

The Mayor visits our Training Centre



Read our
Chief Executive's
farewell article
on page 4

"It is a great establishment, offering a very necessary service. The centre is friendly and homely, with wonderful learners and staff"

**Councillor Mike Botting,
Mayor of Bromley**

We were delighted to welcome the Mayor of Bromley to our Station Road Training Centre on Monday 4th March.

Learners gave the Mayor a tour of the Training Centre and learning facilities, served refreshments which they had prepared and discussed a range of topics and issues within the local area.

The Training Centre provides much-needed learning opportunities to young adults with SEN (Special Educational Needs) within Bromley.

The Mayor's visit was a fantastic opportunity for our learners to proudly present their learning environment and talk about the range of activities we provide.

Photographed above from left to right: Sarah (Learner Support and Employment Advisor), The Mayor, Jane and Sue (Tutors), Peter (Chair of Trustees), Matt (Employment Services Manager) and Mark (Training Centre Manager).



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



I love this time of the year as buds appear and the spring flowers are in full bloom in the Lodge garden! Day Opportunities have been a hive of activity and there has been much excitement around Norman Park as our bicycle maintenance students have been busy working on a very unusual project. Make sure you turn to page 21 to find out what all the fuss has been about!

As well as the usual updates from all the services, please do take the time to read Eddie's last chief executive report as he prepares to stand down after 20 years of fantastic service. Bromley Mencap really has grown from strength to strength under his leadership and direction and we will all miss him.

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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. You can find the latest Cost-of-Living course dates on our website for March and April, for example..



14/3/24	10:00-12:00	Social media
14/3/24	13:00-12:00	Drop-in
21/3/24	10:00-12:00	Essential spending
21/3/24	13:00-15:00	Drop-in
28/3/24	10:00-12:00	Digital Technology
28/3/24	13:00-15:00	Drop-in
4/4/24	10:00-12:00	Safe money management
4/4/24	13:00-15:00	Drop-in
11/4/24	10:00-12:00	Benefits
11/4/24	13:00-15:00	Drop-in
18/4/24	10:00-12:00	Avoiding debt
18/4/24	13:00-15:00	Drop-in
25/4/24	NO COL	NO COL


Incorporating Bromley Scope



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

15
March



Correspondence Drop-in

 Date 15 March 2024

 Time 10:00 am - 3:00 pm

 Venue Station Road

 Organiser Emma Andrew

 Category Bromley Well Learning Disability

MORE INFO

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.



Chief Executive's Farewell



Incorporating Bromley Scope

Eddie Lynch

As I prepare to say goodbye to Bromley Mencap, after 20 years as Chief Executive, I want to take this opportunity to briefly look back on my time at the organisation.

In 2004 Bromley Mencap was a very different and much smaller organisation. Back then we ran eight services, had 14 staff and an annual turnover of £400,000. We focused on supporting people with learning disabilities and their families and we operated from one building in central Bromley.

Two decades later and we are now a much larger and stronger organisation with a huge reach and successful partnerships at many levels. We now work with all disabled people, their carers and families, we have around 150 staff and we provide a wide range of community-based services from five buildings across the borough.

Over 100 people use our day services each week and, over the years, we have supported over a thousand disabled people, many with complex needs, into paid employment. Our turnover has increased 6-fold over that time and is now approximately £2,500,000 annually.

A service user at our Day Opportunities Scheme in Orpington

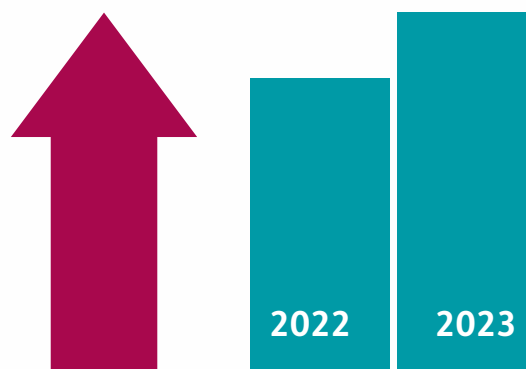


We provide support and services to thousands of people.

Last year we saw a record 2,201 new referrals to the organisation.

This is an increase of 401 on the previous year.

We have been recognised by 10 award schemes over the years - particular highlights include winning the Guardian Award for our Mutual Carers Service and a What's On for Kids Activities Award for our



Bromley Well Young Carers Service. Our mergers with Bromley Scope and Disability Voice Bromley further strengthened the voice of disabled people locally.

Our success could not have been achieved without an amazing team of staff, volunteers and trustees as well as our wide range of partners and funders. Strategically, we have developed into an innovative service provider focusing on delivering high quality services to meet local need.

Our reason for being is the disabled people and families who rely on us for support. That is what drives the organisation.



