

BULLETIN

Christmas Celebrations with Santa and his helpers

Happy New Year



**Our Chairman Peter Prentice (aka Santa)
and his wife Sue**



The Children's Service Team

We were also delighted to receive donations of Christmas presents from The Salvation Army and Bromley Children and Families Voluntary Sector Forum, as well as hampers from Bromley Brighter Beginnings. We were able to distribute these to some of the most vulnerable families that we work with. The support of these organisations helped to relieve some of the extra pressures felt by these families at Christmas.

To celebrate the festive season, the Children's Services Team held a Christmas event at The Lodge for families that we have supported over the past year.

It was a bit different from the usual Christmas party: we had fun activities and a scavenger hunt to keep us all entertained! Everyone enjoyed the event and, of course, no Christmas party is complete without a visit from Santa Claus and his team of helpers!

Thank you to The Masonic Province of West Kent Provincial Charity Committee for their very generous donation of £500 to help towards the cost of the party.



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@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Happy 2023

Welcome to the first Bulletin of 2023!

I hope you had an enjoyable festive period and are looking forward to what we have planned for 2023. It has been good to look back at what we have achieved over the past year and I have included some of our service highlights from 2022 as well as the usual updates.

Do turn to pages 18-19 to find out all about some wonderful employment success stories. We also have news from our supported internship students who have completed their first work placement at the Princess Royal University Hospital. What a great job they have all done!

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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](#).

January



West Wickham Day Opportunities

 **Date** Jan 16 - 20, 2023

 **Time** 9:30 am - 3:30 pm

 **Venue** West Wickham Methodist Church

 **Price** £50

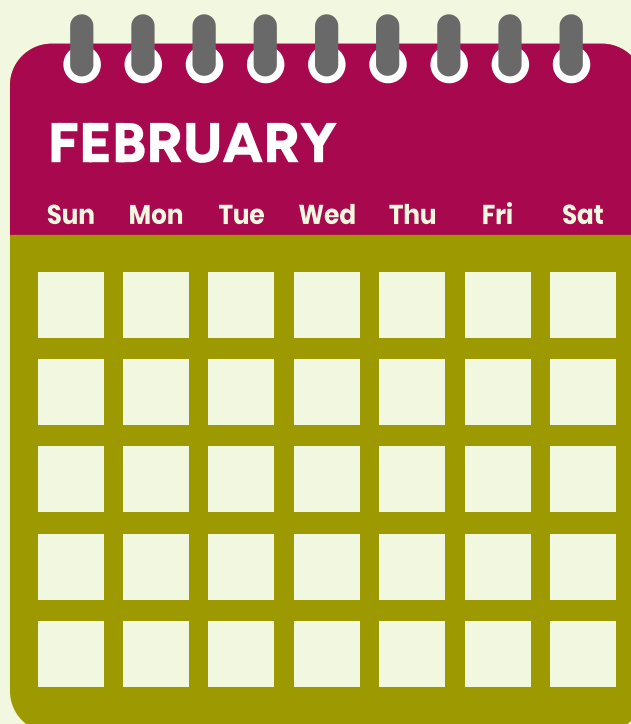
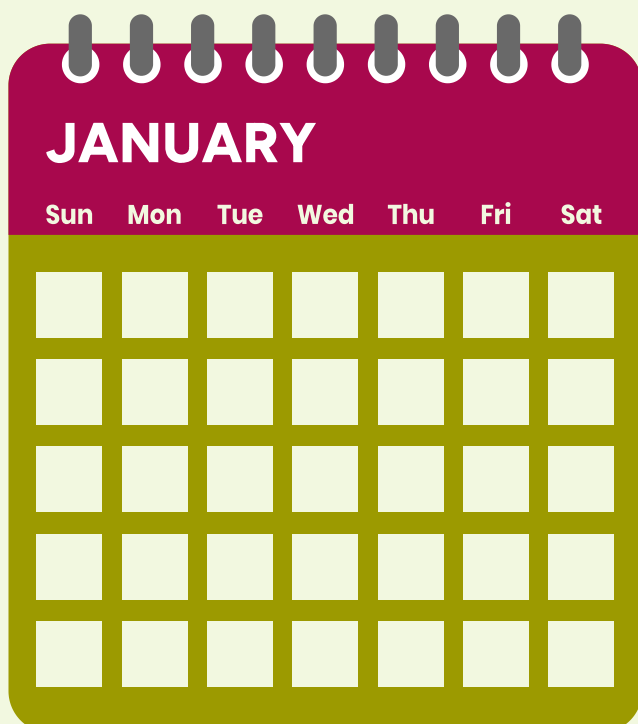
 **Category** Day Opportunities



