

Our Annual General Meeting



Photographed from left to right: Hon. Treasurer, Jonathan Pownall; The Mayor of Bromley, Councillor Mike Botting; Chairman, Peter Prentice; and Chief Executive Officer, Eddie Lynch.

Photographed: Hon. Treasurer, Jonathan Pownall, presenting his report

An 'AGM' is an Annual General Meeting, open to all members.

The Chair is the person who leads the meeting through the business items on the agenda.

At the AGM, members agree on the accounts and choose who they want as trustees of Bromley Mencap.

We were pleased to welcome so many of our members and clients to our Annual General Meeting (AGM) this November.

The event was chaired by the Mayor of Bromley, Councillor Mike Botting, and it was a fantastic opportunity to share our achievements with those present. After the meeting, everyone enjoyed a light lunch and some refreshments.

You can read all about Bromley Mencap's successful year and priorities for next year on pages 4-7.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



A selfie with the Mayor



Firstly, it was lovely meeting everyone at the Annual General Meeting and reflecting on another successful year with many fantastic outcomes. Eddie's detailed report starts on page 4.

In other news, we have welcomed our first students to our new Training Centre at Station Road. This independent specialist provision offers disabled people, including young people and adults with learning difficulties and disabilities or autism, another choice in their education. Turn to page 27 to read more.

As we approach the festive season, don't forget to put the date of our Christmas Fair in your diary: Saturday 2nd December. Come and browse the homemade Christmas gifts, try your luck on our tombola and enjoy some tasty treats. More details on page 25.

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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](#).



02
December

Christmas Fair

Date 2 December 2023

Time 10:00 am - 2:00 pm

Venue The Lodge, Norman Park

Organiser Caroline Stone

Category Bromley Mencap Events
Fundraising

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

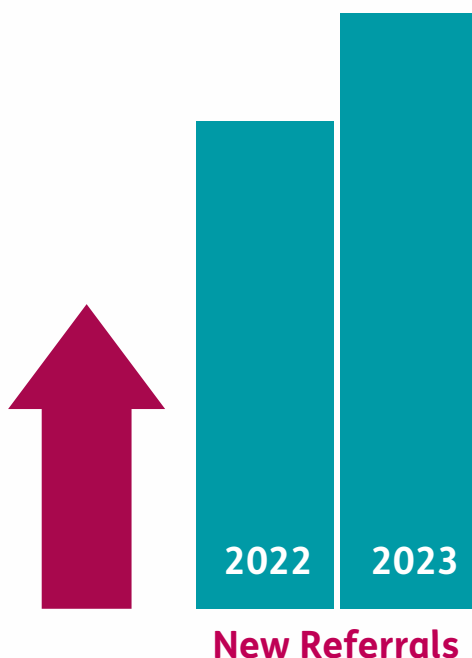
I had the pleasure of welcoming around 100 people to my 20th and last Annual General Meeting (AGM), as Chief Executive of Bromley Mencap, on Wednesday 1st November. The event was chaired by the Mayor of Bromley, Councillor Mike Botting and it was great to see so many of our clients and supporters in the room.

Our 2022/23 Impact Report was presented at the meeting, [and you can read a copy here.](#)

This year's report was more detailed than usual showing the growth of the organisation and the increasing demand for our services over a very successful year, **which saw a record high 2,201 new referrals.**



This is an increase of 401 on the previous year.



Key developments for the organisation this year included:

- Refurbishment and launching our New Training Centre
- Securing new premises for our West Wickham Day Service
- Being awarded a new Lottery grant of £368,000 for our Cost-of-Living Service
- Approval by the Department for Education to deliver accredited training
- A new Supported Internship programme at the PRU Hospital
- Successfully re-tendering for the Bromley Well contract with the Bromley Third Sector Enterprise
- Launching a new App for Young Carers
- Welcoming 195 new members to the organisation

Within our Employment Services, we supported 98 disabled people into new jobs, up from 71 last year, and 103 people into volunteering placements, a 21% increase on last year.

Other highlights included:

- Our new Brokerage service supported 20 people with complex needs into jobs, many earning a salary for the first time
- Supported Internship programmes benefited 43 young people
- Job Clubs were attended by 227 people



Our respite support last year was provided to 189 families, up from 84 families last year, who benefited from Short Breaks provided through Childminders, Community Support Workers and Buddies.

This was an increase of 125% evidencing the high demand for quality respite.



Social and leisure sessions were enjoyed by 85 disabled adults this year.

Popular activities included Keep Fit, the Outdoors Activity Club, Monday Afternooners and free bike courses, all leading to improved physical health and wellbeing.

Our self-funded services are paid for by disabled people using Direct Payments.

