

## Summer Fun Day: The show must go on!



Photographed above: The Mencap Rocks choir

### The rain didn't dampen our spirits!

**Despite the rather unsettled weather, we hope everyone enjoyed themselves at our Summer Fun Day.**

The wet conditions did make things a little challenging but our Mencap Rocks Choir were true professionals and did a brilliant job of entertaining all. Well done!

Thank you to everyone who helped out on the day and donated prizes to our raffle and tombola. We really do appreciate your support! Turn to page 20 for more photographs from the fair.





## Follow us

@bromleymencap

[www.bromleymencap.org.uk](http://www.bromleymencap.org.uk)

# Editor's Note



We've enjoyed a jam-packed couple of months! We held our Summer Fun Day at the Lodge, as well as several activities to mark Learning Disability Week including a stroll around Keston Ponds as part of our Walking and Cycling Club, a celebration event concluding our 12-week fun fitness programme and creative activities at our Day Opportunities provision.

We are also delighted to report that two of our supported internship students from the Princess Royal University Hospital (PRUH) both won awards for their hard work and dedication. Please turn to page 22 for details.

Finally, the school holidays are fast approaching and the Children's team have been busy organising lots of fun events for children and young people with Special Educational Needs and Disabilities. Go to page 11 to find out how to book.

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## Happy Reading!

**Alex Powell**

Communications Officer  
[alex.powell@bromleymencap.org](mailto: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](#).



### Carnival Disco

Date 16 July 2024

Time 7:30 pm - 10:00 pm

Venue Crofton Halls

Organiser Sharon Morgan

Price £5.00

Category [Bromley Mencap Events](#)

[MORE INFO](#)



## BROMLEY WELL

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

Bromley Well services include employment support workshops, workshops for people with learning difficulties and physical disabilities, and regular catch-up sessions. [You can self-refer here](#).

### Thank you: Big Yellow Self Storage

Thank you to Big Yellow Self Storage Bromley for providing free storage space. With no space in our office, this is an invaluable space to keep equipment for events and donated goods.

Members also receive a 10% discount on storage from Big Yellow when mentioning Bromley Mencap. Telephone 020 8313 0854 for further details.





# Welcome from our Chief Executive

**Hello everyone,**

**I'm almost two months into my role at Bromley Mencap, and I want to say a great big thank you to everyone for such a lovely warm welcome. Lots of members have been in contact to say hello over the last couple of months and I already feel very much at home.**

In my first couple of months, I've spent time visiting all of our services and getting to know all about everything we do, which is a lot! I've also spent time getting to know our great staff team to properly understand all the different services and roles. I've been really impressed with all our services and the way people are supported.

During May and June we've celebrated Volunteers' Week, Carers Week and Learning Disability Week. We've raised awareness through our social media, and had some great events including a wonderful celebration at our Keep Fit club where I was impressed at the Zumba demonstration that members performed.



Top photo: Keep fit celebration. Bottom photos: Thank you certificates awarded during Volunteers Week





In July, we'll be saying goodbye to Peter Prentice who has been Chair of Bromley Mencap since 2007. Peter has done so much for the organisation to help make it what it is today and we are all very grateful for the time he has given. Big thanks also to Sue Prentice who has been a volunteer minute taker for the Board and is also stepping down.

This means a new Chair at Bromley Mencap which will be announced after the next Board meeting later in July.

And I've also had a great response to my advert for new trustees to join the Board which will start to take place from September.

It's an exciting time for Bromley Mencap with a new Chair and CEO, as we look to the future. There is so much great stuff to build on, and over the next few months we will be starting to develop a new coproduced strategy. Starting with away days for all our staff, we'll then be looking to engage with our volunteers, members and people who draw on our support to get your thoughts and ideas about what is important for us to focus on over the next five years.

By the time you read this, the general election will be over. We've been supporting people to access easy read information about voting and party manifestos and encouraging members to vote. Along with the rest of the social care sector, I was disappointed at the lack of commitment of most of the political parties towards social care, and have joined forces with social care voices to call on the new Government to prioritise social care.

