

BULLETIN

Summer Fair Success!

We raised an incredible £2,500 at our Summer Fun Day in July!



Thank you! Our summer fair fundraising broke our previous record by some way and we could not have done this without the support from staff, clients, friends and families.

Thanks again to our special guests including Ignition Brewery from Lewisham Mencap, Naani Maa's Kitchen, Henna by Devina, Ashley from Master of Disguise Entertainment and John-Paul Horsley (J-Rock) from R&B and Hip Hop band Big Brovaz.

John-Paul (photographed right with a young Bromley Mencap supporter) is a leading autism advocate. Read our interview (page 7) with the successful musician and father of four neurodivergent children. Learn about John-Paul's life with autism and his mission to raise awareness and create a more understanding and inclusive world.

Exclusive Interview





Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Pretty planters at Day Opportunities



We have had a lovely summer with lots of good news to share across the services.

The summer fair at the Lodge was a huge success (The interview with J-Rock from Big Brovaz is not to be missed), and our Eden Park Day Opportunities scheme is now up and running with clients enjoying a wide range of activities.

Do turn to page 22 to find out more about the support our Community Support Workers offer families and the positive impact this has on children and young people such as Annabelle.

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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 [X \(formerly known as Twitter\)](#), [LinkedIn](#), [Facebook](#) and [Instagram](#).



Hire Bikes

Date Oct 3 - 5, 2023

Time 10:30 am - 2:30 pm

Venue The Lodge, Norman Park

Price Free

Category **Bromley Mencap Events**

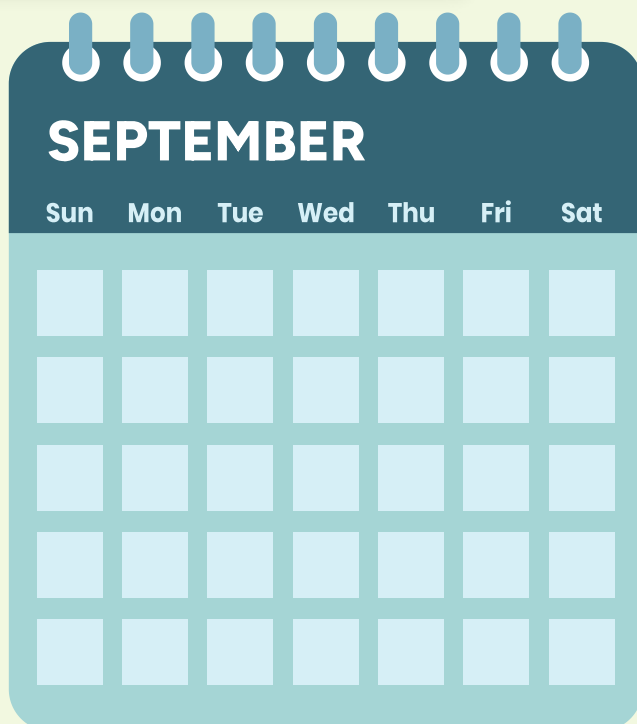
[MORE INFO](#)



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



The Equality and Human Rights Commission (EHRC) has warned of the consequences of continuing inaction from government in addressing problems faced by disabled people.

In a new report submitted to the United Nations (UN), the EHRC warns that many disabled people continue to face discrimination in the UK, and the situation continues to worsen, particularly in light of current cost-of-living pressures.

The report follows a 2016 UN inquiry into the state of rights for disabled people in the UK, after which the UN published a list of 11 recommendations for the UK government to take forward.

This latest report assesses the extent to which those UN recommendations have been implemented. It shows that, despite limited progress in certain areas, it is disappointing to see no progress against some of the recommendations.



As the cost-of-living crisis deepens, many of the recommendations made in 2016 are even more relevant now, with over half of disabled people struggling to pay their energy bills in 2022. Disabled people also often face long wait times between applying for and receiving benefits, and they are more likely to use food banks than non-disabled people.

The EHRC has stressed the danger of government failing to make necessary reforms. These include addressing problems with the welfare system, poor engagement with disabled people and their organisations, and inadequate public services for disabled people, leaving them at a higher risk of poverty, abuse and poor health.

Over the summer the government launched the consultation phase of the Disability Action Plan. This sets out the action the government will take in 2023 and 2024.

This consultation is an opportunity for everyone – disabled people, disabled people's organisations, and other interested parties – to have their say on the Plan.

The plans include:

- **raising awareness of life-changing technology for disabled people**
- **mandatory disability awareness training for taxi drivers**
- **autism-friendly programmes for cultural and heritage sites**



Two task forces have also been proposed, one to improve the wellbeing and opportunities of disabled children. The proposed areas of focus would be transition to adulthood, accessibility of public spaces and transport, bullying, and personal safety.