In our recent reaccreditation for the Investors in People (IIP) quality standard, it was reassuring that our highest scoring theme amongst staff and trustees, at 97.3%, was understanding the context we work in and the purpose of the organisation.

IIP said: 'This indicates that your people connect at an emotional level to how Bromley Mencap makes a positive difference in society. This is a key factor driving employees' high engagement levels.'

As we look forward to the years ahead, we welcome Anna McEwen as our new Chief Executive (photographed left).

Anna joins us in May and I know you will all offer her the same wonderful support you have given to me over the years. Anna will be co-producing a new Strategic Plan for the organisation and will be involving our members and all stakeholders to ensure everyone's views are represented and feed into the future development and sustainability of the organisation.



≡Welcome≡

Until the new Strategic Plan is complete, we will continue to focus on our key priorities for the coming year, including supporting more vulnerable people with the cost-of-living crisis. To this end, I am delighted to report that Bromley Mencap has some exciting news to share about a new scheme that will provide grants to disabled and vulnerable people in financial hardship. More details will follow soon.

I would like to end by thanking every single person I have worked with over the last 20 years for helping to make Bromley Mencap the successful organisation it is today.

I have thoroughly enjoyed my time here as the Chief Executive and I wish the organization every success in the future.



Obituary

Linda Allchorne

Linda Allchorne, long-standing member, and volunteer of Bromley Mencap, sadly passed away before Christmas. As a member of our volunteering group, she often supported at fundraising events, with her friends, raising money for Bromley Mencap.

Linda was a member of Bromley Advocacy for All and worked hard to get the voices of people with learning difficulties heard. As a member of the Learning Disability Partnership Board, Linda was often heard to remind speakers 'No jargon!'

Linda was a kind-hearted lady who was always there to help out when needed. The 80 people at her memorial service was testament to how much she meant to her friends and those she worked with. She will be missed.



News Corner

'Why We Care' campaign

Mencap is calling on all political parties to better fund social care so that social care workers get the recognition and pay they deserve.

[Sign the petition here.](#)

The Mencap campaign examines the social care system in England, through the experiences of frontline staff.

The published report looks at what motivates staff, what they do, and the value this brings to people's lives.



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 February workshop focused on scams in our local borough and nationwide and was led by Beverley Nicklin, Senior Trading Standards Enforcement Officer.

During the session, we learned about how to protect ourselves both online and in person.

A group discussion followed whereby clients could share their personal experiences on the topic.

Scams Safeguarding information and 'No Cold Caller' stickers are available via Maria or Emma on Fridays at our Station Road Drop-in sessions.



**COLD
CALLER?**
Call Bromley
Trading Standards
07903 852090

More information on scams and rogue traders can be found on the [Bromley Safeguarding Adults Board](#) website.

UPCOMING WORKSHOPS

Will Writing and Advice
Monday 11th March from 10am-12pm at the
Bromley Scout Hut.

Voter ID
Monday 8th April from 10am-12pm at the
Bromley Scout Hut.

Phone 020 8466 0790 or Email maria.carver-carter@bromleywell.org.uk to book your place.

CORRESPONDENCE DROP-IN

**Every Friday from 10am-12pm or 1-3pm at our Station Road Training Centre.
Download the flyer [here](#).**

Bromley

Well

Supporting people with Learning Difficulties

Correspondence Drop-ins

Do you need some help with reading and responding to letters?

Attend our FREE drop-in on Fridays!

Pop into our office on Fridays from 10:00 am to 12:00 pm or 1:00 pm to 3:00 pm.

Please note: the drop-in is closed from 12:00 pm to 1:00 pm.

You will find us at:

Bromley Mencap office,
Station Road,
Bromley North,
BR1 3LP.

For more information and to book, please contact Bromley Well

FREEPHONE 0800 278 7898

EMAIL spa@bromleywell.org.uk

Bromley

Well

Delivered by:

BROMLEY THIRDS SECTOR ENTERPRISE

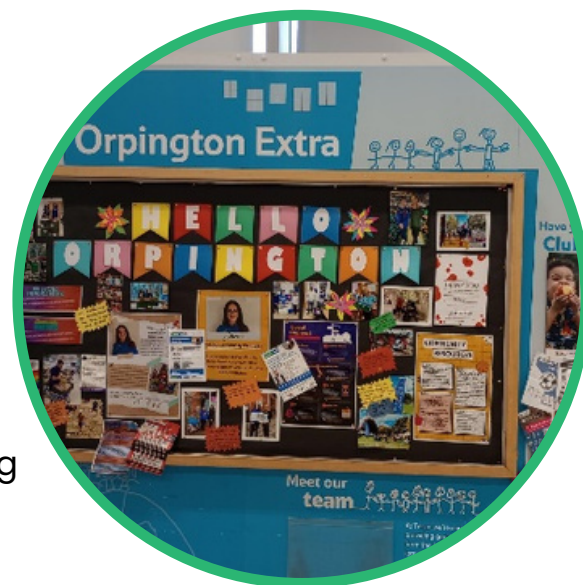
Funded by:

Bromley Well

South East London

OUTREACH

The team has been busy out and about in the community spreading awareness of the support we can provide to local people. We have left our flyers at various shops and pinned them to community notice boards, allowing us to speak with local businesses about our services. We have made links with the Disability Access Team and Station Manager at Orpington Rail Station and hope to arrange a workshop on accessible travel for people with learning difficulties. We have also spoken with Andersons Vets and hope to organise a future pet care workshop.



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

In the News

ALFIE PYLE: DISABILITY CRICKETER DEFIES BULLIES TO MAKE ENGLAND DEBUT

Pyle, who has a learning disability and a speech impediment, recently became the first cricketer to play for England after coming through the Super Is programme. However, it could have been a different story as the bullying he endured while at school affected his confidence and stopped him from playing for a while as he couldn't concentrate.

"I first started playing cricket when I was five and when I got to an older age I played two years above my age," said Pyle.

"Now, I have forgotten about the bullies and I am playing cricket again. I'm proud, everyone's proud of me."

Super Is was set up by the Lord's Taverners, the United Kingdom's leading youth and disability cricket charity. The programme is targeted at young people aged between 12 and 25 with a disability and gives them the chance to play regular, competitive cricket.

The 21-year-old batter has spent four years with Super Is and has reaped the rewards of it. After impressing there as a player, not only has he broken into Sussex's D40 side, he has also got international recognition, playing for England's learning disability side in a tri-series against Australia and South Africa. Read the full article on [BBC Sport website](#).



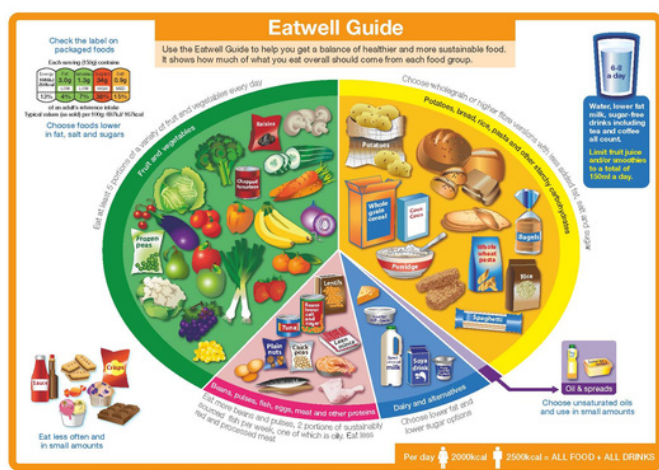
By Chetan Raval Information & Support Officer

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 topic for our January workshop was 'Keeping Well' and was an opportunity to discuss ways to take care of your health and wellbeing.

We looked at how making small changes to eating habits can support a healthier lifestyle. The Eatwell Guide was given out to participants and we also investigated the traffic light system on food labels which allows people to make better choices when shopping.



In February, we gathered feedback to find out what clients would find useful in future workshops.

The following topics came up:

- Assistive technology including the use of smartphone apps,
- meditation to help with wellness,
- local crime and scam prevention.

Thank you for your valuable feedback.

UPCOMING WORKSHOPS AND DROP-IN DATES

The Cost-of-Living Crisis and Digital Champions

Monday 15 April from 11 am-1 pm

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

Meditation for Wellness

Monday 13 May from 11 am-1 pm

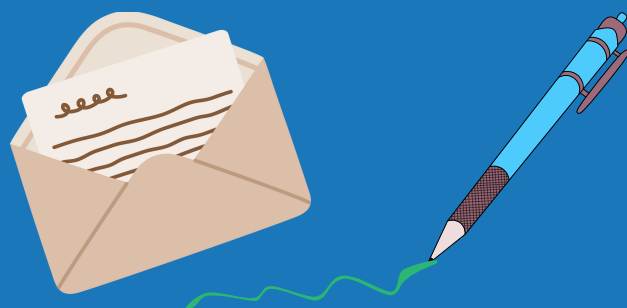
Venue: Bromley United Reformed Church, Widmore Road, Bromley, BR1 1RY

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 26th March from 10am-noon



IN THE NEWS

LONDON MARATHON 2024: EQUAL PRIZE MONEY FOR WHEELCHAIR AND ABLE-BODIED RACES

The London Marathon is to become the first marathon in the world to offer equal prize money for its wheelchair and able-bodied races. All winners in the elite races of this year's London Marathon will receive £43,500.