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.





Chief Executive Update

Eddie Lynch

Mencap's Big Learning Disability Survey

Last year we supported people to take part in Mencap's Big Learning Disability Survey. The results are now out.

Nearly 2,000 people took part in the national survey which looked at how Covid-19 has impacted on people with learning disabilities and also about everyday lives and experiences.

The survey asked about access to healthcare, discrimination, money and support. Mencap will use the information to work with government and public bodies to make improvements for people with learning disabilities and their families.

Some key findings from the survey are concerning, but not surprising. These include:

Healthcare



- Over 40% of people said they have not had an annual health check in the last year.
- Nearly 60% who did have an annual health check in the last year said they did not receive a health action plan.

Discrimination

- Over 40% of people said there were times they did not go out because they are worried about something which happened in the past month. Common reasons were bullying and name-calling.

Making Life Better

People said getting a paid job, getting more personal support, having friends and socialising, tackling discrimination, sorting out the cost-of-living crisis and having greater independence would all make their lives better.

Questions

1. What do you think about it?

☐ Good

☐ Bad

☒ Not sure



Many of these issues are common to people with learning disabilities in the London Borough of Bromley. We, at Bromley Mencap, know we have a lot to do to support people with learning disabilities to have better lives.

This year we will be offering more support for people through the cost-of-living crisis and supporting more people with training to get paid jobs.

We will also be supporting more people with learning disabilities to have their voice heard locally, working with healthcare providers and creating paid roles for people with a learning disability in their local communities.



We will be supporting increased visibility of people with a learning disability in society to raise awareness and break down discriminatory barriers.

We will need more resources to achieve our vision and we have some exciting funding news to share with you in the next issue of Bulletin.

You can read Mencap's Big Learning Disability Survey research findings in [easy read here](#).



News Corner

Report shows millions of disabled people living in cold homes

New research from YouGov has revealed that millions of disabled people are spending this winter living in cold and damp homes, many for the first time. 15% of 'vulnerable' people are self-disconnecting from heating meters. [Read more on the fuel poverty story on the DRUK website](#).

Find your nearest Warm Centre in Bromley Borough
Bromley Well colleagues and BTSE Associate Members have put together a map of "warm centres" operating

in Bromley - places open for warmth, company and maybe refreshments this winter. [It's on the Bromley Well website here](#).

Make sure you check back regularly as the map will be updated with more venues as they open.



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 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 workshops and drop-ins 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.**



Self Care Week Workshop

During our November workshop which coincided with Self Care Week, everyone created a personalised Healthy Living Plan. The plan included areas people wanted to make changes to including eating more healthily or incorporating exercise into their routine.



Keeping Well in the Winter Workshop

Our December workshop was about keeping well in the winter. How to stay warm and plenty of tips on what to watch out for during the winter months.

We also had some festive fun with a quiz and enjoyed mince pies together.



Dates for your diary

Upcoming Outreach:

Mottingham: 10am till 12.00 noon on Tuesday 24 January, Tuesday 21 February, and Tuesday 21 March 2023.

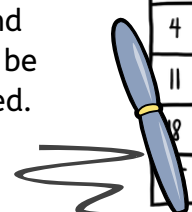
Cotmandene: 2-4pm on Wednesday 25 January, Wednesday 22 February, and Wednesday 22 March 2023.

