

Monday Afternooners: Cheers to 25 Years!



AGM: Save the Date

Join us for our Annual General Meeting on Tuesday 12 November, where we'll share updates on our strategy and invite your input on the issues that matter most.

This is a great opportunity to make your voice heard, and we'd love for you to be part of it! Find more details on page 8.

In October, we celebrated a special milestone with our 'Monday Afternooners' who marked 25 wonderful years.

Originally part of Bromley Scope before joining Bromley Mencap, this recreation club for people with cerebral palsy remains an essential part of our community. The festivities included a fantastic quiz created by one of our dedicated volunteers.



Activities are varied and all planned by members of the group. We currently have a waiting list for those interested in joining. Contact us to find out more.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Day Opportunities Pottery Craft

It's another jam-packed issue of the Bulletin with lots of exciting events planned for the winter months.

A highlight is our Annual General Meeting on Tuesday 12 November, where we'll share updates on our strategy. We'll discuss what we've heard so far about the issues that matter most to you and invite you to prioritise the most important things to include in our new strategy.

We hope you can join us and look forward to seeing you there!

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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](#).



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](#).

18 November

SELF CARE

Bromley Well Learning Difficulties Workshop: Self Care Week

Date 18 November 2024

Time 10:00 am - 12:00 pm

Venue Bromley Scout Hut

Organiser Chetan Raval

Category Bromley Well Learning Disability

[MORE INFO](#)

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.



Bromley Well Celebrates Self Care Week!

Join Bromley Well and partners for Bromley's 5th annual Self-Care Week (events running through the month of November) and take time to focus on your health and well-being with a range of free or low-cost activities happening across the borough.



What is National Self-Care Week?

Organised by the Self Care Forum, Self-Care Week is an annual, nationwide event aimed at promoting holistic wellness across communities, families, and generations. This year's theme, Mind & Body, encourages us to balance mental and physical health for a healthier, happier life.

Get Involved!

- Join Free Activities – [View the programme](#).
- Stay Updated with Tips – Follow Bromley Well on [Twitter \(X\)](#), [Instagram](#), and [Facebook](#) for top well-being tips and information.
- Download Free Health Fact Sheets – Find your essential self-care guides [\[here\]](#).

Bromley Well

Support Mencap's Big Public Transport Survey!

Mencap has launched its first national survey on public transport, created with input from people with learning disabilities. This survey aims to understand how public transport barriers affect well-being, community access, and employment opportunities. Participants will have a chance to win one of four £40 Love2shop vouchers in a prize draw!

How You Can Help

[Please complete the survey here.](#)

Thank you for helping make public transport more accessible!



Local News and Events

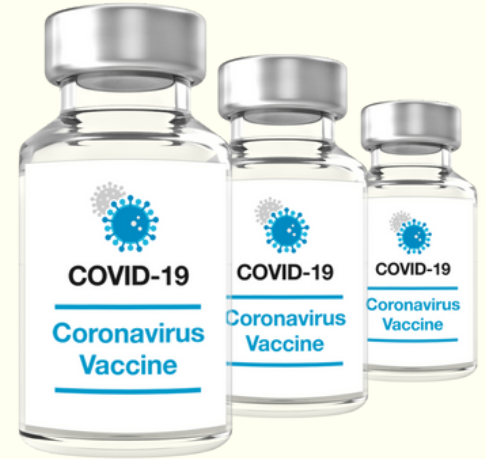
The Coronavirus booster and Flu Vaccine

The coronavirus booster helps stop you from getting seriously unwell from coronavirus.

Coronavirus boosters help make sure your protection lasts, it's important to get one every time you can. It is given as an injection. People on the learning disability register can get a coronavirus booster vaccine in the Autumn along with a flu vaccination.

Please note that the booster will only be available up until the end of the year, so it is important to book a booster as soon as you can to protect yourself.

You can read the coronavirus booster easy read leaflet on the on the [Mencap website](#).



Bromley X by X Disability Pride Event

Join Bromley X by X for Disability Pride 2024 on Saturday 30 November from 1pm to 3pm at Bromley URC Church, 20 Widmore Road, Bromley, BR1 1RY.

Access:

BSL interpretation available, Speech to Text (STT) interpretation available, FREE transport available on request, wheelchair access, Disabled toilet.

