

BULLETIN

Your Voice Matters!

Help Shape the Future of Bromley Mencap!

This is an exciting time for Bromley Mencap as we start planning a new strategy for our organisation. This plan will help guide us in the future and we want to include everyone's ideas and experiences.



We are working with the people who use our services, our staff, carers, and partner groups to create this plan and want to hear from you!

Let us know what is important to you and how we can make things better.

Turn to page 7 for details on how to get involved!



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



A child enjoying our Wacky Science event

We've had an amazing summer packed with fun events for children and families, and we're also excited to announce two new courses starting this September at our Day Opportunities projects, along with the return of the Mencap Rocks Choir. You can find all the details on page 23.

Our Cost of Living service is fully up and running, ready to support members with financial concerns. Check out our update on page 9 for more information.

Most importantly, we're inviting our members to help shape our future plans! Be sure to read Anna's update on how to get involved, with further details on pages 7-8.

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Happy Reading!

Alex Powell

Communications Officer
alex.powell@bromleymencap.org



Incorporating Bromley Scope

Supporting disabled people, their families and carers to enjoy better lives

Events and Activities

BROMLEY MENCAP

Please check our [website events section](#) or phone our helpline on 020 8466 0790 to find out about our latest events.



Don't forget to keep updated on what is going on at Bromley Mencap by following us on [X \(formerly known as Twitter\)](#), [LinkedIn](#), [Facebook](#) and [Instagram](#).

23
September



Autism Workshop: Nordic Stick & Silent Disco Walk

 **Date** 23 September 2024

 **Time** 10:00 am - 12:00 pm

 **Venue** The Lodge, Norman Park

 **Organiser** Fay Hicks

 **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 hope you've all had a fantastic summer! It's been a whirlwind here at Bromley Mencap, filled with fun activities for our children, young people, their families, and our young carers.

From engaging adventures to new experiences, our team has been busy making magic happen – and the feedback has been incredible! These activities have given kids and teens new opportunities to explore, while parents connected and shared with others who truly understand.



We're gearing up for a fresh term at our Station Road Training Centre, with learners starting on 9 September. We're excited to welcome back returning students and meet our new first-years. Our Supported Internship team is also ready to kick off a new term at London South East Colleges (Bromley, Bexley campuses and the Princess Royal University Hospital) and at the Learning and Enterprise College Bexley. It's going to be a fantastic year ahead!



July marked one year of our day service at Eden Park, and we celebrated in style with a week of music, parties, afternoon teas, and delicious cakes. Please turn to page 22 to read more.

I'm thrilled to announce Adrian Hilderly as the new Chair of Bromley Mencap, succeeding Peter Prentice, who stepped down in July.

Adrian, a trustee for the past year and a regular volunteer at our bike workshop at the Lodge, brings a wealth of skills and experience to his new role. You can find out more about him on page 26.



We've also had a fantastic response to our call for new trustees and we hope to bring some great new people on to the Board soon.

Looking ahead, we're developing a new five-year strategy, and we want your input! We're co-creating this plan with everyone who benefits from our services, families, and all who are passionate about supporting disabled people in Bromley. You should have received a survey by email – please take a few moments to share your thoughts. Your voice matters!

[Here is the link to complete the survey again.](#)

A steering group of people with lived experience, family members, and staff will guide this process to ensure it's a true collaboration. If you'd like to join this group, I'd love to hear from you!



Meanwhile, Bromley Council is also developing a new strategy for people with learning disabilities. With local funding tighter than ever, it's the perfect time for charities like us to step up and help fill the gaps.

We're working closely with the council to ensure the voices of people with learning disabilities and their families are heard loud and clear.

I am always at the end of an email or phone call, so do feel free to drop me a line at anna.mcewen@bromleymencap.org or call the office on 0208 466 0790.

Best wishes,

Anna McEwen, CEO



THANK YOU

We want to extend a big thank you to Nick, the manager at Crown Decorating Centre in Orpington, and his staff for their generous donation of paint and decorating supplies.



Thanks to this support, we've been able to refresh our Station Road Training Centre just in time for our new starters in September. We're also excited to give our meeting room at Rutland House, along with the hall and toilets at Cotmandene Day Opportunities Scheme, a fresh coat of paint. We're truly grateful to local businesses for helping us create a welcoming environment for everyone.

