

BULLETIN

National Lottery Community Fund Grant

We are delighted to have received a five-year grant totalling £367,914 from the National Lottery Community Fund to support more disabled people with complex needs.

The grant will enable us to employ a Cost of Living Co-ordinator to support disabled people, who are in receipt of care packages, to receive independent information, advice and guidance.

We will also employ Digital Champions to support disabled people to improve their digital skills.

Finally, the grant will increase the capacity of our User Involvement and Outreach project to ensure the voices of more disabled people are represented at local level. More details inside!



Through these activities, disabled people with complex needs will benefit from:

- improved financial, social and mental wellbeing
- upskilling and increased confidence in using technology
- increased control and influence in the management and delivery of services





Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



The Lodge garden in bloom

Spring is almost here although you wouldn't think it with the recent cold weather and rising heating bills. We understand that this is a worrying time for many people, so please do turn to page 4 to read about our new initiative to support disabled people with complex needs with the cost-of-living crisis.

We also have our usual service updates and more great news from our Employment and Training team, along with new staff introductions.

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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](#).

01
April



April Fools Walk

 **Date** 1 April 2023

 **Time** 8:00 am - 5:00 pm

 **Venue** Scadbury Park

 **Organiser** Sue Saeed

 **Price** £2.50

 **Category** Bromley Mencap Events

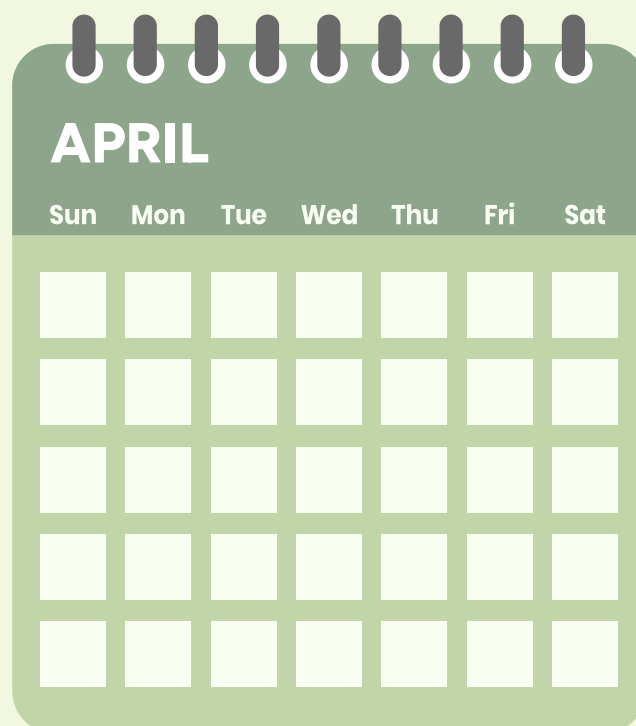
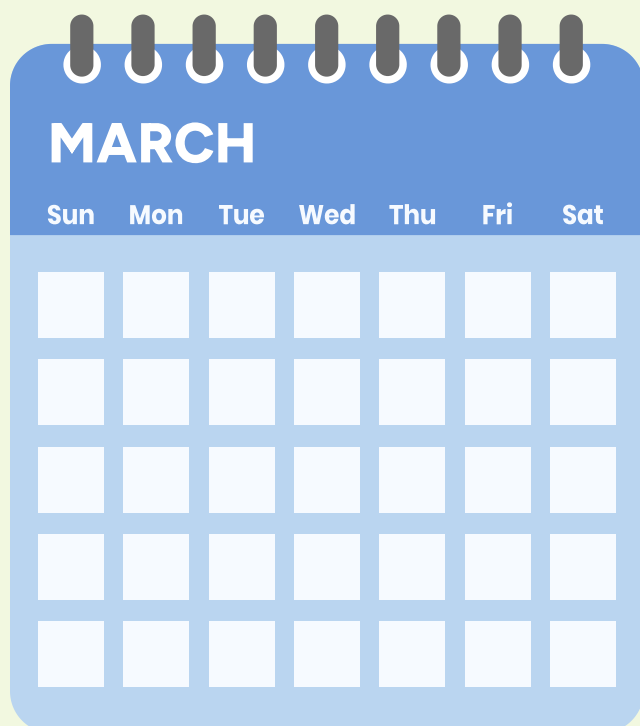
MORE INFO



Bromley Well

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

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





Eddie Lynch

Chief Executive Update

Bromley Mencap is delighted to have received a National Lottery Community Fund grant of £367,914 over five years.