Please let Bromley X by X know about any other access needs.

Register for your FREE PLACE now at:

<https://www.xbyxbromley.org.uk/disabilitypride24>

A New Venture: SENSational Church

We're excited to share SENSational Church, an inclusive new gathering from Bromley Methodist Church for children and teens of all abilities – including those who struggle to sit still! With a sensory room, quiet spaces, crafts, and music, it offers a creative alternative to traditional services.

Parents and carers are welcome to enjoy a space for relaxation, prayer, and worship as well. Safety is a priority, with Safer Recruitment practices in place.

Save the Date: Taster Gathering
Sunday 15th December from 2–4pm
 Bromley Methodist Church, College Road,
 Bromley, BR1 3NS

To learn more or pre-register, contact SENSationalchurch@proton.me or call 020 8313 1029. Join this community of fellowship, creativity, and joy.

Disability Pride
 Showcasing Disabled talent

Saturday 30th November 2024 1pm to 3pm
Bromley URC Church, 20 Widmore Road, Bromley, BR1 1RY

FREE event This is a hybrid event so you can watch from home on Zoom

BSL and Speech to Text interpretation available

FREE refreshments **FREE transport available on request**

Register now:
[xbyxbromley.org.uk/disabilitypride24](https://www.xbyxbromley.org.uk/disabilitypride24)
info@xbyxbromley.org.uk
 0208 650 2102

A New Venture:
SENSational Church

A new community
 of fun and fellowship, combined with creative worship for children and teenagers of all abilities, including those who find sitting still hard! We will have space for parents and carers to be refreshed, pray and worship too.

SAVE THE DATE
 Taster gathering on
Sunday 15th December
2 - 4pm
 Bromley Methodist Church

We will have a sensory room, a quiet space, some crafts, maybe music. Lots of ways to engage which are not part of 'normal' Sunday church services.

Pre-register your interest at
SENSationalchurch@proton.me

We will be following Safer Recruitment practices to ensure our space is a safe as possible for all ages and abilities.

With best wishes from the advance team:
 Deacon Laura MacBean, Dawn Venn (Orpington) and Ann Woolfins (Bromley)



Welcome from our Chief Executive

Hello everyone,

Autumn is in full swing, with the leaves falling - and, before we know it, Christmas will be just around the corner! It feels like I only joined Bromley Mencap a moment ago, but in these six months we've accomplished so much together.

This new academic year has kicked off beautifully at our Training Centre and Supported Internship programmes. It's wonderful to see young people diving into their learning and work placements with enthusiasm!

Photographed right: Meeting learners at Station Road.

A huge thank you to everyone who took the time to complete our survey on developing our strategy. Your feedback is invaluable, guiding us in setting priorities and shaping a strategy that includes something meaningful for everyone.



Our Strategy Development Group - made up of carers, service users, staff, and trustees - has been meeting regularly to discuss your feedback. We know that each of us has different priorities, but together we're building something we hope resonates with all of you.



On November 12, during our AGM, we'll be sharing the progress on our strategy and asking for your thoughts on the issues that matter most. This is your chance to have a say, so we'd love for you to join us. You'll find more AGM details on page 8.

Photographed left: Deputy CEO Steve and Digital Champion Lee speaking with attendees at Eden Park Day Opps to gather feedback for our strategy survey.

I'm also delighted to announce that we have five new individuals standing to be trustees, each bringing unique skills and experiences to our Board. We'll introduce you to them in our next Bulletin's "Who's Who," so you can get to know our trustees better!

This month, we also celebrated Black History Month across our day services, training centre, and in a lively staff session that featured delicious West Indian food and great discussions. Photographed is our HR Manager, Brenda Yearwood, who kindly prepared some delicious food to share with everyone.

And as Christmas approaches, we have plenty of events and activities lined up, including our Christmas Fair on Saturday 23 November at the Lodge in Norman Park. We hope to see you there!

Our Young Carers had a fun-filled half term, including a trip to the London Dungeons, and our Halloween disco was a sell-out as ever.



With the recent budget announcements, some of you may be wondering how these changes affect you.

There's good news for Carer's Allowance, as the earnings limit has been raised to £196 per week. The Household Support Fund has also been extended, and we're awaiting guidance from Bromley Council on this. As always, our team is here to offer support, so please feel free to reach out to us for advice on benefits or other guidance.