The other taskforce is aimed at improving support for disabled parents. This includes access to parenting support in health and care services, family courts and child protection, and domestic abuse support.



Although the Plan contains a number of commendable proposals, it is disappointing that there are very few commitments or proposals specifically relating to people with learning disabilities and no new measures to address the cost of living crisis.

Full details on the consultation, including an easy read version, can be found here:

<https://www.gov.uk/government/consultations/disability-action-plan-2023-to-2024>

The consultation closes on 6th October.

Moving On

With 2024 marking my 20th year at Bromley Mencap, I have decided the time is right to stand down as Chief Executive and take life a little easier.

I have had the greatest privilege leading such a fantastic organisation for two decades.

With support from staff, volunteers, trustees, partners and funders, we have achieved so much together over the years and have developed many services to improve the lives of disabled people, carers and families.

I will be sorry to leave but look forward to welcoming my successor and supporting with the transition.

A circular inset photograph showing a woman with glasses and a man looking at a laptop screen together.

DO YOU NEED HELP WITH THE COST OF LIVING?

Make an appointment with our Cost of Living Coordinator, Vicki Swift, who can help guide you through the money maze.

Free advice for Bromley Mencap members.

Not a member yet? It's free to sign up for the first year!

We are here to support you with money challenges including:

- Rising energy costs
- Debts
- Budgeting
- Benefit claims

Please contact us for more information

 Vicki.Swift@bromleymencap.org

 020 8466 0790

In conversation with Big Brovaz's J-Rock

John-Paul (JP) Horsley, or J-Rock, is a founding member of hip-hop band Big Brovaz and shot to fame back in the early 2000s. The band enjoyed chart success releasing two studio albums and eight singles including Nu Flow and My Favourite Things. John-Paul is now a leading voice in raising autism awareness and performed some of his hits at Bromley Mencap's recent Summer Fair.

Can you tell us a bit about yourself?

I still have a music career, but I am no longer writing new music as I want to be around to support my children. It's Big Brovaz's 20-year anniversary so I have been up and down the country touring with the band and will shortly be touring Europe too. I also work as an Occupational Therapist for the NHS. I am based in Croydon and it's my role to put a smile on the faces of people who may have mental health conditions such as anxiety, depression, or personality disorder. We run music courses, gym rehabilitation and so on. I have also previously worked at the Royal Bethlem Hospital in the autism unit.



Our Chief Executive, Eddie Lynch, pictured left with JP Horsley at our summer fair

When did you first become interested in Autistic Spectrum Condition (ASC)?

About 15 years ago. My eldest son, Richard-Michael (16) was diagnosed at an early age with autism. The diagnosis came about after we visited the GP following an adverse reaction to a vaccination. Although he hit a number of developmental markers, Richard-Michael was delayed in other areas and the GP felt he may be on the spectrum. The specialist pointed out my son's joint hypermobility and hypersensitive hearing. Traits I also possess.

"I always knew I was different.

There are some key moments throughout my childhood that stick out for me"

Autism runs in families, and it was then that I realised a number of close family members were most probably on the spectrum too but there was much less awareness about what this actually meant. Coming from an African family, it was difficult to explain the condition to others and that there was a name for it. I decided to put my music career on hold and learn how best I could support my son.

I subsequently had four more children and three of them are also on the spectrum. My youngest, Taylor-Jai (5), is starring in a short film 'The Golden Boy.' The film is based on a true story and is about a young autistic boy in a mainstream school and is inspired by director Elizabeth Peace's experiences as a carer to her younger autistic brother. The fact that Taylor-Jai is autistic himself makes the film much more authentic and relatable and I am a very proud Dad.

When did you first think you might be autistic?

I always knew I was different. There are some key moments throughout my childhood that stick out for me. I remember one time when I was 3 and my Dad took me to school for the first time. He said casually, "sit here and I'll be back to pick you up later". And I did just that. I sat in the same place for the whole day, and it felt like torture as the other children ran around.



I didn't play with the other kids and the teachers voiced their concerns to my father, but I felt a lot of anxiety talking to others. I remember overhearing my Dad say that I would come out of my shell and me thinking that I was not a peanut!

“Being autistic has given me the ability to excel in my music career.

I have a gift when it comes to writing music and think visually:

I see music in colours”

I received my Autism diagnosis at the age of 38 after appearing on a Documentary for Channel 4 - Are you Autistic?