Station Road Drop-in Service:

Mondays from 10am-12pm or 2pm-4pm.

Upcoming Workshops:

Dates and times to be confirmed.



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

In the News

A person with glaucoma learned Braille in lockdown after losing sight

Remote learning was a struggle for many people during the Covid-19 pandemic but for Dawn Hopper, it presented a particularly tough challenge.

The 42-year-old was diagnosed with glaucoma three years ago and is now registered as severely sight impaired. Dawn said developing the new skill had helped her stay positive about the future. "Just because my eyesight has changed that doesn't mean I have to stop doing the things I enjoyed," she said. [Read more here.](#)



Guide dog shortage: The blind people who train their own guide dogs

In early January a shortage of available guide dogs was reported. For some visually impaired people, the wait is too long and they decide to train their own guide dogs. [Read all about Isabel's experience of training her own guide dog here.](#)

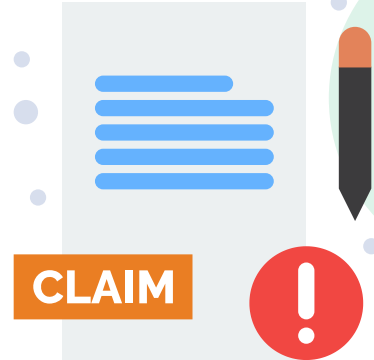
The Guide Dogs for the Blind Association is currently struggling to meet demand. The Covid pandemic paused breeding, training and socialising for five months. As well as fewer dogs, the number of those making it through the process dropped from 65% to less than 50% - the lowest in decades - and the average waiting time for a guide dog increased to 18 months.



Supporting People with Physical Disabilities

The number of new PIP claimants has doubled in a year

A new report by the Institute for Fiscal Studies (IFS) highlights that the number of working-age people who received Personal Independence Payments (PIP) doubled between July 2021 and July 2022.



[Read more on PIP claimants on the DR UK website.](#)

Sony unveils PS5 controller for disabled gamers

Sony has teamed up with accessibility experts to announce a PlayStation 5 controller for disabled gamers. Project Leonardo is a "highly customisable kit" of different buttons, triggers and sticks that lets players create a set-up that suits their needs. [More here.](#)



Contact Us

Contact our Support Officers for more information on our services:

Chetan Raval on 07421106922
chetan.raval@bromleywell.org.uk

Sue Charles on 07484 673090
sue.charles@bromleywell.org.uk

Maria Carver-Carter on 0784 673090
maria.carver-carter@bromleywell.org.uk

Follow our [Facebook page.](#)

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.

Highlights from 2022

The Autism Service has received some great feedback from people we have supported over the past year.



“Thank you for being so understanding, you are very kind.

You understand what I need, no one has ever done that before”

“Thanks so much for your help. It is good to know I can come to you if I need”

People who have attended our monthly workshops have reported that they found them helpful. Our workshop topics have included support with budgeting, managing emotions and social skills.

“My son attended the 'Managing emotions' workshop in Bromley. He found it very useful and informative”

“I found Monday’s Workshop good!”

“Thank you so much for today! I had a great time! I’ll definitely come to more workshops in the future. I appreciate all your support”

Peer Activities

Our Peer Support Coordinator facilitated our first face-to-face craft session at Station Road Community Hub. Everyone got into the festive spirit by making Christmas baubles. Our wonderful volunteer Aimee Hayes sourced all the materials and it was enjoyed by all, with one client commenting, "I really loved it!"



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

Upcoming Workshop

'Building up Confidence and Self-Belief'
Monday 23rd January from 1-3pm
on Zoom

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

In the News

TV star Tom Malone Jnr is the National Autistic Society's new Celebrity Ambassador

Tom, who is autistic and has starred in television programmes including Channel 4's Gogglebox, will help to amplify the charity's work to transform lives, change attitudes and create a society that works for autistic people.