Though Christmas still feels far away, it'll be here before we know it! So let me take this opportunity to wish you a wonderful holiday season and a happy New Year!



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.

Warm regards,

A stylized, handwritten signature in red ink that reads "Anna". The signature is elegant and flowing, with a large loop at the end.

Anna McEwen, CEO



To Bromley Mencap Members, Trustees, Auditors and Stakeholders

YOU ARE INVITED TO OUR

ANNUAL GENERAL MEETING

Date: Tuesday 12 November 2024

Time: 11am to 2pm

Venue: Whitfield Hall,
Bromley United Reformed Church,
20 Widmore Road, Bromley, Kent, BR1 1RY

Please RSVP as soon as possible to
enquiries@bromleymencap.org



Incorporating Bromley Scope

By Allison Gill, Cost of Living Coordinator

We've been hard at work launching the Cost of Living Project over the past few months! Our first cohort has just completed the 4-week Cost of Living Course, where participants learned essential skills in budgeting, money management, and meal planning, with additional support from our fantastic Digital Champions on developing online skills.



Graduates receive a certificate, a budgeting guide, a copy of the course materials, and the chance to apply for Glasspool funding.

Our next course starts on November 21st - Sign up now to reserve your spot!

Cost of Living Support



We have a brand new monthly Cost of Living workshop beginning 13 November and it will be held every second Wednesday of the month.

Come and join us for information on relevant topics and enjoy a cup of tea or coffee and a lump of cake at Orpington Methodist Church.

The Cost of Living drop-in is now up and running at our new location in The Walnuts, Orpington. Anyone with any cost-of-living related problems is welcome to drop by and stay for a cup of tea or coffee at The Community Hub.

The cost of living affects all of us in different ways. With winter approaching and with soaring energy bills and food prices increasing, it can be a very worrying time, especially with Christmas around the corner. Appointments can be made for one-to-one support with anyone who may need to try and budget better, get support with their energy tariffs and reducing bills etc. Please email costofliving@bromleymencap.org to arrange an appointment.

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 September workshop, we were thrilled to welcome Hannah Roques from XbyX (Experts by Experience).



Experts by Experience

Hannah shared invaluable insights into the charity's work and the Social Model of Disability. XbyX is deeply committed to advocating for support and meaningful changes that empower people with physical disabilities.



Our October workshop focused on 'Dental and Oral Health,' with guest speaker Louise Martin, a Senior Dental Nurse and oral health promoter who works in community care. Attendees received practical tips and advice on maintaining oral health.



UPCOMING WORKSHOPS

Meditation and feedback session
Monday 18 November from 11am

Share YOUR top tips for well-being and discuss what YOU would like for future workshops.



Monday 16 December It's Christmas!
Join us for food a quiz and more!



Details will be emailed out soon!

DROP-IN SESSIONS

Held on the third Tuesday of each month, from 10am to 12 noon at St Paul's Cray Library and Community Support Centre, Mickleham Road, St Paul's Cray, BR5 2RW.

2024 Dates:

- 19 November
- 17 December
-

2025 Dates:

Note: The January session will be on the second Tuesday of the month.