I was in shock when I received the news. I questioned whether my autism looked obvious to others. I had a lot to process so I attended therapy with an excellent therapist, Dr Ken, who helped me come to terms with what this meant for me. I now appreciate that being autistic has given me the ability to excel in my music career. I have a gift when it comes to writing music and think visually: I see music in colours.

What advice would you give to families in a similar situation?

Don't self-diagnose - seek a referral to a specialist or support service as soon as you can. There is a lot of misinformation on the internet and some of it is unhelpful. There is no quick fix. Your child will always be your child so continue to nurture their development by reading bedtime stories to them and having conversations. Be mindful of the language you use in front of your child/ren. Your child may not say it, but they will internalise derogatory language. Be positive and accepting.

What work are you currently involved in to raise awareness around autism?

Being an autism activist is very important to me. I have been involved with a number of charities such as the National Autistic Society, Autistica and Anna Kennedy Online.

“I want to give other families hope. There is nothing that you can’t do or achieve as an autistic person.”

I also recently attended an Autism Conference in Nigeria organised by GT Bank to spread awareness, provide free consultations to families struggling, and help change the narrative.

I want to give other families hope. There is nothing that you can’t do or achieve as an autistic person. Like everyone, autistic people have things they're good at as well as things they find more difficult or challenging.

Understanding more about the condition is the key to moving forward. Autism is a spectrum and two of my children are high functioning while my older son needs more support and is currently flourishing in specialist educational provision.



JP Horsley (J-Rock) performing at our summer fair

How we can help: Autism Support Services

The London Borough of Bromley is committed to providing support to all families with children (0-25) presenting with Social Communication Needs (SCN), including autism.

Bromley Mencap’s Specialist Autism Family Support Service

We receive referrals via the Bromley Children Project and provide intensive, short-term support to families with more complex needs. Turn to page 23 for more information.

Bromley Well Autism Support Service for people aged 16+

Our service provides support and information on various topics, as well as organising regular events, workshops and peer support activities. Turn to pages 16-17 to find out more.

CASPA (Community Autistic Support, Pride and Advocacy)

CASPA is a local charity providing support to autistic children, young people, adults and their families. [Find out more about CASPA Bromley](#)

NEURODIVERSITY SOCIAL!

**Introducing a New Social Group for
Autistic Adults in South East London!**

27th September 2023 | 7PM - 10PM

Venue: Ignition Brewery

Ground Floor, The Sydenham Centre, 44A Sydenham Rd, London SE26 5QX

**Ignition Brewery is a community taproom located in
the heart of Sydenham.**

**Please join us for a few drinks, board games, craft, and
the opportunity to meet other neurodiverse adults.**

**The group is aimed at people who identify as autistic
but is welcoming of all neurodiversities. No formal
diagnosis necessary.**





WHAT TO EXPECT?

We are a taproom serving locally brewed beer! There will be low level music, board games, crafts and general mingling. Drop in between 7-10pm, there will be no organised activities or formal group discussions. You are welcome to bring a friend if you want to.

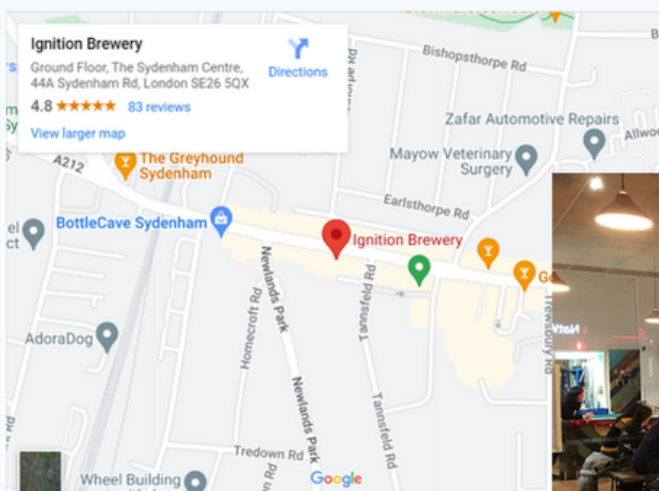
Neurodiversity Social



To register your interest please visit this link or scan QR code:

<https://forms.office.com/r/PR1Js8r8DJ>

LOCATION



For more information, please contact neuro.diversity@selondonics.nhs.uk

News Corner

Energy Café: September update



HELP WITH YOUR ENERGY BILLS

September update

energycafe

LivingWell Bromley, Holy Trinity Church,
Lennard Rd, SE20 7LX on Tuesdays 5th, 12th
and 19th 3pm-4pm

Unity Church, Rye Crescent, Orpington, BR5
4NH on Wednesdays 13th and 27th 9:30am
– 10:30 + by appointment until 12.

