

BULLETIN

Happy New Year

Christmas Celebrations with Santa and his helpers



A silent disco is a great activity for children with sensitivity to sound or those who can become dysregulated in an over-stimulating environment. At the party, children were able to listen to music at the volume they wished and without disturbing children who wanted to take part in a calm activity or join the scavenger hunt.

To celebrate the festive season, the Children's Services Team held a Christmas party for children with Special Educational Needs and/or Disabilities and their families, thanks to funding from Children in Need.

Children enjoyed a 'silent disco,' where they were able to choose the music they wanted to listen to, and dance for as long as they wanted, all supported by our fabulous team. Also on offer was a story corner, a photo booth, crafts, sensory games, a scavenger hunt and, of course, a visit from Santa. For more photos, turn to page 18.



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Editor's Note



Happy 2024

Welcome to the first Bulletin of 2024!

I hope you had an enjoyable festive period and are looking forward to what we have planned for the new year. This month's Bulletin contains lots of stories and fabulous photos of what



Photographed: Eden Park Staff Team

the different services have got up to celebrate Christmas, including our very successful Christmas Fair and choir performance at the Lodge (page 20).

As the weather gets colder, do remember to look after your health, especially in the winter months. Find out how immunisations can better protect you in the Chief Executive's message on pages 4-5.

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Happy Reading!

Alex Powell

Communications Officer

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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](#).



BROMLEY WELL

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

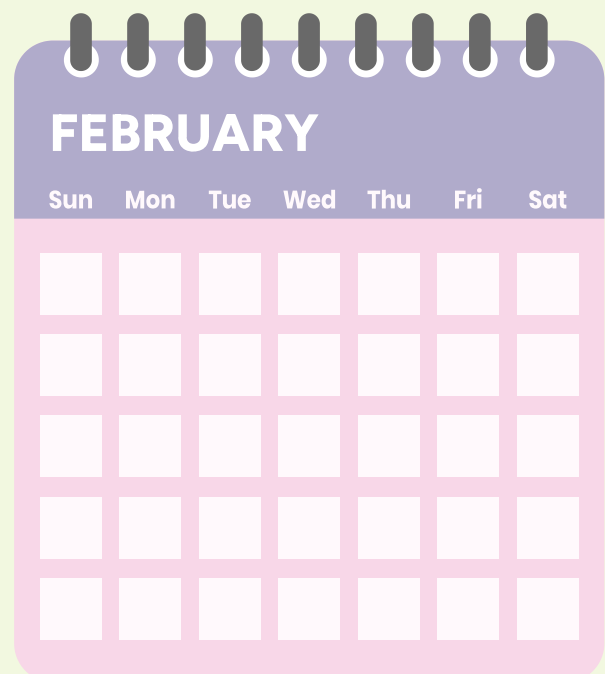
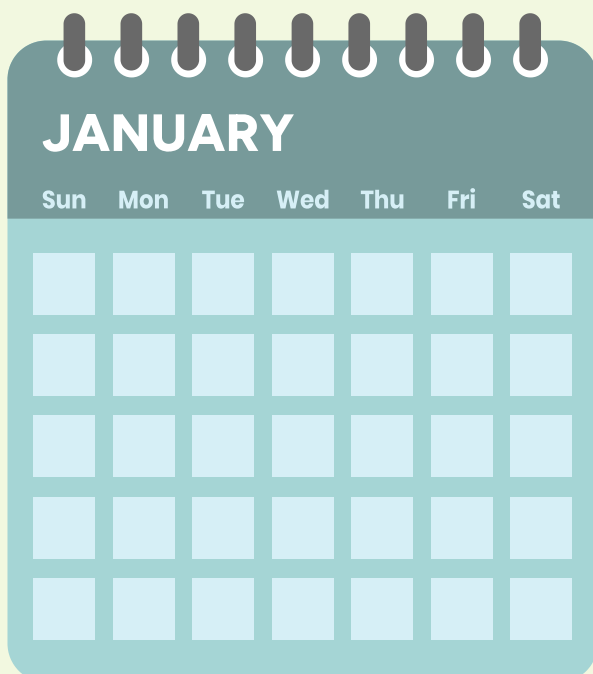
Bromley Well services include employment support workshops, workshops for people with learning difficulties and physical disabilities, autism support sessions as well as regular catch-up sessions.

