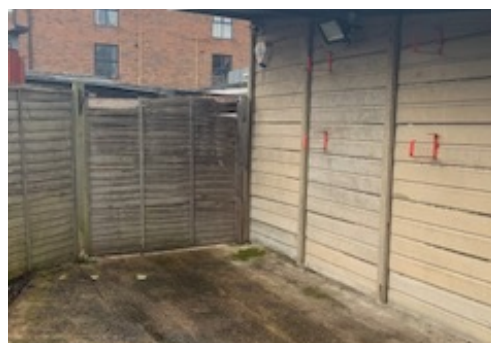
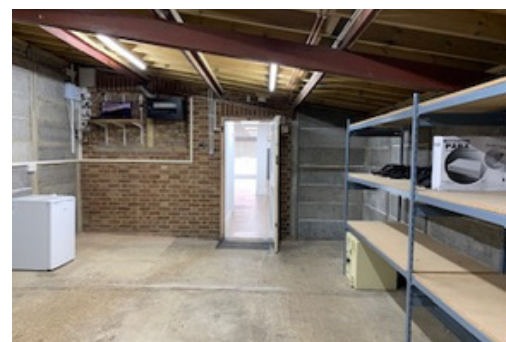
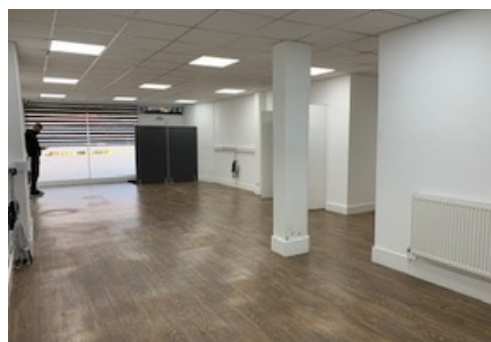


BULLETIN

West Wickham Day Opps is moving!



The new building situated at 170 Elmers End Road

A new site has been found for our Day Opportunities programme currently running at the Methodist Church in West Wickham.

The Church is due to be redeveloped and we have been given notice to leave the premises by the end of the year. Whilst we will be sad to leave as we have been based at the church for some years, the redevelopment has given us the opportunity to look for a new building that

is more suited to the needs of our clients, and which we can adapt to make our own as the sole users of the space.

Our Day Services Manager, Louise, has been busy looking for potential new sites and we are pleased to announce that we will be relocating to a new location situated in Eden Park in the coming months. But we need your help to transform the building into a fantastic space for our Day Services programme. Turn to page 4 to find out more about our plans.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Easter crafts by our Day Opps clients



There is lots to report in this edition of the Bulletin. Firstly, we have acquired a new building so that our Day Opportunities programme can continue to run once we move from West Wickham.

We also have lots of exciting plans for Learning Disability Week which takes place from Monday 19th to Sunday 25th June. We would love for you to be involved and to share your inspirational stories with us.

We also have our usual service updates and more great news from the Lodge and our Employment and Training team.

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NEW STAFF

Page 22

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](#).



