

BULLETIN

Our New Strategy has Launched!

We're excited to share our 2025-2028 Strategy with you all.



Our vision is a world where disabled people are respected, empowered, and fully included.

Over the next three years, we'll focus on four key goals and will provide regular updates on progress made in the Bulletin and via social media. Thank you to everyone who contributed.

Together, we can create meaningful change.



Key Goals:

Social Inclusion:

Reducing isolation through inclusive activities and events.

Employment & Training:

Creating opportunities for skills development and independence.

Community Connections:

Building networks through accessible spaces and outreach.

Campaigning:

Advocating for fairness, inclusion, and change.





Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Art work produced by people at Day Opps

We're thrilled to announce the launch of our three-year strategy! As you'll see on the front page, we're excited to bring these goals to life and make a real impact in our community.

There's great news from Station Road Training Centre following their recent Ofsted inspection—find out more on pages 9-10.

We've also partnered with Carefree to offer carers a well-deserved break. Turn to page 6 to see how this scheme could support you (eligibility criteria apply). Finally, meet our two newest trustees on pages 21-22 and discover the skills and experience they bring to our board.

In this issue

CHIEF EXECUTIVE REPORT

Pages 4-5

CAREFREE PARTNERSHIP

Page 6

COST OF LIVING SERVICE

Pages 7-8

EMPLOYMENT & TRAINING SERVICES

Pages 9-10

BROMLEY WELL UPDATES

Page 11-17

ADULT SERVICES

Page 18-20

MEET OUR NEW TRUSTEES

Pages 21-22

LOCAL NEWS & EVENTS

Pages 23-27

Happy Reading!

Alex Powell

Communications Officer

alex.powell@bromleymencap.org



Incorporating Bromley Scope

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

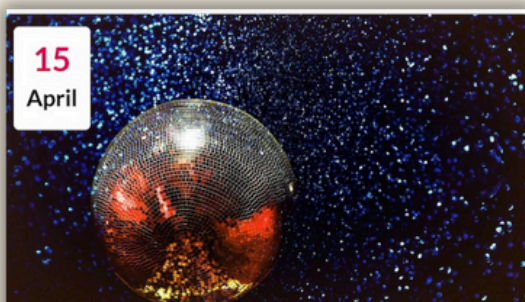
Events and Activities

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](#).



15
April

Spring Disco

 Date 15 April 2025

 Time 7:30 pm - 10:00 pm

 Venue Beckenham Rugby Club

 Organiser Sharon Morgan

 Price £10.00

 Ticket £10.00 [Purchase Now](#) - 75 Places Left

 Category [Bromley Mencap Events Disco](#)

[MORE INFO](#)



Bromley Well

Bromley Well offers free health and wellbeing services for people living in the London Borough of Bromley. Please check the [website for details here](#).

Bromley Mencap delivers several Bromley Well services including employment support workshops, as well as workshops and one-to-one support for people with learning difficulties and physical disabilities, mutual carers, and young carers. [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.





Chief Executive Update

Hello everyone,

I'm delighted to share some exciting updates with you.

We've now launched our new organisational strategy, shaped by the feedback and ideas of our members, staff, and people who draw on our care and support.

A huge thank you to everyone who took the time to contribute – your voices have been at the heart of this process. We're really proud of the final version, and the goals we've set for the next three years reflect exactly what people told us they want us to focus on.

We had some fantastic news from Ofsted following a recent monitoring visit.

Our report was incredibly positive, recognising the hard work, dedication and achievements of both our staff and learners.



We're so pleased to see their efforts celebrated – it's a real credit to the team at Station Road (pictured left).

Of course, there are always things to improve, and we're committed to building on this success.

A huge thank you to everyone involved.



Another exciting development is the merger of our Children's and Adults' Services into one new team, now managed by Sharon Morgan.

We believe this joined-up approach will help us provide more seamless, person-centred support across all ages, right in the heart of our community.

I'm really pleased to be launching a new Equity, Diversity and Inclusion (EDI) group, with staff representatives from all our services.