This year's services, which focused on independence, life skills and working towards employment, included:

- our 3 training schemes in horticulture, catering and bike maintenance at our Lodge community hub for 36 students
- our 2 Day Services at West Wickham and Orpington attended by over 60 people



Demand for family support significantly increased and our work included:

- Supporting 2,021 people through our Helpline, an increase of 700 on last year
- Securing over £600,000 in new welfare benefits for disabled people and carers, up from £250,000 last year, and
- 72 families being supported by our specialist Autism Family Support Service



In partnership with the Bromley Third Sector Enterprise, we delivered 6 Bromley Well services last year.

We saw huge increases in referrals for support this year which included:

- 403 adults with learning difficulties who benefited from one-to-one support, workshops and drop-ins to enhance their independence and resilience
- 501 adults with physical disabilities who benefited from workshops, drop-ins and one-to-one support leading to greater independence and self-management techniques
- 73 mutual carers who received one-to-one support, attended monthly cookery classes and lunch workshops and benefited from peer support
- 460 people with autism who received support around employment, coping strategies and positive wellbeing
- 437 young carers who were supported through workshops, leisure activities, mentoring, counselling and their transition to adulthood
- 46 disabled adults who were supported into employment and 92 people supported into volunteering and work placements



Our priorities for the coming year include:

- Recruiting and inducting a new Chief Executive
- Co-producing a new 5-year Strategic Plan with our members and clients
- Supporting students at our new Training Centre to ensure their learning experience is a positive one and that they will have the skills and qualifications needed to secure employment at the end of the academic year
- Extending the reach of our Lottery-funded Cost-of-Living project to focus on involving disabled people in the delivery of that support, ensuring it is person centered and maximises income for people with complex needs
- Building on our digitalisation work to provide more opportunities for disabled people through technology and
- Providing more person-centered, quality services in the local community

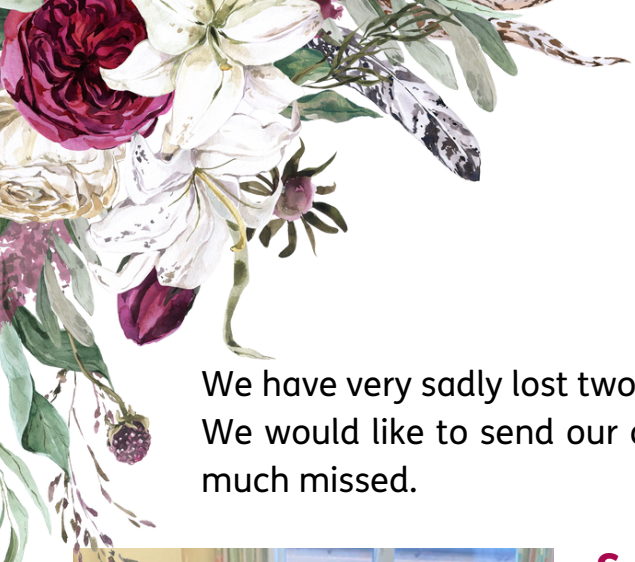


The AGM finished with a short film entitled '**A Day in the Life of Bromley Mencap**' which you can view [here](#). The event concluded with a lovely lunch and catch-up with old friends.



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

I thoroughly enjoyed my 20th and last AGM as Chief Executive!



Obituaries

Words by Louise Kelly, Day Services Manager

We have very sadly lost two valued members from our Day Opportunities. We would like to send our condolences to their families, and they will both be very much missed.



Sarah Chapell

28/02/1980 – 23/6/2023

Sarah attended our provision at West Wickham Methodist Church since 2021, though she had been attending Day Services in Bromley for many years. Sarah was fiercely independent and was a great advocate for people with disabilities: she was involved in many campaigns over the years and her contributions certainly helped in shaping services for disabled people in Bromley.

Sarah loved crafting and was a fantastic knitter; we all enjoyed seeing her creations! We have some great memories of Sarah, and she is greatly missed.

Darren Alwen

08/08/1974 – 18/09/2023

Darren attended our provision at Cotmandene since it opened in 2021, but he was well known in Bromley as he had been attending day services for many years.

I first met Darren when he was a young man working at Morrisons in Biggin Hill, stacking the bananas, and playing pool! He worked there for many years as a valued member of the team.

Darren loved football, cars, and music and he recorded a podcast at Cotmandene about his love of music and his upcoming holiday to Centre Parcs, just before he died, which we were able to share with his family. Darren will be greatly missed at Cotmandene especially when there is a karaoke session going on!



News Corner

Household Support Fund

Apply now for £200 of support to help pay for essentials.