Outreach

Staff from Bromley Mencap attended a community day at Kent County Cricket Ground in July to promote the services we offer.

This was a very well attended event and we were able to make new contacts for adults with learning disabilities and activities they can join over the next season.

During the day we watched the West Indies Test team take on a First-Class Counties Select XI!



Show Us You Care Campaign

For social care, it's time for action, not words.

Mencap is joining the Care & Support Alliance #ShowUsYouCare campaign and asking the new Government to make social care a priority. Will you join us?

Tell your MP to "Show Us You Care" and make sure we can all get the care we need. [More here.](#)

News Corner

Our challenge to the new Government?

#ShowUsYouCare



CARE & SUPPORT ALLIANCE

Get involved in our big plan

We're planning our new five-year strategy and would love your input! We want you to tell us your ideas on how we should do things in the future.

There are several ways you can tell us your ideas:

- Face to face
- By email
- By completing surveys and questionnaires
- By phone
- Attending meetings such as the Strategy Working Group



Complete our Survey

Your feedback will help us develop creative and better services for our community.

[Complete the survey here.](#)

Join the Strategy Working Group

This group will meet regularly from September to December to help plan the strategy, make decisions, and ensure everything is on track. The group will include staff, people who use our services, and carers so that everyone's input and ideas are valued equally.

Please see page 8 for more information.



What is an organisational strategy?

Organisational: Who we are and what we do.

Strategy (Big Plan): How we are going to do it in the future.

[Watch this video for more information.](#)

STRATEGY

Working Group

Join us: Your views matter!

Bromley Mencap needs your help to develop a new five-year plan (strategy). We want your ideas on how we should shape the future.



Tuesday 17 September at 2pm



Community House, South Street, Bromley, BR1 1RH

The group will meet monthly from September to December to help plan, make decisions, and keep everything on track.

It will include three to four representatives from each group: Bromley Mencap staff, people who use our services, and carers.



REGISTER NOW



Phone Number
020 8466 0790



Email
anna.mcewen@bromleymencap.org

Hello, my name is Allison, and I'm the new Cost of Living Coordinator at Bromley Mencap. Some of you may already know me as I was previously the All Age Autism Welfare Benefits Officer.

I'm excited to introduce our new Cost of Living service, which includes weekly drop-in sessions at the United Reformed Church in Bromley from 10am to 12pm.



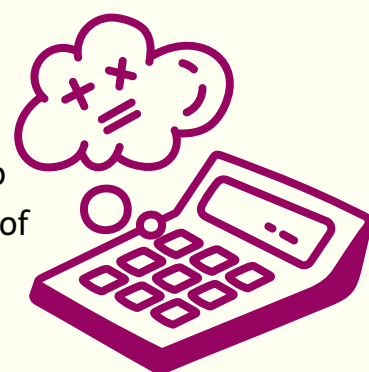
Cost of Living Support

Our four-week budgeting course launched this September and aims to support our members with money management and digital skills.

If you would like to join the next course, please get in touch by emailing costofliving@bromleymencap.org or phoning 020 8466 0790.

We also offer one-on-one financial advice and digital support from our Digital Champions, Lee and Martin.

Stay tuned for our new webpage and podcasts to help you stay on top of your budgeting needs.



Bromley mencap
Incorporating Bromley Scope

**COST OF LIVING
CORRESPONDENCE DROP-IN**

📍 **United Reformed Church, Widmore Road, Bromley, BR1 1RY**

Every Tuesday from 10am to 12pm

Do you need help managing money-related correspondence, such as utility bills, benefit letters, and grant applications?

Come along on a Tuesday to see our Cost of Living Coordinator for advice. No need to book. Turn turn up!

Please contact Allison Gill, Cost of Living Coordinator, for more information.

✉️ costofliving@bromleymencap.org ☎️ 020 8466 0790

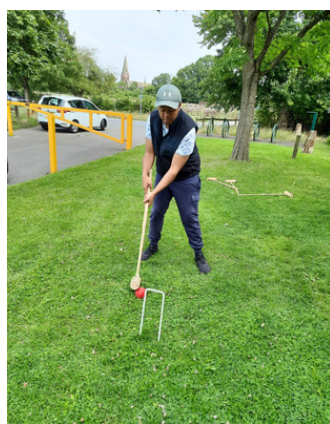
COMMUNITY FUND

By Emma Andrew
Senior Information & Support Officer

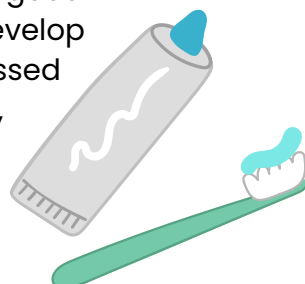
We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

MONTHLY WORKSHOPS

In August, we held another workshop in the park to make the most of the summer weather! The theme was fitness and included croquet, table tennis, a walk or cycle in the park. Everyone enjoyed the activities on offer.