St Edward The Confessor Church, 35 St
Keverne Rd, Mottingham, SE9 4AQ on
Friday 29th 10 am – 12

Join South East London
Community Energy for
impartial and expert advice:

- ✓ Reducing energy bills and debt support
- ✓ Contacting energy companies on your behalf
- ✓ Support and guidance for grants and discounts
- ✓ Home visits are available for extra support, if needed

Can't make it in person? Book a phone appointment:
energy.advice@selce.org.uk / 020 4566 5764
REFERRAL CODE: TBBromley

TRANSFORM BROMLEY BOROUGH

COMMUNITY LINKS BROMLEY

SOUTH EAST LONDON COMMUNITY ENERGY
www.selce.org.uk

kindly funded by SGN

South East London Community Energy (SELCE) is offering free support and advice at various locations across the borough.

The team can help you with:

- Personalised energy advice (e.g. energy efficiency behaviour change)
- Advice on energy efficiency measures and energy schemes
- Priority Services Register sign ups
- Benefits eligibility checks and debt advice
- Energy crisis support (fuel voucher or emergency funding) and other crisis support (e.g. food, clothing or housing)
- Carbon monoxide safety awareness advice

Email energy.advice@selce.org.uk or telephone 020 4566 5764 to book a phone appointment.

Flu vaccination: easy-read flu vaccination resources

People with a learning disability, and their carers, can get a free flu vaccination from their doctor or pharmacist. Some autistic people may also be eligible for a free flu vaccination.

There are updated films about getting vaccinated available [here](#), aimed at people who have, or care for someone with, a learning disability. They explain things like where to go for your flu vaccination, who is eligible, and what will happen at the appointment.



News Corner

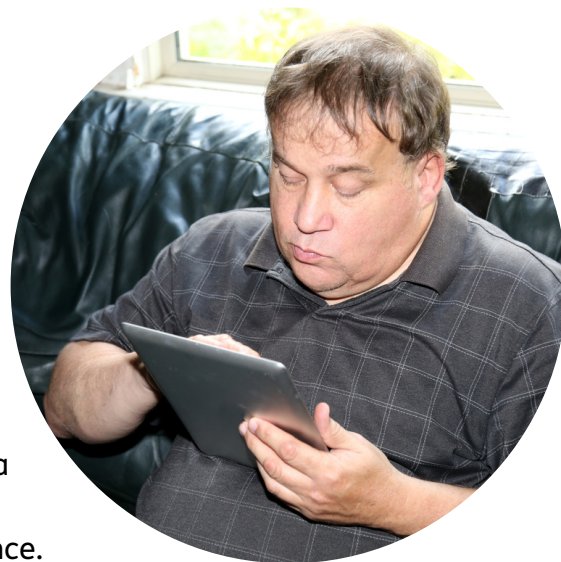
Bromley Mencap membership applications and renewals

As our membership continues to grow, we have looked at ways to make new membership applications and renewals simpler both for members and ourselves. For renewals due from mid-September onwards, we will be trialing an online platform called Membermojo.

Membermojo provides online membership services for organisations and is used by hundreds of clubs and associations across the country. The system is fully UK-GDPR compliant and all members have the right to access, rectify and erase any data held about them.

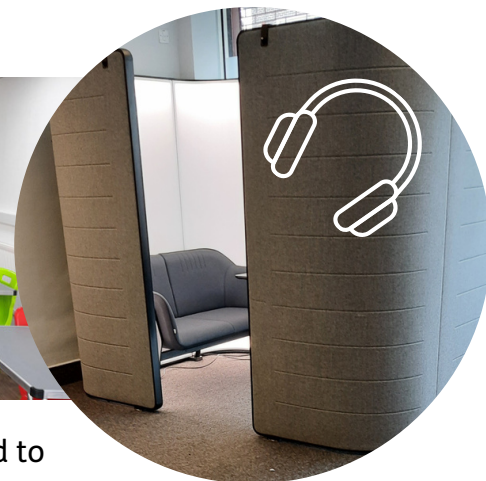
We will email all members due for renewal in the run-up to their renewal date and you will then receive an automated email asking for your renewal payment. You will be able to pay via Membermojo directly or continue to pay via bank transfer to our membership account, via card payment over the telephone or by cheque, depending on your preference.

You do not need to create a password to log-in to Membermojo, as you can ask for a log-in link to be sent to the primary email address we hold for you, which will take you straight to your membership details. If you have any queries about this, please call on 020 8466 0790 or email us at membership@bromleymencap.org



Thank you for your kind donations!