19
January



Older Carers Workshop & Lunch
 Date 19 January 2024
 Time 11:30 am - 2:30 pm
 Venue St Augustine's Church
 Organiser Tina Penn
 Category Bromley Well Mutual Carers

[MORE INFO](#)





Eddie Lynch

Chief Executive Update

Happy New Year everyone!

People with learning disabilities are being reminded to 'Be wise, immunise' and top up their protection against COVID-19 and flu this winter.



Bromley Mencap has been asked to encourage and support the uptake of vaccinations, including sharing a wide range of resources which are now available. Cold weather and flu can make some health problems worse and even lead to serious complications, especially if you have a learning disability, or if you have a long-term health condition.

The best way to avoid getting flu is to have a flu vaccine, which is free for people with a learning disability. Carers can also get a flu vaccine for free if the person they support would be left without support if they got ill. The flu vaccine is usually given as the flu jab, which is an injection, but some people with a fear of needles may be able to have it as a nasal (nose) spray.

The NHS has produced some helpful easy read resources about how to stay well this winter and protect yourself from flu.



Resources to support uptake, including films about getting vaccinated and are available here.

They explain things like where to go for your vaccination, who is eligible, and what will happen at the appointment. One Bromley has produced an easy read leaflet entitled 'What To Do If You Are Unwell' which you can access here.



There is a legal obligation to put **reasonable adjustments** in place to ensure equal access to healthcare services for people with disabilities.

This means that services should be making changes that help people with learning disabilities to have a vaccination. These might be changes such as sending out an easy-read leaflet about why it is important to have a flu vaccination. It might be changes such as offering a home visit to someone who finds attending the GP surgery difficult. All organisations that provide NHS or adult social care must now follow the accessible information standard by law.



The standard aims to make sure that people who have a disability, impairment or sensory loss are provided with information that they can easily read or understand with support so they can communicate effectively with health and social care services. The Misfits Theatre Company has produced a short film about reasonable adjustments you can request, which you can view here.

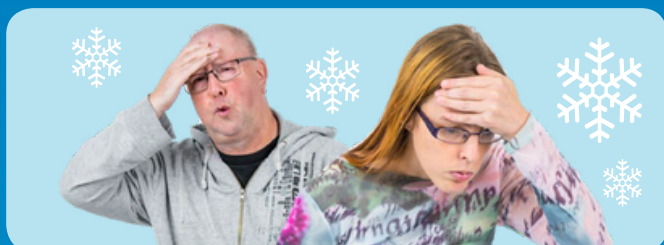


Bromley Mencap offers support for people who are anxious about getting a vaccination or need more help to understand why they are important. We run group workshops and offer one-to-one support.

If you need any support or want more information on vaccinations, please call us on 020 8466 0790 or email us at enquiries@bromleymencap.org



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.



News Corner

Local Events

West Wickham Pantomime: Relaxed performance



The West Wickham Pantomime Society has a relaxed performance of Treasure Island on **Thursday 11th January at 7:30pm.**

The intensity of sound and lighting during the relaxed performance is reduced to avoid the risk of being overwhelmed and the etiquette of the hall is "relaxed."
[Purchase tickets here.](#)

Inclusive Squash at Sundridge Park

A new inclusive session is starting on **Saturday 13th January** (free taster session). These weekly sessions are for D/deaf, disabled, and/or neurodivergent young people aged between 8-16, and are open to all abilities/disabilities and adapted to everyone's needs.

- Saturdays from 12.45-1.30pm at Sundridge Park.
- Suitable for ages 8-16.
- £3 per session (booked half-termly).

Register here: <https://bit.ly/InclusiveSquash>

Remix Theatre Arts: SEN Drama Classes

From **Saturday 20th January**, Remix will be expanding their Saturday drama morning classes. These classes offer an inclusive atmosphere for children and adults with additional needs and learning disabilities.