This is an important step in our commitment to embedding EDI principles across the organisation – making sure we are inclusive, reflective, and actively working to challenge inequality in everything we do.



Thank you for being part of our journey – we're excited about what lies ahead and look forward to working with you as we continue to grow and improve.

I'm always just an email or a phone call away, so don't hesitate to reach out to me at anna.mcewen@bromleymencap.org or call the office on 0208 466 0790.

Warm regards,

A handwritten signature of Anna in purple ink, written in a cursive style.

Anna McEwen, CEO

Carefree

Community Partnership

We are delighted to be able to launch our new partnership with Carefree.

Carefree are a charity who work with hotel chains. Every night there are many hotel rooms which remain unused. Carefree work with the hotels, who allocate a proportion of their unbooked rooms to Carefree. These rooms can then be utilised by carers as a short break from their caring responsibilities.



Hundreds of hotels nationwide donate to Carefree every day out of their excess capacity, giving a wide range of choice on the date and location of your break.

Carers registered with Bromley Mencap can be referred for a break of up to two nights in a hotel, once a year as part of this scheme.

Who can get a break?

To be eligible you need to be over 18 years of age and provide more than 30 hours of unpaid care per week.

What are the costs?

There is a £33 admin fee per break payable by the carer, to support Carefree with the running costs of the charity. Carers are also responsible for paying travel and other expenses incurred.

Who can I go with?

Most hotels offer double or twin rooms with breakfast included. You can take someone with you, but this should not be your cared-for person so that you can truly get a break away from caring.

How can I get a break?

If you are a member of Bromley Mencap and meet the criteria above, email enquiries@bromleymencap.org, and your details will be forwarded to the co-ordinator who will make a referral for you. Carefree will then contact you with details of how to book your break.



[Photo credits: Carefree]

Cost of Living Service Updates

It's been a busy time at the Cost of Living Service, with lots of events and workshops helping people navigate financial challenges. Here's what we've been up to:

ESA to Universal Credit Migration Workshop

Our busiest session yet! We answered questions, explained the migration process, and guided people through Universal Credit applications. Attendees left feeling more reassured. These free workshops run on the second Wednesday of every month at Orpington Methodist Church—join us for essential advice on topics that matter to you.



Cost of Living Support



Cost of Living: Cooking on a Budget

This hugely popular course taught people how to budget for healthy meals, avoid supermarket spending traps, and cook delicious, cost-effective meals to take home for just £5!

Budgeting Course – Next Start Date: 1 May

Our current Cost of Living Budgeting Course is in full swing! If you'd like to join the next round, starting Thursday 1 May, be sure to book your place—this invaluable course fills up quickly.



Tuesday Morning Drop-Ins at Hope Church

Our weekly drop-in sessions in Orpington are getting busier! No appointment needed—just turn up for advice and support on managing your money and correspondence.

Exciting Plans from Our Digital Champions!

Stay tuned—we've got some great digital support initiatives coming soon! Watch this space for updates.



You are invited to our

COST OF LIVING COURSE

**The Cost of Living Service is running workshops every Thursday
over four weeks from Thursday 1 May**

Join us on Thursdays:



- 1 May
- 8 May
- 15 May
- 22 May



From 1-3pm



**Station Road Training
Centre, Bromley North,
Kent, BR1 3LP**

**The aim of the course is to help our
members:**

- **Learn how to budget for
essentials**
- **Plan spending**
- **Gain digital skills with the
support of our Digital Champions**

Sign up now!

Please contact Allison Gill to book a place:



costofliving@bromleymencap.org



020 8466 0790 / 07714 686723



Funded by

**COMMUNITY
FUND**

Station Road Training Centre Update

At the start of January, we had a two-day Ofsted monitoring visit.

Inspectors observed lessons, spoke with staff, learners, and parents, and assessed our overall progress. This visit provided valuable insights into both our strengths and areas for development.

The great news is that Ofsted has recognised our strong foundations and commitment to continuous improvement, confirming that we are making **Reasonable Progress in all areas.**

This means our work is having a positive impact across key areas of the inspection.