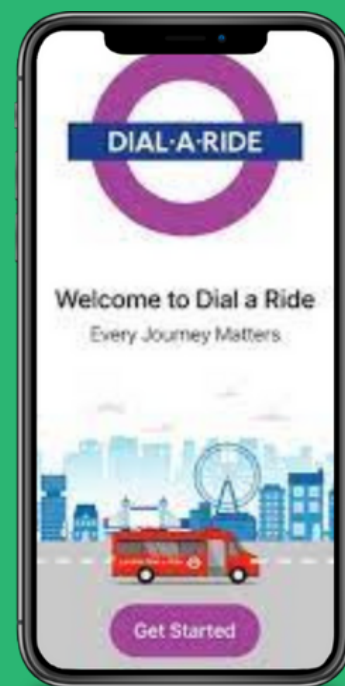


London Marathon event director Hugh Brasher said: "We have made great strides in recent years towards our ambition to make the London Marathon the most diverse and equitable marathon in the world and this is another important step towards achieving that goal." Read the full article on the [BBC Sport website](#).

NEW ONLINE DIAL-A-RIDE BOOKING SYSTEM

Transport for London (TfL) has introduced a new mobile Dial-a-Ride booking system for customers, offering members and caregivers access to an additional channel to the existing telephone booking system. Dial-a-Ride members can use a new user-friendly mobile app to book journeys and manage their bookings. Customers can also track their driver, update any details related to their ride, and cancel a trip without having to call the contact centre.

Further details about how to download our Dial-a-Ride app can be found on the [TfL website](#). Please contact the Dial-a-Ride team on 0343 222 7777 if you require any more information.



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 January, clients were joined by John Bruce who gave an interesting talk on the Neighbourhood Watch Scheme. This was very informative and warmly welcomed by everyone.



In February, Tina arranged for Andy Burton, a volunteer at the RAF Biggin Hill Museum and Chapel, to come along and give a



talk and presentation to carers. Andy was very knowledgeable, so the talk was wonderful with carers saying how much they enjoyed it.

Some carers are now planning to visit the museum and Tina will arrange for Andy to join the group again to give a talk on Winston Churchill at the request of the carers.



The next Older Carers Workshop & Lunch dates are Friday 22nd March and Friday 19th April.

The next LD Cookery Class will be Friday 26th April.

MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

It's an exciting time for the clients that attend the LD cookery class. This year clients will be traveling around the world cooking dishes from different countries.



In January, we jetted off to France to cook the dish Croque Monsieur followed by Tarte Tatin with ice cream for dessert. Everyone was delighted with the results and there were some very clean plates to prove it.

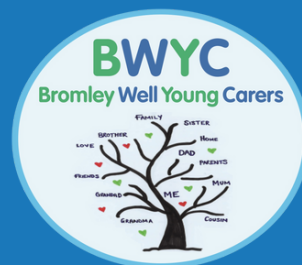
Our next stop was China. Clients cooked up a storm in the kitchen making sweet & sour chicken with rice along with Chinese Raspberry Snowflake Cake. Some very brave people tried eating with chopsticks which caused a lot of laughter. It also allowed participants to try spices such as star anise, ginger and chillies.

Again, this was well received with some clients having a second helping.



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

For more information or to refer someone to the Bromley Well Service, please email spa@bromleywell.org.uk or freephone 0300 330 9039.



Book Club: BANG! CLONK! DONK! BING! DING! BOP! POP!



We are halfway through the adventure of *Space Boy and Ruth!* The young carers have been joining **every Wednesday at 4:30pm (excluding school holidays)** for the online Book Club. All participants have been using fantastic reading skills filled with energy, excitement and expression.

We can't wait to read on to find out if Ruth and Space Boy will ever escape?!...if you would like to join Book Club, please contact Seher for more information.

Bowling Fun

The bowling trip with the young carers was an absolute blast! We were all excited as we hit the lanes. But what made it epic was how we had each other's backs. Whether someone scored a strike or a gutter ball, we were there cheering each other on. It wasn't just about bowling; it was about having a great time together and showing support.

We laughed, we high-fived, and we made memories that will stick with us for ages. It was more than just a game; it was a bonding experience that brought us closer as a crew of awesome young carers.



CREATE Workshop

Our three days with CREATE Arts were epic! Under the guidance of the awesome Mike and Layla, young carers got to dive into the world of music like never before. We jammed together, using all sorts of cool new instruments and working as a tight-knit team to create some seriously awesome tunes.



But that's not all – we also got schooled in money management with Change: Matters. From debt to credit cards, pensions to mortgages, we covered it all! We even learned some



savvy ways to save cash, like going to cheaper supermarkets instead of splurging at the corner shop. It was such a great experience, and they got to show off their skills with a performance at the end.