At the beginning of September, Louise Martin, an Oral Health Specialist, gave a talk on the importance of good oral health and how to develop healthy habits. She discussed ways to keep your mouth, teeth, and gums clean and healthy.



As it was 'Know Your Numbers Week,' free blood pressure tests were also offered. The goal is to help people who have high blood pressure but may not know it, so they can receive the treatment and support they need to bring it under control.



Blood Pressure UK
Helping you to lower your blood pressure

UPCOMING WORKSHOP

Monday 7 October

10am - 12pm

**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



Topic: Social opportunities and 'warm places' as we head into autumn.



CORRESPONDENCE DROP-IN

Our Drop-in runs every Friday from the Bromley Mencap Station Road office. Simply pop in between 10am-12 noon and 1-3pm. We can help you with letters, emails and any other literacy issues.

ADHD LIFE ADMIN COURSE

Discuss symptoms of ADHD, coping mechanisms and working towards overcoming obstacles. No diagnosis is necessary. If you would like to register for the course, please let us know as places are limited but we do hold a waiting list.



Bromley Well Supporting people with Learning Difficulties

Correspondence Drop-ins

Official 

  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 0808 278 7898 **EMAIL spa@bromleywell.org.uk**

Bromley Well Delivered by:  Funded by:   South East London

In the News

ARE YOU MENOPAUSE AWARE?

Learning Disability Today reports that people with learning disabilities and autistic people don't receive the medical care and treatment they need for illnesses and conditions. The menopause is a prime example of a condition that has not been considered fully for women with learning disabilities and autistic women and they are likely to experience diagnostic overshadowing and unequal care and treatment as a result.

Read the [full article](#) for symptoms to look out for and advice on accessing support and appropriate treatment.

- **Additional resources:** [SeeAbility Guide to Menopause Easy Read](#)



DISABILITY HATE CRIME SURVEY

United Response is a national charity supporting over 2,000 autistic people, and people living with learning disabilities and other additional needs to live full and independent lives. They have been working to raise better public awareness of disability hate crimes for over six years and are researching disability hate crimes occurring on public transport in England.

The survey will ask about the experiences of disabled young people and adults (aged 16+) with public transport in England and your answers will help them campaign for a better criminal justice system that protects disabled people and their rights.

The survey will run until 26th September 2024. It will take approximately 10 minutes to answer. [Take the survey here.](#)

By Caroline Hackett
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

At our July workshop, we were joined by Allison Gill, Bromley Mencap's Cost of Living Advisor.

We want to extend a big thank you to everyone who attended, and a special thanks to Allison for sharing your money-saving ideas. We also appreciate the group's contributions - your tips were incredibly useful!

The workshop offered valuable advice on meal planning and strategies like visiting supermarkets at the right time to purchase reduced 'Yellow Sticker' foods that can be frozen, saving you money. We were also pleased to be joined by our Digital Champions, Lee McPherson and Martin Kelly.



Our August workshop featured Lee McPherson and Martin Kelly, Bromley Mencap's Digital Champions.



They discussed various apps and demonstrated how to safely download and use them on your smartphone or tablet. This included the essential NHS app, which enables you to order repeat prescriptions, access health records, and more.

PARALYMPICS 2024 SUCCESS

NEWS

GB's 215-strong squad finished second in the medal table behind China with 124 medals (49 golds, 44 silvers and 31 bronzes) - comfortably achieving the UK Sport target of 100-140.

Great Britain matched their overall medal total from Tokyo three years ago, but won eight more golds in Paris. In fact, 49 gold medals is ParalympicsGB's highest tally since Rio 2016 - where they won 64 golds - and second-highest since Seoul 1988 where they collected 65.

Read more from the [BBC Sport website here](https://www.bbc.com/sport/paralympics).