It was nice to meet many of you at our Summer Fair at the Lodge.

If any members would like to get in touch with me, please drop me an email on [anna.mcewen@bromleymencap.org](mailto:anna.mcewen@bromleymencap.org) and I'd love to hear from you.



**Best wishes,**

A handwritten signature in purple ink that reads 'Anna McEwen'.

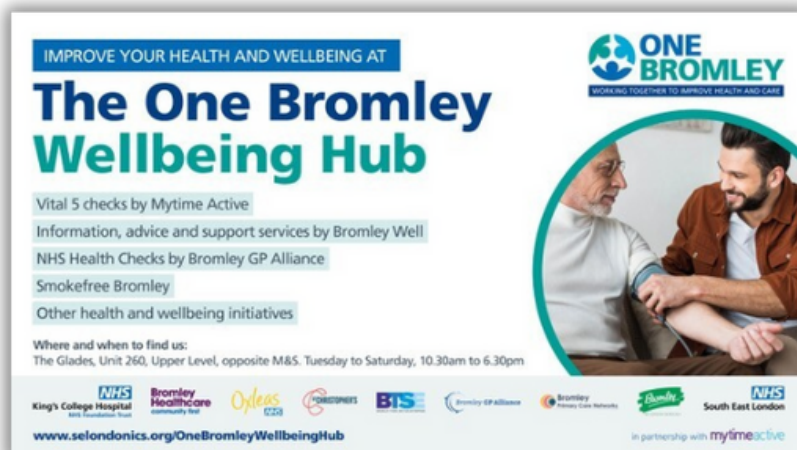
**Anna McEwen, CEO**

## Local Events

### One Bromley Well-being Hub

The One Bromley Wellbeing Hub is now open in the Glades Shopping Centre. You can visit the Hub from Tuesday to Saturday from 10.30am to 6.30pm.

The Hub is your one-stop shop for health and lifestyle support and information in Bromley.



The Hub is provided by One Bromley, the local partnership between the health, social care and voluntary sectors, working in partnership with My Time Active.

Bromley Well staff will be there on Wednesdays from 10.45am to 3.30pm and will be offering a range of health and well-being support including help to access all the services available from Bromley Well and our partner charities. This includes support for unpaid carers, disabilities, long-term health conditions, befriending, employment and volunteering and more.

### REMIX High! Sunday 21st July at 12pm

Tickets are now on sale for REMIX Theatre's summer production at Bickley Park School, BR1 2DS. REMIX Theatre is an organisation who works with young people and adults with additional learning needs who love to perform and create theatre. This will be a relaxed performance.

### Valence Community Shop

If you are ever in Westerham, you may want to pop into 'Valence on the Green.' This is a community shop for Valence School, which is an educational setting for children and young people who have physical disabilities and complex medical needs. Overlooking the green, the shop has fully accessible entrances and a large care suite with hoist. The shop sells items donated to Valence School, items produced by the students as part of their school curriculum, and a range of school and non-school-related gifts. There is also a small cafe area serving hot and cold drinks and delicious homemade cakes.

📍 Old Bank Building, Vicarage Hill, Westerham, TN16.

### Bromley Parent Voice (BPV) Summer Picnics for Families

Come along on Friday 26th July at Beckenham Place Park or Friday 9th August. Meet from 11:30am and bring your own picnic.

Email [info@bromleyparentvoice.org.uk](mailto:info@bromleyparentvoice.org.uk)





**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

In May, we invited NHS nurse Michelle Little to talk about hearing tests and ear wax removal to mark 'Deaf Awareness Week.'



We also practised some sign language and Makaton and learnt how to communicate effectively with those who are hard of hearing or D/deaf.

In June, we held a mindfulness walk at Norman Park as your feedback requested more community events. We practiced some mindfulness techniques including breathing and grounding and we got to know one another a little better. We also enjoyed a bike ride around the park as the Lodge operates a bike loan scheme. We ended our day with a barista coffee at the Kiosk at the Lodge, made by our wonderful catering students.