Tom was diagnosed as autistic at the age of 28 and shared his own diagnosis journey with his followers on social media earlier this year. He was widely praised for talking about his experiences and helping other autistic people to share their stories too. [Read more here.](#)

Adults with autism and additional needs create a cookbook



The Creating Adventures charity has released a cookbook featuring tasty favourites from their members. In early 2021, the charity started a 'Recipe for Success' cookery session for their members over Zoom. After the isolation of so many across the country due to Covid restrictions, they decided to keep their members socialising, having fun and learning a new skill – the art of cooking! They have now released a cookbook full of lots of great recipes. [You can buy it here.](#)

By Rob Morgan and Emma Andrew
Information & Support Officers

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

A specialist hypnotherapist joined us to deliver a workshop on alternative therapies, followed by a group mindfulness session.



Our last Workshop of the year was a feedback session to find out what topics everyone would like covered in the new year. We also discussed our Christmas traditions.



If you would like to join us in the new year for a workshop, [we are running a finance workshop on the 14th of January.](#)

Please email or call Rob or Emma for details and to reserve your place.

Outreach



During Self Care Week, we offered one-to-one sessions for people who wanted to explore a healthier lifestyle. We helped set goals such as incorporating more exercise into their routine. HealthWatch Bromley also came along to our correspondence drop-in and clients had the opportunity to discuss their experiences with doctors and health care.



We attended the Burnt Ash Job Centre with Richard Wiseman from the Employment and Education team (pictured with Emma above). We met people who were looking for support with finding work and enquiring about additional advice and support.

Our team also attended the Glades Shopping Centre in Bromley to meet members of the

public and to share the wonderful services we offer Bromley residents.



In December, the team attended the Dyslexia Association to give a talk about the support services we offer.

Correspondence Drop-ins

We are available on Mondays (excluding Bank Holidays) 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](#).



ADHD Life Admin Course

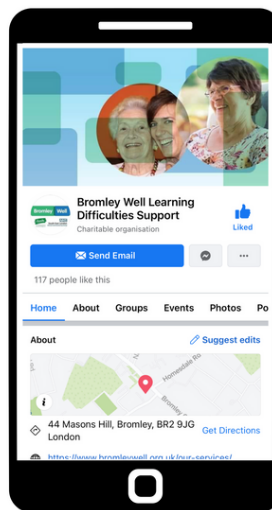
Clients have now completed the course and have set up their own WhatsApp groups to continue contact and offer peer-to-peer support.

"I feel largely thanks to this group, I can now articulate and break down barriers... I realise I can do things step by step and things are achievable. It has taken away any shame or embarrassment I previously had and I have embraced acceptance of myself"



We are running a new course in the new year. If you would like to join, we can add you to the waiting list.

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](#).

Please contact us for help with setting this up.

In the News

Living with learning difficulties: Emma's story

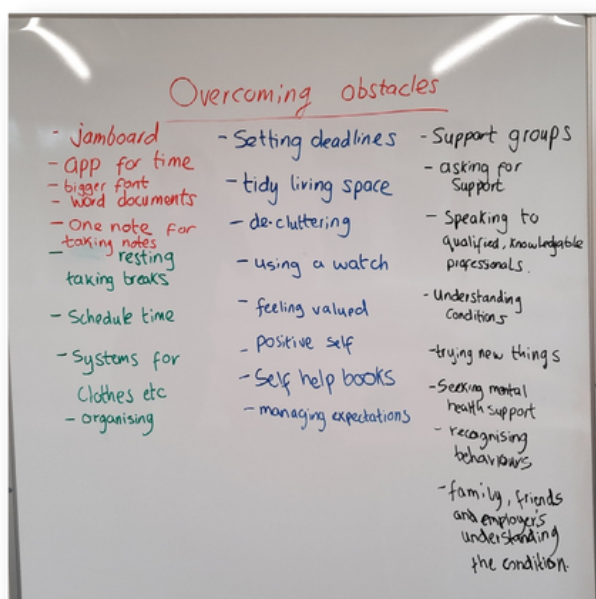
The emerging themes of loss, blame and anger are discussed within this article and may be interesting to people with learning disabilities because they can see if their experience is like Emma's in any way. [Read more here](#).