Picnic in the Park

Date 25 May 2023

Time 11:00 am - 1:00 pm

Venue The Lodge, Norman Park

Organiser Emma Andrew

Category Bromley Well Learning Disability

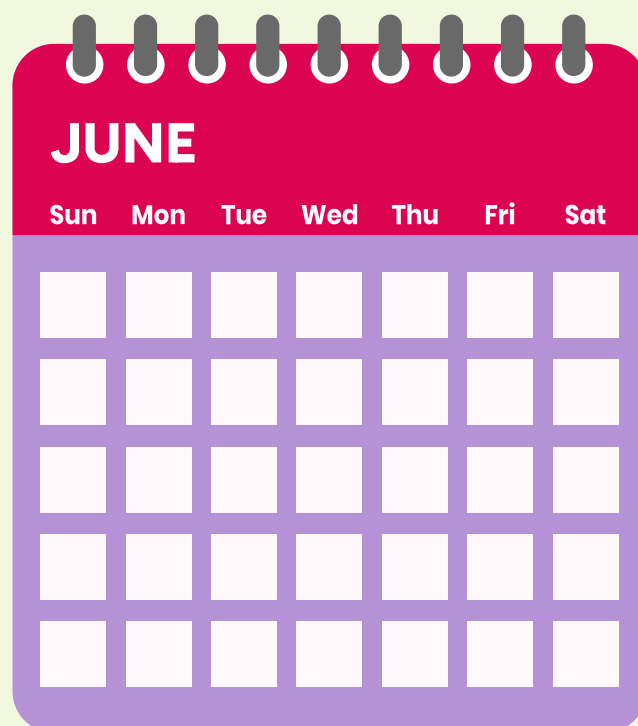
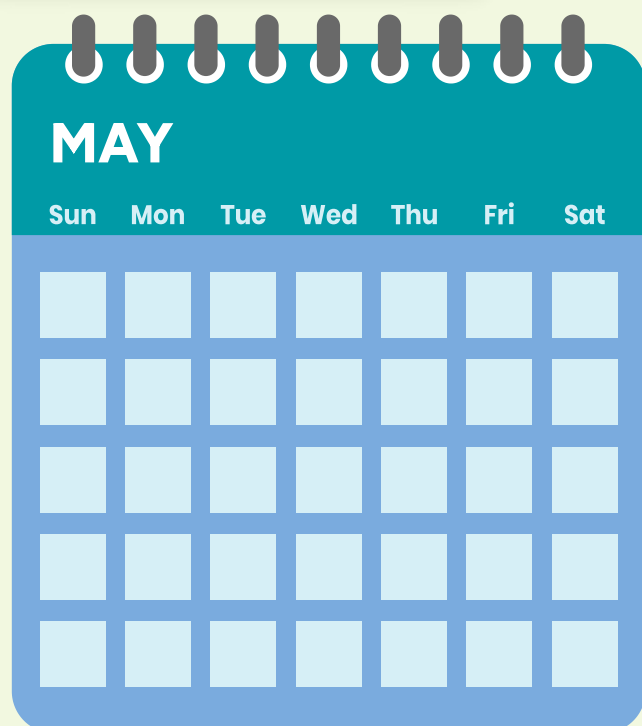
[MORE INFO](#)



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.



Eden Park Day Opps Project



We need your help

There are some great benefits to this new location at Eden Park including an area that could make a relaxing sensory room and a workshop that could be used for a range of activities such as woodwork, pottery or horticulture. There is also an outside space for gardening projects. However, the premises does require some refurbishment work to make it fit for purpose and we will need to buy furniture as well as additional equipment to create a welcoming environment that reflects the needs of our service users.

Proposed Works

We will turn the small meeting room into a sensory area. This will be of great benefit to the clients who currently attend the service, as many have more complex needs to those in our other services and they would find the opportunity to use a sensory room a great addition to their day.

The main area of the property will be used as the primary space for activities. The room will need furnishings in order for us to establish the new service. We need a combination of chairs, tables, sofas and bookcases in order to make the centre our new home.

There is a workshop space at the rear of the building, allowing us to expand the range of activities that we offer. The workshop needs some initial building work to bring it into use including new windows and radiators.

The building will need a fully accessible toilet to be installed as part of the initial fit-out. This is crucial to enable us to offer continuity of service to our existing clients and ensure accessibility for new clients in the future.

Estimated cost of setting up a sensory room

£ £500

Estimated cost of furnishing the new building

£ £4,000

Estimated cost of fitting out the workshop

£ £4,000

Estimated cost of creating a new toilet

£ £8,500

We need to raise £25,000 for the total costs of all the works needed. Can you help with a donation, however big or small, to help transform the new site into a wonderful space for our clients to enjoy?

You can either scan the QR code to donate via PayPal or make a donation directly into our bank account.

Our account number is 03507920, Sort Code 20-12-26.

Please include your surname and Eden Park as a reference so that we can identify your donation. Thank you so much for your continued support.

 PayPal



Scan. Pay. Go.



Eddie Lynch

Chief Executive Update

Learning Disability Week 2023 is from Monday 19th to Sunday 25th June.

This year's theme is Visibility & Representation.