There will be another performance over Zoom in March for Young Action Carers Day!

Keep an eye out for the dates coming your way soon.

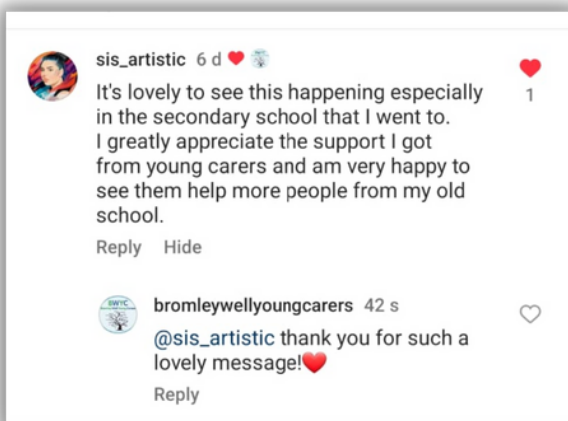
Transition Plans

Young carers aged 18+ were invited to participate in a transition plan session, where they met with the Adults Carers Team to develop a personalised plan. This plan addresses various aspects of their lives including education, employment and health. Tailored specifically to each young person's needs, the transition plan serves as a valuable tool for referring young carers to adult carer services. Additionally, it can be utilized as a supporting document when collaborating with other agencies, ensuring comprehensive support and continuity of care for these remarkable individuals as they navigate their caregiving responsibilities into adulthood.



School Outreach

Bromley Young Carers is on a mission to raise awareness about young carers and the challenges they face. We've been reaching out to primary schools across Bromley, organising assemblies for students and providing training for staff. Our goal is simple: to shine a spotlight on young carers, ensuring they receive the support and recognition they deserve. By increasing awareness, we hope to uncover hidden carers and ensure they receive the assistance they need to thrive.



Recently, we attended [St Mary Cray Primary Academy](#) and delivered an interactive assembly. The students actively participated, singing along and eagerly asking questions. We extend our thanks to the school for their warm reception and ongoing dedication to the wellbeing of young carers.



We have also visited the secondary school [Harris Academy](#) in Orpington and delivered a presentation to staff members. We look forward to liaising with more secondary schools to ensure young carers receive the visibility and support they need to flourish in their caring roles.

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.

Sarah Clark and Sarah Astill from the Specialist Autism Family Support team delivered a presentation about the Children's Service at the Bromley Speech and Language Conference on 28th February. During the presentation, our workers shared examples of the strategies we use when supporting parents and carers. You can find additional resources to support children and young people with social communication needs on our [website here](#).



“Please convey my thanks to you and your team for the very helpful and interesting presentation you gave yesterday. People were so pleased to hear about what you offer and how we can signpost our parents and families. Sounds like such valuable work you do.”

[Download the flyer](#) to find out more about the Specialist Autism Support Service.

Save the Dates

Our Children's Service has several webinars coming up on a variety of topics, thanks to funding from BBC Children in Need.

- **Wednesday 12th June: Reducing parental conflict**
- **Wednesday 11th September: Effective communication between home and school**
- **Wednesday 13th November: Pathological Demand Avoidance (PDA) and parenting**

To register your interest, please email SpecialistASC@bromleymencap.org or telephone 020 8466 0790.



Upcoming Webinars

Delivered by Bromley Mencap's Children's Services
for parents and carers living in Bromley

Join us for online training sessions on a variety of topics
Time: 7.30-9.00pm

- | | |
|-----------------------------|---|
| • Wednesday 12th June: | Pathological Demand Avoidance (PDA) and parenting |
| • Wednesday 11th September: | Reducing parental conflict |
| • Wednesday 13th November: | Effective communication between home and school |

We will ask for your consent to record the webinars and for recordings to be shared.

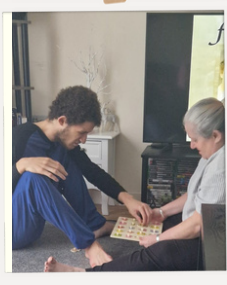
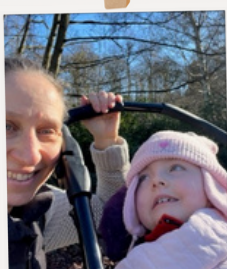
Please register your place in advance by emailing SpecialistASC@bromleymencap.org

Short Breaks Update



Our Short Breaks Services provide respite to families via Community Support Workers, Buddies and Childminders. Support is flexible and tailored to each family's requirements and around the child's interests and ability.

The following photos show some of our Community Support Workers out and about in the community with the children and young people that they support.