- 14 January
- 18 February
- 18 March
- 15 April
- 20 May
- 17 June

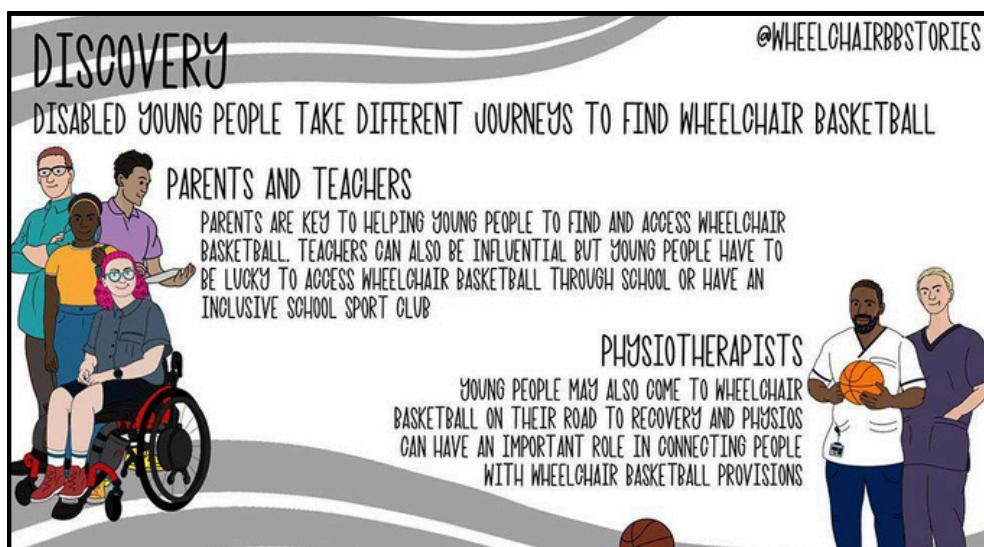


In the News

ILLUSTRATED GUIDE FOR YOUNG WHEELCHAIR BASKETBALL PLAYERS

Lecturers from two universities have launched an engaging illustrated guide aimed at encouraging young people to participate in wheelchair basketball. Titled *The Wheelchair Basketball Journey*, this resource explores three key aspects that individuals with disabilities may encounter as they progress in the sport.

Titled *The Wheelchair Basketball Journey*, the guide is a collaborative effort by Dr. Lesley Sharpe, a Lecturer in Sports Sociology at the University of Lincoln, along with Professor Vicky Tolfrey and Dr. Janine Coates from Loughborough University. Designed for sharing across social media platforms, The Wheelchair Basketball Journey aims to inspire and inform.



This project is funded by the International Basketball Federation (FIBA) and supported by British Wheelchair Basketball, highlighting the collaborative effort to grow participation in the sport. [You can read more on the BBC website.](#)

WHEELCHAIR RUGBY CLUB IN ORPINGTON SEEKS PLAYERS



Bromley Wheelchair Rugby Club are looking for players! The club meets on Thursdays from 8-10pm at the Walnuts Leisure Centre in Orpington.

For more information, call Rob Wright on 07702 523301 or email BromleyWRC@icloud.com

Lots of information can be found on the website:
<https://bromleywheelchairrugbyclub.co.uk/>

CONTACT US

Sue Charles:

Tel 07484 673090 or email sue.charles@bromleywell.org.uk

Caroline Hackett:

Tel 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 September, we welcomed Jennie Randell, who gave a captivating talk on the history of the Crooked Billet, a site with deep local significance just across from the church where we meet.



The Crooked Billet, Bickley in 2011. Photo by Jennie Randell



Jennie shared a presentation recounting the tragic events of Sunday, November 19, 1944, when a V2 rocket, fired by German forces, struck the forecourt of the Crooked Billet pub on Southborough Lane, leaving a scene of devastation.

The group was especially moved when one of our attendees recalled attending a dinner and dance at the Crooked Billet the night before the attack.

Jennie's passion for preserving this local history was clear, as she spoke about her efforts to have a blue plaque installed on the pub's exterior in remembrance of the event. She has also written a £4 booklet on the Crooked Billet's history, with proceeds supporting Foal Farm. To purchase a copy, please contact Tina.



In October, the carers were getting ready for Christmas by making their own Christmas wreaths.



MONTHLY LEARNING DISABILITY (LD) COOKERY CLASS

In September, we set off on our travels again, this time with a visit to Sweden! Tina found a lovely recipe for Swedish meatballs and no-bake Swedish chokladballs, which clients could enhance with coffee, orange juice, or cream for added flavour. Both dishes were delicious, leaving behind only clean plates!



In October, our adventures carried on to Greece with the class cooking chicken gyros with Greek salad and lemon and Greek pudding (photographed above).

DATES FOR YOUR DIARY

The next **Older Carers Workshop & Lunch** will be on Friday 29 November. We will meet at 10am at Norman Park (Hayes Lane entrance) for a trip to the Rochester Christmas Market. Fingers crossed for good weather!

The next **cooking class** is on Friday 15 November, with a visit to the Kent Cookery School in Ashford.

Our twice-monthly **coffee mornings** are held at the Harvester from 11am to 1pm. Upcoming dates are Friday 22 November, and Friday 6 December.