The grant will provide information, advice and guidance for disabled people with complex needs including support for people facing difficulties in the cost-of-living crisis. We will also be supporting more disabled people to have their voices heard locally and to be trained in using digital technology.



Through the grant we will be employing:

- a full-time Cost of Living Co-ordinator
- a part-time User Involvement and Outreach Worker
- two Digital Champions

Our new project will work with people with complex needs who are in receipt of support from the local authority. We will work with people who are experiencing hardship due to the cost of living crisis to have the financial and social means to take part in community life. We will provide guidance on welfare benefits, financial advice, one-to-one sessions and group workshops, specialising in support around maximising income, financial independence, cost of living and debt.



Our new Cost of Living Co-ordinator will offer a telephone information, advice and casework service. The Co-ordinator will also deliver training, through co-production with our Digital Champions, to other organisations to support people with complex needs. The service will be available at our community hubs and key access points across the borough.



The project will work closely with disabled people with complex needs, including young disabled people, their families and carers to support them to have a greater say in local services.

Our User Involvement and Outreach Worker will ensure the project is fully promoted across the borough so as many people as possible are aware of it. We will set up focus groups and undertake consultation with disabled people to feed in their views to health and social care providers and decision-makers.

We will recruit, train and employ disabled people as Digital Champions to support other disabled people around using technology, producing podcasts and getting the most from digital services. This will include using the internet to gain the skills and confidence to take part in community life as well as maximise income opportunities.

Our project will fill critical gaps in specialist advice and IT support for disabled people with complex needs in the borough. It will work closely with other agencies and services in the borough including Bromley Well, the Citizens Advice Bureau and advice clinics.



We are very grateful for this Lottery grant – look out for more details on our website and in future Bulletins.



News Corner

Have your say: Survey for families/carers and young people with Autism Spectrum Condition (ASC)



The South East London (SEL) Integrated Care System wants to improve the experience of children and young people, and their families/carers, when getting an autism assessment.

The responses to the anonymous survey will help them understand what children and young people and their families/carers in South East London think is working well and what needs improving.

- [Survey for families/carers.](#)
- [Survey for children and young people.](#)



Obituaries

Tom Davies

We are sorry to let you know that Tom Davies, a former Chairman of Bromley Mencap, has died aged 82. Tom was married to Margaret and his eldest son, Gareth, was born with cerebral palsy.

Tom's involvement with Bromley Mencap started in the early 1970s helping to fundraise for Centre 70. This set up a Respite Care Home in Rodway Road. Tom helped with many other fundraising events over the years and, most famously, he took part in a sponsored parachute jump trained and supervised by the Red Devils. When it was his turn, his parachute failed to open and his life was saved by the emergency chute lodging over a telegraph pole and wires!!

As Chairman, Tom worked closely with the Local Authority to help develop new activities for people with learning disabilities. In the 1980s, Bromley Mencap was approached by a Mrs Johnson whose wish was to give her

bungalow and surrounding land for the use of disabled people. Tom was a key figure in getting planning permission to secure six houses for 23 residents which became known as Johnson Court. Johnson Court still exists, having been rebuilt and under different management. It's a tribute to Tom and other members of Bromley Mencap.

Ron Ellul

We were saddened to hear of the sudden passing of our colleague Ron on Christmas Day. Ron worked at our Cotmandene Day Service as our cleaner - always cheerful, regaling us with his tales of times in Malta and tempting us with different foods and drinks from his favourite place. Ron was a real character and an eclectic dresser which matched his personality, turning up to our staff Christmas party kitted out in Christmas gear, tartan trousers and gold shoes!

Ron did his job diligently and was proud that he had continued to work despite the challenges he faced. He was a well-respected member of the Day Service Team and will be sadly missed by us all.



Sean Coster

We were all saddened to learn the news of Sean's passing. Sean has worked with both the Job Coaching Agency and Family Services sharing his expertise and experience in a calm and encouraging way.