Photographed from left to right:

- Joyce supports siblings Sebastian and Emily with Benedict (not pictured). They have been attending football coaching sessions at Bromley Football Club.
- Sarah provides support for Dakota. Support is provided mainly in the home but Dakota also enjoys going out for local walks.
- Jemima supports Annabelle and takes her out locally as well as organising trips to London. Annabelle also loves watching the trains go by at Orpington train station.
- Frances (not photographed) and Louise provide two-to-one support for Joel. This is usually home-based.
- Joella is a Buddy and supports Andreina. They have enjoyed activities in the home and going on shopping trips to Bromley together.

Our Community Support Workers and Buddies have regular opportunities for get-togethers and training. As they are lone working, it is beneficial for them to meet other workers, share stories and receive updates.

We recently held First Aid training at our Station Road Training Centre which was a very positive event.



All our short breaks services can be accessed through social care if you and your child qualify for Short Breaks, or by self-funding. Please contact us to find out more.



shortbreaks@bromleymencap.org.uk



020 8466 0790

Supporting People with Autism (aged 16 plus)

We support people aged 16 and over who have an Autism diagnosis, or believe they have Autism and are seeking a diagnosis. To be eligible for our service, you must not be receiving any other services from Bromley Council.

We offer support with finding social and leisure activities, health matters, money management, applying for grants and benefits, housing, managing communication, employment and training, life skills and signposting to other services.

If you would like to find out more, please contact Fay Hicks, Autism Information and Support Officer.

Email fay.hicks@bromleymencap.org or telephone 020 8466 0790.



Welcome Fay!

I am very happy to be the new Autism Information and Support Officer for Bromley Mencap. I'm looking forward to meeting as many of you as possible and creating an Autism-friendly community here in Bromley.

Monthly Workshops

In February, we held a workshop to gather feedback on the service and to find out what support you need from us.

We heard that you wanted more social opportunities

so we are devising a course called 'Social opportunities' which will run for 6 weeks from April.

If you would like to join the waiting list or hear more, please contact fay.hicks@bromleymencap.org or phone 0759 7048674 / 0208 466 0790.

Feedback



**SAVE THE
DATE**

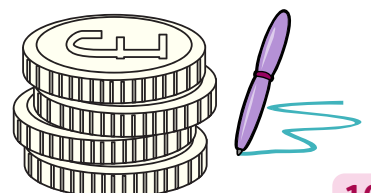
**Our next workshop is on
Monday 25th March from 10am -
12 noon at Bromley Scout Hut.**

Come along to learn more from our Cost of Living Coordinator, Vicki Swift, and All Age Autism Welfare Benefits Officer, Allison Gill.

Get support with your money worries and advice about benefit eligibility and completing forms.

Please contact Fay Hicks to reserve your place.

[Download the flyer here.](#)



Supporting People with Autism (aged 16 plus)

Autism Drop-in

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

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

Come along and talk to an Autism Specialist and learn more about the services, benefits and support on offer.

Just drop in and see us. There is no need to book!



Other events of interest: Celebrating Autism Acceptance

Come along and learn about Autistic Acceptance from the experts, Autistic people!

Visit www.caspabromley.org.uk/autismacceptanceweek for details on how to register for these events.

CELEBRATING
AUTISM ACCEPTANCE 2024

Do you have a child/family member that is autistic or are you autistic yourself? Or do you want to learn more about how you can support and advocate for Autistic and Neurodivergent people? Come and join us at one of the below events and learn about Autistic Acceptance from the experts, Autistic people!

Visit www.caspabromley.org.uk/autismacceptanceweek
for details on how to register for these events.

MARCH 26
1PM - 8PM

BROMLEY AUTISM SHOW
OAKLEY HOUSE, BR2 8HA

Local Services & Speakers

inc. 'It's raining Cat's and Dogs' Author Michael Barton, Jordan James, 'the Autistic Photographer' and more...



MARCH 28
7PM - 9:30PM

18+ CONNORS NIGHT
OAKLEY HOUSE, BR2 8HA

THEME: WEAR GREEN TO BE SEEN
Celebrating autism & neurodiversity.
AUTISTIC ADULTS & FRIENDS WELCOME



APRIL 10
1PM - 4PM

FAMILY ACTIVITY DAY
BROMLEY UNITED REFORM CHURCH
BR1 1RY

Come and celebrate Autism at this Family event, with bouncy castles, trains and other children's entertainment. SUPPORTED BY CASPA STAFF AND PARTNER AGENCIES



Events in partnership with



South East London

 @caspaautism
  @CASPA Online
  @caspa_online
  @CASPAOnline

WEAR GREEN TO BE SEEN
28TH MARCH 2024



As part of Autism Acceptance week, why not ask your school or workplace to get involved.



Find out more here
THE GREEN MILE
23RD JUNE 2024

Or take part in another of our annual events and choose to run, walk, or hop around Norman Park.