ADHD in adults is too often undiagnosed and misunderstood according to charity

Linda Saltwell of ADHD Aware says many people realise they need a referral only when they trip over information themselves. However, with the right treatment and support, people can and do thrive. Some of our most creative talent is found in the neurodiverse community.

[Read more here](#).

- Across the year, our pathway has supported over 500 clients with learning difficulties with issues such as housing, benefits, socialising and budgeting.
- The new 9-week 'Life Admin' Course received great feedback and is running again in the new year.
- Our new drop-in service has supported over 50 clients with learning difficulties around general correspondence.



“Thank you for running the ADHD course. I really enjoyed it and felt I gained a lot from it to help with my studies.”

“I am sleeping much better”

“It was really good to learn more about ADHD and make changes to cope better”

“I feel happier with myself”

We have plenty of plans for the new year, including:

- A tech-support drop-in for people to learn how to get the most out of their phones, tablets and laptops.
- Health drop-ins for people to get support following their annual health check.
- More ADHD courses and an ADHD peer-support group.



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

Our 2022 highlights: Older Carers workshop and lunch

The Bromley Well Mutual Carers Pathway has had a busy year.

We said a sad farewell to our wonderful volunteer Shirley Poole (pictured below) who helped at the Older Carers workshop and lunches.



The group has been joined by some wonderful speakers throughout the year. Here are just a few ...

Ciji Varughese from Bromley Library Service, Laurens de Rooij from Bromley, Lewisham & Greenwich Mind (BLG Mind), Pam Chapman from the British Red Cross and Sushma Ravel from Naani Maa's kitchen.

**The next workshop and lunch is
Friday 20th January 2023**



Bromley,
Lewisham &
Greenwich



Supporting Mutual Carers

Learning Disability (LD) Cookery Class

The LD cookery clients have been cooking up a storm all year. Here are some of the dishes they cooked...



Cornish pasties and one-tray pork pittas



**Chocolate chip
mug cake**



After everyone's hard work throughout the year, it was time for a treat in December with the group going to the Harvester for Christmas lunch.

Tina is looking forward to continually building on the success of 2022 by supporting clients in the forthcoming year.



The next LD cookery class is Friday 13th January 2023

Children & Family Services

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.

We are looking forward to working with more families in 2023, so please contact us if you feel that we could support you and your family with any of our services.



Short Breaks Service

Short Breaks provide opportunities for disabled children and young people to have enjoyable experiences away from their primary carers, contributing to their social inclusion and personal and social development. They also provide parents and carers with a necessary and valuable break from their caring responsibilities.

Short Breaks Childminding Service

Our childminders care for children with a range of disabilities. This is a flexible, tailor-made service where children up to the age of 18 are carefully matched with registered childminders who are trained specifically to care for them.

Short Breaks Community Support Service

We can support children and young people to get out and about in the community. Our Community Support Workers (CSWs) offer families a flexible, tailor-made service where children and young people up to the age of 25 can have happy, stimulating and enjoyable leisure time within and outside of their family home.

Short Breaks Buddying Service

We provide a team of “buddies” aged 16 and above who support young disabled people to access leisure and recreation opportunities in the community. Buddies can help with first steps towards travel training, understanding money and access local leisure activities in the community. We employ, train and match buddies to young people engaging in the service.



0208 466 0790



shortbreaks@bromleymencap.org.uk

Specialist Autism Family Support Service

The Specialist Autism Family Support Service receives referrals via the Bromley Children Project. Your child does not have to have received a formal diagnosis of autism or social and communication difficulties to access our service.