CONTACT US

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

We have enjoyed a busy summer on the mutual carers pathway.

In July, we were joined by Beverley Nicklin, Senior Trading Standards Enforcement Officer from Bromley Trading Standards Team.

She provided valuable insights into recent scams and offered essential advice on staying safe. Participants also received small bells to hang on their purses as a theft deterrent, along with a pen.



Following feedback, Tina didn't organise a speaker for the August lunch. Instead, the group enjoyed an 'open floor,' allowing attendees to share books they had recently read. One carer discussed a fascinating book titled '52 Ways to Walk' - who would have thought there are 52 ways to do something we all do every day?!

We were also treated to a humorous poem written and read by one of the carers, which had everyone in stitches. The clients also shared stories about recent and upcoming holidays. The event was a huge success, and Tina plans to organise a similar lunch in the future.



The next Older Carers Workshop & Lunch dates are Friday 20 September and Friday 11 October.

MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

The travel-around-the-world theme continues in our cookery class. In July, we created a truly spectacular chicken paella accompanied by a delicious Spanish sponge cake, all enjoyed with a refreshing glass of non-alcoholic sangria.



There were many happy faces and clean plates. We also celebrated a birthday, with everyone joining in for a round of 'Happy Birthday.'

In August, we didn't travel far as we stopped off in Germany. Everyone prepared traditional German schnitzel, followed by a delicious German apple cake - a recipe we all agreed to recreate in the future.



The next LD Cookery Classes will be on Friday 13 September and Friday 18 October.

The next Coffee Mornings are Friday 27 September and Friday 25 October.



Our services provide support for disabled children, young people, and young carers through to their transition into adulthood. Whether it is advice and information, signposting, opportunities for peer support, support with short breaks, or leisure activities, our services work with disabled children and young people and their families in order to make lives better.

Summer fun

We hosted several events over the summer for children with Special Educational Needs or Disabilities (SEN/D), their siblings, and parents and carers.

These events were made possible by a generous donation from the Beckenham Rotary Club.



THANK
YOU



Beckenham Rotary President-elect Ken (photographed left) presents a cheque to Gina and Rob from Bromley Mencap's Children's Services.

The summer kicked off with a bowling outing in July, followed by two Giant Games sessions with the Rotary Game Changers. We also held a baking event in Orpington, horse riding at Timbertops in Sidcup, and a soft play day, which was free of charge thanks to MyTime Beckenham Spa.



“The activities were well organised and lots of fun.

The staff running them were friendly, approachable and excellent with the children.”

We wrapped up the summer with a Messy Play and Wacky Science event. It was fantastic to connect with so many families and see everyone having such a great time!



Feedback

We received some wonderful feedback following our sessions, with families keen for us to continue running activities during school holidays. Here are just some of the positive reviews:

"The activities gave my daughter a chance to make friends with children like her and allowed me to connect with other mums in similar situations."

"The team was absolutely amazing. What a great experience for the kids - they thought of everything to make it a fun, stress-free, really lovely afternoon."

"My sons have really enjoyed the events this summer. It is usually so difficult for them to mix with other children."

"Messy Science was great - lots of fun things to do, and the kids loved it!"



My Child Has Autism. Now What?

Sarah Clark, one of our Specialist Family Support Workers, shares her top ten tips for parents and carers to consider before, during, and after receiving an Autism diagnosis for their child or young person.

Do not google!

Instead, look at what your Local Authority can offer you in terms of advice and support. There is also a directory on the [National Autistic Society website](#).

Educate yourself, then others

There are lots of free online training courses. Knowledge is power!

Adapt the environment

Autism + Environment = outcome. An 'out of the box' approach to barriers and reasonable adjustments is sometimes needed. At other times, the simplest and easiest of adjustments can change a bad day to a good day.

Visuals

Use as many visuals as you can on a daily basis. Even if you think they are not helping, it is almost certain they will be. Visuals reduce anxiety and reinforce instructions and expectations, especially when used repetitively.



Do not catastrophise about the future

If I told you that my son, who was diagnosed at three, was non-verbal until the age of four, and attended a specialist pre-school, is now 18 years old, has a girlfriend, A-levels, and plays in a band - would you have believed me?

With the right support, our children can flourish.



Support your own mental and physical health.

Grieve, if that is right for you, and then move forward. Do not blame yourself or others. Seek therapeutic support if needed.