If you are interested in joining Remix, please contact Alyce at admin@remixtheatrearts.com



SEN Drama Classes

Starting from Saturday 20th January 2024

Christ Church URC, Tudor Way, Petts wood, BR5 1LH

9.00am-9.30am Mini REMIX (Drama and sensory)
Age (3-7)

9.30am-10.00am Junior REMIX
Age (8-13)

10.00am-10.45am Senior REMIX
Age (14+)

If you are interested in joining REMIX please contact Alyce at admin@remixtheatrearts.com
www.remixtheatrearts.com

Book your FREE trial now!

'Once Upon a Time' Pantomime: Relaxed performance

This production is showing at the Bob Hope Theatre, Wythfield Road, Eltham, SE9 5TG on **Sunday 21st January at 11am.**

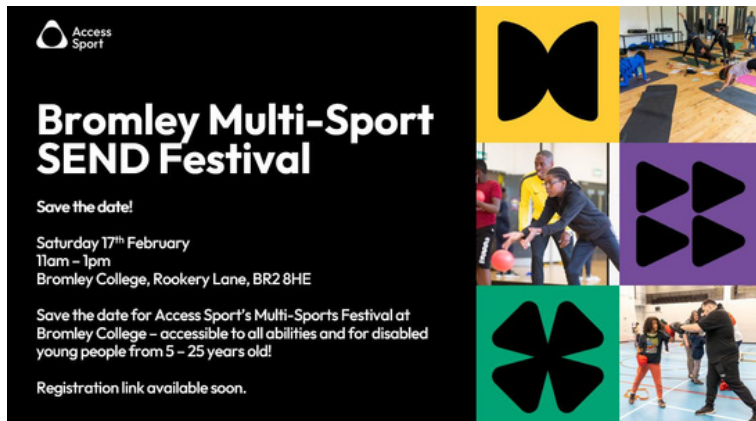
Tickets can be booked through the box office which is open Tuesday - Saturday from 10am - 1pm.
Telephone 020 8850 3702 to book.

The theatre is wheelchair accessible.



News Corner

Save the date: Inclusive Multi-sports Festival



The festival takes place on **Saturday 17th February from 11am-1pm** at Bromley College (indoor sports hall), Rookery Lane, BR2 8HE.

This free event is for d/Deaf, disabled and neurodivergent children and young people and their families (age range 5-25 years-old).

Community clubs will be delivering taster sessions including boxercise, tennis, Zumba, yoga, archery, football and much more. More information on how to register coming soon.

Bromley Children Project: Reducing Parental Conflict

The Reducing Parental Conflict (RPC) programme offers a range of help, advice, and tools for parents who want to reduce parental conflict and minimise its negative impact on their children.



Supporting family members with additional needs can be very stressful and studies show that families may often suffer from relationship distress. The programme aims to support every family, including parents who are together, separated or thinking about separation. All the RPC resources are family-led and completely free and can be downloaded from the [Bromley Parenting Hub website](#).

The Carers Leave Act will come into force on 6 April 2024

The Carer's Leave Act 2023 is groundbreaking legislation that will give employees who are unpaid carers up to five days unpaid leave from work a year in support of their caring responsibilities, something that Carers UK has worked towards for years.

The draft regulations set out important details relating to the Act, confirming previous Government documentation published as the legislation was introduced into Parliament. Read more on the [Carers UK website here](#).

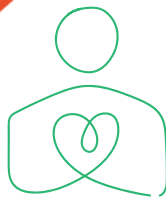


**By Maria Carver-Carter
Information & Support Officer**

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 November workshop
focused on Self-Care.**

During the session, we looked at the seven pillars of self-care as used by the NHS: mental, emotional, physical, environmental, spiritual, recreational and social.



Participants discussed how to have a well-balanced self-care routine, how to maintain safe boundaries/friendships, safe internet practice, and what to do when self-care is failing.

The workshop was very successful with great client participation and feedback.

**In December, we enjoyed another great
workshop with our Loneliness Champion,
Helayna Jenkins.**

Helayna spoke about her experiences which really encouraged clients to open up and discuss their own challenges and stigma attached to feeling alone and isolated.

Everybody, including staff, came away with so many useful tools and web links to follow up on.



In the words of Helayna,

***"Each and every person who attends
will leave with the tools to be a
Loneliness Champion"...***

and we most certainly did.