Bromley
The London Borough of

You may be eligible if you are:

- A Bromley resident
- Over the age of 16
- Able to provide evidence of financial hardship

And you are:

- A large family
- A single-income family
- A carer
- A care leaver
- A domestic abuse survivor
- A family with school-age children
- A household with someone with a disability including dementia and mental health
- A household experiencing financial hardship

Household Support Fund

Apply now for £200 of support to help pay for essentials

bromley.gov.uk/householdsupportfund

To learn more about the Household Support Fund scan the QR code, visit our website or call our helpline on 020 8461 7999. Lines are open 9am – 12pm, Monday to Friday.



Funded by the Department for Work and Pensions.

You may be eligible if you are:

- A Bromley resident
- Over the age of 16
- Able to provide evidence of financial hardship

And you are:

- A large family
- A single-income family
- A carer
- A care leaver
- A domestic abuse survivor
- A family with school-age children
- A household with someone with a disability including dementia and mental health
- A household experiencing financial hardship

This is now a self-referral scheme, and households cannot be referred if they were referred back in the summer.

Eligibility remains broad but evidence such as bank statements or utility arrears will need to be provided.

Find out more by visiting the website bromley.gov.uk/householdsupportfund or call the council helpline on 020 8461 7999. Lines are open 9am – 12pm, Monday to Friday.

Plans to close rail ticket offices in England scrapped

The Government has U-turned on their plans to scrap ticket offices in over 900 railway stations across the country. The proposals had sparked concerns from unions and disability groups. Transport for All, a disabled-led organisation, called it "the best possible outcome", but added that while the government was "eventually swayed, it is appalling that disabled people's concerns were dismissed for so long". [Read more here.](#)

Have your say: Railway Station Accessibility Standards

The Government has opened a consultation to hear about the best ways to make railway stations accessible, as part of a plan to install, renew or replace railway stations. [Take part here.](#) The consultation closes on Friday 1st December.



News Corner

Bromley Mencap membership applications and renewals

Bromley Mencap will be using the Membermojo platform for all membership renewals due from November 30th 2023.

Membermojo is an online membership management platform, that is used by clubs, associations and charities across the UK to remove tedious administration and provide members with a simple, quick and modern way to manage their membership.

Membermojo will send reminders ahead of your renewal date, so you can check the information we hold remains accurate and if not, allows you to make any necessary changes. Membership payments can continue to be made by standing order, direct debit or over the phone and we will update your records regarding payment. However, you will also have the option of making payments directly through Membermojo using Paypal.



You will not need to create a new account to access Membermojo, as it can send a log-in link to your registered email address. Further information about how Membermojo works in relation to the UK General Data Protection Regulation (GDPR) can be found [here](#).

If you have any queries about this change, please call on 020 8466 0790 or email us at membership@bromleymencap.org

FREE Cost-of-Living Course

The Cost of Living Service, funded by the National Lottery Community Fund, is running a series of six workshops.

The aim of the course is to help our members:

- Maximise income
- Reduce expenditure
- Improve social engagement and use of digital technology



To find out more and sign up to the next programme of workshops, please contact Vicki.Swift@bromleymencap.org or phone 020 8466 0790.



You are invited to our

COST OF LIVING COURSE

The Cost of Living Service is running **FREE** weekly workshops over six sessions.



Join us on Thursdays



From 10 am - 12 pm



**Station Road Office,
Bromley North, BR1 3LP**

The aim of the course is to help our members:

- Maximise income
- Reduce expenditure
- Improve social engagement and use of digital technology

Sign up now!

Please contact us to book a place



Vicki.Swift@bromleymencap.org



020 8466 0790



Funded by

**COMMUNITY
FUND**

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 and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

MONTHLY WORKSHOPS

Our October workshop was all about dyslexia in celebration of Dyslexia Awareness Week.

We discussed how dyslexia can affect memory, organisation, timekeeping, concentration, multitasking and communication. We also shared some useful strategies to help such as the use of colour overlays and reading pens.



We also visited the Dyslexia Association and discussed the topic of *Change* with the group and the support we can offer.



OUTREACH

In September, the team went to the Open Forum at Stepping Stones which is a group of individuals with disabilities who meet weekly to discuss issues and difficulties.

We also attended the Gateway Club's Annual General Meeting and spoke to members.

The Gateway Club provides activities and events for people with learning disabilities. During the visit,



we participated in a drumming workshop which was a lot of fun.

In October, we visited the Gateway Enterprise Café at the Walnuts Centre. The café is run by a team of volunteers and we spoke to everyone about the support we can offer.

Lastly, we attended the Market Place event for parents and carers of children and young people with special educational needs and/or disabilities (SEND). We met with members of the public to discuss the support available for young people transitioning to adulthood.