He worked throughout the Covid pandemic to the benefit of, not only the candidates on the course, but also his Job Coaching colleagues.

His input and approach will be greatly missed by Bromley Mencap and all those he supported.

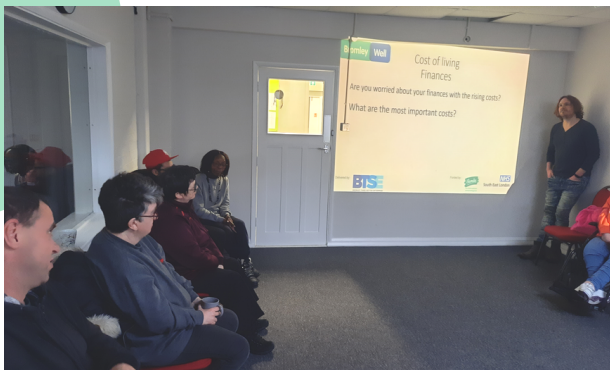


By Emma Andrew
Information & Support Officer

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

In January, we had a workshop on finances as we are all feeling the pinch with the current cost of living. During the workshop, we looked at ways to reduce our costs and increase our finances.



In February, we held a housing workshop and were joined by Alexander from the London Borough of Bromley Housing Team.

"I just had a question to ask and find it much easier talking to a person and find forms too difficult. I was pleased I came; it was really helpful!"

Derick

Alexander explained how to make a successful housing application to Bromley Council and answered all questions posed about housing issues. It was a very well-attended workshop with great feedback from clients.



ADHD Life Admin Course

We held our first peer support group meet-up last month. This was a fantastic opportunity for people to share lived experiences.

If you have an ADHD diagnosis and would like to sign up for our upcoming course, please contact Emma Andrew to reserve your place. It is proving very popular and we are now taking bookings for July onwards.



Correspondence Drop-ins

Did you know we have a drop-in for correspondence?

Do you need help reading a letter? Need support sending an email?

Do you want to know if you can apply for benefits and don't know where to start?



Come and see us on Mondays from 10am – 12pm or 1pm – 3pm at Bromley Mencap, Station Road, Bromley, BR1 3LP.

There is no need to book, just turn up!

Clear Community Web Drop-in

Clear Community Web has joined us for a drop-in at Station Road every Monday since January and has supported clients with various technical questions. We want to say a big thank you to them for their support. The drop-in sessions have now finished but they will be holding a one-off session on **Monday 13th of March from 10am-12pm.**



In the News

How I cope with imposter syndrome while having learning disabilities

Read more about how Collin Diedrich, PhD, a research scientist with learning disabilities copes with imposter syndrome. Collin holds a doctorate in molecular virology and microbiology, as well as a certificate in disability legal studies. Collin states, "To me, imposter syndrome is the feeling that I don't belong or deserve my success, and that everyone around me will think I'm a fraud".

Come along if you would like support with remembering passwords, attaching a document to an email, or any other technology problems.

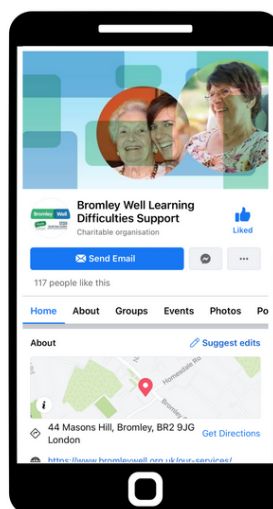
Save the date

Our next workshop topic is '**Keeping safe in the community**' and will be on **Saturday 11th March from 10am – 12pm.** Members from our Community Police are attending to answer any questions you may have, so please book your place in advance by contacting Emma or the office to register interest.

Email emma.andrew@bromleywell.org.uk or telephone 0208 466 0790 or 07752 466928.

[More information here.](#)

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.

Cost of living and support for people with a learning disability or autistic people

The existing disadvantage people with a learning disability and autistic people experience is likely to mean that the current rising costs of fuel, food and other essentials will place them at greater risk of both immediate hardship and reduced opportunity and wellbeing.