Embrace your new normal

I have included an extract from an Autistic individual who was non-verbal until he was 12.

"Autism isn't something a person has, or a "shell" that a person is trapped inside. There's no normal child hidden behind the Autism. Autism is a way of being. It is pervasive; it colours every experience, every sensation, perception, thought, emotion, and encounter - every aspect of existence. It is not possible to separate the Autism from the person - and if it were possible, the person you'd have left would not be the same person you started with."

Don't Mourn For Us. Jim Sinclair, 1993

Ask for help

Asking for help is one of the hardest things us as humans can do but it is one of the most important. If in doubt, ask!

Keep a good relationship with your education placement

All too often relationships with schools and parents and carers can break down. It is important that there is mutual respect and communication in order to effectively support your child or young person.

Have a hobby or interest

Autism can be all-consuming if you allow it to be. You are still a mum, a partner and an individual. You are allowed to have some 'you' time.

Remember in this journey you are not alone.

Bromley Well Young Carers support young carers aged 4-19 to manage their caring relationships whilst still enjoying their childhood. [You can make a referral here.](#)

This summer has been exciting for the Young Carers Team! We've hosted fantastic events, and the positive feedback from Young Carers and their parents has been heartwarming. It's our new team's first summer, and we're thrilled to see many new friendships forming.



Circus Skills

A highlight was the Circus Skills workshop, where Young Carers mastered plate spinning, tightrope walking, and balancing feathers on their noses. It was a day full of laughter and fun!

Cook Stars Cake Workshop

Our cupcake-baking and decorating event was a hit! Young Carers had a great time crafting and decorating their cupcakes, showing off their creativity and culinary skills.



Horse riding at Southborough Stables

Young Carers enjoyed riding and grooming horses, building confidence and connecting with these beautiful animals. It was a therapeutic and fun outdoor experience for all.



VR Gaming at The Mall, Bromley

A fantastic day for our Young Carers to unwind and enjoy a range of activities.

Cobra Defence

A valuable session where Young Carers learned essential self-defence skills and how to spot potential threats.



Wellbeing Experience at Clip Theatre

A perfect end to a busy summer with a relaxing workshop, giving our Young Carers time to unwind and recharge.

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 or telephone 020 8466 0790 / 0759 7048674.



Summer Update

The Autism Service has been bustling at the drop-ins at Rhiannon's Café in Bromley. It's wonderful to see more and more people attending, and we're glad to provide this much-needed service. We've also welcomed many new members to Bromley Mencap through the drop-ins and other activities.

Our Autism Support Officer, Fay, initially facilitated a craft group at the café on Tuesday afternoons late last year. This group has now been successfully taken over by the lovely Sheena Johnston and members of the café staff, making it a fantastic addition to Bromley Mencap's support and social opportunities network.



Outreach



We visited Glebe School, where we held a highly successful workshop with some of their 16+ students. The students shared many great ideas about how Bromley Mencap can support them, and we are excited to work on these ideas alongside those from our previous workshops. We also had the pleasure of visiting Hope School in Bromley and meeting their wonderful students.

In addition, we've participated in coffee mornings with Bromley Simply Connect and Healthy Living Hubs, dropped in at the Gateway Club, and collaborated with Advocacy for All and the Bromley Homeless Team. We are thrilled about the opportunity to welcome more members into our community through these outreach efforts.

Workshops

Our workshops have covered a variety of topics including a drama and well-being session run by Quest Soul Theatre, and a workshop delivered by Alison Alexander, Disability Employment Advisor. Alison discussed opportunities to build confidence in finding work.



Supporting People with Autism (aged 16 plus)

Our photography workshop was a great success with some stunning photos taken of the local area, thanks to the expertise of Carrie Sawyer, a talented local photographer with a passion for nature.

After discussing with the group, we're excited to launch our first 'Social Interaction' sessions, combining photography and social opportunities. These sessions will run weekly starting Thursday 19 September, for six weeks. Spaces are limited, but a few spots are still available. Please contact Fay Hicks for more information.

Our next Autism Workshops will be a Nordic Walk and Silent Disco on Monday 23 September. [Download the flyer and additional info here.](#)



Other events - Inclusivity Festival

CANDI (Creative and Neuro-diverse Innovations), supported by Bromley Mencap, CASPA, Orpington and Bromley Gateway Club, and the London Borough of Bromley, is organising a music festival for neurodivergent people. It will be a fun-packed day of live bands, food and drink. Find out more information [here](#).