UPCOMING WORKSHOP

Self Care Workshop
Monday 13th November
from 10am – 1pm
Bromley Scout Hut,
15 Prospect Place, Bromley,
BR2 9HL



Join us to learn more about the seven pillars of self-care and how to use them in your daily life. Call us on 0208 466 0790 to reserve your place.

DATES FOR YOUR DIARY

FREE ADHD LIFE ADMIN COURSE

The next course starts in the NEW YEAR, so register your interest now.

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.



CORRESPONDENCE DROP-IN:

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



NATIONAL SHORTAGE OF MEDICINES FOR ADHD

There is a current disruption to the supply of some medicines used to manage ADHD symptoms. The disruption is caused by manufacturing issues and increased global demand.

Currently, the NHS expects the supply disruptions to be resolved by December 2023, although this may change. If you have concerns, please contact your care coordinator or the clinician who prescribes your medication. You can 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 Emma Andrew. Telephone 020 8466 0790 or email emma.andrew@bromleywell.org.uk.

MONTHLY WORKSHOP REVIEW

Our September workshop was an *Introduction to the Autism (ASC) Life Admin Course* at our new venue (The Bromley Scout Hut). The workshop provided an overview of the course which is currently being delivered over five sessions.

Afterwards, we were joined by CASPA to discuss the book, "What Autism Means to me" which was created by CASPA members. The book costs £5 and all funds raised go directly to CASPA.

We also had the pleasure of welcoming a surprise guest – one of our clients brought along their assistance dog (in training) to develop the dog's social skills and help raise awareness. It was a fun afternoon for all.



The topic for our October workshop was *Safe Use of the Internet and Technology*.

We were joined by guest speaker, Vicki Swift, Bromley Mencap's Cost of Living Coordinator. Our clients shared their understanding of how to



stay safe online and how to avoid scams and Vicki provided plenty of fantastic advice. It was great to see that all participants had learned something new about how to use the internet safely.



WEEKLY AUTISM DROP-IN

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.

Know Your Numbers! Ease your pressure!



Back in September, we supported clients at the drop-in to have their blood pressure checked. Everyone was encouraged to keep up with regular checks to help maintain health and well-being. A great session for all.

NEWS AND EVENTS

ASC LIFE ADMIN COURSE



This popular course started in October and is held at the Bromley Mencap office in Bromley North. The course is over five sessions which take place fortnightly.

The next course starts in January, so register your interest now by contacting emma.andrew@bromleywell.org.uk

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



Employability Workshop:

Monday 20th November from 10am to 12pm at Bromley Scout Hut

Join Bromley Mencap's Senior Education, Training and Employment Advisor, Ian Breslin, for a discussion on getting and keeping a job. Booking required. [More here.](#)

The National Autistic Society's response to the Mental Health Bill being excluded from The King's Speech

Tim Nicholls, Head of Influencing and Research at the National Autistic Society, said: "The King's Speech was a vital opportunity for the Government to commit to reforming the outdated Mental Health Act... There are 2,045 autistic people and people with learning disabilities in mental health hospitals in England - and 65% are autistic people. Reforming the Mental Health Act needed to be a key step towards ending this crisis." [Read more 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 or via email tina.penn@bromleywell.org.uk

MONTHLY OLDER CARERS WORKSHOP & LUNCH

In September, we were joined by Flavia Bertram from South East London Community Energy (Selce). She gave a very informative talk about home energy and advice on how to make savings. Everyone took part in a quiz to identify how much they could save by making some small changes within their home. This was fun and we learned some interesting tips.



Did you know that if you replace your shower head with a low-flow one, you can save over £50 pounds a year?

In October, Tina invited Cathy Fyfield, the church flower arranger, back as a speaker at the request of the clients.

She gave a wonderful demonstration of several flower decorations with a Christmas theme that the clients could replicate at home. The workshop and lunch received positive feedback with clients commenting how much they enjoyed the talk.

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

During the September cookery class, everyone made some wonderful pin-wheel pizzas along with some iced fairy cakes. It was also a client's birthday, so we sang happy birthday and shared chocolate cake.

**MONTHLY COFFEE MORNING**

The cookery class participants are meeting for coffee once a month at the Harvester on Southborough Lane, Bromley. This enables the clients to socialise outside of the cookery class, reducing isolation and has been very popular with everyone attending. We are grateful to The Mercers Company for funding this activity.



The next LD Cookery Class will be on Friday 8th December.

The next Older Carers Workshop & Lunch dates are: Friday 17th November & Friday 15th December.

By Caroline Hackett
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 September workshop topic was all about 'the art of starting a conversation' and was led by Richard Wiseman, Employment and Education Advisor at Bromley Well.

