has seen some great learning take place across our three courses: Catering, Horticulture & Bicycle Maintenance. The garden is full of autumnal colour and is being prepped for the winter by the students. We do have a few spaces left across our Day Services. Contact Caroline Stone for more

Come & see us

The Kiosk has been busy with customers in the park enjoying drinks and snacks.

Why not come and order a warming hot chocolate when you are next in Norman Park.



The Bicycle Workshop has continued to be busy over the autumn with FREE bike hire from Monday-Thursday (10am until 3pm).

information. Telephone 020 8466 0790 or email caroline.stone@bromleymencap.org.

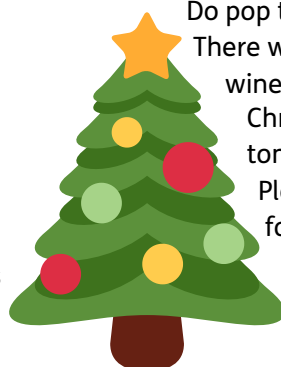
Save the date: Christmas Fair

The Christmas Fair at The Lodge will be on Saturday 3rd December from 10am until 2pm.

Do pop the date in your diaries.

There will be mince pies & mulled wine, handmade wreaths and Christmas crafts, a cake stall, tombola and lots more!

Please see the flyer on page 19 for all the details.



CHRISTMAS FAIR



Incorporating Bromley Scope

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

SATURDAY 3 DECEMBER
10AM - 2PM

Cake Stall

Tombola



Homemade Wreaths

Christmas Crafts



Mince Pies & Mulled Wine

**Hot Chocolate
from the Kiosk**

And lots more!

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

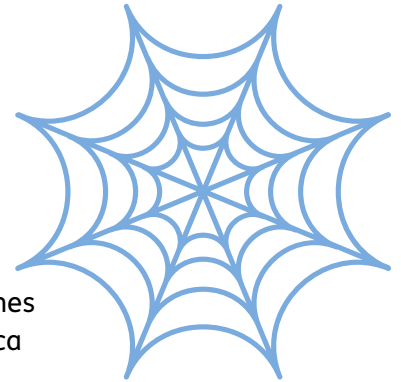


Employment and Training Update

By Natasha Chetty
Education & Employment Services Manager

Sponsored Walk Shenanigans

Our Halloween walk, organised by the Education and Employment team, was a huge success! Everyone enjoyed themselves and the weather was perfect. The costumes were amazing and it was lovely to have staff, clients and colleagues from Bank America involved in the walk.



The donations have been totted up and we have received **£2,055** so far which is brilliant. This money will be used to purchase resources (such as catering equipment) for our new accredited training centre in Bromley North.

[It is not too late to donate. Please follow the link here.](#)



A heartfelt thanks to everyone who was involved in the walk and shared our event with their friends and family. A big thank you also goes to our staff at The Lodge who provided bikes and opened the Kiosk for people to rest and rehydrate. It was a great day!

WELCOME TO OUR

NEW STAFF

Welcome back to Lauren Titheridge

Hello everyone, I have returned to my role as the Information and Support Officer for Autism at Bromley Well as Emma Andrew has now moved over to the Learning Difficulties pathway. My role includes supporting individuals aged 16+



who have been diagnosed with Autism or who believe they may have Autism. I provide information and support on a range of topics, such as accessing social activities, accessing health services, managing money or signposting to other services. Earlier this year, I took time out to travel around New Zealand. In my free time, I enjoy travelling, arts and crafts, and baking.

Congratulations in your new role, Emma

Hello again! For those of you who do not know me already, I am Emma Andrew and I am the Information and Support Officer for Learning Difficulties.

I am very lucky to be working alongside Robert Morgan at our wonderful new building at Station Road in Bromley North.

Our correspondence drop-ins on Mondays and life Admin courses are running well. Do turn to page 13 to learn more.

In my spare time, I enjoy singing and music. I also like to get out, weather permitting, for walks and bike rides in the fresh air.



Sony Brown, Bromley Well Administrator

Hello, I am the new Bromley Well Administrator. I am originally from Hong Kong but have lived in UK for 18 years. I have had various jobs from Executive Assistant, Accounts Assistant to Midday Supervisor. For a while, I was a stay-at-home mum, although that was harder than

looking after CEOs (chief executive officers)! My daughters are 12 and 15 now and I am able to work part time.