**For our July workshop, we enjoyed a stroll around Norman Park before having a picnic lunch.**

**It was a great opportunity for people to meet with others and enjoy their company, as well as take advantage of the popular free bike loan scheme at the Lodge.**



## UPCOMING WORKSHOP

**Monday 5th August from 10am to 12 noon at Norman Park (opposite the Lodge).**

**Join us for a fun fitness session led by a qualified fitness instructor.**

**All abilities and fitness levels welcome. Please bring a water bottle to keep hydrated and wear comfortable clothing and footwear. Booking required.**







**By Sue Charles**  
**Information & Support Officer**

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

## MONTHLY WORKSHOPS

**A member of the British Red Cross showed us how to handle emergencies and injuries at our May workshop.**



This included giving general information about burns, CPR and other aspects of first aid.

Our June workshop was about confidence building and was delivered by Richard Wiseman.



Richard spoke about strategies to help attendees feel more confident in social situations.

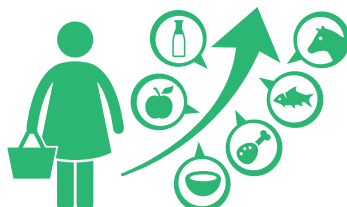
## UPCOMING WORKSHOPS

**Help with the Cost of Living**  
**Monday 22 July from 11am-1pm**

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

This workshop is being led by Bromley Mencap's Cost of Living Coordinator, Allison Gill.

**Monday 19 August**  
**Workshop: Topic to be confirmed.**



## PARALYMPICS 2024

## NEWS

The 2024 Paris Paralympic Games will begin on 28 August and run until 8 September.

Paralympics GB is expecting to send a team of around 220 athletes to the French capital to compete in 19 of the 22 sports.

At Tokyo 2020, the British team finished second in the medal table behind China, winning 124 medals, including 41 golds.

You can find out who has been selected to represent GB on the [BBC website here](#).

## CONTACT US

Sue Charles:  
Telephone 07484 673090  
or email  
[sue.charles@bromleywell.org.uk](mailto:sue.charles@bromleywell.org.uk)

Caroline Hackett:  
Telephone 07938 740361  
or email  
[caroline.hackett@bromleywell.org.uk](mailto: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](mailto:tina.penn@bromleywell.org.uk)

### MONTHLY OLDER CARERS WORKSHOP & LUNCH

**As always, it's been a fun-packed time for the carers on the mutual carers pathway.**

In May we were joined by Caroline Hackett from Bromley Well, who gave a wonderful talk about meditation and the benefits of relaxation. Caroline played some wonderful relaxing music and gave tips on how to meditate and relax at home.



The June lunch was very special. Tina contacted a local primary school and arranged for some of the children to join the carers for lunch. It was a truly wonderful lunch with the carers and children swapping stories and happily chatting. Everyone was impressed that the children were extremely well behaved and very polite.



Tina is arranging for the school choir to attend the lunch in December. Everyone said how much they enjoyed the lunch with one carer saying it was a fabulous afternoon.

### MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

The cookery clients continued their travels around the world to sample different cuisines. In May, we travelled to Italy and cooked two very classic dishes of pizza and tiramisu. Both were well received with people asking for seconds.

In June we were off again - this time to the USA. We made a wonderful Caesar salad with a delicious dressing. For dessert, we made a classic key lime cheesecake which was very tasty.



### MUTUAL CARERS COFFEE MORNING

This continues to be popular and well attended so we now offer two coffee mornings per month, allowing people to get out and socialise more.



- The next Older Carers Workshop & Lunch dates are Friday 12th July and Friday 9th August.
- The next LD Cookery Class will be on Friday 2nd August.
- The next Coffee Mornings are Friday 19th and Friday 26th July.



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.

## Save the Dates

The Children's Services team are busy planning lots of exciting activities for the summer holidays.

These sessions are suitable for children and young people with Special Educational Needs and Disabilities, and their families.

More details will be emailed out soon. These events are exclusively for Bromley Mencap members, so please do join. Membership is free for the first year. More details on our website [here](#).