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 October, we held a Social opportunities workshop. In this group, we discussed local places to visit, services available to us, and activities aligned with our interests and hobbies. We also explored ways to upskill ourselves through technology



OUTREACH

A key part of our work is engaging with the community to raise awareness about the support we offer.

On 17 September, we attended the Glebe Choices Event, where we introduced young people to the wide range of services available to support them.



UPCOMING WORKSHOP

Join us for our Self-Care Workshop as part of Self-Care Week on 18 November.

Reserve your spot by contacting Chetan or Emma via phone or email.

Email: chetan.raval@bromleywell.org.uk
Phone: 07752 466928



On 14 October, our teams attended the "Spirit of Bromley" event at the Atrium in the Glades. This event brought together various charities celebrating the community and offering support and guidance, with a focus on reducing isolation for young people.



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. We have new dates in January, so please contact Emma Andrew to book your place. Emma.andrew@bromleywell.org.uk or telephone 07482 558 660.

Supporting people with Learning Difficulties

ADHD 5-WEEK LIFE ADMIN COURSE

Our support officers will assist you with a person-centred plan to create and achieve your goals.

You might want to better manage your paperwork or sort out a long-standing issue.

"I need someone to help me get everything organised"

"Things pile up and I don't know where to start"

We can help you:

- Complete an initial assessment
- Create your action plans
- Work on coping mechanisms
- Increase your independence and resilience

For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

FREEPHONE: 0808 278 7898 EMAIL: spa@bromleywell.org.uk

Delivered by:

Funded by:

In the News

MIDWIVES LACK SPECIALIST TRAINING FOR WOMEN WITH LEARNING DISABILITIES

A new study highlights that midwives often lack the specialist training needed to support pregnant women with learning disabilities, impacting the quality of care. Challenges include communication barriers and insufficient involvement in decision-making for these women. A recent CQC report also identified issues within NHS maternity services, such as staffing shortages, discrimination, and safety concerns. The CQC is now promoting better practices, emphasizing clear communication, adjustments for diverse needs, and collaboration across services to provide more inclusive care. You can read more in [Learning Disability Today](#).



WHAT HAPPENS TO DISABLED PEOPLE WHEN PARENTS DIE?

A group of young adults with learning disabilities in Wales is creating a housing cooperative to secure an independent, supportive home where they can live together with caregivers. This initiative, driven by parents' concerns about future care, offers an alternative to traditional housing options, where many adults with learning disabilities remain at home with aging parents. Mencap reports that 75% of adults with learning disabilities in Wales live with family, highlighting the need for more accessible housing solutions. The Welsh government is working to improve housing access, but more is needed to address the demand.

You can read more on the [BBC website](#).



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.](#)

After an exciting summer, the Young Carers Team has been busy planning autumn activities! Many of our young carers are back in school, with some starting new ones. We've been working on transition plans, and it's great to hear that things are going well overall. Looking ahead, our winter events will be available for booking on the Bromley Well Young Carers App in November. Don't miss out – secure your spot!



Spooky Fun and Laser Tag Games

We recently enjoyed two days of Halloween fun in collaboration with Healthwatch Bromley, featuring events for ages 11-14 and 15-19 at Community House on October 28th and 29th. We even welcomed Hannah, our former Young Carer Support Worker!

The Halloween Party for ages 4-11 at Crofton Halls on October 30th was filled with spooky games, and our "Best-Dressed Mummy" competition was a highlight.

One young carer remarked, ***"I really enjoyed the dress the mummy competition; it was a lot of fun and messy!"***

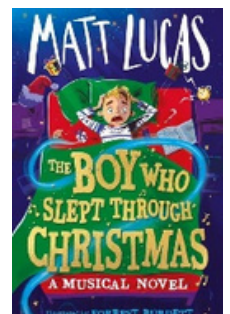


For our final spooky event of the season, we visited SEA LIFE on 31 October, where we came face-to-face with some pretty scary sharks! We wrapped up the day with an eerie trip to the London Dungeon, making for a fun and spooky outing – perfect for Halloween!

Additionally, the Young Carers Team has been working with the Adult Care Team to improve the transition process for those moving to the Adult Carers Service.

On 22 October, our Laser Tag event for ages 11-15 was a hit, with great feedback! Special shout-outs to top scorers Kaylan and Theo, who had impressive scores of 1,260 and 1,057 tags, respectively.