The Local Government Association has set up a [cost-of-living hub](#), with case studies, resources, data and a new bulletin to help councils deliver support to residents.



By Maria Carver-Carter
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 (online until further notice).

Monthly Workshops

Our workshops take place at the Bromley Mencap Community Hub, Station Road, Bromley, BR1 3LP.

Due to unforeseen circumstances, our January workshop speaker from Bromley Experts by Experience (X by X) was unable to attend. We used this time instead to gather feedback on our workshops and listen to ways to make them even better.



As a group, there were many fantastic ideas for workshop topics including self-help and mindfulness as clients felt wellbeing was important in the current climate of bills and the daily stresses of life.

Other ideas were basic first aid, summer meet-up sessions in Queens Park, Bromley, and talks from the local police highlighting scams that are happening in our borough. We have taken these ideas on board and are looking at ways of incorporating them at future events and keeping themes relevant to you.



Following your feedback, we will be running a special Mindfulness workshop this month. [Download the flyer here for more information.](#)

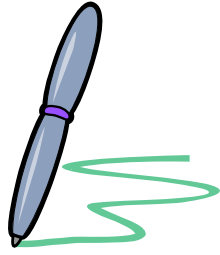


Stress Management Workshop

On 21st February we held another successful workshop on 'Stress Management' led by Richard Wiseman and Jodie Miles from our Employment and Training Team. It was a really fun workshop and we learned different strategies to manage all that life throws our way at times.



Dates for your diary



Upcoming Outreach:

Mottingham: Every month from 10am till 12.00 noon.

The next session is on Tuesday 21 March 2023.

Cotmandene: Every month from 2-4pm.

The next session is on Wednesday 22 March 2023. These sessions are online until further notice.

Upcoming Workshops:

- Mindfulness on Tuesday 14th March from 11am-12:30pm
- Bromley Experts by Experience 'United Voices Project' on Tuesday 25th April. Time TBC.

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.

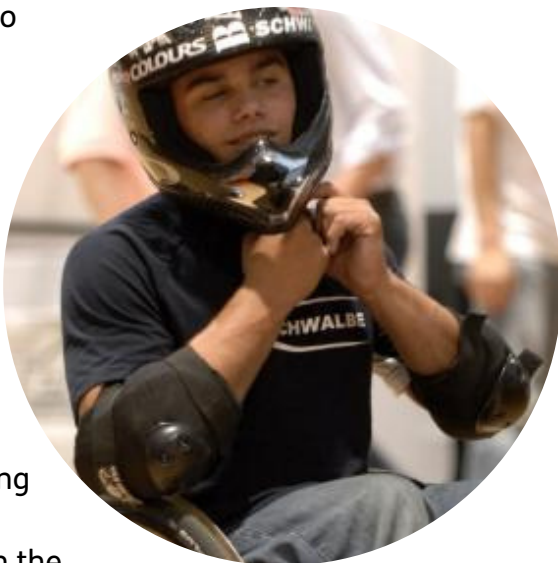
In the News

Aaron Fotheringham: Extreme wheelchair athlete

Who knew wheelchair skating could be possible? Aaron Fotheringham had a number of unsuccessful hip surgeries which meant he needed to

use a wheelchair to get around. But his disability did not stop him and he now performs death-defying stunts.

He was even the first-ever skater to land a somersault in a wheelchair.



Cornel Hrisca-Munn: Amazing drummer

Cornel was born with a deformed leg and no forearms in Romania. He was adopted and moved to the UK where he took up the drums in his teenage year. Sometime later, he was placed second in a national



drumming competition. His videos on [YouTube](#) also went viral and it is safe to say his musical abilities are a gift no disability could stop.

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.

Workshop Review



In February, we held a workshop on **Building Confidence and Self-Esteem**.