To sign up for events, please email [membership@bromleymencap.org](mailto:membership@bromleymencap.org) or telephone 020 8466 0790.

## Short Breaks

## Update: Childminding Service

Our Ofsted registered childminders care for children with a range of disabilities in the childminders' homes. This is a flexible, tailor-made service where children up to the age of 18 are carefully matched with registered childminders who are trained specifically to care for them. The childminders are monitored and supported by the Bromley Mencap Short Breaks team. Children with very high care needs can be supported via our Short Breaks Enhanced Service with 1:1 support. Turn to the next page to read about some of our current childminders and the children they look after.



The poster features the Bromley Mencap logo at the top left, with the text 'Incorporating Bromley Scope' below it. The word 'SUMMER' is written in large, bold, yellow letters with a black outline. Below it, 'EVENTS' is written in large, bold, blue letters with a black outline. To the right of 'EVENTS' is a stylized sun icon. On the left side, the word 'UPCOMING' is written vertically in large, bold, yellow letters with a black outline. In the center, there is a white box with a purple header that says 'CHILDREN'S SERVICE'. Below this header, there is a list of events with dates in purple rounded rectangles and event names in blue text. At the bottom, there is a teal bar with contact information.

| CHILDREN'S SERVICE |                       |
|--------------------|-----------------------|
| Wed 31st July      | Bowling               |
| Tue 6th August     | Giant Games Fun       |
| Thur 8th August    | Giant Games Fun       |
| Fri 9th August     | Cake Baking           |
| Tue 13th August    | Horse Riding          |
| Wed 14th August    | Soft Play             |
| Thur 22nd August   | Wacky Science Fun Day |

Contact us: ☎ 020 8466 0790 ✉ [membership@bromleymencap.org](mailto:membership@bromleymencap.org)



Becky has been supporting Keira for several years. Becky started providing support at weekends and now support is mainly centred around school holidays. Keira is included in all activities with the other children and particularly loves having her nails painted and doing craft activities when with Becky.



Julie has been providing support to Muhammad and Oumar for over four years. Initially they went to her setting on a weekly basis to enable mum to have respite. Now that they are at school, they go to Julie's during the school holidays, join in with activities and go on outings with the other children she looks after.



Charlie is six years old and has recently started attending childminder Helen's setting during school holidays. Charlie has cerebral palsy and is a wheelchair user. Charlie goes to groups with the other children Helen supports and enjoys socialising with them.

For more information, please email [shortbreaks@bromleymencap.org](mailto:shortbreaks@bromleymencap.org) or phone 020 8466 0790.



# Specialist Autism Family Support Service

**By Sarah Clark, Specialist Family Support Worker**

Our 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.

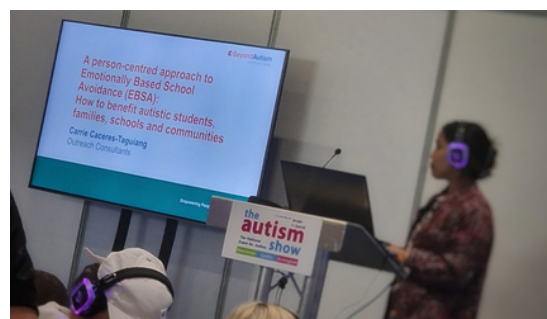
We offer short-term intensive support to families and a clear action plan written in conjunction with the family to note key issues and goals, and timescales for resolution.



## The Autism Show

in partnership with **brain in hand**  
**the autism show**  
 14-15 June 2024 | ExCeL London

The team recently attended the Autism Show at ExCeL London to gather the latest knowledge and resources, aiming to better support families in the Bromley borough. The national event for autism was very informative and included a full programme of talks, clinics and workshops, plus hundreds of specialist products and services.



## Bromley Children & Families Voluntary Sector Forum (BCF Forum)

Members of the Children's Team attended the Forum's Fun Day on Saturday 22nd June. The event 'BR Fun for Everyone,' brought together local charities, support services and businesses that can offer support to children, young people and families.