The report highlighted our strengths while also identifying areas for further growth, helping us to continue improving.

"Leaders, managers, and staff know the learners well. They generate a warm sense of belonging and community at the college."

Ofsted: January 2025

"The dedicated team provides a welcoming and supportive environment, helping learners make strong progress in their education and personal development"

Ofsted: January 2025

You can read the full report on the [Ofsted website](#).



It was wonderful to welcome the learners back to Station Road after the long Christmas break, and we've kept busy offering a range of exciting learning opportunities, trips, and informative talks.

As part of their Travel and Tourism module, a group of Year two learners went to visit Hays Travel Agents on Bromley High Street. They had an extremely warm welcome from the staff and were given lots of advice and information, even returning with complimentary sunglasses and lots of holiday brochures!

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

Jack Petchey Winner

The learners voted for the next Jack Petchey Award winner and we are pleased to announce that the chosen recipient is Nateese Beckford-Walker.

She was nominated by staff and peers for her positivity and supporting others.

The learners have been very busy coming up with ways to spend the funding. Watch this space for information on future trips and events!



We have continued to welcome visitors to the centre and this half term we had an afternoon of Doggy Daycare, with Benji, our Station Road canine, bringing in two of his little friends, Eddie and Penny, to meet the learners.

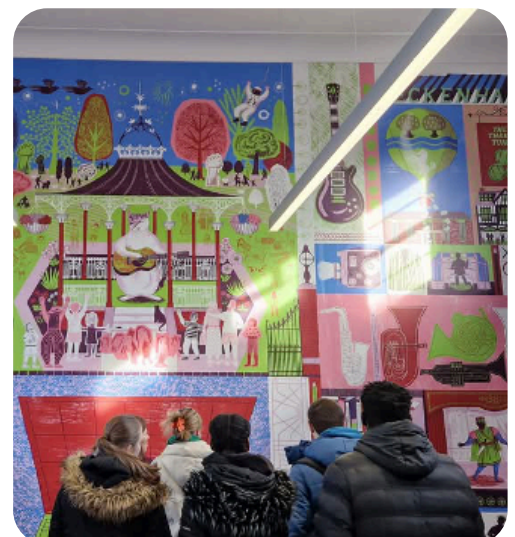
We also welcomed the Sexual Health nurses for an informative workshop and marked Chinese New Year, Holocaust Memorial Day and Valentine's Day with some great artwork and baking. Photographed right are Heart Sun Catchers and delicious Chocolate Truffles.



Some of our learners had the opportunity to enjoy an impromptu visit to Beckenham Library for its grand reopening, following a seven-month refurbishment.

It was wonderful to meet Baroness Benjamin (photographed above), who some people may remember from her days on Play School, as well as Stella, the famous Beckenham moggy.

Last day of the term: Wednesday 2 April
First day of new term: Tuesday 22 April



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

21ST MARCH, 11TH APRIL AND 16TH MAY.

We kicked off the new year with a warm and welcoming session.

Everyone had the chance to share stories about their Christmas and New Year, making for a lovely start to 2025. A highlight of the day was celebrating a very special 98th birthday, complete with a heartfelt round of Happy Birthday and, of course, cake!



In February, we were delighted to welcome Nicola Fishman, Community Engagement Officer from Age UK. Nicola gave an informative talk about the range of services available, including the Post-Discharge Settling Service, Hospital Aftercare Service, and Handyperson Service. As the event took place on February 14th, love was in the air, with Tina decorating the hall with hearts and all things Valentine's.



OLDER CARERS WORKSHOP & LUNCH

The cookery participants kicked off the year by making homemade pizzas with a variety of delicious toppings. A lively debate soon followed—does pineapple belong on pizza? The majority firmly said no!



To finish, they whipped up a classic bread and butter pudding, which proved to be a hit—leaving behind plenty of empty plates.



DATES FOR YOUR DIARY

The next **Older Carers' Workshop and Lunch** will be on Friday 4th April and 9th May.