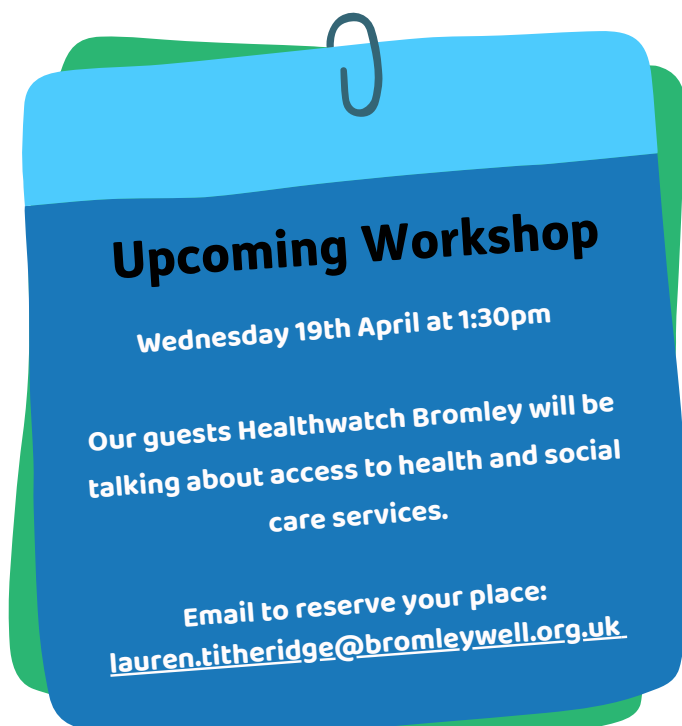
We discussed our own experiences with confidence and how confident we felt within ourselves. As a group, we also discussed the challenges with socialising and conflict and how this may affect our self-esteem. We learned ways of improving our self-esteem such as stepping out of our comfort zone and trying new things.



Peer Activities

Our Peer Activities Coordinators run monthly quizzes on Zoom. These take place on the last Thursday of each month.

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



Upcoming Workshop

Wednesday 19th April at 1:30pm

Our guests Healthwatch Bromley will be talking about access to health and social care services.

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



In the News

Inside Our Autistic Minds:

Chris Packham's new documentary sees him tackle the subject of autism in the new two-part BBC Two documentary, Inside Our Autistic Minds. During the programme, Chris gives a group of autistic people the platform to create short films to highlight exactly how they're feeling and experiencing life.

You can watch the documentary on [BBC iPlayer here](#).



Photo attribution: [Jo Garbutt](#)

Jason Arday to become youngest ever black professor at Cambridge

Academic Jason Arday was diagnosed with global development delay and autism spectrum disorder at the age of three and did not learn to speak until he was 11. Furthermore, he could not read or write until he was 18.

Now aged 37, he is about to become the youngest black person ever appointed to a professorship at the University of Cambridge and will be taking up his new role as Professor of Sociology of Education shortly.



[Read more about his inspirational story 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 and lunch

It was lovely to welcome everyone back after the festive period and our workshops have been well attended.

In January, Tina arranged for another Bromley Well Service (long-term health conditions) to share details of the support they offer. Queen and Kristine gave a wonderfully informative presentation with a question and answer session at the end.

Our attendees reported that they really enjoyed the presentation and were grateful for the handout they received.



The long-term health conditions team helps people aged 18+, living with health conditions such as arthritis, fibromyalgia, long covid, chronic pain, irritable bowel disease, high blood pressure, HIV, diabetes, heart disease, COPD (Chronic Obstructive Pulmonary Disease) and many more.

The service provides free, practical lifestyle support to help you look after your physical and emotional wellbeing. [More here.](#)

In February, Tina was delighted to welcome a new client to the service. The workshop speaker was a current service user who shared her first-hand experience of caring for someone who had an advance directive decision in place. It was an interesting talk with many carers unaware that this option existed and this received positive feedback.



What is an advance decision?

An advance decision (sometimes known as an advance decision to refuse treatment, an ADRT, or a living will) is a decision you can make now to refuse a specific type of treatment at some time in the future.

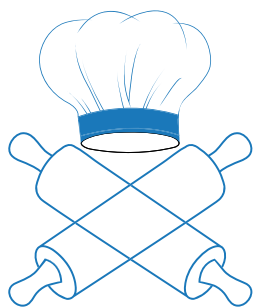
It lets your family, carers and health professionals know your wishes about refusing treatment if you're unable to make or communicate those decisions yourself. For more information, please visit the [NHS website](#).