It was a lovely day and we enjoyed chatting to local families and telling them about our children's Services including the Specialist Autism Family Support Service and Bromley Well Young Carers Service.

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

We have had a busy few months meeting new young carers, visiting local schools, and enjoying fun activities including a relaxing walk around High Elms Country Park, a Tai Chi session, and a Journalism workshop.



We're planning several school visits to support Young Carers.

**CHAMPION**

Our goal is to create support groups for Young Carers in schools and develop Young Carers Champions! Become a Young Carers Champion in your school and help other young carers just like you. Thank you to those schools who have already reached out! If we haven't visited your school yet, please let us know.



The Summer holidays are fast approaching and the Young Carers Service has lots planned.

To sign up to these activities, you need to be registered with the Young Carers team. To do this, please make a referral to Bromley Well.

Freephone 0808 278 7898 or visit the Bromley Well website and make a self referral here:

[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)

You can read our summer newsletter [here](#).

# BWYC

## SUMMER EVENTS 2024

UPCOMING

|                      |                      |  |
|----------------------|----------------------|--|
| Thursday 25th July   | Circus Skills        |  |
| Tuesday 30th July    | Cook stars           |  |
| Thursday 1st August  | Horse Riding         |  |
| Tuesday 6th August   | VR - Gaming          |  |
| Thursday 15th August | Self Defence         |  |
| Tuesday 20th August  | Wellbeing experience |  |
| Tuesday 27th August  | Cadet workshop       |  |

Contact us: 020 8466 0790 [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)



# Supporting People with Autism (aged 16 plus)

By Fay Hicks, Autism  
Information and Support Officer

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.  
Email [fay.hicks@bromleymencap.org](mailto:fay.hicks@bromleymencap.org) or telephone 020 8466 0790 / 0759 7048674.



## Important Notice

If you were previously receiving support from the Bromley Well Autism service, please contact Fay to sign up to the Bromley Mencap Autism service.

## Monthly Workshops

In May, we held the second part of our managing stress and anxiety workshop with guest speaker, Brian Bird. Brian was diagnosed as autistic at the age of fifty and is a writer and blogger, autistic self-advocate, and anti-bullying campaigner. You can follow him on Instagram [here](#).



In June, we held a Creative Arts for Wellbeing Workshop. We were joined by Mercedes Carsana, the founder of Soul Quest Theatre.

She delivered a talk and practical demonstrations on how drama can boost confidence.



## Upcoming Workshop

Our next workshop will be on Monday 22nd July from 10am to 12 noon at the Bromley Scout Hut, 15 Prospect Place, Bromley, BR2 9HL.

The workshop will be facilitated by Alison Alexander, Disability Employment Advisor / Retention Worker. She will discuss her different programmes and opportunities to build confidence in finding work. Please contact Fay to register your place.



# 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!

\*Please note that we are closed on Tuesday 16th July because of staff training. Apologies for any inconvenience caused. The drop-in will resume on Tuesday 23rd July.



**AUTISM DROP-IN**  
Support for People with Autism aged 16+

Want to know more about the Bromley Mencap Autism Support Service and what we do?

 **Every Tuesday**

 **10am to 12:00 noon or 1pm to 3pm**

 **Rhiannon's Cafe,  
United Reformed Church,  
Widmore Rd,  
Bromley, BR1 1RY**



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!

For information, please contact Fay Hicks, Information and Support Officer  
Telephone: 020 8466 0790 | Email: [fay.hicks@bromleymencap.org](mailto:fay.hicks@bromleymencap.org)

# Save **THE** Date

## Inclusivity Festival

**Sunday 15th September from 2pm-10pm**

Exciting news! Bromley Mencap along with partners CASPA, CANDI (Creative and Neuro-diverse Innovations), Orpington and Bromley Gateway Club, and the London Borough of Bromley are organising our first-ever festival for neurodivergent people. It will be a fun-packed day of live bands, food and drink. More details coming soon so please mark the date in your diary!