He gave some great advice on how to hold a conversation. All that attended contributed a great deal and gave some amazing tips to fellow participants.



Our October Workshop was all about Assistive Technology.

We discussed as a group how apps have evolved over the past few years, particularly since the lockdown.

We concentrated a lot on the NHS app and how to book appointments with GPs online. We also explored how to find out bus arrival times and other useful information. Thank you to everyone who attended our workshops.

UPCOMING WORKSHOPS AND DROP-IN DATES

Self Care Week

Monday 13th November 11 am–1 pm

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



Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.

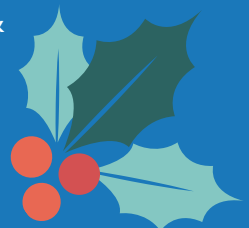
After every workshop, we have a drop-in service for our clients who require support or guidance. This could be from general advice to helping with the completion of certain forms.

Save the date!

Keeping well in the winter & festive quiz.

Monday 18th December.

More details to follow.



Drop-in sessions

Mottingham Library – Times and dates to be confirmed.

St Paul's Cray Library – Tuesday 21st November & Tuesday 19th December from 10 am and 12 noon.

IN THE NEWS

DISABLED ANIMATION SHOW IS ABOUT TO GO MAINSTREAM.

Mixmups creator, Rebecca Atkinson, who has hearing loss, is very excited that the stop motion animation is due to be shown on mainstream TV shortly.



Having worked in TV for almost three decades, Rebecca had always been frustrated by the lack of disability representation. So when she had the idea for Mixmups she told [BBC Access All](#) she saw it as her chance to "create a children's brand that does disability in the way I think it should be done".

Catch Mixmups every Saturday and Sunday at 8.15am on Channel 5's Milkshake! and streaming on My5. [Read more here.](#)

ADE ADEPITAN: THE TRAVEL SHOW AND MORE

Ade contracted polio as a child in Nigeria and went on to become a very successful wheelchair basketball player on an international level. As well as his sporting achievements, Ade is also a well-known TV presenter and now heads a popular travel show on TV, exploring the world.

Read more about Ade's accomplishments on the [BBC News website 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

Caroline Hackett: Telephone 07938 740361
or email caroline.hackett@bromleywell.org.uk

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



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.

SEND Stars

The Children's Team were delighted to be asked to provide a sensory space for attendees at the SEND Stars Celebration event at The Warren on 1st November. We met some amazing young people and were proud to see some of our members and service users being recognised for the wonderful work they do for their families and communities.



Save the date

Look out for our upcoming family Christmas party!



We're making some very exciting plans, so please be quick to reserve a space for your family (suggested age range from 6-12 years but all ages welcome to attend).



Thursday 21st December



3pm-5pm



**Amrita Hall, Amrita Hall, 211 Fair Acres,
Bromley, BR2 9YG.**



Short Breaks Update

Our Buddying Service offers support to young disabled people aged 14-25 years old to access leisure and recreation opportunities in the community. Our team of buddies are aged 16 and above and are able to help with first steps towards travel training, understanding money and gaining confidence and social skills. We employ, train and match buddies to young people engaging in the service. We provide regular training and ensure that DBS and insurance requirements are covered.