**A big thank you to all who attend our
workshops – so many great ideas and
fantastic input. As always, your support is
essential to keep our workshops relevant and
helpful for our clients.**

OUTREACH

The Learning Difficulties team had a lovely time visiting the Hope Café, situated inside the Walnuts Centre in Orpington, for their open day. We caught up with residents for a cup of tea, a slice of cake and some lively chat.



A big thank you goes to the cafe manager Carol, her daughter, and team of volunteers for inviting us along so we could share our services with local people.

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 be added to our waiting list for our next 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

HOSPITALS FAIL PEOPLE WITH LEARNING DISABILITIES, SAYS WATCHDOG

The safety of people with learning disabilities in England is being compromised when they are admitted to hospital, a watchdog says.

The Health Services Safety Investigations Body (HSSIB) reviewed the care people receive and said there were "persistent and widespread" risks. It warned staff are not equipped with the skills or support to meet the needs of patients with learning disabilities.

Senior investigator Clare Crowley said: "If needs are not met, it can cause distress and confusion for the patient and their families and carers, and raises the risk of poor health outcomes and, in the worst cases, harm." [Read more 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.

MONTHLY WORKSHOP REVIEW

Our topic for our November workshop was Employability. We were joined by Bromley Mencap's Senior Education, Training and Employment Advisor, Ian Breslin.

Ian spoke about how to access support in the workplace and reasonable adjustments. Employers must make reasonable adjustments to make sure workers with disabilities, or physical or mental health conditions, are not substantially disadvantaged when doing their jobs. This legislation applies to all workers.



JOB



Our December workshop had a festive theme and was led by two of our service users. They showed us how to create some fantastic Christmas crafts and we all enjoyed making our cards and catching up with one another.



WEEKLY AUTISM DROP-IN

Every Tuesday 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.

UPCOMING WORKSHOP

An introduction to CASPA services

Monday 22nd January from 10am to 12pm.
Venue: Bromley Scout Hut.



Join us to find out more about CASPA services available to people aged 16 plus. Email emma.andrew@bromleywell.org.uk or text 07482 558 660 to book.

NEWS AND EVENTS



ASC LIFE ADMIN COURSE

Our next course will run in March and is held at the Bromley Mencap office in Bromley North. The course is over five sessions which take place fortnightly. We discuss coping skills, seeking a diagnosis and relevant topics.

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.

In the News

Kent mother launches club to help autistic girls

Mandy Cook founded the charity Autism South East as a way to help families like hers find a support network.

She has started monthly group sessions in Dartford specifically for neurodivergent girls aged 8 to 18 and their parents or carers.

Ms Cook said autistic girls are "very often forgotten" and there is "very little support" for them. The charity is looking to take the sessions to other parts of the South East, where families have already been in touch. [Read more here.](#)

Autistic people four times more likely to be lonely, says study

Dr Gemma Williams of Swansea University said "autistic people were way more distressed by their loneliness than neurotypical people". The study was a collaboration between Swansea University and Brighton and Sussex Medical School, with two combined studies both about the same subject. [Read more here.](#)



By Sue Charles
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We work closely with clients in person, via the telephone and by email offering emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying clients to medical appointments. We hold workshops and drop-ins and provide outreach at venues around the borough.

MONTHLY WORKSHOPS

Our November workshop celebrated National Self-Care Week.

The theme for 2023 was "Mind & Body."

We discussed why self care is important and how to incorporate it into your daily life.



Our December workshop was all about keeping well in the winter and was followed by a fun festive quiz and mince pies.

We discussed how to keep warm, eat well and stay healthy. We spoke about those who are most vulnerable during the winter months.

We gave tips to help each other, for example:

- **Eat at least one hot meal a day**
- **Lots of hot drinks**
- **Wrap a scarf loosely around your mouth**
- **Be as active as you can**
- **Wear sensible shoes**



UPCOMING WORKSHOPS AND DROP-IN DATES

Keeping Well Workshop

Monday 15 January from 11 am–1 pm

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

We will be discussing keeping well after the Christmas festivities and how to look at ways to kickstart a healthy 2024.

After every workshop, we have a drop-in service until 1pm for our clients who require support or guidance. This could be from general advice to helping with the completion of certain forms.