The next **Cookery Classes** will be on Friday 21st March, 11th April and 16th May.

COFFEE MORNINGS

Tina joined everyone for the twice-monthly coffee mornings which are held in the Harvester on Southborough Lane between 11am – 1pm.

These are always well attended and give everyone the chance to socialise in a relaxed atmosphere.



What our attendees say:

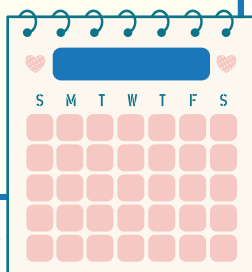
"I love coming to the coffee mornings as I can chat with my friends."

"It's nice to come along as it gives me a break from looking after my mum."

These sessions provide a valuable space for relaxation, support, and friendship in a warm and friendly environment.

FUTURE COFFEE MORNINGS

- Friday 28th March
- Friday 25th April
- Friday 2nd May
- Friday 23rd May



SUPPORTING MUTUAL CARERS: MD & TD'S STORY

MD, 90, lives with asthma, arthritis, depression and anxiety. He shares his home with his daughter, TD, who has a learning disability, and together they care for each other. Their only support comes from Tina, the Bromley Well Mutual Carers Support Worker, who has been assisting them for over five years.



MD attends the Older Carers Workshop & Lunch, where he enjoys socialising, learning from guest speakers.

"Everyone is friendly. It's a chance to chat, laugh, and share stories. These lunches help me feel less isolated."

MD

TD takes part in cookery classes, where she has gained confidence, learned new recipes, and embraced healthy eating habits. She also attends coffee mornings, helping her expand her social circle.

"I love trying new dishes and cooking for Dad. The classes give me a break from caring and allow me to enjoy meals with friends."

TD

Our support worker has also helped arrange medical appointments, care assessments, medication deliveries and renewing TD's Freedom Pass. Thanks to this ongoing support, both MD and TD feel more connected, independent, and empowered in their daily lives.

By Chetan Ravel
Information & Support Officer

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

MONTHLY WORKSHOPS

Our January 'Eating Well on a Budget' session explored ways to make essential shopping go further with practical tips and tricks for saving money. We played fun games like Higher or Lower and Fakeaway vs Takeaway, while also learning about healthy plates and cost-effective cooking.



In February, we welcomed guest speaker Allison Gill, Cost-of-Living Advisor, who gave an informative presentation on budgeting and benefits—a crucial topic as the cost of living remains a concern for many people. We were also joined by Digital Champions, who provided hands-on support with online applications and digital queries.

For March's workshop, we invited Magpie Dance to showcase their work, encouraging everyone to get moving and experience the joy of dance-based exercise.



It was a fantastic session that got hearts racing while having fun!
Learn more about Magpie Dance [here](#).



UPCOMING WORKSHOP

Our next workshop will be on Monday 7 April from 10am – 12pm
Venue: Bromley Scout Hut, 15 Prospect Place, Bromley, BR2 9HL

Beverley Nicklin from Trading Standards will be joining us to deliver a workshop on scams and how to avoid them.

To book, email emma.andrew@bromleywell.org.uk
 or Chetan.raval@bromleywell.org.uk
 or phone/text 07752 466928. Download the flyer [here](#).



COMMUNITY OUTREACH

In January, the Learning Difficulties Team attended the Bromley Health and Wellbeing Event at the United Reformed Church, sharing information about Bromley Mencap and Bromley Well Services.

In February, the team participated in the Clear Community Web Digital Horizons event, where they heard from speakers and joined discussions on digital inclusion and accessibility.



Supporting people with Learning Difficulties

Correspondence Drop-ins

Do you need some help with reading and responding to letters?
Attend our FREE drop-in on Fridays!

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

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

You will find us at:
Bromley Mencap office,
Station Road,
Bromley North,
BR1 3LP

For more information, please contact Bromley Well:
EMAIL
emma.andrew@bromleywell.org.uk
chetan.raval@bromleywell.org.uk
FREEPHONE
0808 278 7898

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.