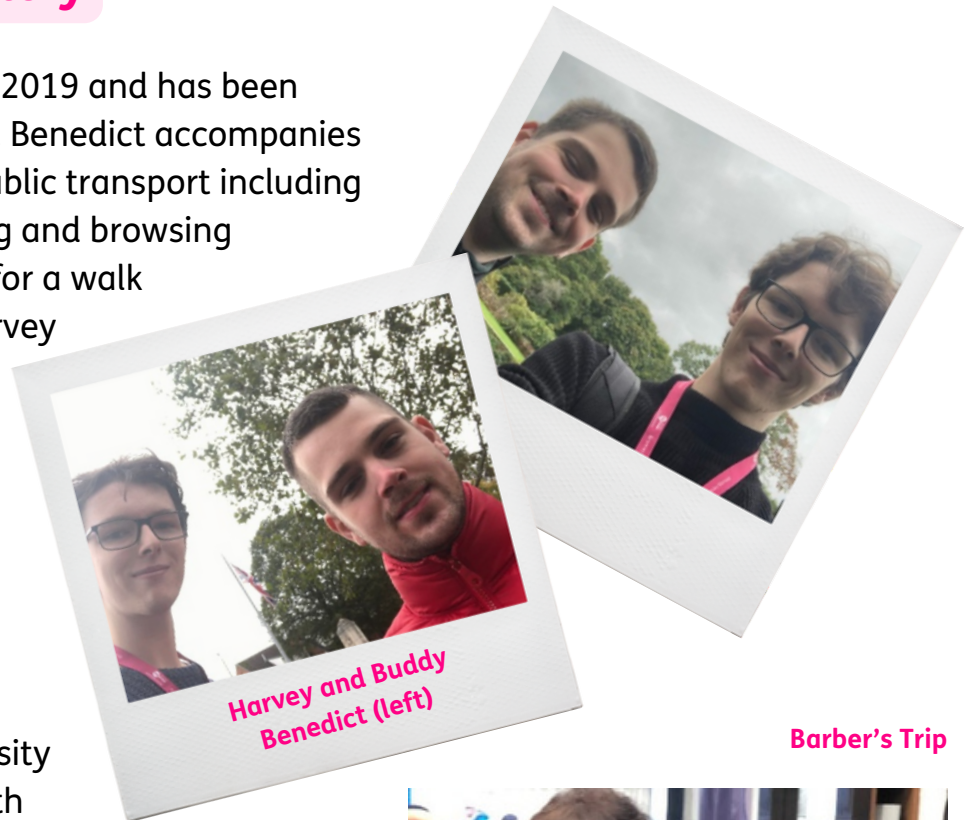


Harvey (photographed above) enjoying a day out.

Benedict and Harvey's Story

Benedict has been a buddy since 2019 and has been matched with Harvey since 2020. Benedict accompanies Harvey to various places using public transport including coffee shops, the cinema, bowling and browsing shopping centres. They often go for a walk and Benedict has also helped Harvey with some food shopping.

When Benedict went to university, he continued to provide support to Harvey during his holidays. During term time, Harvey also benefitted from the support of another buddy. Benedict has now finished university and is able to resume support with Harvey. Benedict accompanied Harvey to the Bromley Mencap Disco in the summer which they both enjoyed greatly and he recently took Harvey to the Barbers for a haircut (pictured right).



Barber's Trip



Please contact us for further information.



shortbreaks@bromleymencap.org.uk



020 8466 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.



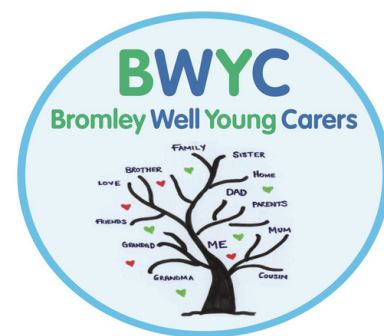
All support will be tailored to the needs of each family. Once intensive support is completed, families will return to the universal family support service at the Bromley Children Project.

If you feel that you and your family could benefit from some specialist short-term support, signposting, and information, please contact 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.



We started the half term with a lovely autumn themed arts & crafts session at Beckenham Park Place Mansion where we created some beautiful hanging decorations, cards, keyrings and much more. The young carers collaborated so well together to create some amazing pieces.





The rain didn't stop our fun and we enjoyed a little walk (race!) around the grounds of Beckenham Place Park. The vibrant falling leaves and crisp fresh air were so refreshing and gave us all a burst of energy!

And the fun didn't stop there! The young carers of Bromley have also dived into the world of coding and robotics, revealing their aptitude for cutting-edge technology. With beaming smiles and boundless energy, they've taken to programming robots and engaging in exciting coding challenges in a workshop delivered by Grace Owolade-Coombes and her two sons Femi and Alex. The workshop has provided them with a valuable opportunity to explore the world of STEM (Science, Technology, Engineering and Mathematics), offering a glimpse into the future and perhaps inspiring some future engineers and tech pioneers.



The autumn edition of the Young Carers newsletter can be downloaded [here](#).
To make contact or refer someone to the Bromley Well Service, please contact us.



Freephone 0300 330 9039



spa@bromleywell.org.uk

Bromley Well

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: Ghost Walk

We enjoyed a very entertaining walk around the spooky streets of London on Sunday 22nd October. The walk, led by Ian Breslin, started at London Bridge. We then walked via Lower Thames Street and onto Monument with Ian providing ghostly facts along the way! We stopped for light refreshment at Leadenhall, then walked to St Paul’s and back to London Bridge. We received excellent feedback from both clients and carers.



“Thanks for an entertaining walk yesterday. H said he really enjoyed it and so did I”



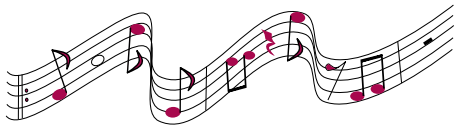
Time for Tennis: Wimbledon trip



Following the successful tennis course back in the summer, participants were given the opportunity to go on a day trip to Wimbledon. The day began with a presentation of the history of Wimbledon followed by a tour of the ground and the famous centre court. We also visited the museum. It was an amazing trip and everyone thoroughly enjoyed the day!