CASPA
Community House
South Street, Bromley
BR1 1BH



COMMUNITY AUTISTIC SUPPORT PRIDE & ADVOCACY

For general enquiries:
contactus@caspabromley.org.uk
For membership:
membership@caspabromley.org.uk

 @CASPA_Online

 @CASPA Life with Autism

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.

Dates for your diary!

Invites for the upcoming springtime disco and walk around Scadbury Park have been mailed out to members. Please return your booking form as soon as possible to secure your place.



**Bromley
mencap**
Incorporating Bromley Scope

ADULT DISCOS

UPCOMING EVENTS 2024

Crofton Halls, Orpington

Times to be confirmed

9th April

Springtime



16th July

Carnival



29th Oct

Halloween



17th Dec

Christmas Ball



Contact us:  020 8466 0790  enquiries@bromleymencap.org



**Bromley
mencap**
Incorporating Bromley Scope

WALKING AND CYCLING CLUB

UPCOMING EVENTS 2024

Times to be confirmed

13th April

Scadbury Park

19th June

Keston evening walk

27th July

Wetlands day trip

7th Sept

High Elms

27th Oct

London ghost walk

11th Dec

Christmas lights

Contact us:  020 8466 0790  enquiries@bromleymencap.org

Keep Fit Classes

We have put together an exciting Keep Fit programme starting in April which will run for 12 weeks. Classes will include Zumba, cheerleading, circuit training and aerobics. Join us to get fit and have fun!

There is more information on our [website](#). You can also download our [easy-read flyer here](#).





Bromley Mencap Rocks Choir

Do you enjoy singing? Do you want to have fun and meet other disabled people? Join our choir!

What to expect

Our fun singing sessions will run for 10 weeks in preparation for our performance at the Bromley Mencap Summer Fair on Saturday 6th July!

**£3 per session (cash only)
or pay £30 up front
(card payment only)**

Date, time and place



**Starts Tuesday 30th April until
Tuesday 2nd July for 10 weeks**



4pm-5:30pm



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

Please contact **Nicki Debich** to register your place.

Email at nicki.debich@bromleymencap.org or phone on **020 8466 0790**.



Adult Day Services

We have lots of activity to report from Day Services!

Eden Park

We marked the Chinese New Year with some great craft activities and cookery. The group enjoyed making heart bird feeders for Valentine's Day. Clients also took part in a mocktail making session and a snowy owl artwork project.



Cotmandene

Cotmandene Day Opps have been continuing to develop their woodwork skills by constructing birdboxes and new coat hooks for the centre. They have also been making some fantastic clay animal figures in their pottery sessions. The dance movement therapy sessions have continued to be very popular and Nurses from the LD (Learning Disability) team have been visiting to deliver sessions and open up conversations around women's health.



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)

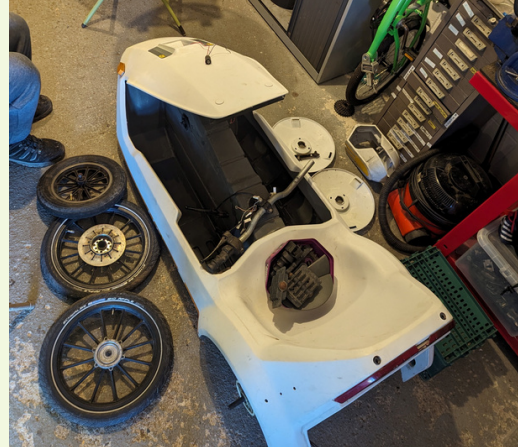
The Lodge

The Catering team have been focussing on developing their customer service skills and participating in kiosk training sessions. They have made love heart tarts, lentil dal, sticky coffee tofu

and experimented with some more controversial recipes such as tomato soup cake and mash potato drizzle cake!



The Horticulture team have been concentrating their efforts around aerating the lawn and edging the grass. The daffodils have bloomed, and some fantastic produce is on show such as Romanesco, spinach, rosemary and purple sprouting broccoli.



The Sinclair C5 makes a return!

At the end of January, the bike workshop at the Lodge received a pair of Sinclair C5s, which most people would agree is not a common sight around Bromley nowadays (or in the past or anywhere ever)!

They were in quite a serious state of disrepair and yet, not to be deterred, the team took on the challenge, did their research and quickly got up to speed on the story of Sir Clive Sinclair and his much maligned creation.

Over the course of three weeks, each and every workshop member found and performed their own unique role in stripping down the C5s. The team then got onto cleaning and sourcing the missing parts from the in-house parts bank, all of which have been salvaged from previous donated bikes and equipment, before contributing to the eventual rebuild.