Learning Disability Week is celebrated every year and is all about making sure the world hears what life is like if you have a learning disability. It aims to improve the quality of life for individuals with learning disabilities by raising awareness about important issues, fighting stigma and discrimination and campaigning for a fair society.



Ciara Lawrence, Engagement Lead at Royal Mencap, who has a learning disability, said:

“Learning Disability Week is a fantastic way of promoting and celebrating our diverse community while telling the world what it’s really like to have a learning disability and showing the amazing things we can do.”



People with learning disabilities continue to be the hardest hit in society.

They often face negative attitudes and behaviours from others, as do their carers or relations.

Barriers to employment are a common issue, as is exclusion from education, lack of inclusive social activities, unsatisfactory healthcare and poor housing.

This year we want to show the world the incredible things that people with a learning disability achieve, smashing misconceptions about what people can do and shining a light on the stigma many still face every day.

We want to showcase as many positive and uplifting stories as possible, of people with a learning disability achieving incredible things and living life to the full.

Bromley Mencap will be celebrating Learning Disability Week with a series of activities including:



Save the Date

- open days at our day services and inviting the local community along to see what we do
- an event at Norman Park for people with learning disabilities to come together
- an evening event to celebrate the achievements of people we support and
- we'll be producing a podcast to mark the week.

Watch out for details on our social media and E-news.



Meanwhile, if you have an inspirational story, talent or achievement that you would like us to showcase to mark Learning Disability Week, please get in touch with the office on 020 8466 0790 or email enquiries@bromleymencap.org.

CONTACT US



News Corner

Coronavirus Spring Booster Injections

The NHS is offering a targeted spring booster vaccination for those at the highest risk of Covid infection, including over 75s, those with a weakened immune system and older adult care home residents. The NHS will be contacting those eligible over the coming weeks to book their top-up dose of the vaccine. People in the eligible groups (as set out above) can also book appointments now for their Spring booster jabs via the [National Booking System](#) or by calling 119.



The NHS is now offering another dose of the COVID-19 vaccine to

Adults 75 years and over | People aged 5-74 with a weakened immune system | Residents in care homes

Book your Spring COVID-19 booster now

NHS.uk/CovidVaccination

[Download the Mencap easy-read guide to the Spring booster here.](#)

Huge rise in extra costs for disabled households



Research by Scope has found that disabled households face an average extra cost of £975 per month. These extra costs are the additional amount of money a disabled household would need to have the same standard of living as a non-disabled household. Read more [on the Scope report](#) story on the DRUK website.

Disabled people take over Vogue

The May edition of Vogue has put disabled people front and centre, with five distinct covers featuring Selma Blair, Aaron Rose Philip, Ellie Goldstein, Justina Miles, and Sinead Burke who all identify as Disabled.

Read [the full Vogue story](#) on the DRUK website.



VOGUE

By Emma Andrew
Senior Information & Support Officer

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications, ADHD coping mechanisms and day-to-day finances.

Monthly Workshops

In April, we held a scams workshop and Beverley Nicklin from Bromley Trading Standards attended to talk to us about potential scams and how to keep safe. All who attended found it extremely helpful.



"I am really glad I came as I didn't know about some of the scams"

Workshop attendee



Caspa from Clear Community Web also came along to share details of the Government's emergency alert



test and how to turn the alert off on our mobile phone if we needed to. Caspa played the siren sound to the group so we all knew what to expect on 23rd April.

ADHD Life Admin Course

This course is for people with ADHD or those seeking a diagnosis who would like some extra support and guidance. The course is proving very popular and we are currently holding a waiting list. Please contact us if you would like to join.

"I finally felt I was not the only one and was not judged but instead found acceptance... and my confidence has grown because I attended the course"

Course attendee

We celebrated World Book Night (23rd April) at our workshops and Life Admin course by giving out the short story, Paris for One.

Thank you to the Reading Agency for the book donation.



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 (excluding bank holidays) from 10am – 12pm or 1pm – 3pm at Bromley Mencap, Station Road, Bromley, BR1 3LP. There is no need to book, just turn up!

Outreach

In March, Emma attended the job fair at Bromley Job Centre to discuss the support we provide to people with learning difficulties, as well as the help available to find employment.



In the News

Daymond John: Raising Awareness

Daymond John is an American businessman, investor, and television personality.