We offer short-term intensive support to families and a clear action plan written in conjunction with the family to note key issues and goals, and timescales for resolution. All support will be tailored to the needs of each family. Once intensive support is completed, families will return to the universal family support service at the Bromley Children Project. If you feel that you and your family could benefit from some specialist short-term support, signposting, and information, please contact **Cat Hardiman at the Bromley Children Project for an initial discussion.**



0208 461 7697



autisticspectrumcondition@bromley.gov.uk

Young Carers Service

Bromley Well

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

The Young Carers have had a busy time with various activities including a sculpture workshop.

They also celebrated Christmas with a Movie Night and enjoyed 'Home Alone' and 'Elf' along with popcorn and delicious cupcakes.

One of our Young Carers was invited to read at the Carers Trust Carol Service which made us all very proud.

Our winter newsletter is hot off the press. [Read it here.](#)

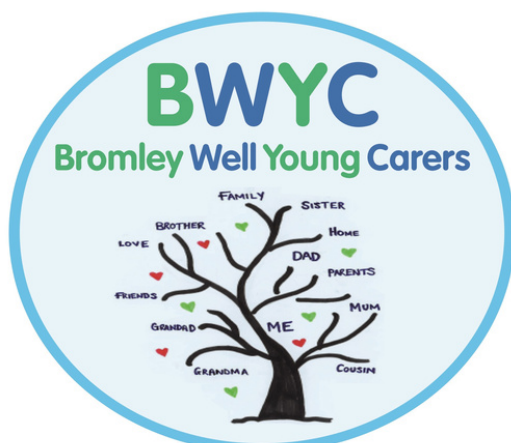
If you would like to find out more about our Young Carers Service, please contact Bromley Well Single Point of Access.

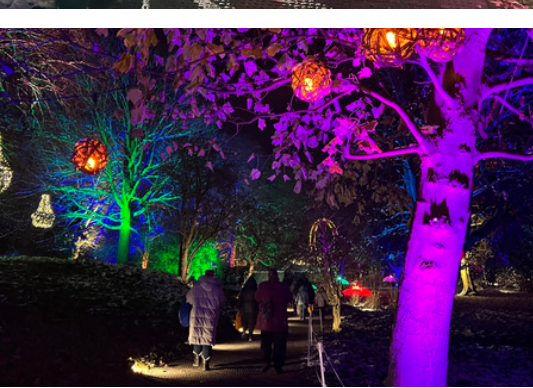
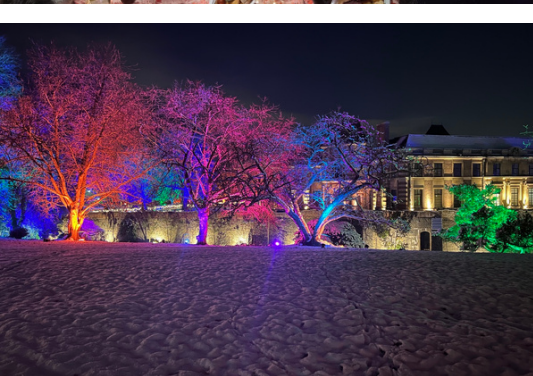


Freephone 0300 330 9039



spa@bromleywell.org.uk





Adult Leisure Services

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

Christmas Ball Spectacular

An impressive 80 clients danced the night away at Crofton Halls, enjoying festive food and drinks. A photo booth also provided lots of entertainment. Everyone had a great time and we are all looking forward to more events in 2023!

Walking and Cycling Club

Christmas Outing

30 of us braved the cold, snowy weather to see the amazing lights at Eltham Palace. We all enjoyed a walk around the grounds with spectacular light shows followed by a mug of warming hot chocolate and toasted marshmallows!

The club includes coach trips, cycling sessions and walking tours for disabled adults.

The walking tours incorporate nature and ecology lessons. The Club provides an opportunity for peer support and friendships to develop, leading to improved physical health and mental wellbeing.