Drop-in sessions

St Paul's Cray Library: Tuesday 30th January from 10am–noon



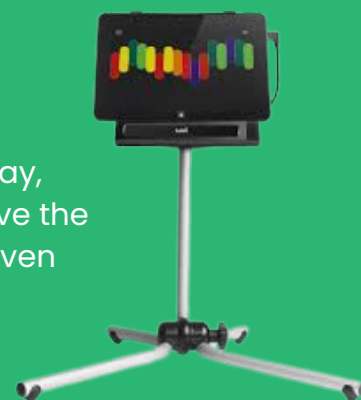
Mottingham Library:
Times and dates to be confirmed.

IN THE NEWS

THE CLARION: THE ACCESSIBLE MUSICAL INSTRUMENT TRYING TO FIND ITS SOUL

Traditional instruments are not always as inclusive as they could be but now another instrument is about to open up the music scene like no other as it is officially recognised by the classical music world. The Clarion – an entirely digital instrument that made music accessible once again. The Clarion is essentially software that can mimic the sound of any instrument you desire and works on technology including iPads, but this doesn't make it a lesser instrument.

Barry Farrimond-Chuong from Open Up Music is one of the designers behind the software. He explains that most musical instruments require two hands and ten very dexterous fingers to play, but with the Clarion, you play with the part of the body that you have the most agency and control over. This could be your eyes, hands, or even one leg with the help of motion cameras. [Read more here.](#)



THE PRO GAMER WHO HAS TO RELY UPON SOUND ALONE

In the competitive world of professional gaming, one gifted player goes by the username Rattlehead (real name Carlos Vasquez). Carlos describes himself as "completely blind" but this does not prevent him from winning gaming tournaments in the US.

Instead of being able to see the game, Carlos relies upon hearing it to make his attacking and defensive moves. "I'm able to pick up on the specific sounds of the characters,"



he says as a growing number of games have accessibility features. However, this hasn't always been the case. While the major games studios are now embracing accessibility, it was previously independent hobbyist developers who often led the way, including some that are visually impaired themselves. [Read more here.](#)

Contact Us

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

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



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 November, we got crafty and participants were provided with materials to make their own Christmas wreaths. It was wonderful to see so many creative designs and it got everyone in the Christmas spirit.



In December, Tina arranged a Christmas party with a sing-a-long. Festive favourites from "White Christmas" to "Jingle Bells" were sung. Everyone had a lovely time and some very lucky people won raffle prizes.



The next Older Carers Workshop & Lunch dates are Friday 19th January and Friday 23rd February.

The next LD Cookery Classes will be Friday 12th January and Friday 2nd February.



MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

After a very busy year, it was finally time to leave the cooking to someone else and enjoy a Christmas meal together at the Harvester.



Tina supplied everyone with some Christmas accessories and one client brought along a Christmas quiz and Christmas jokes which was enjoyed by everybody.



MONTHLY COFFEE MORNING

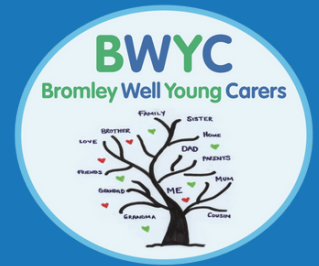
Clients meet once a month at the Harvester on Southborough Lane, Bromley. The event has become very popular.



The next coffee mornings will be Friday 26th January and Friday 16th February.

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

We have enjoyed several activities over the last couple of months.



Book Club



Book Club returned in November. Thanks to the votes on the Young Carers App, 'SpaceBoy' by David Walliams was chosen for this group. We are now fully immersed in the story of Ruth and Yuri.

"I can't wait for Wednesdays. I have to remind my dad, so I don't miss it! I LOVE Book Club" – Book Club member

Young Adult Carers: Barriers to Employment

We had a forum addressing Employment Barriers for Young Carers, looking at the challenges faced by young people who balance the responsibilities of caregiving while navigating employment. In 2024 we will focus on advocating for policies that promote inclusivity in the workplace, raising awareness about the unique needs of Young Carers.

Young Adult Carers London trip - Age 16+

Bromley Well Young Adult Carers embarked on an incredible adventure, discovering the iconic sights of Westminster, exploring the thrilling London Dungeons, and marvelling at underwater wonders in Sea Life.