I'll do a speaking engagement for 5,000 people and I'll say, "How many people in here are dyslexic?" Four people will raise their hands. And it's usually the CEOs and very, very powerful people that raise their hands. But people that work within these environments — they're ashamed and they're afraid and they don't say it. And then I start to give them the stats about Will

Save the date

Picnic in the park

Thursday 25th May

Time: 11am

Where: The Lodge,
Norman Park



Bring a picnic and a blanket to sit on, play games or loan a bike and have a ride around the park!

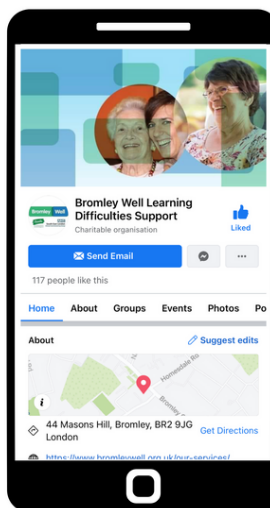
Email emma.andrew@bromleywell.org.uk or telephone 0208 466 0790 or 07752 466928.

[More information here.](#)

New team member

Maria Carver-Carter has recently joined the team from the Physical Disabilities Pathway and you will have the opportunity to meet her on Mondays during the correspondence drop-in at our Station Road office.

Online Support and Resources



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

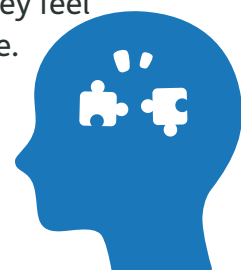
Information from workshops and updates on the service can be found here, as well as useful information about learning difficulties.

We also have a [private Facebook group.](#)

Please contact us for help with setting this up.

Smith and Tom Cruise and myself and the four Sharks, and then all of a sudden everybody in the room is dyslexic, raising their hand. I want to bring this awareness to people. We want to make sure that people get tested if they feel that there's a learning challenge.

[Read 30 personal stories about learning and thinking differently here.](#)



Correspondence Drop-ins

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Outreach

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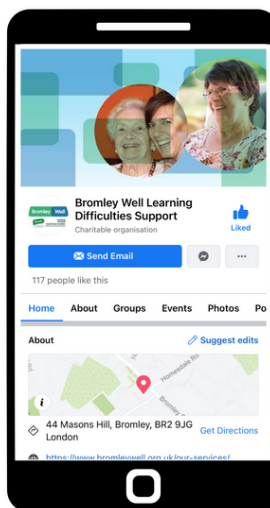
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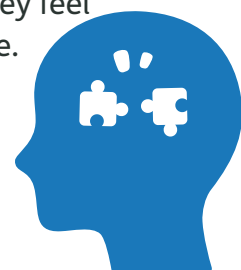
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[Read 30 personal stories about learning and thinking differently here.](#)



By Chetan Raval and Sue Charles
Information & Support Officers

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 venues in St Paul's Cray and Mottingham every month.

Monthly Workshops

Mindfulness Workshop

Our workshop in March was presented by Michelle Tiedeman, Mental Health Practitioner.

Michelle discussed in detail our five senses: sight, hearing, taste, touch and smell. Each sense was demonstrated by an activity and the clients all got involved and enjoyed the workshop immensely.



Jamie and Nicola also spoke about an upcoming event at the United Reformed Church, Bromley on Tuesday 23rd May from 12noon–3pm. This FREE event is part of their United Voices project, supported by the Mayor of London, to bring people with access needs together and increase their collective voice. [Register here.](#)



XbyX (United Voices) Workshop

Jamie Davies and Nicola Burgess from the Bromley charity, Experts by Experience, led a discussion about the barriers disabled people face daily and how these can be overcome. The group spoke about access to swimming pools, getting a doctor's appointment and dropped kerbs.