The club is supported by funding from



Get Involved

For more information on how to sign up to our social activities in 2023, please contact us on 020 8466 0790 or email enquiries@bromleymencap.org

Adult Day Services

Day Opportunities and The Lodge Update



Day Services Update

Clients at our West Wickham Day Service enjoyed lots of festive activities in December including live music, mince-pie making and some fantastic Christmas gongs!



A real highlight also to mention was the West Wickham Methodist Church Carol Concert. Our clients had been working towards this event all year in their singing group and lots of clients performed in the concert.

Clients at our Cotmandene Day Service enjoyed a packed programme of activities and tried many new craft projects including 3D snowflakes, salt dough decorations and had a visit from Paul Betts who put on a great Christmas music session as part of their festive activities leading up to Christmas.

We do have a few spaces left across our Day Services. If you would like to arrange a visit to any of our sites or to find out more, please contact Caroline Stone via the contact details below.



Telephone: 020 8466 0790



Email: caroline.stone@bromleymencap.org



The Lodge Update

The Lodge was full of activity in November and December in preparation for our Christmas Fair. Students made lots of beautiful homemade gifts including soap, friendship tea mix, chutneys and candles.



Christmas Fair

The Christmas Fair at The Lodge was a huge success! The weather was good to us and we raised over £1400! Thank you to all of those who supported us by donating prizes, homemade cakes and volunteering on the day. We enjoyed carols from the Grove Park Community Choir and a visit from



Father Christmas himself who brought his magical grotto to us.



Our Horticulture clients made some all-natural wreaths using fresh picks from the garden and the woods – these wreaths were a huge hit and sold out at the fair!

Employment and Training Update

By Ian Breslin
Senior Employment Advisor

Bromley Mencap's Education and Employment Service provides training and support for disabled people to secure paid employment opportunities.

Our Education and Employment Team has been working alongside employers including Bank of America, CBRE, ISS World and Restaurant Associates to create several jobs for our clients.

Lizzie's story

With the support of Bromley Mencap's Education and Employment Service, Lizzie Davies works as a cleaner at the Bank of America in Bromley. She is responsible for maintaining and cleaning the many meeting rooms in the bank and sanitising busy communal spaces.

We created this vacancy using our specialist job carving initiative, where we work directly with employers to create positions tailored for people with disabilities. Lizzie enjoys her job very much and hopes to take on more hours.



This is not the first time Lizzie (photographed above with Ian Breslin, Senior Employment Advisor) has used the support of Bromley Mencap to secure employment. Several years ago, with our help, she gained employment at a local department store, where she worked for 11 years. Unfortunately, this ended when the store closed due to the pandemic, and Lizzie was made redundant. Lizzie was reunited with the Bromley Mencap Employment Team at a local job fair and support was offered. Our Employment and Training Team attends many job fairs to promote our services to local businesses and support disabled people into employment, training, and volunteering.



Joe's story

Our advisors have been working hard to secure a cleaning job for Joe (pictured left with Ian) at Bank of America for 5-hours a week. However, Joe was offered a different role with full-time hours. Joe was absolutely delighted with the job offer and is now employed at the restaurant in the bank where he is responsible for cleaning the new coffee vending machines.

The team's partnership work with the bank and CBRE has certainly opened doors for people with disabilities. A special thank you goes to Pat Heavey, Operations Director at CBRE Global Corporate Services.

Employment and Training Update

By Jia Sin Lau

NHS Supported Internship Job Coach

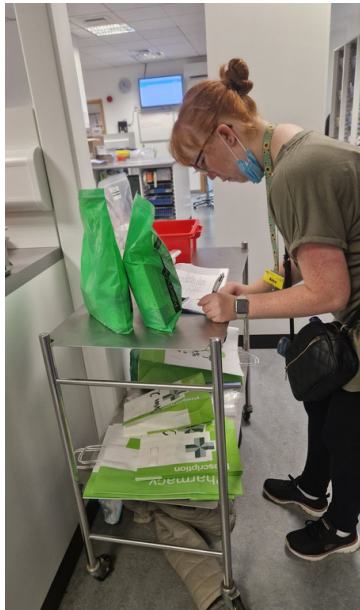
Hospital Supported Internship Programme

The year-long Supported Internship Programme is for young adults with learning disabilities and/or autism, who want to find competitive employment. We are working in partnership with Kings College NHS Trust, London South East Colleges and the London Borough of Bromley to support these students while on placement at the Princess Royal University Hospital.