Thank you to Jo-Ann Swaden, Janet Marks, Marina Russ, Lynn Gregory, Deidre Brockhouse and Cheryl Cowie for your kind donations towards our new Day Opportunities Centre in Eden Park. Your support is much appreciated and we have been able to buy some fantastic resources for clients to enjoy such as items for our sensory room and some new tables and brightly-coloured chairs!



A special mention goes to Alex Jones, who donated a soundproof pod to our Cotmandene Day Opportunities Centre. We are looking forward to re-launching our popular podcasts. You can continue to support our work by [donating here](#).



**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 at our weekly correspondence drop-in sessions. We also arrange monthly workshops.

MONTHLY WORKSHOPS**Our July workshop
was led by Jamie
Davies from
Bromley Experts by**

Experience, a local user-led charity for deaf and disabled people and carers. Jamie talked to us about the inequalities faced by people with disabilities and how we could combat them.

August workshop: Picnic in the Park

Following the success of our last picnic in the park, we listened to your requests and arranged another get-together in Norman Park. As well as enjoying the glorious weather, we asked for your feedback on the service and updated you on news within the service.

**Rock on!**

We attended the music event at Chislehurst Rocks to spread awareness of our service. We handed out information and goodies and it was a great opportunity to talk with members of the public.

Our colleagues from Citizens Advice were also in attendance, alongside Age UK and other Bromley Well pathways.



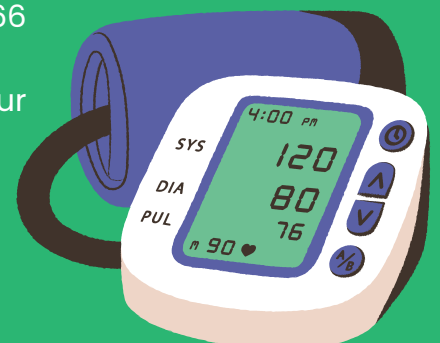
The weather was glorious (if not a little windy) but a good day was had by all who came along!

UPCOMING WORKSHOP**September Workshop:
Blood Pressure – “Know your numbers”**

The date, time and venue will be confirmed shortly.

Please keep checking the [Bromley Well website](#) or call our friendly admin team

on 0208 466
0790 to
reserve your
place to
have your
blood
pressure
checked.



DATES FOR YOUR DIARY

FREE ADHD LIFE ADMIN COURSE

This five-week course is for people with ADHD or those seeking a diagnosis who would like some extra support and guidance. Please contact Bromley Well SPA team if you would like to join as we only have six places per course. This course enables you to meet with peers and set goals in a safe environment.



CORRESPONDENCE DROP-IN: CHANGE OF DAY AND TIME

Starting from Friday 29th of September, come and see us on Fridays from 10am to 12pm or 1pm to 3pm at Station Road. Download the [flyer with further details here](#).

This drop-in session is for you if you need help reading a letter or would like support sending an email. We can also help if you want to know if you can apply for benefits and don't know where to start.

Contact SPA (Single Point of Access) for more information
Freephone 0808 278 7898 Email spa@bromleywell.org.uk

In the News



NHS ENGLAND: CONSTIPATION ADVICE

Constipation can cause serious health issues, especially for people with learning disabilities. Here is some [easy-read information](#) on how to avoid it.

TOMMY JESSOP DOCUMENTARY

Line of Duty star Tommy Jessop has travelled to Hollywood to pitch a brand new concept for a movie or TV show – a superhero with Down's syndrome. He has written his own screenplay with his brother Will Jessop. You can watch Tommy and Will's journey to Hollywood in a [new documentary](#). Read more [here](#).



**By Sarah Barclay
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 me. Telephone 020 8466 0790 or email sarah.barclay@bromleywell.org.uk

MONTHLY WORKSHOP REVIEW

Our August workshop was delivered in collaboration with our guest speakers from SeeAbility, Trevor Hunter and Lance Campbell. The aim of the presentation

was to raise awareness of eye care and how people from our neurodivergent community can have easy access to eye care services particularly opticians.

The session was very informative and participants had the opportunity to ask questions.

**SEE ABILITY**

Certain opticians are now offering appointments explaining what happens on the day and will talk you through how to have a smooth and enjoyable visit. This is fantastic news for the community.

To find out which opticians are offering longer or split appointments with specially-trained professionals, please visit the [SeeAbility website](https://www.seeability.org.uk) for more information or telephone 020 3859 2385.

DATES FOR YOUR DIARY**Weekly Autism Drop-In**

Want to know more about our service? Come along and talk to an Autism Information & Support Officer and find out more about how we can help you.



Every Thursday from 10am to 12pm and 1pm to 3pm.