## In the News

### Autistic Lioness wants to inspire others

An autistic teenager is hoping to inspire other neurodiverse sportspeople after representing England at international futsal events. Elise Packwood, 19, plays for the England Deaf Futsal team, which was set up by the Football Association after it decided there were more international opportunities for the England Deaf Women's team playing futsal than the traditional 11-a-side football format.

Elise is currently taking part in qualifying matches for the European Deaf Futsal Championship, which is due to take place in 2026. Read more on the [BBC website](#).





# 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 group

In June, we enjoyed a relaxing stroll around Keston Ponds led by Ian. The weather was lovely and we all enjoyed a drink in the Greyhound Pub to finish off a very pleasant evening.



**Bromley mencap**  
Incorporating Bromley Scope

## 2024 EVENTS

Times to be confirmed

**WALKING AND CYCLING CLUB**

- 27th July Wetlands day trip
- 7th Sept High Elms
- 27th Oct London ghost walk
- 11th Dec Christmas lights

**UPCOMING**

Contact us: 020 8466 0790 enquiries@bromleymencap.org

## Keep Fit Finale

We enjoyed a wonderful celebration event to conclude our 12-week Keep Fit programme. Well done to all our Keep Fit participants for taking part and getting involved. The Anne Kean trophy for the most improved went to Katie - an award very much deserved!

A special thanks goes to all our wonderful volunteers. We wouldn't be able to put on such events without your help.





## Art for Sale

Bromley Mencap member, Thomas Fryer, currently has an art installation at Rutland House. Thomas describes himself as an Expressive Artist. He uses art as a means to express himself and share feelings. Thomas enjoys creating new pieces, drawing from a variety of influences and themes for ideas and inspiration.

You can find Thomas' work on display in Meeting Room Two at Rutland House. You can contact Thomas directly regarding purchasing his art. Alternatively, speak to Richard Wiseman in the E&E team for further details.



## Monday Afternooners

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



On Monday 24th June, the Monday Afternooners enjoyed a day out in Brighton.

We had a delicious fish and chip lunch at Harry Ramsden's and then had a walk along the pier, the promenade or the Lanes.



During the afternoon, we all stopped for an ice cream before leaving at 5pm after a full day of sightseeing.

The weather was good, as was the company of the group.





## Adult Day Services

Day services have been making the most of the warmer weather and sunny days with lots of outside activities.

### Cotmandene

At Cotmandene, the woodwork team have created raised planters, providing easy access for all. Their produce has been coming on well especially the leeks. Everyone has enjoyed pressed flower crafts, pebble decorating, making summer wreaths, handmade cards and a decoupage table project!



We also went on an walk with Care Dogs, a befriending Charity, and the group made homemade dog biscuits which went down a treat! Therapy Dog, Fergus, and his owner also visited our project.

### Eden Park

At our Eden Park, we have been growing some great produce including purple potatoes. Cookery projects are led by the people who attend our service and some of the recent highlights have been a homemade pie and a summer quiche.



## 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](mailto:caroline.stone@bromleymencap.org)

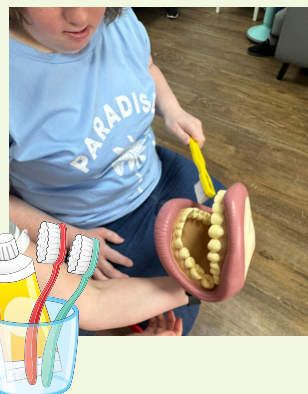
For Day Opps Eden Park and Cotmandene:  
Louise Kelly  
[louise.kelly@bromleymencap.org](mailto:louise.kelly@bromleymencap.org)

Telephone: [020 8466 0790](tel:02084660790)



At Eden Park, we got creative to celebrate Learning Disability Week by designing and colouring posters to raise awareness. We also enjoyed a parachute game or two.

Both centres also had a visit from Bromley Healthcare. Their staff delivered a workshop on oral health and hygiene which was well received.





## The Lodge

The Lodge partnered up with Beckenham Rotary Club recently to do a litter picking walk around Norman Park to mark World Environment Day and Volunteer week.



The horticulture team has been busy putting together some beautiful hanging baskets to showcase at the Fair and whilst out on a walk had an impromptu look around a Tractor!