United Voices

Bringing people together

FREE

Tuesday 23rd May 2023
12:00 - 15:00

Bromley URC Church, 20 Widmore Road,
Bromley, BR1 1RY

A welcoming space for people with access needs to speak up and be heard

Opportunities to share your experiences to shape future workshops



Empowering guest speakers on current issues affecting people with access needs



FREE lunch provided



Transport available on request

Register for this **FREE** event via the link: <https://bit.ly/UVevent> or contact us to book your place

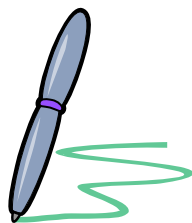
✉ jamie@xbyxbromley.com ☎ 07454 288762

SUPPORTED BY

MAYOR OF LONDON



Dates for your diary



Upcoming Outreach:

Cotmandene: Every month from 2-4pm.
The next sessions are Tuesday 30th May,
Tuesday 20th June and Tuesday 25th July.

The Mottingham Community Shop has closed.
Activities have moved to Mottingham library
and information on drop-in sessions will be
confirmed shortly.

Upcoming Workshops:

- Loneliness on Tuesday 16th May
- Keeping safe from scams on Tuesday 13th June
- How to keep cool during the summer on Tuesday 18th July

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

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

Follow our [Facebook page](#).

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

In the News

Barbie doll with Down's syndrome launched by Mattel

A Barbie with Down's syndrome is the latest doll to be released by Mattel in a bid to make its range more diverse. The US toy giant had faced previous criticism that the traditional Barbie did not represent real women.



In recent years it has created dolls with a hearing aid, a prosthetic limb and a wheelchair.

British model Ellie Goldstein, an advocate for inclusion, visibility and understanding of people with Down's syndrome, said she felt "overwhelmed" when she saw the doll. "Diversity is important...as people need to see more

people like me out there in the world and not be hidden away," she added.
[More here.](#)

People with sight loss able to climb mountains again, thanks to virtual reality headsets

Jason Turnbull, who works at Sight Scotland Veterans' Hawkhead Centre, has been producing films for veterans. He explains that because the VR headset lenses are close to the veterans' eyes, they can experience the video footage like those without vision loss.

Noreen Smith, a former army nurse who has macular degeneration, had to give up her hill walking due to her vision impairment. She said: "The VR is just wonderful. It is just like you are back there again. It brings back so many happy memories for me."

[Read the full story here.](#)



By Emma Andrew

Senior Information & Support Officer

We support people aged 16 and over who have an Autism diagnosis, or believe they have Autism and are seeking a diagnosis, through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support.

If you would like to find out more about the service and join the activities listed below, please contact Emma Andrew. Telephone 020 8466 0790 or email emma.andrew@bromleywell.org.uk

Ways to receive support



Find us on
Facebook

Social media

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

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



WhatsApp group

[Autism Parents & Carers Group](#):

A space to chat about supporting someone with Autism aged 16 plus.



Newsletter

You can also sign up to our regular e-newsletter with details, including Zoom links, for all of our upcoming events.



Drop-ins

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



Monthly Workshops

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

Workshop Review

In April, Julia and Charlotte from

healthwatch
Bromley

Healthwatch Bromley delivered a workshop on how to have your say in your health and social care.

This was a great opportunity to discuss difficulties contacting your GP or dentist and how to get extra support in doing so.



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 May and June, please subscribe to our newsletter by contacting Emma Andrew.

Upcoming Workshop

Picnic in the park
Thursday 25th May at 11am
The Lodge, Norman Park

Bring a picnic and a blanket to sit on, play games or loan a bike and have a ride around the park! You are welcome to bring a family member or friend or meet new ones.

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

Congratulations, Lauren!

We are happy to announce that Lauren, our Autism Information and Support Officer, has given birth to a baby boy. He is a healthy and happy little bundle of joy and we wish them both well. We are currently recruiting maternity cover for Lauren's role and will keep you updated.



In the News

"Running has helped me find my voice, gain confidence and feel equal"

Stephen Morris, an autistic two-time Paralympian, has recently completed the London Marathon.