Don't forget, our Young Carers Book Club is back this November! We'll meet online every Wednesday to read 'The Boy Who Slept Through Christmas' together.

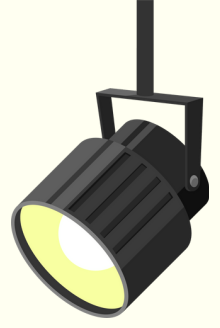


SAVE THE DATE

**Christmas Activities Workshop:
Saturday 7 December at Station
Road Training Centre.**

We can't wait to see you there!

Short Breaks Spotlight



Our Short Breaks Service provides respite to families of children and young people with a disability via Community Support Workers, Buddies and Childminders.



Top from left to right: Sofia enjoying a puzzle on her tablet; Sebastian and Emily at the National Gallery; Youssef waiting for a bus. Bottom from left to right: Fay having her make-up applied in a London Department Store; George enjoying bowling.



The benefits of the service are:

- Provides respite for families, allowing time for activities with partners or siblings
- Offers flexible scheduling – weekly, fortnightly, weekends, after school, or during school holidays
- Tailored service around the individual child and young person's requirements/abilities
- One-on-one support tailored to each participant
- In-home activities, such as cooking and crafts
- Access to community outings: parks, soft play, public transport, cinema, bowling, sports, and trips to London
- Support in building independence skills, from putting on shoes to travel training and money management

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.



Autumn Update

Our drop-in sessions run every Tuesday at Rhiannon's Café in Bromley's United Reformed Church. We assist with correspondence, health, welfare, and social communication issues, and we can connect clients with additional support from other organisations.

Recent Workshops and New Partnerships

In September, we kicked off with a Social Opportunities Workshop, where clients enjoyed a photography session at Bromley Park, followed by a picnic. This led to the formation of a weekly Photography Group that explores different themes around Bromley, capturing the area's rich heritage. We have found some great places to photograph – Here are some examples:

Photography

The letter 'L' by Sophia Gal



Sun in the trees by Ben Morgan



Green in the park by Sean Ballard



Supporting People with Autism (aged 16 plus)

In October, we hosted an Anxiety in Autism Workshop, providing strategies for managing anxiety and social challenges. Participants shared experiences on looping thoughts, hypnotherapy, and journaling, making for a very insightful session.

Additionally, we've partnered with Stepping Stones' Recovery College to explore mutual support options for our clients. Fay Hicks has also been engaging with Bromley College, SEND Matters, Diagrama Residential Care, Riverside School, the Eleanor Trust, and other organisations, promoting Bromley Mencap's services and building stronger community ties.



Inclusivity Festival Success



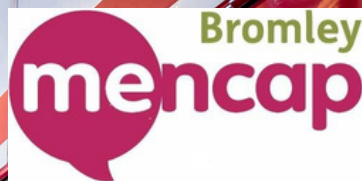
October also saw the success of the Inclusivity Festival, which brought together the community for a day of connection and celebration. Highlights included performances by Magpie Dance and comedian Heidi Defer, live music from local bands, and a fantastic spread from Oakley House. The event, which was attended by the Deputy Mayor, Cllr Jonathan Andrews, received enthusiastic feedback, with the next festival already set for 6 July 2025!



Upcoming Workshops

- Bromley Services Feedback Workshop with Healthwatch Bromley, led by Charlotte Bradford on 25 November. A chance to share your views on Bromley services.
- Mind Management Workshop on 16 December at the Scout Hut, led by Fay Hicks.

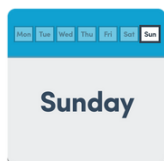
To join, contact Fay or Emma at fay.hicks@bromleywell.org.uk.



Incorporating Bromley Scope

Walking and Cycling Club: Christmas Lights Sightseeing Tour

Enjoy an open-top bus tour of London's famous Christmas lights on Oxford Street, Regent Street and Piccadilly Circus and marvel at Trafalgar Square's Iconic Christmas Tree.



When: Sunday 8th December

Start time: 3:45pm

End time: 9.00pm approx



Meeting Place: Meet outside the entrance of Orpington Railway Station (car park side).



We will be catching a train to London Charing Cross, so please bring your **Oyster Card or Freedom Pass**.