The catering team has been exploring healthy alternatives by making swaps in popular foods, offering more nutritious options of some favourites.



The team also prepared delicious sandwiches for the Keep Fit Celebration event. Everyone said how much they enjoyed them!



## Adult Day Services continued

The bike workshop team has been keeping up to speed with the generous bike donations from the public. They will be announcing another flash Bike sale soon with the bikes that they have managed to refurbish.

## Summer Fun Day

Thank you for braving the rain to come along to our fair at the Lodge.

A big thank you to everyone who baked delicious cakes, helped on the day, and donated prizes for our raffle and tombola. We really couldn't hold these events without your ongoing support. Let's just hope that the weather is kinder to us next year!



*Thank You*





# Employment, Training and Volunteering News

## Station Road Training Centre Update

**The academic year is almost over, but the learners have worked really hard and should be proud of their progress!**

Firstly, we are pleased to report that some of our learners and staff completed a one-day Level 3 Emergency First Aid at Work course at the beginning of the Summer term. This was a great achievement and something important to add to their CVs.



## Educational Trips

We enjoyed two trips this term. We travelled by public transport to visit the Houses of Parliament and enjoyed a very informative tour of the buildings, followed by lunch in Parliament Square. Our second trip took us only a short distance to Bromley Little Theatre, a hidden gem in the centre of Bromley. We were shown around the stage area and backstage, including dressing rooms and technical set-up.

Following on from our trip to the Houses of Parliament and with the general election in the forefront of everyone's minds, the learners held their own mini mock election, choosing the names of their own parties and producing their own manifesto. We then held a secret ballot, and the winning party was the Equality Party.



## Jack Petchey Awards

*Well done!*

We have been awarded two grants from the Jack Petchey Foundation which are being used to purchase further resources for our outdoor garden area and to fund the London Bus Tour. We have been spending our winner awards on a pizza and film afternoon, a bowling trip, as well as various games and equipment.

Our CEO, Anna, presented our two Jack Petchey Award Winners, Tariq and Ellie, their certificates during a recent visit.



For more information, please email [Station.road@bromleymencap.org](mailto:Station.road@bromleymencap.org) or phone 020 4558 8779. You can download the [Station Road Training brochure here](#).

# Employment and Training Update

## Hospital Supported Internship Programme: Project SEARCH

The year-long Supported Internship Programme is for young adults with learning disabilities and/or autism, who want to find competitive employment. Bromley Mencap is working in partnership with Kings College NHS Trust, London South East Colleges and the London Borough of Bromley to support students while on placement at the Princess Royal University Hospital (PRUH). Interns participate in three work rotations to learn transferable work skills and are supported by the team including a teacher, job coaches, and host business mentor.

### Project SEARCH intern wins South London award

Congratulations to William Frewer, Project SEARCH intern at the PRUH, on being awarded the College of South London Principal's Award at this year's South London Best Learner and Teacher Awards.

The annual awards are presented on behalf of the Committee of South London Principals and organised by London South East Colleges (LSEC). William collected his award on Thursday 23 May in a ceremony at the House of Lords.

William was nominated by Dave King, LSEC Project SEARCH Course Leader.

Dave was impressed that William created a role for himself working alongside the Learning Disability Clinical Lead Nurse to educate staff to better support neurodiverse people to feel included and to achieve better outcomes.

Dave said:

**"William has taken responsibility for promoting neurodiversity and uses his own story to make others aware of the impact they can have on the lives of people with disabilities"**

William said, "I'm proud to be a Project SEARCH intern at the PRUH and after the internship, I would like to work as a disability awareness trainer or support SEND people."

### King's Stars Quarterly Award

Intern Charlie Key won the award based on his great work during his placement as a Health Care Assistant in the Planned Investigation Unit. During the award ceremony at the PRUH, Charlie was presented with a King's Stars badge and certificate as a token of the Trust's appreciation for his exceptional effort and dedication in delivering the best service to patients. Well done!







**Copy deadline for the September/October Bulletin is 1st September 2024.**

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