He talks about the positive impact of the sport on his wellbeing, and his tips for other autistic people who are looking to get into running. [More here.](#)

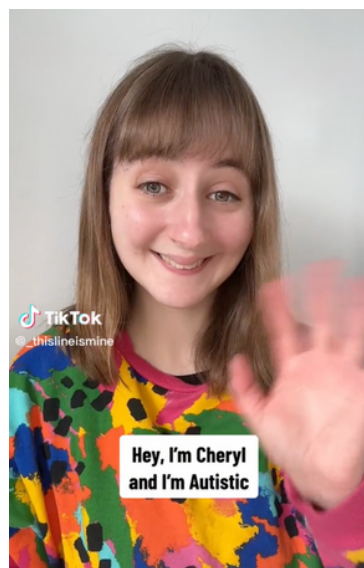
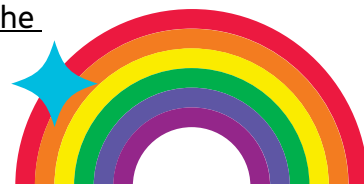


Celebrating Pride Month

To mark Pride Month, The National Autistic Society interviewed

Cheryl, an autistic person, nurse

and social media influencer on being part of the LGBTQ+ community.



Cheryl spoke about their mental health struggles before being diagnosed, how they express themselves through sensory activities and stimming, and how LGBTQ+ events can be more inclusive for autistic people. You can [follow Cheryl on TikTok 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

The events during this period have both been well attended.

Due to unforeseen circumstances, the original speaker planned for March was unable to attend so Tina arranged for a speaker to talk about the Houses of Parliament. They had originally attended our lunch back in August last year and the carers were delighted to welcome them back to learn some new interesting facts. Everyone said how much they enjoyed the talk and we received some fantastic feedback from those who attended.

Did you know that each dial on Big Ben's clock face is seven metres in diameter?



In April, Tina was delighted to welcome Catherine Fyfield, the florist arranger for St Augustine's Church. She gave a wonderful demonstration on how to make the perfect table decoration using a range of flowers from daffodils, miniature carnations and white roses along with some lovely greenery from her own garden.

Catherine also demonstrated a minimal-look display using three stems of pussy willow, three white roses and three primroses which was beautiful to look at.



The floral arrangements really cheered everyone up as the weather outside was cold and dreary. Tina is hoping to welcome Catherine back again in November with a demonstration on how to make the perfect Christmas table decoration.



Dates for your diary

The next workshop & lunch dates are:

- **Friday 26th May**
- **Friday 23rd June**



Learning Disability (LD) Cookery Class

With the chillier months behind us, March saw us cook Cornish pasties followed by the all-time classic apple crumble and custard.



This went down a treat with lots of empty plates and bowls.



In April, clients cooked a chicken kebab adding seasoning and BBQ sauce.



yummy



Everyone made an easy apple tart for dessert and we think this will be another firm favourite to add to the list!



SAVE THE DATE

The next LD cookery class is Friday 9th June

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

Bromley Mencap's Children's Service provides support services for children, young people, carers and families that help change lives for the better.

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.

Short Breaks Service

Bromley Mencap's Community Support Workers, Buddies and Childminders have been supporting over 45 families to have some well-earned respite. The support is flexible and centres around the child or young person. It varies from engaging children and young people in social and leisure activities out of the family home to providing support in the family home depending on the child/young person's requirements and the family's wishes.



Photographed: Short Breaks Worker, Juliet, pictured with Zainab (left) and her sibling.

"My caring role hasn't been easy. It isn't easy and it's very challenging and there are times when I require respite."

We have been with Bromley Mencap childminding services for 11 years and I have nothing but praise and appreciation for the service"

Maria (parent)

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.

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.

"The Community Support Workers have been so good for my daughter and it is an absolutely fantastic service to have if you need the help. She goes to different places like the park and up London, and she's been going to Air Jump. She goes out for something to eat... She does so much stuff with her worker"

Amy (parent)

Our Buddying Service provides a team of "buddies" aged 16 and above who support young disabled people to access leisure and recreational opportunities in the community. Buddies can help with first steps towards travel training, understanding money and accessing local leisure activities in the community. We employ, train and match buddies to young people engaging in the service.

Please contact us for further information.



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.

"Thank you so much for all the advice and suggestions you gave to us and for being so kind to X. It was obvious she was really relaxed in your company and she felt able to really open up to you, which was lovely to see.