Then, after much excitement, the C5s were taken for a test drive around Norman Park, attracting much attention and friendly comments from the nostalgic locals as they went by. So there you go, on the 40th anniversary since its creation, the Sinclair C5 really is a common sight in Bromley after all...



What is a C5?

The Sinclair C5 is a small one-person battery electric recumbent tricycle, technically an "electrically assisted pedal cycle".

It was the culmination of Sir Clive Sinclair's long-running interest in electric vehicles. Although widely described as an "electric car", Sinclair characterised it as a "vehicle, not a car".

It was launched in 1985 but was impractical for most people's needs and sales didn't take off. Now the vehicle is seen as a cult item from a bygone age. [Find out more here.](#)



Employment, Training and Volunteering News

Station Road Training Centre Update

We have had another very busy half term at the Training Centre. The learners are continuing with a very positive attitude towards their studies.

Eleven of our fifteen learners have achieved 100% attendance this half term which is amazing! A special shoutout to Ellie, Kelvin and Hamza who have had 100% attendance since September.



The students have been completing modules in IT, Kitchen Hygiene, Gardening, and Health and Safety. The Training Centre has now achieved the level 2 RHS Schools Gardening Award. Well done to all the learners!



We have been visited by the Bank of England and participated in a Cost of Living workshop. We also visited Metro Bank in Bromley. Over the coming weeks, we will be visiting Bromley Library and Bromley Magistrates Court.

We have also arranged visits and workshops from the Metropolitan Police Hate Crime Officer and London Fire Brigade. So far this half term, the highlight was the Mayor's visit to our training facility.

We have recently become a member of Natspec. Natspec is the membership association for organisations which offer specialist provision for students with learning difficulties and disabilities.

Poetry Corner

This poem was written by one of our learners and we wanted to share it with you.

The Wind of Uni By Tariq A

The trees are flowing
The seeds are growing
For mother's temple
Those lighting struck the world
Those lighting struck the words
This is as a death
The Passing is a more powerful
than death
The cruel the world has
Fear leads to anger
Anger leads to hate

Hate leads you to suffering.
For thousands of years of history of language
Are spirits in your reality.
When life gives the world and I lemons?
Your or my mother's spirit hear in your legacy
The winds of the mother's lands on the poppy field
The brothers drop the weapons and make a chain.
Inna universe spirits weh di winds are.
Sgiath Ard – Fly High
Je remercier vous – I thank you
O je and Tabhir Aire – Take care



Meet the Station Road Training Centre Team

Mark Murphy - Training Centre Manager & Education Lead

I'm Mark and I am really excited about my role with Bromley Mencap. I oversee the day-to-day running of the Training Centre, support with delivery and quality assurance. I am enjoying the positive impact which this Training Centre is having on our learners. I am also a governor/trustee at The Glebe School and also a Youth Support Worker with Bromley Council.



Jane Stewart - Tutor

I'm Jane and I am one of the SEN Tutors. It's very exciting to be involved right at the beginning of this essential service which will be providing our young people with the education and training as part their journey to employment.

I have a background in education and worked in a busy SEN department in a Bromley mainstream secondary school for 15 years.



Sue Morrison - Tutor

I'm Sue and I am one of the SEN Tutors. I have worked in education for 18 years and have spent many years supporting SEN learners in mainstream education. I enjoy supporting learners to develop their skills and confidence.

Alongside my role, I am also a Youth Support Worker with Bromley Council. I like gardening and going for walks with my dog.



Ann Stott - Administrator & Tutor Support

I have worked for Bromley Mencap for two and a half years, and before that, I worked in Primary and Secondary Schools. I love working in such an inspiring environment and like to be hands on, so in the past I've helped out with discos and fairs and also filled in as a support worker and job coach. I am looking forward to working with such amazing young people. In my spare time, I love to read, go to the cinema and go out for meals with friends and family.



Sarah Barclay - Learner Support and Employment Advisor

I am excited to announce my new role as the Learner Support and Employment Advisor on the Transitional Employment Support Service (TESS). I work with young people aged 18 to 25 supporting them with the next transition stage through training into employment.

My role enables me to support young people at Station Road and work with the wider community. See the flyer on Page 25 for more details of the support I can offer.



TRANSITIONAL EMPLOYMENT SUPPORT SERVICE (TESS)



What we do

The TESS project supports young people with ambition to develop their skills into employment.

We provide one-to-one support, employability skills, access to workshops, person-centred job searches, help with CV writing and applications for employment.

Let's find the right role for you.

We can help if you are:

- ✓ A young disabled person aged 18-25
- ✓ Live in the London Borough of Bromley
- ✓ Would like support to get into employment

Find out more

To register your interest, please contact our Learner Support and Employment Advisor, Sarah Barclay.

☎ 020 4558 8779 or 07745 647007

✉ sarah.barclay@bromleymencap.org





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