There are some amazing raffle and auction prizes including a signed Crystal Palace T-shirt and football, a chance to ride in the cab of an Elizabeth Line train, an electric guitar and electric drumset, Churchill theatre tickets, vouchers for haircuts, cinema, and more.

There will also be several stalls selling gifts and crafts and the opportunity for the local organisations involved to talk to people about how they can support them to live a better life.

[Buy your tickets here.](#)

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 July, 30 of our members embarked on our annual trip to the WWT London Wetland Centre, nestled along the banks of the River Thames in Barnes, just a stone's throw from central London. The day began with a coach ride from Norman Park, arriving at the centre at about 11 am.



Upon arrival, our group was treated to a fascinating guided tour, where we explored the rich history and evolution of the wetlands. Equipped with binoculars, we had the chance to spot a diverse array of wildlife from the comfort of well-placed hides.

After lunch, we all took a final walk around the center before departing on the coach back to Bromley. The group was led by Ian and Emma and all had a wonderful trip! Watch this space for details of our next walk.

Carnival disco

Over 80 members enjoyed the Bromley Mencap summer disco, dancing the night away to the sounds of Salsa and Reggae!

They also enjoyed tropical fruits to eat and a Caribbean fruit punch!

Our next disco will have a Halloween theme. More info coming soon!





Adult Day Services

What a great Summer we have had across our Day Services sites!

Eden Park

The Day Opportunities group at Eden Park (photographed above) marked their first anniversary in style, enjoying live music, games, and showcasing their latest project work. The celebrations were made even sweeter with a fantastic selection of cakes generously baked and donated by local bakers. To commemorate a year in our new premises, we invited families and carers to join us for a delightful afternoon tea and buffet, making it a truly special occasion!

TIME TO
Celebrate



Cotmandene

The Cotmandene Day Opportunities group have been in full Olympic and Paralympics mode enjoying games, an awards ceremony and making an amazing Olympic cake!



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)



Clients have been taking part in a yarn club and have made some beautiful hanging crafts.



The produce from the garden area is coming on so well and the group have made some tasty dishes using their own produce.



The Lodge

The Lodge received a Five Star Food Hygiene rating in a recent inspection by Bromley Council.



Full credit goes to the catering students and staff who maintain such high standards at the kiosk! Well done to the team!



The bicycle maintenance team enjoyed a successful flash bike sale over the summer. It was very well attended. Thanks to our reputation, lots of people now know about the services we offer in the bike workshop. Well done to the whole team, who have worked hard to refurbish the bikes.

The garden is looking great after lots of hard work from the horticulture team with produce on display such as tomatoes, rhubarb and borlotti beans. We also have our first fruits on our apple and pear trees!

Upcoming Events



Mencap Rocks Choir – New Sessions Starting Soon!

Join us for a fun-filled block of 10 choir sessions, starting on Tuesday 17th September and running until Tuesday 19th November 2024.

Sessions will take place at Eden Park Day Opportunities from 4-5:30pm. The cost is £5 per session (cash only) or £50 for the full block of 10 sessions, which can be paid in advance by card over the phone through our main office.

Best of all, the choir will showcase their hard work with a performance at our Christmas Fair at The Lodge on Saturday 23rd November (time to be confirmed).

Email enquiries@bromleymencap.org to register. We can't wait to see you there!

Cookery and Pottery Courses

We are thrilled to announce two fantastic new courses starting this September!



Cookery Course

Starting Tuesday 24 September, join our 6-week cookery course at Cotmandene from 4-6 pm. Learn to prepare and cook meals from around the world, and take home your creations with an easy-read recipe card. The course is £15 per week and covers all food costs. You must be able to attend all sessions.

Email chloe.stone@bromleymencap.org to sign up.

Pottery Course

From Thursday 26 September, join our 6-week pottery course at Eden Park from 4-6 pm. Explore pottery and ceramic techniques and create at least two pieces to take home.

The course costs £15 per week, including all materials, firing, and glazing.

Full course commitment required and spaces are limited.

To reserve your spot or for queries, email joe.stapleton@bromleymencap.org.