X was very insistent that I let you know she went to school today, you have obviously had a very positive effect on her"

Parent

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.**

- **Telephone: 0208 461 7697**
- **Email: autisticspectrumcondition@bromley.gov.uk**

Useful Resources, Information & Events

Autism and The Spoon Theory

How many spoons do you use in a day?

Strange question you may think, that is unless you live with a condition that affects your daily physical or mental health.

The Spoon Theory was coined by Christine Miserandino in 2003 and is a great visual example of how everyday tasks impact some individuals by using metaphorical spoons for each activity. Whilst some activities use just one spoon, others can use several at a time depending on the required task and level of spoons you start the day with. If you identify with the spoon theory, you may well regard yourself as a 'Spoonie.'

Spoonie kids has created an [interactive worksheet](#) that is freely available to download.

The Autism Show:

9-10 June 2023 at Excel London

If you're looking for information and direction pre or post-diagnosis, are facing daily challenges, or approaching significant transition points, The Autism Show, in association with the National Autistic Society, may be of interest to you. At the show, you can pick and choose from over 100 hours of talks, clinics and workshops, plus hundreds of specialist products and services.

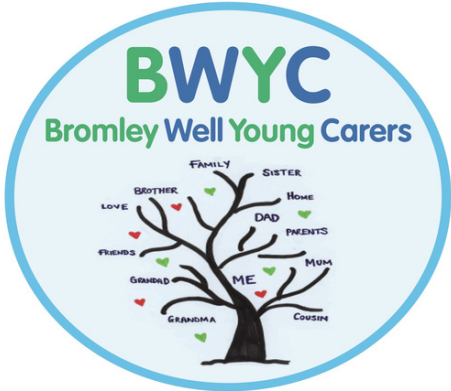
[Book your tickets in advance and save 20% here.](#)

in partnership with **braininhand**

the autism show
9 - 10 June 2023 | ExCeL London

in association with  National Autistic Society





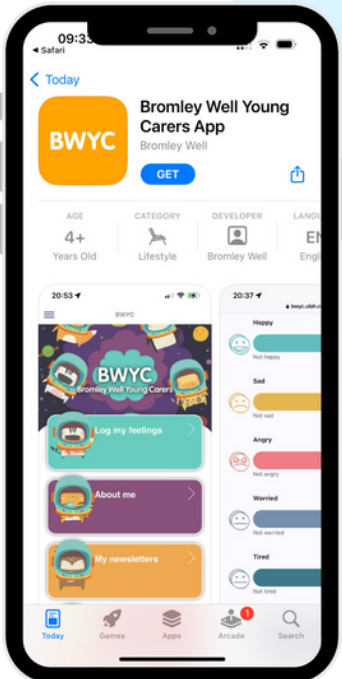
Young Carers Service

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

Young Carers App Launch

The Young Carers app has successfully launched and is being used by registered young carers to chat and keep a record of their wellbeing. The app has some fantastic features including an area where young carers can ask questions and share top tips with other young carers. There is also a calendar section where they can check what activities and workshops are coming up.

Scan the QR Code to download the app



Marathon Success

BWYC volunteer, Lydia, recently completed the London Marathon and raised money to pay for an extra activity for young carers to enjoy this year. Young carers are being asked to share their ideas on what they would like to do on the new app. Lydia did a great job and completed the Marathon in 4 hours 45 minutes! Thanks very much Lydia for your invaluable support.

Money & Music Workshop

Young Carers created a wonderful piece of Music whilst learning about managing finances, including savings accounts, credit cards, interest rates and where to shop for the best deals.



Young Carers also received a complimentary Superheroes book at the workshop courtesy of The Reading Agency in celebration of World Book Night on Sunday 23rd April.

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 or email spa@bromleywell.org.uk



Adult Leisure Services Update

By Sharon Morgan, Adult Services Manager

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

Walking and Cycling Club

On April 1st, we had our first walk of the year at Scadbury Park, with an Easter theme! We enjoyed a two-hour walk led by our volunteer Phil Branch, assisted by Ian Breslin. Although it was wet and muddy, everyone had a great time and we are already looking forward to the next walk on the 28th June at Keston Ponds.