Venue: Rhiannon's Café, United Reformed Church, Widmore Road, Bromley.

No need to book; just turn up.

Monthly Workshops

We are currently seeking a new venue to hold our monthly workshops. All details for September's workshop will be available on the [Bromley Well website](https://www.bromleywell.org.uk) once confirmed. Please get in touch if you have any questions for us. We look forward to seeing you soon!

For further information, please contact us:

Email sarah.barclay@bromleywell.org.uk
Phone/text or WhatsApp
07597048674.



NEWS AND EVENTS

ASD LIFE ADMIN COURSE



Exciting news: We will be launching this free course shortly.

Our support officers will assist you with a person-centred plan to create and achieve your goals. You might want to better manage your paperwork or sort out a long-standing issue.

We can help you:

- **Complete an initial assessment**
- **Create your action plans**
- **Work on coping mechanisms**
- **Increase your independence and resilience**

Want to know more?

For more information and to sign up, please contact the Bromley Well Single Point of Access and quote 'ASD Life Admin Course.' Contact information below.

Freephone 0808 278 7898 Email spa@bromleywell.org.uk

Rhiannons Café

Have you visited Rhiannon's Café based at the United Reformed Church in Bromley yet? Rhiannon's Café is a not-for-profit Community Interest Company, mainly staffed by members of the Neurodivergent Community. Our team are based at the cafe every Thursday for our Autism drop-in. Why not grab a cup of tea or coffee and a slice of cake when you are next passing? The cafe also serves a range of sandwiches, snacks, and daily specials. [More information here.](#)



Duke of Edinburgh (DofE) Award

The National Autistic Society is launching a Duke of Edinburgh (DofE) Award Community of Practice to share good practice and advice on making the scheme more accessible to autistic young people. [Find out more here.](#)



THE DUKE OF
EDINBURGH'S AWARD

**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, the Mutual Carers Support Worker, can be contacted on 07719426680 or via email tina.penn@bromleywell.org.uk.

**MONTHLY OLDER CARERS
WORKSHOP & LUNCH**

In August, Tina was delighted to welcome everyone back. Sushma Raval from Naani Maa's Kitchen came along to give a sweet treat cookery demonstration.



Sushma explained the health benefits of the ingredients used in the coconut, almond and cranberry surprise. Feedback was very positive. Everyone enjoyed the session and got to take a delicious sweet treat home.



**The next Older Carers Workshop & Lunch dates are:
Friday 22nd September & Friday 20th October.**

**MONTHLY LEARNING DISABILITY
(LD) COOKERY CLASS**

The LD cookery classes have been well attended. In July, clients cooked up a storm in the kitchen by preparing cottage pie and vegetables followed by rhubarb and apple crumble. This went down a treat with lots of empty plates and bowls.



In August, homemade burgers, Greek salad, and chocolate chip cookies were on the menu. Everyone was given the opportunity to try feta cheese and olives and Tina was impressed with how many people were adventurous and sampled the new flavours.



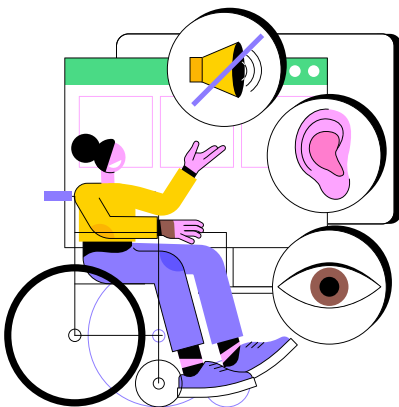
The next LD Cookery Classes will be on Friday 15th September and Friday 13th October.

By Chetan Raval Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We work closely with 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 and provide outreach at venues around the borough.

MONTHLY WORKSHOPS

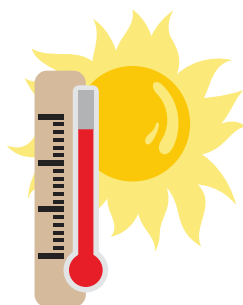
Our July workshop was led by Jamie Davies from Bromley Experts by Experience. Jamie spoke about the United Voices project which aims to challenge the barriers faced by



people with access needs. Clients joined in the debate about what challenges they faced and what support was out there.

August workshop: Keeping cool and well during the Summer

This workshop was delivered by team members, Sue Charles and Chetan Raval. We discussed as a group the importance of staying safe during very hot weather and the precautions you need to consider when stepping out into the heat. The group then discussed what they do to stay cool and safe at home.



After every workshop, we hold a drop-in for anyone who requires support or guidance. This could be from general advice to helping with the completion of certain forms.