Cost: £10 (including carers). Please pay Ian on the day. Christmas nibbles included!



We will be travelling on an open-top bus, so please dress in **warm clothes** suitable for the weather. Hat, scarf, gloves and a winter coat are advised.



Adult Day Services

Hello from Day Services! We have been enjoying planning and carrying out our Autumn activities and themed learning across the projects.

The Lodge kiosk and the bike hire project has been particularly busy with customers over the school holidays. The Horticulture team have put a lot of work into the garden clearing leaves and preparing for winter!

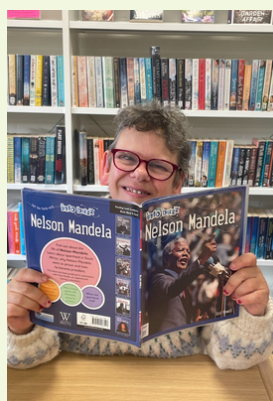


The team at Cotmandene Day Opportunities have finished their re-design of their well-being room and podcast studio room. They are both looking great!

The group's garden produce has been doing well with spinach to pick and squash starting to grow.

Cotmandene also enjoyed another visit from Fergus the therapy dog.

Our clients at both Day Opps sites have been researching influential figures during Black History Month and the theme of this year, reclaiming narratives. Do look out for their podcast on the topic and their discussions on Black History month.



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)

Our Eden Park group have put together some lovely planters ready for the winter. Both centres have been working on new pottery projects and making full use of our kiln.



Day Services are seeking donations to support our craft projects!

Our clients have been loving recent yarn crafts. We're currently low on chunky yarn and buttons, and we're also in need of Christmas tree baubles for upcoming holiday projects.

Any donations would be greatly appreciated. Please email nicki.debich@bromleymencap.org if you can help in any way.

Bromley Council Adult Care Awards

Exciting News!

We're thrilled to announce that all three of our day services were finalists for the Day Centre, Team Award: Cotmandene Day Opps, Eden Park Day Opps, and The Lodge.

Huge congratulations to Cotmandene Day Opps for winning the award, and to Eden Park and The Lodge for being Highly Commended for their exceptional care!

A massive thank you and congratulations to everyone who works in or supports our day services. You make us proud!

Photographed right: Joe Stapleton, Scheme Leader, collecting the Award on behalf of the staff team.



The Lodge Christmas Fair

Our Christmas Fair will be on Saturday 23 November from 10am until 2pm at the Lodge, Norman Park, Hook Farm Road, Bromley, BR2 9SX.

Do not miss our Mencap Rocks Choir performance at 1pm.

There will also be handmade crafts, cakes, tombolas, festive refreshments and more!

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

Donations needed!

Do you have any raffle prizes, cakes, or bottles for the tombola that you could donate to our fair?

If so, please do get in touch with nicki.debich@bromleymencap.org



CHRISTMAS FAIR



Incorporating Bromley Scope

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

SATURDAY 23 NOVEMBER
10AM - 2PM

Come and enjoy some festive fun!

- Tombolas
- Handmade Crafts
- Winter Punch & Mince Pies
- Homemade Cakes
- Free Bike Loans
- And more!

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

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



COMMUNITY FUNDRAISING

THANK YOU TO OUR SUPPORTERS

Dress to Represent

A huge thank you to Maisie (age 10) for choosing Bromley Mencap as her charity for "Dress to Represent" Day at Harris Primary Shortlands.

Maisie chose us because "they are fun and help me learn because I find that difficult."

Her mum shared that the photographs on Maisie's back are from the amazing activities they enjoyed with our Children's Team over the holidays. We're so grateful for your support, Maisie!



SAS 'Fan Dance'

Our amazing supporter, Nicholas, is tackling January's infamous SAS 'Fan Dance' in Wales on the 11 January to raise money for Bromley Mencap!

Nicholas shared:

"Bromley Mencap has been a huge part of our autism journey with our daughter, Tallulah. They've been a light in the sometimes invisible world of navigating autism, offering not only courses and information, but also care and reassurance when we needed it most."

The Fan Dance spans 24km across the challenging terrain of the Brecon Beacons, with tough weather conditions pushing participants to their limits.