The trip not only served as a recreational break but also provided an opportunity for peer support and bonding among the Young Adult Carers.



As we bid farewell to the Young Carers who are moving on to other services, we want to wish you all well for the future and thank you for all your contributions to the Young Carers Service. We genuinely hope that the memories from the London trip stay with you as cherished moments.

Safe journeys ahead!



Christmas Party – Ages 4-11

Our Christmas Party had a DJ and dancing, as well as a variety of Christmas-themed arts and crafts including Christmas tree ornament decorating, scratch art, and colouring. We also had some football shootouts and basketball.

Young Carers left through a flurry of snow with a goodie bag as a little token of appreciation for spreading so much joy and positivity.



Laser Tag Showdown – Ages 12-15

Bromley Well Young Carers turned Christmas into a full-on Laser Tag showdown, and it was an absolute blast! The Young Carers were strategizing, communicating, and running around with laser guns—it was a total riot of laughter and friendly competition.



For more information or to refer someone to the Bromley Well Service, please contact us.



Freephone 0300 330 9039



spa@bromleywell.org.uk

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.



Party time!

We were very excited to host our first silent disco Christmas-themed party! As well as the disco, which was a great hit with everyone, we had lots of other activities to keep children entertained and happy.



As the children left, a magical snowy scene awaited as they met Santa in his sleigh to collect a gift!

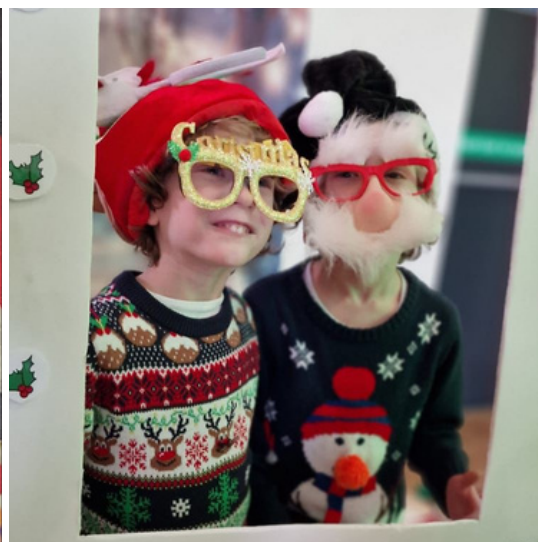


“My daughter really enjoyed herself, especially the silent disco. It was lovely to see other children wanting to play with her, which isn’t always the case”

“A big hug and thank you to the team at Bromley Mencap”

“Having a child with a disability is incredibly hard. Events like today tell parents that someone sees us. Thank you for that. It means more than you probably know”

We have so many people to thank for the event, including the Beckenham Rotary Club for the use of Santa’s Sleigh, Amrita Hall for the venue, and all of the volunteers who helped us on the day.



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.



Christmas Ball



A record 84 clients attended our Christmas disco at Crofton Halls, enjoying festive food and drink, followed by dancing. It was an extremely successful event with excellent feedback.



Walking and Cycling Club: South Bank Christmas Lights

We started our outing with a train trip to London Charing Cross and a walk across the Hungerford Bridge to see the South Bank lights. We then walked to the Sherlock Holmes pub for a drink where we met Dr Who actor, Matt Smith! He happily chatted with our clients and joined in with some photos.





Adult Day Services

Happy New Year from everyone at Day Services!

2023 was a year of great achievements and amazing memories! One of the big highlights was of course the Christmas Fair, thanks to everyone's support we managed to raise just over £2000!

We had a visit from the Grinch, the Mayor of Bromley and Father Christmas himself. During the fair our Bromley Mencap Rocks Choir (pictured above) gave their premier performance with a heartwarming rendition of 'This is Me' from The Greatest Showman as part of their set which they sung and signed. The Day Services teams all contributed to the fair with delicious cakes, coffee syrups, homemade chutney, handmade wreaths, and bespoke Christmas decorations.



In December our Day Opportunities groups enjoyed Christmas sing along sessions from our friends at West Wickham Methodist Church and a performance from Paul Betts. We had a group visit to one of the local Co-op stores to attend an event as part of their Local Community Fund scheme, who we have linked with.