Disco Fun!



We have held two discos since the last Bulletin and what fun they have been! Seventy-five people attended our Caribbean-themed, summer disco and enjoyed the photo booth, limbo and dancing to reggae! Our spooky disco was a fantastic success with 73 people attending, having fun and socialising with friends.



Adult Day Services

Day Services have been enjoying lots of autumnal activities!

Day Opportunities

Our Day Opportunities group at Eden Park have made some fantastic seasonal Gonks, as well as candles, an autumn sewing craft project and decorated jar art.



Eden Park also welcomed a very special guest recently - Maple, a Golden Retriever from Therapy Dogs Nationwide. Maple will be making regular visits to our Day Services clients.



The Cotmandene clients have made a great pumpkin shy, continue to work on their pottery projects, have recorded their own podcasts (watch out for more details), and have been working on their veg trugs during their horticulture sessions.

We also have some exciting news to share at Cotmandene - A Dance Movement Psychotherapy student from Goldsmiths University has started a year-long placement with us. We will update you further in the next Bulletin.



The Lodge

The Catering team at the Lodge have been making lots of tasty treats including pretzels, pumpkin pie and Hocus Pocus brownies!

Find out more

If you are interested in finding out more about our Day Services, please do contact us to discuss your requirements.

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

For Day Opps Eden Park and Cotmandene:
Louise Kelly
louise.kelly@bromleymencap.org
Telephone: [020 8466 0790](tel:02084660790)



A special mention goes to Sue Prentice for making new aprons for the Catering team (photographed above) - thank you so much!

The Lodge team have also enjoyed learning about wine making and have made some wine with our very own homegrown grapes from the Lodge garden!



Fundraising



Bike Flash Sale at the Lodge

We held a very successful bike sale at the Lodge over the October half term which was a great fundraiser. Thanks go to all of those who came and supported the event and helped spread the word. Our bike hire scheme and kiosk remain busy despite the change in weather, so do come and see us when visiting Norman Park.

The lodge Christmas Fair: Saturday 2 December from 10am-2pm

We are very excited that our newly-formed choir, Bromley Mencap Rocks, will be performing at the Christmas Fair at 1pm! Everyone has been working so hard so please do come along and support them. We will also have lots of festive gifts for sale, as well as handmade wreaths and Christmas crafts, cakes, a tombola and more! See our flyer for more details.

Co-op Local Community Fund

We are delighted to announce that our Day Opportunities Project is part of the Co-op Local Community Fund.

To find out more about our project and to choose us as your cause, [click here](https://coop.co.uk/membership).



Special Needs Pushchair

We have a second-hand pushchair that is no longer needed by the service. We are looking for donations in the region of £200 but offers and circumstances considered. All money raised will go towards supporting more families.



Here is some further information about the make and model: The Maclaren Twin Major Special Needs Pushchair is custom-designed for two children, where either one or both have a mobility disability or special needs. Registered with MHRA as a Class I Medical Device, the twin buggy can be used to transport children from around 1 year old to approx 8+ years old depending on the child/children's disabilities (max weight 50kg).

Please contact Steve Barnes on 020 8466 0790 or email enquiries@bromleymencap.org to discuss further.

CHRISTMAS FAIR



Incorporating Bromley Scope

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

**SATURDAY 2 DECEMBER
10AM - 2PM**

Come and enjoy some festive fun!

Tombola & Raffle

Christmas Gifts



**Winter Punch &
Mince Pies**

Cake Stall

Homemade Crafts



**Don't miss our
Bromley Mencap Rocks Choir
Premier performance at 1pm**

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



Employment, Training and Volunteering News

Station Road Training Centre has opened its doors to our first students of 23/24

We have successfully completed our first half term at the Training Centre, welcoming 14 learners who have settled in really well.

A range of vocational and tutorial-based activities have already been delivered including action planning, health & safety, healthy eating and understanding rights for Black History Month.

Over the next half term, we have external speakers from the Metropolitan Police, Fire Service, London Ambulance Service and Sexual Health Team visiting the Training Centre to speak to our learners.

The Centre supports disabled people aged 16-25, who have an Education, Health and Care Plan to build independence and employability skills through nationally recognised qualifications. Our provision runs Monday to Wednesday.



Photographed from left to right: Mark (Training Centre Manager), Karen (SEND Tutor), Jane (SEND Tutor) and Ann (Administrator/Tutor Support)



For further information about our Training Centre and to download a copy of the brochure, please visit our website.



We are a registered training centre; our UKPRN number is 10029133. Our courses are accredited by Open College Network London.