Employment and Training Update

Transition Opportunities Project (TOPs) Update

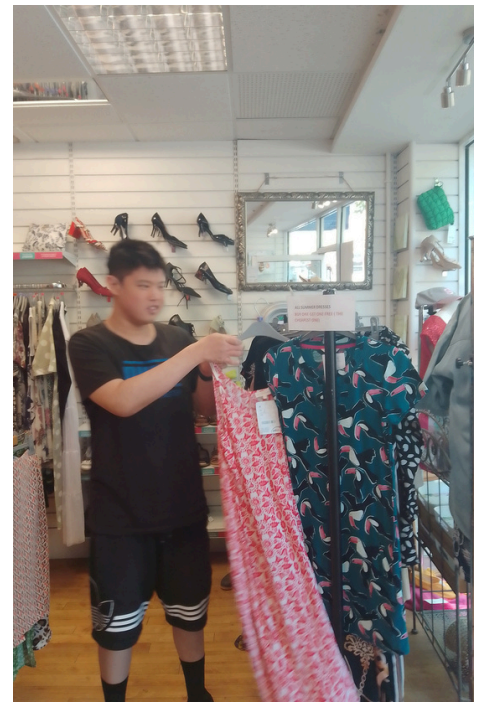
Alison Alexander has been leading the TOPs programme, delivering weekly employment workshops for young people aged 18-25. Throughout July, the participants have been showcasing their work, demonstrating the skills they've gained through volunteering and their enthusiasm for these experiences. The group has visited various volunteer sites, capturing photos as evidence of their contributions and offering others a glimpse into the diverse roles they've embraced.

Summer Success for our work experience candidates

Here are just a few highlights:

Jonathan has been volunteering at the PDSA charity shop for six months. He now operates the till independently, rotates stock, researches donations on eBay, and engages in public speaking with customers and staff.

"I love working here and talking to customers, especially working on the till. These new skills will support me in my paid role now, as I never felt confident using the till before - my manager will be pleased!"



Callum (photographed left) has been volunteering at Bromley Green Gym, where he helps maintain the garden and cares for the beautiful trees and plants. He's been busy constructing a new pergola, learning about measurement, direction, lengths, and structure in the process.

"I enjoy gardening, digging holes, planting, and recently, I was involved in building the new pergola and putting all the screws in the wood."

This has been a very productive summer for the TOPs candidates.

WELCOME TO OUR

NEW STAFF

Devina Raval: Job Coach

Hey! I'm Devina, a job coach for Bromley Mencap.

I've been working on the Brokerage Service alongside Ian since May. In this time, I've interacted with a variety of candidates, supporting them into their new job roles. It's been amazing to watch them flourish and step out of their comfort zones.

As well as working for Bromley Mencap, I volunteer at the PRUH hospital, helping in the Clinical Decisions Unit (the CDU). I have a passion for helping others and spreading kindness and compassion.

I enjoy reading and philosophy. I'm a self-taught henna artist with a passion for my Indian culture. I am a firm believer in the importance of inclusion for all and it's amazing to see the various services Bromley Mencap offers out to the local community.



WORK WITH US



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

Please do check our job page for the latest paid and volunteering opportunities available.

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

Welcome to the Board

We are delighted to welcome Adrian as our new Chair. Read all about what inspired him to join Bromley Mencap below.

Meet our new Chair, Adrian Hilderly

Can you tell us more about your employment background and the voluntary roles you've undertaken?

I have had several roles in the investment management industry, most recently running a business in Ireland, and overseeing governance arrangements.

In the past, I have been a Scout leader, a fundraiser, and a trustee of a foundation that donated money and ran volunteer programmes. I was also a director of a charity that provides employment opportunities for autistic people.



What motivated you to become a Trustee, and now Chair?



My family has been connected to Bromley Mencap for many years, and I was aware of the excellent care and support we provide to the community. I was keen to help, so I began volunteering at the bike workshop at the Lodge.

Given my professional background, I enquired about Trustee roles, which eventually led to my appointment as Chair.

Adrian (pictured above right) completed the Ride London 100 with friends in 2022, raising over £4,000 for our charity.

What do you like to do in your spare time?

I am married to Ann, who many of you know as a leader of the disabled scout group. I have two adult children, both of whom have volunteered with Bromley Mencap and the Scouts.

My love of music and sports means I participate in and watch many activities. I also help run a monthly quiz.



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

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