UPCOMING WORKSHOP

Topic: The art of starting a conversation

Monday 18 September from 11am-1pm

Venue: Bromley United Reformed Church, Widmore Road, Bromley, BR1 1RY



This workshop will be led by Richard Wiseman from Bromley Well Employment and Education Service.

Followed by a drop-in until 2pm.



IN THE NEWS

PARA-ICE HOCKEY: DANI CZERNUSZKA-WATTS FINDS 'NORMALITY' THROUGH SPORT



Nearly six years on from being paralysed in a rugby tackle, Dani is an international athlete and a history-maker. Sport, she says, has brought her "normality". Read her [inspiring story here](#).

NEWS

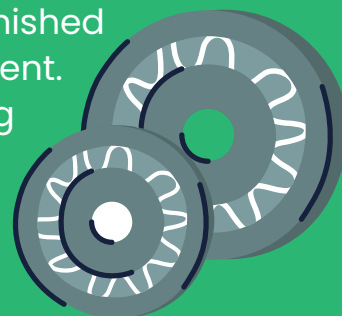
DISABLED FANS DECRY NO-SHOW ACCESSIBLE FESTIVAL TOILETS



Festivals have long included accessible portaloos by disabled viewing platforms as part of "reasonable adjustment" provisions under equality law. However, disabled people say the cubicles provided are often too small to fit a wheelchair inside – let alone a personal assistant if needed. For Faith Martin, a freelance music writer who uses a wheelchair and needs support to transfer to the toilet, the frequent lack of genuine toilet options means she is left with no choice but to limit her water (and alcohol) intake. [Read more](#).

BRITAIN'S STRONGEST DISABLED MAN COMPETITION

A competitor for the title of Britain's Strongest Disabled Man finished third despite dislocating his shoulders halfway through the event. England champion Matthew "Panda" Smyth was injured during a 200kg (441lb) weight lift. However, he said he still managed to complete the final two events against medical advice. Matthew has vowed to come back next year even stronger! You can read the [full article here](#).



Contact Us

Contact our Support Officers for more information on our services:

Chetan Raval: Telephone 07421106922
or email chetan.raval@bromleywell.org.uk

Sue Charles: Telephone 07484 673090
or email sue.charles@bromleywell.org.uk

Follow our [Facebook page](#). Alternatively, you can call the office on 020 8466 0790.

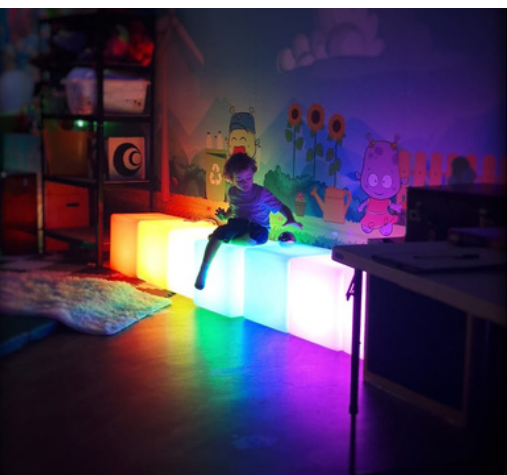


Children & Family Services

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.

Summer Fun

We were delighted to host a number of activities over the summer for children with Special Educational Needs (SEN), their siblings, and their parents. We held events in Penge, Orpington and The Glades in collaboration with Home Start, Play Place and CLIP Theatre



Families enjoyed some sensory activities, craft, and family support in accessible locations across the borough. We were really pleased to see so many families enjoying themselves and to be able to provide a space for parents to chat. We hope to be able to arrange for more of these activities in the future.



Short Breaks Update

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.

Jemima and Annabelle's Story

Jemima Smith has been working as a Bromley Mencap Community Support Worker since 2016 and has been supporting Annabelle for nearly six years. Annabelle has Global Development Delay and Hypertonia. Support usually takes place on a Saturday, occasionally after school, and also during the school holidays.

Jemima provides a variety of fun and engaging activities both in and out of the family home. Jemima will organise arts and crafts, play games and prepare meals alongside Annabelle, for example, making pizza. Jemima helped Annabelle design a t-shirt recently which Annabelle was very proud of.



Outside the home, Jemima takes Annabelle out on her trike, visits parks and shops and accompanies Annabelle and her mother on trips to the hospital.

Jemima recently took Annabelle to London for a day out at Annabelle's request. They went by train and visited Trafalgar Square before taking a tube to Harrods.

Annabelle participated in sensory play in the store's toy kingdom and thoroughly enjoyed her day out!