The next workshop & lunch is

- Friday 17th March and
- Friday 21st April

Learning Disability (LD) Cookery Class



The sessions have been well attended with Tina welcoming a new client to the class. Some of our service users were excited to share with Tina that they had tried some of the recipes at home over the festive period.



We kicked off the new year with a bang - cooking chicken curry accompanied by naan bread and chocolate rice crispy cakes for dessert. It was such a success that we have received many requests to cook it again.



During the February class, we cooked cheesy vegetable bake and banana bread loaf served with custard.



Tina was really pleased to see people working together in small groups, interacting in conversation and everyone having a good time.



The next LD cookery class is Friday 14th April

Bromley Well has been awarded the Carers Trust Excellence for Carers Quality Standard.

The award demonstrates Bromley Well's commitment to providing consistently high quality services to unpaid carers.



EXCELLENCE FOR CARERS
Carers Trust Quality Award

Adult Day Services



The Lodge

Spring is upon us and the garden at The Lodge is starting to look more colourful and all the hard work that the horticulture team have put into their winter maintenance programme will see lots of new growth and produce.



The bicycle maintenance team are getting busier with bike loans as local groups are hiring bikes to explore the park.



The catering team have been making some real treats as part of their learning including Cornish pasties (which were delicious!) and chocolate-dipped shortbread tea bag biscuits.



Day Opps

Our Day Opportunities groups in West Wickham and Cotmandene have been engaging in lots of fun activities to build upon life and independence skills as part of their varied programme.



The groups have been trying out seasonal cookery recipes such as bread and butter pudding, one-pot veg brunch and, of course, everyone enjoyed making pancakes for Shrove Tuesday.

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



Telephone: 020 8466 0790



Email: caroline.stone@bromleymencap.org

Come & see us

The Kiosk at The Lodge has been very busy since the weather has improved. We open regularly on Tuesdays, Thursdays and Fridays from 10:30am until 2:45pm. Our students serve fresh coffee amongst other hot & cold drinks and snacks. If you are in Norman Park, do stop by for some refreshments.

Our bike workshop is open Tuesday through to Thursday, from 10:30am until 2:30pm for free bike hire.



Employment and Training Update

Bromley Well Employment Advice Service

Our staff offer support to people with learning disabilities, people with physical disabilities, and people with long-term health conditions to find volunteering, work placements and employment.

Lucy's story

“

I thought I would update you about Foal Farm Animal Rescue Centre. I have been working here for about two months now and it is even better than I imagined.

I have been working on the small animals team and have so far worked with chickens, turkeys, rabbits, and guinea pigs. I have also been able to interact with and feed some of the larger animals too!

Thank you so much for helping me apply for this volunteering job, it is an amazing place to work and I am learning lots of skills.

”



Bromley Mencap Job Brokerage Service

This service supports disabled residents to secure paid employment.



Ian Breslin, our Senior Employment Advisor, was recently invited to present an award at the London branch of Bank of America. The award was for the ongoing employment support the staff are providing to our candidates. It was a fantastic networking opportunity and discussions are currently underway about developing a new opening for paid employment.

Ian is photographed with Paula Matias, of Restaurant associates.

Supported Internship Programme

Apply now for the Supported Internship Programme in partnership with King's College Hospital NHS Foundation Trust, London South East Colleges, the London Borough of Bromley and Bromley Mencap.

Who is it for?

Young adults with a learning disability and/or autism. You should have an Education, Health and Care (EHC) plan, and you must want to gain the skills needed to find employment, which is the aim of the programme.

What is it?

It is a year-long supported internship programme, starting in September 2023 until July 2024.

Interns participate in three workplace rotations in the Princess Royal University Hospital to learn transferable work skills towards a career goal. They are supported by the onsite team that includes a teacher and job coach(es), a host business mentor and the wider partnership.

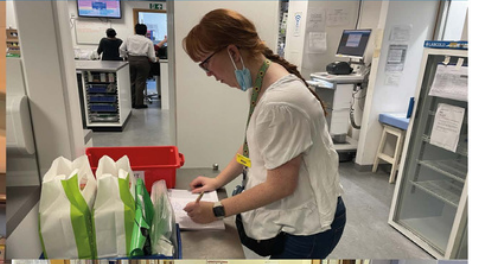
You can apply directly through the [LSEC website](#).