DONATE HERE



Employment, Training and Volunteering News

Station Road Training Centre Update

We have been pleased to welcome six new learners to Station Road Training Centre, increasing from two groups to three.

We have had a busy start to the new academic year, from helping new learners to settle into our exciting enrichment sessions! We also enjoyed a night at Bromley Little Theatre and it was great to see both learners and their parents there!



Our current staff team photographed above

Jack Petchey Foundation Award

In October, learners Tariq and Ellie were delighted to attend the Jack Petchey Foundation Achievement & Leader Awards at the Churchill Theatre and were presented with their awards by the Mayor of Bromley. Well done to you both.

Photographed from left to right: Training Centre Curriculum & Quality Manager, Mark Murphy, Tariq and Ellie.



Well done!



Black History Month

The learners presented their research on influential Black figures, spanning from historical icons to modern trailblazers. We explored the significant contributions made by Black Britons in the post-war years to rebuild the country and viewed a powerful documentary on the Windrush generation and the challenges they faced. In addition, learners and staff collaborated on a vibrant art project to brighten up the training centre corridor.



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



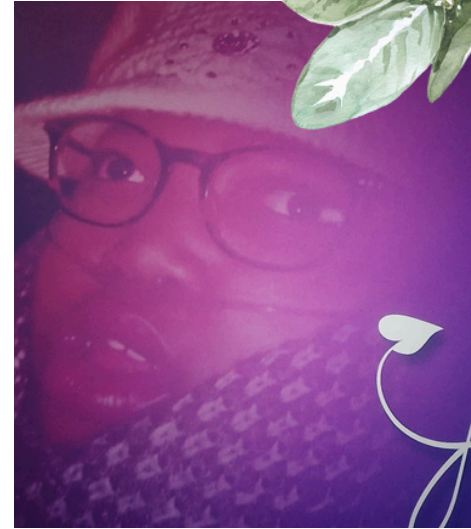
Obituary

Abigail Adeloye

Abigail Adeloye passed away just after she celebrated her 16th birthday surrounded by friends, family, glitter and cake. She faced many challenges in her life and wasn't expected to live past her 5th birthday. With the support of medical, educational and care teams however, she developed resilience to take her through to double digits. Abigail was a determined young lady, who with the support of her family, lived a full life.

Our thoughts are with Abigail's family at this sad time.
May she rest in peace.

Words by Sarah Clark



Community Links Bromley Volunteer Awards

Community Links Bromley hosted the 15th Annual Volunteer Awards Ceremony on 26th September 2024. It was a celebration of the incredible people who make Bromley a better place and to recognise the outstanding contributions of these amazing volunteers. A huge thank you to all our volunteers – your dedication truly makes a difference

Top left: Meet our dedicated 'Keep Fit' volunteers, Sue, Marion, and Kathy, who help make our fitness sessions possible.

Top right: Lesley Hine, pictured here with the Mayor, has been a valued volunteer with Bromley Mencap for many years. We are so grateful for her continued support.

Bottom left: Congratulations to Jonathan and Alex, who proudly display their certificates after being nominated for Young Volunteer of the Year. Well done!

Bottom right: A special shout-out to our Trustee, Ann Kean, for jointly winning the Trustee Volunteer of the Year Award! Thank you for your incredible dedication, Ann.



WELCOME TO OUR

NEW STAFF

Tracey Weyman: SEND Tutor

Hello everyone!

I've recently joined the team as a SEND Tutor at the Station Road Training Centre. I've worked in education in various roles over the past 18 years.

In my spare time, I enjoy tending to my allotment and spending time with friends and family.

A big thank you to the wonderful staff and learners at Station Road for such a warm and kind welcome!



Steven Hithersay:

All Ages Autism Welfare Benefits Officer



Hello, I'm Steven.

With around 10 years of experience supporting both adults and children with autism and learning disabilities, I've worked across a variety of settings, including community support, residential care, day services, and social and youth clubs. My extensive work with autistic individuals has given me a deep understanding of the unique and personal challenges they face.

I understand how daunting it can feel to translate these experiences onto a standard form - that's where I come in. I can help clients see how the general questions on the PIP form relate to the sensory, social, and other challenges they may encounter.

I'm here to make the process easier and to ensure that each individual's needs and experiences are represented accurately.



Copy deadline for the January/February Bulletin is 2 January 2025.

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