Interns participate in three work rotations to learn transferable work skills and are supported by the team including a teacher, job coaches, and host business mentor. Our interns have successfully completed their first rotation and are looking forward to what the new term has to offer.

Photographed from left to right: Alex - Runner in the pharmacy department, Georgina - admin/housekeeping on surgical wards, Darren - cleaning and preparing food in the hospital restaurant, Gemma - Retail Assistant in the SPAR shop.

Bottom left to right: Regan - Hospital Cleaner, Taylor - Technical Assistant in Bed Store Management, Aiden - Porter in the ISS Radiology Department, Ella - Pharmacy Store Room Assistant.

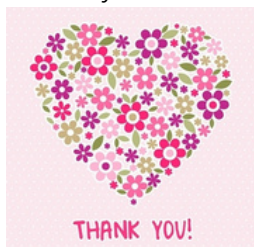
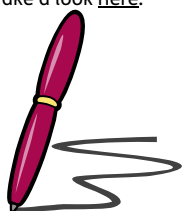


WAYS YOU CAN HELP

➔ Charity E-cards

DontSendMeACard.com

Be more eco-friendly this year and raise money for charity at the same time by sending a charity E-card for all occasions. How about sending your Christmas thank you cards this way? Simple and easy to do. Take a look [here](#).



We have four places available for RideLondon- Essex 100 on Sunday 28 May 2023.

The iconic 100-mile challenge will start and finish in central London and include a loop of Essex, offering people a unique chance to cycle on 100 miles of traffic-free roads.

£60 Registration Fee, £500 Minimum Sponsorship. Receive a free Bromley Mencap branded cycling jersey when you register! Email jane.barnes@bromleymencap.org to register your interest.



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](#).



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

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

By Jane Barnes

THANK YOU

Christmas Raffle

Our Christmas raffle raised **£1,817** so thank you to everyone who supported us and bought tickets. Congratulations to all the lucky winners.



Carol Singing at the Glades

We were delighted to be back at the Glades for Christmas carol singing. Thank you to St Paul's Cray C of E Primary School, Poverest Primary School, Blenheim Primary School and Soul Train choirs for entertaining the shoppers and supporters with their festive songs. We would also like to say thank you to all our volunteers who helped with our bucket. **We raised £420.**

Nigel Slater's Toast at Bromley Little Theatre

Thank you to everyone who attended Bromley Little Theatre's charity performance of Nigel Slater's Toast on 8th December. A wonderful show at a great venue with fantastic performances all round. Congratulations to the raffle winner who took home a lovely Christmas hamper. **The evening raised £245.**

SAVE
THE DATE

We will have tickets for a charity fundraising performance of The Incident Room at Bromley Little Theatre on 9th November 2023.

Play synopsis: It's 1975. The Millgarth Incident Room in Leeds is the epicentre of the biggest manhunt in British history, for one of the most notorious serial killers: the Yorkshire Ripper. With public and political pressure mounting, hundreds of officers resort to increasingly audacious attempts to end one man's campaign of terror. It promises to be a fantastic evening of entertainment. Put the date in your diary now so you can book early!

Charity Christmas Cards

Many people have now adopted the new tradition of giving to charity in lieu of Christmas cards. Thank you to our supporters that used the e-cards as an option and raised **£80** over the festive season.

Christmas Fair at The Lodge

This wonderful event was a great success and raised **£1400.**

Turn to page 17, for the full writeup and lots more photos.





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