Please contact us for further information.



shortbreaks@bromleymencap.org.uk



0208 466 0790

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. Telephone: 0208 461 7697 or email: autisticspectrumcondition@bromley.gov.uk



YOUNG CARERS SERVICE

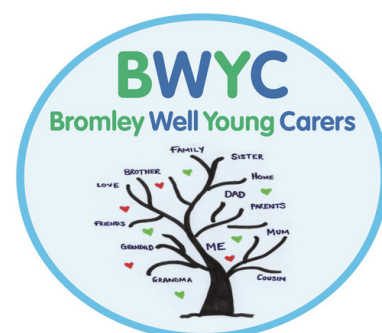
Bromley Well Young Carers support young carers aged 4-19 to manage their caring relationships whilst still enjoying their childhood.

The summer has been jam-packed full of activities for young carers to enjoy including a three-day animation workshop in collaboration with Create Art, paddleboarding, watching the Barbie movie (including a cheeky Nandos after), trampolining at Air Jump and a Transition Fun Day for young adult carers.

Our summer programme of events finished with a lovely session at Station Road, whereby young carers came together for a catch-up with each other and to say goodbye to Lorna, our Young Carers Coordinator, who is moving to pastures to new. We wish her well for the future!



The next edition of the Young Carers newsletter will be out shortly. Check the [Bromley Well website](https://www.bromley.gov.uk) for details.



Adult Day Services



Day Services have been full of activity this summer!

The Lodge

Our summer fair was a great success. We raised approximately £2500 for our charity and we could not have done that without the help of our staff, volunteers, clients, families, carers and friends that make up our Bromley Mencap community. Thank you to all involved and for the continued support. Ariel view of the fair above.

The Lodge Kiosk and Bike Hire scheme has been very popular over the summer holidays which in turn has provided excellent opportunities for our students to continue to develop their skills.

The Horticulture team have kept the garden looking in great shape and have harvested an array of colourful veggies. The Catering team have been learning about pickling and then have been using produce from the garden to pickle and preserve and make some delicious green tomato chutney.



Day Opportunities

Our Day Opportunities group have settled into their new Eden Park Centre and are adding the finishing touches to complete the space, including making some handmade cushions with their new sewing machine!



Find out more

Our Day Services are very popular and we are currently at full capacity. However, if you are interested in joining the waiting list for one of our Day Services, please do contact us to discuss your requirements

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](tel:02084660790)

Both Eden Park and Cotmandene have had a delivery of horticulture equipment, including veg trugs and cold frames, which they have been setting up and crops are already starting to grow!



The teams have also just had some new equipment delivered to start some woodwork projects which everyone is really excited about. More updates in the next edition of the Bulletin!

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

In August, everyone enjoyed a coach trip to Riverside Country Park in Gillingham. We had a long two-hour walk and stopped to refuel with a picnic lunch. We ended the day with a visit to the Royal Engineers Museum which was a wonderful experience. Clients enjoyed some free time to explore the museum before returning by coach to Bromley.



Time for Tennis

During the summer, our members enjoyed a tennis course at Bromley Lawn Tennis and Squash Club.

Every Friday for six weeks, we held two one-hour sessions with a professional tennis coach. No experience was needed

as the use of adapted equipment was available so that everyone could take part.

The event was extremely well attended with people enjoying learning new skills, keeping fit and having fun! Trophies and certificates were presented at the last session.



WELCOME TO OUR

NEW STAFF

Welcome to Matt Catchpole

I'm very excited to have joined Bromley Mencap as Employment Services Manager.

I've worked in the public, private, and voluntary sector for over 20 years! I started my career with the National Autistic Society working across various services including day centres and housing, as well as developing programmes to support individuals in achieving life goals.

I have also worked for local authorities in day opportunities provision for people with learning disabilities and helped develop and run an autism service that specialised in supporting independence, opportunity, and building skills for employment.

I have also worked in the Technology Enabled Care (TEC) sector, across integrated health and care services. This involved using technology to streamline services, help reduce personal risks, and enable individuals to manage their care and support needs.



More recently, I have worked within Bromley Council's Special Educational Needs & Disabilities (SEND) team. I've used project management skills and had responsibility for creating Bromley's first all-age Autism Strategy, helping grow partnership working and improve access to services, in partnership with health, care and voluntary sector services.

I love working with people. All my roles have been about how to best help individuals achieve their goals and open doors to opportunities.

I'm a keen football and cycling fan and love to jump on my bike to work when I can! I look forward to meeting you all in the coming weeks and months.



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



Copy deadline for the November/December Bulletin is 1st November 2023.

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

**Publisher: Bromley Mencap, Rutland House, 44 Masons Hill
Bromley Kent BR2 9JG Tel: 020 8466 0790**

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