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)



If you're shopping in Co-op please use your Co-op card and select Bromley Mencap as your chosen charity – every little helps our projects.





Adult Day Services continued

Lots of interesting activities were enjoyed this winter including Christmas T-Shirt designs, making bird treats, chocolate slab treats, making tacos and cooking with homegrown radishes from our veg planters.

Also pictured right are our woodwork team from Cotmandene who crafted a fantastic wooden Christmas tree. Watch this space for next Christmas when our workshop will be in full operation. Expect to see more bespoke designs crafted from wood.



Monday Afternoons

Join our monthly recreation club supporting people with cerebral palsy to live a more independent life.

We have been getting into the Christmas spirit here at Monday Afternoons. We enjoyed a festive craft session making calendars and Christmas cards with the kind assistance of three volunteers. This was a hit with our members. Our Christmas lunch also went down a treat and a good time was had by all. Christmas jumpers and hats optional!



Thanks as ever to our fantastic team of volunteers: Ann Hines, Andrew Stammers, Louise Chorley, Viki Worthington and Nicky Hutley. We couldn't run these events without you.

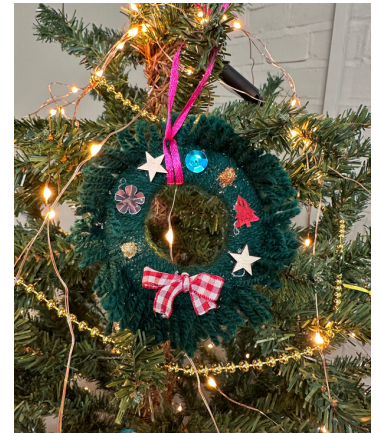
**THANK YOU
SO MUCH**

Employment, Training and Volunteering News

Station Road Training Centre Update

It has been another busy half term in the lead up to the festive break with 15 students on roll at our new Training Centre.

Learners have been making positive progress on their courses: they have enjoyed making some lovely Christmas decorations and we have welcomed several guest speakers to the centre to deliver talks and workshops. This has helped raise awareness around the different services available to our students. We have had visits from the London Ambulance Service, London Parliament, the Sexual Health Team, and the Oral Hygiene Team.



We are pleased to report that the Training Centre has also achieved the level 1 RHS Schools Gardening Award. We are now working towards the level 2.



Retention Update

Our Bromley Well Retention Worker, Alison Alexander, supports individuals to remain in employment by working closely with employers to help them make reasonable adjustments to individual roles and provide disability awareness training.

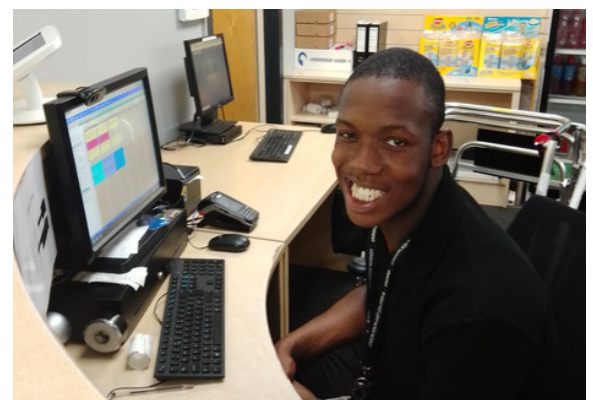
Alison is enjoying her role supporting people in their paid or voluntary positions and has seen their confidence grow immensely.



Alison reports that she has:

“built amazing relationships with employers, parents and carers”

and is looking forward to working with more clients in 2024!



WELCOME TO OUR

NEW STAFF

Seher Khan: Young Carers Coordinator

Bromley Well

Hey there, everyone! I'm thrilled to introduce myself as the new Young Carers Coordinator. My name is Seher Khan and I love working with young people and families.

My aim is to make sure young carers have the support and understanding they need as well as the opportunity to take part in fun activities away from their caring role. I'm always ready to listen, help, and be an advocate when needed the most. Whether it's a shoulder to lean on, a listening ear or someone to have a little boogie with, I'm here to support young carers along their journey. So, get ready for some exciting adventures ahead!

You can read more about what the Young Carers Service has been up to on pages 16-17.



WORK WITH US

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

We have several 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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