In my spare time, I like to read and socialise with friends and family. I also like to keep fit by running, attending boot camps, etc, and have completed the Blenheim Triathlon twice! I am looking forward to being part of the Bromley Mencap team and working with people who are passionate about their jobs. Everyone has been very friendly and welcoming.

**Joe Stapleton,
Bromley Well Young Carers Support Worker**

Hello, my name is Joe and I have joined Bromley Well as the Young Carer's Support Worker. I am excited to meet young carers at our upcoming events and to be working with the team here at Bromley Mencap.



I recently graduated from Loughborough University where I studied Fine Art and exhibited my work in the 2021 Degree show.

Much of my spare time is spent creating art, especially sculpture. I am also passionate about football; I play and watch very regularly, and I am a massive Manchester United Fan.

WORK WITH US



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

COMMUNITY FUNDRAISING

By Jane Barnes

WAYS YOU CAN HELP

➔ Charity E-cards

DontSendMeACard.com

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



➔ Movement for Good

Did you know you can nominate us for a Benefact group Movement for Good Award and help to make a difference to the lives of disabled people, their families and carers. For 12 days in December, they will be drawing 10 charities per working day to receive £1,000. The first draw takes place on December 1st and the last on the 16th so [nominate us here](#).



Don't forget to buy your Christmas 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](#).



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 up to £2 donation. 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!](#)

UPCOMING EVENTS



Christmas Raffle

Our Christmas raffle tickets are now on sale. We have a great selection of prizes available to win including a Chapter One voucher, Disney on Ice tickets (donated by FLR Spectron Ltd), £200 cash and much more. We hope to raise £2,000 with your help so please buy your tickets today by emailing jane.barnes@bromleymencap.org. The draw will take place in early December so get in quickly for the chance to win.

Carol Singing at the Glades

We are delighted to back at the Glades in December with a few of our school choirs joining us to sing carols and festive songs for the shoppers. Look out for us on 1st and 6th December. If you would like to volunteer to help with our bucket collections on the day then please get in touch. We would love to have you there.

Orpington 1st and Mytime Active Santa Dash

Why not [sign up](#) and raise money for us? The festive fun run takes place on Sunday 4th December in Orpington at 10.30am. The entry fee includes a Santa suit and souvenir medal and costs £7 for adults, £5 for under 12s and is free for under 3s.

Nigel Slater's Toast at Bromley Little Theatre

We are hosting a charity performance of Nigel Slater's Toast on Thursday 8th December. [Tickets are on sale now](#) so come along for a great night out at this fantastic local theatre. All proceeds will go to Bromley Mencap.

THANK YOU TO OUR FUNDRAISERS

TCS London Marathon

Les Franklin took part in this year's London Marathon and raised an amazing £864.

Les said, "I ran the London marathon for Bromley Mencap as I have a daughter with severe autism and learning difficulties and Bromley Mencap has helped along the way. It is nice to raise funds for a deserving and caring charity."

Well done Les!





Grove Pensions Solutions

We want to say a huge thank you to all the staff at Grove Pension Solutions for their ongoing support and fundraising.

The staff recently held a charity football match at Darrick Wood to raise money for Bromley Mencap and two other charities. The teams both donated and they also held a raffle and auction with some great prizes donated by local companies. More funds were raised by selling food, cakes, sweets and drinks at the event. Congratulations to the winning team and all involved for raising £320 for our cause.

"Bromley Mencap is close to our hearts as we have a lovely lad who comes every Wednesday to help with jobs around the building, ie shredding, flat packing cardboard boxes, sorting our envelopes and so on.

He has been with us for four years now. He was so shy when he started and he has now blossomed into a lovely cheeky lad. We also have a few people come on a Thursday to maintain our front garden and sweep up the leaves"

Louise Douglas, Premises Manager, Grove Pensions Solutions

CHALLENGE EVENTS



SKYDIVE AND RAISE MONEY FOR US

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

We would like to send thanks to our amazing supporters, Identity E2E Ltd for their generous donation of £8,500. Your continued support is most appreciated by all at 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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