[You can download the easy-read flyer here.](#)



Disco time

Our first disco of the year was held on Tuesday 18th April with a springtime theme. The event was attended by over 60 people, who all enjoyed dancing the evening away with tunes from DJ Steve. The usual photo booth was enjoyed by clients and staff!

Our next disco will be on Tuesday 6th June. [Click here to download the easy-read flyer.](#)



Keep Fit fun

Keep fit has resumed with 25 people booked in for the next 10 weeks supported by our volunteers Sue, Marion and Kathy.

The theme this year is the Coronation of King Charles. We will be keeping fit and dancing to the songs from the Coronation Celebration Playlist.



Adult Day Services

Artwork created by our service users

Enjoy a wide variety of activities or get support to improve the quality of your life.

We run a number of services that provide disabled adults with a range of interesting activities. We regularly consult with adults who attend our services to develop new sessions to meet their needs.

The Lodge

Day Services have been full of springtime activity!



The horticulture team have been carrying out their annual clean of the polytunnel and keeping the garden in top form.

The bicycle maintenance team have been refining their skills on refurbishing the donated bikes that we receive and managing the busy bike hire scheme.



The catering team have been developing their recipe portfolio and have made some delicious homemade pesto as well as hot cross buns for Easter.

Don't forget to pop over to the Kiosk if you are in Norman Park

to enjoy freshly ground coffee and snacks.



Day Opps

Our Day Opportunities groups in West Wickham and Cotmandene have taken part in lots of



activities including creating spring flowers, a St George's Day artwork display, macrame rainbow craft and clay making.



In their seasonal cookery sessions, the groups have made dishes including vegetable korma, chickpea and coriander burgers as well as sweets to celebrate Eid. Delicious!



Contact Us



We do have some spaces left across our Day Services.

If you would like to arrange a visit or to find out more, please contact us.

For The Lodge:
Caroline Stone
caroline.stone@bromleymencap.org

For Day Opps West Wickham and Cotmandene:
Louise Kelly
louise.kelly@bromleymencap.org

Telephone: 020 8466 0790

Employment, Training and Volunteering News

A special mention must go to two of our fantastic students at The Lodge, Tom and Rhiana, who are now volunteering one day a week at The Lodge and putting their skills into practice on the bike maintenance and catering courses.

Don't forget, our bike loan scheme and workshop is open from Tuesday to Thursday from 10.30am to 2:30pm and the Kiosk is open Tuesday-Friday from 10:30am to 2:45pm.

If you are in Norman Park, do pop by and support our students and volunteers.



Ian Breslin, our Senior Employment Adviser, recently gave a presentation about our Job Brokerage Service at the real estate services and investment firm, CBRE UK, where two of our candidates are employed.

Ian spoke about the work the team has done carving out paid employment opportunities for our candidates and the support that is offered.

Front row from left to right: Pat Heavey, CBRE UK & Ireland Operations Director; Nick Stephenson, Bromley Mencap Job Coach; Andrew Bishop, Brokerage Candidate and CBRE Front of House; Chris Williams, CBRE Global Director - Diversity, Equity & Inclusion.

Back row from left to right: Ian Breslin, Bromley Mencap Senior Employment Adviser; Katie Farrow, Brokerage Candidate and Administrator to Chris Williams CBRE.

Welcome to the team

We are pleased to have appointed Jonathan Pownall as our new Treasurer.

Here is a little bit about him.

I'm a chartered accountant by background, having started my career with a well-known large audit firm before joining the National Audit Office which is the UK's public spending watchdog.

I come from a family background of volunteering in different sectors and know the difference this makes to the local community. I'm aware that treasurer positions can be hard to replace and I was particularly impressed by the range and quality of services that Bromley Mencap provides to meet community needs, which attracted me to apply. I have also been struck by the dedication, enthusiasm and professionalism of everyone in the organisation that I have met.



I'm married with two teenage sons and live in Chislehurst. In my spare time I am chairman of my local Residents' Association and also treasurer and trustee of one of Bromley's larger Scout groups.

Other staff changes

Congratulations to Emma Andrew who has been promoted to Senior Information and Support Officer for Bromley Well Learning Difficulties and Maria Carver-Carter who has moved from the Bromley Well Physical Disabilities pathway to the Learning Difficulties team.

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



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