Job Brokerage Update

Brokerage staff and candidates were treated to a hospitality evening at Bromley Football Club recently. This was a reward for all the candidates' great work while being employed with the Bank of America and CBRE.

We are very grateful for all the employment opportunities and would like to thank Pat Heavey, Operations Director at CBRE Global Corporate Services, for supporting our job brokerage scheme.



WELCOME TO OUR

NEW STAFF

Michelle Contini: Facilities Manager

I'm Michelle and I have been very much enjoying my role as Facilities Manager with Bromley Mencap and working with all the lovely staff here. I recently retired from a long-standing and varied partnership as an Architectural Technologist and Building Technologist that dealt with design and construction as well as training, research and development.

I wanted to take on a local part-time role that fits my skill set in the built environment. I was also keen to work for an organisation that supports our local community and continue to use my wide range of skills and knowledge to make a difference. Hopefully, I can fix things and make everything a little better for everyone who uses our facilities.

I still work with the Traditional Skills Trust and with the Society for the Protection of Ancient Buildings teaching traditional crafts and wilding. I love being involved in the Bromley music scene and teach and play with local bands in my spare time, as well as working with Bromley Youth Music Trust. My kids love being involved in all these things too and on a nice day we try and fit in a little paddle boarding and sailing!



Vicki Swift: Cost of Living Co-ordinator



Hi there, I'm Vicki, the Cost of Living Co-ordinator at Bromley Mencap. This is a new service funded by the National Lottery Community Fund, aimed at helping our members who have complex needs, navigate their way to financial comfort and stability.

As a mum of a disabled adult and with a disability myself, I have an absolute passion for improving the lives of all those in our disabled community and have volunteered in the disability sector for over ten years.

Prior to joining Bromley Mencap, I enjoyed a seventeen-year career in the Emergency Services - specialising in Adult Protection and Domestic Abuse, while always being an advocate for promoting diversity and inclusion. I believe everyone should have access to the same services, tools and support systems to improve their quality of life and I am thrilled to be working for an organisation, who genuinely makes a difference and practices what they preach around diversity.

In my home life, I also have a fifteen-year-old child and a Bernese Mountain dog, called Dexter, who you may meet at some events! In my spare time, I run a charity which is a disability swimming club. I love photography, woodland walks and enjoying a sunset.

Josephine Tiffin-Lavers: Office and Finance Administrator

Hello everyone, I am Josephine (although I prefer 'Jo'!) and I have been with Bromley Mencap for a few months as one of their new Office and Finance Administrators.

A lot of you may have already spoken to me on the phone or via email, especially if you are a member. I have recently been busy organising the AGM, which I hope was enjoyed by everyone who attended.

I have a long history of previous administration roles, and, most recently, I worked for another charity based in Bromley.

I am based in the Bromley area and have lived in Bromley all my life. When I am not working, I enjoy playing video games, reading, listening to music, taking my dog out for walks, and spending time with my partner, friends, and family.



Chanelle Alexander: Office and Finance Administrator

Hi, my name is Chanelle and I work alongside Jo as the Administrator and Finance Officer for Bromley Mencap. I am delighted to be a part of the team.

I have previously worked in mainstream and SEN (Special Educational Needs) schools as a receptionist and administrator and enjoy tasks that involve organising and writing, as well as more creative projects.

When I am not working, I love going on adventures with my son and daughter to the beach or visiting different countries. When we are not venturing to new places, we love to snuggle up and watch lots of Anime (hand-drawn and computer-generated animation originating from Japan).

When I have free time, I love journalling about my day or writing creative stories and poems. I also enjoy photography, art, and fashion. My top hobbies are travelling and exercising. I will shortly be going on maternity leave as I am due to have a baby girl at the end of November. I will keep everyone updated on my baby news!



Alejandra Sanchez: Short Breaks Support Officer

I'm so happy to be part of the Children's Team in my new role as Short Breaks Support Officer. I came to London 13 years ago and have worked in other sectors, but I am pleased that Bromley Mencap has given me the opportunity to start this new path in my life. I must say that I am learning every day from different situations and the people that are supporting me.

I started this journey in the Short Breaks Service as a Community Support Worker and after one year, I am now a Support Officer, so I see the other side of the job I used to do. I completed my social work degree in Spain, and both my previous and present roles allow me to put into practice everything that I learnt and have given me the opportunity to develop my skills working with people. I enjoy supporting families and giving back to the community.



In my spare time, I really like watching rugby, which I discovered when I came here. I also like reading a good book, when I can take my time to read it. I look forward to meeting you all and being part of a such a warm community.

WORK WITH US

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 full and part-time employment.



For our latest job listings, please visit:

<https://www.bromleymencap.org.uk/work-with-us/>



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