For support with applications and queries, please contact course leader Amanda Weekes on 020 3954 4655 or email amanda.weekes@lsec.ac.uk



Supported Internship Programme

In partnership with
King's College Hospital NHS Foundation Trust



**Recruiting
new
interns in
spring 2023**



A year-long supported internship programme for young adults with learning disabilities and/or autism, whose goal is to find competitive employment.




WELCOME TO OUR

NEW STAFF

Congratulations on your new role, Rob

Hello again! My name is Rob Morgan and I am the new Children's Services Manager, overseeing the Short Breaks Service, Specialist Autism Family Support Service, and Young Carers Service, while supporting families as part of my community outreach role.

I have been with Bromley Mencap for over five years and, until recently, was working on the Bromley Well Learning Difficulties service. Prior to that, I worked in various roles as a community carer, working in a day centre, and as a support worker. I am really looking forward to working with the Children's Team and getting started on some exciting new projects.

I live in Rochester with my wife, Marie, and our twelve-year-old son, Dylan. In my spare time, I enjoy music, cooking, watching a lot of sport, writing, and walking in the local woods.



Congratulations on your new role, Louise



Hello everyone, I am Louise and I have recently changed roles to take up a new challenge as Day Services Manager at Bromley Mencap.

Before I joined last year, I had worked in Bromley Day Services previously and it has been lovely to see familiar faces, along with meeting new ones too, as I get to know the West Wickham and Cotmandene services.

I am very much looking forward to building on the fantastic services that are already in place with some exciting new initiatives and activities.

Welcome back, Hannah

My name's Hannah and I'm the Young Carers Support Worker for the Bromley Well Young Carers service. I have recently returned from maternity leave after having my beautiful daughter, Grace. It's great to be back and I'm enjoying catching up with young carers I worked with prior to my leave and seeing what they've been getting up to! The service has been really busy so there's lots to catch up on and loads of new faces to meet. Outside of work, a lot of my free time is taken up by an active one-year-old, but I continue to make time for my passion - field hockey - and still play for a local team, Bexleyheath and Belvedere. I've always enjoyed being outside and I am a self-confessed foodie, so it's great that I can now do these things with my daughter too!



Welcome, Maria



Hello, my name is Maria Carver-Carter. I am working within the Physical Disabilities Team as an Information and Support Officer. Some of you may have met me as I started in November 2022 and have attended Monday drop-ins, Tuesday workshops and of course, our very successful Christmas Disco.

Working here has been an absolute joy, and I've learned so much already!

Prior to my appointment at Bromley Well, I worked as an SEN teaching assistant in a school for children with disabilities. More recently, I worked for the NHS district nursing team, organising home visits for patients with complex needs. I am passionate about supporting people with disabilities to live fulfilling lives and empowering them to access the services they need to thrive.

In my spare time, I enjoy weight training, Pilates, and long walks with my dog Russell. I am a proud mother to two sons named Ross (26) and Connor (29).

Join the team



Can you make a difference to the lives of disabled people in the Bromley borough?

We have a number of exciting opportunities available to people seeking a rewarding career, including the new Cost of Living Co-ordinator position.



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

COMMUNITY FUNDRAISING



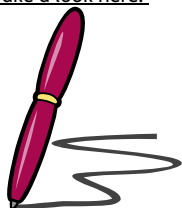
WAYS YOU CAN HELP

➔ Charity E-cards

DontSendMeACard.com

Mother's Day is fast approaching so how about being more eco-friendly and raising money for charity by sending a charity E-card instead.

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!

THANK YOU

Community Defibrillator

We have installed a community defibrillator at The Lodge in Norman Park.

This life-saving device was funded through fundraising supported by the Zero to Hero running group who enjoy a post-run coffee at the Kiosk. We were chosen as the group's charity of the year and received £1,102 following a charity spin class.

We decided to put this donation towards the defibrillator which will benefit the local community.

Thanks again to Zero to Hero running group for your continued support.

Pictured: Richard Griffin, the founder of Bromley Zero to Hero running group, standing proudly next to the community defibrillator.



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!



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Editor: Alex Powell - alex.powell@bromleymencap.org

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