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

Our workshops take place monthly at The United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY, from 11am to 12 noon. Immediately after, we run our drop-in service from 12–1pm.

We've been reviewing attendance numbers and are considering changing the venue and frequency of workshops to ensure they are meeting your needs. We'll keep you updated!

Save the Date

Health & Wellbeing Workshop

Please join us for the next workshop on Monday 28 April 2025 from 11am until 1pm.

Get a blood pressure check and an ear check using a camera –see inside your own ear! Enjoy refreshments and stay for our drop-in session after your health check.



To confirm your place, please text or email us:

- ☎ Caroline Hackett – 07938 740361 |
✉ caroline.hackett@bromleywell.org.uk
- ☎ Sue Charles – 07484 673090 |
✉ sue.charles@bromleywell.org.uk

DROP-IN SESSIONS



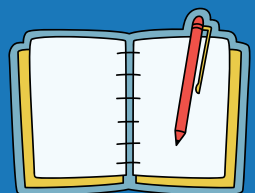
Central Bromley Drop-ins

These are held at The United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY from 12–1pm and follow our monthly workshops.

Orpington Drop-ins

These are 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.

- **Tuesday 15 April**
- **Tuesday 20 May**
- **Tuesday 17 June**



Discount Codes for Disabled People in the UK

[Purpl Discounts](#) is the UK's first dedicated website helping disabled people offset the cost of living with exclusive discount codes (eligibility criteria applies).

[Find out more on their website.](#)



BROMLEY EXPERTS BY EXPERIENCE (X BY X)

Bromley Experts by Experience (X by X) offer a variety of events to empower and connect Deaf and Disabled people, from peer support groups to forums focusing on mental health, accessibility, and independent living.



Want to get involved? Check out all upcoming events on their website here:
<https://www.xbyxbromley.org.uk/events/>

JOIN THE ACCESS CHAMPIONS PROJECT!

Bromley Experts by Experience has launched a new Access Champions Project which aims to improve accessibility in local businesses by creating an online directory with accessibility reports.

You can get involved at the first working group meeting on:

Date: Thursday 3 April 2025

Time: 1:15pm – 2:45pm

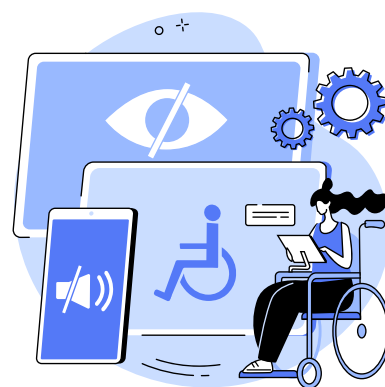
Venue: Community House, South Street, Bromley, BR1 1RH

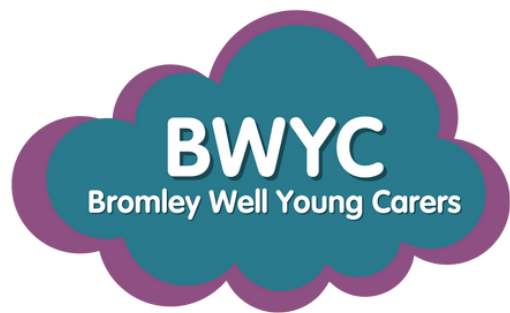
At this session, members will help develop a checklist to assess accessibility when visiting local businesses.

FREE drinks and snacks provided!

Book your FREE place today and advise the team of any access requirements.

Email: info@xbyxbromley.org.uk, telephone: 0208 650 2102
or visit their website.





Young Carers Service

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.](#)

Supporting Young Carers in Bromley

Young Carers Action Day: Give Me a Break

To celebrate Young Carers Action Day on 12 March, the Bromley Well Young Carers team visited Crofton Junior School, where they joined the school's Breeze and Chill young carer group. Young carers took part in a creative session, making vision boards to explore how they take a break from their caring roles.

This year's theme, "Give Me a Break", highlights the importance of young carers having time to relax and enjoy their childhood. Activities like these provide a valuable opportunity for them to reflect on their well-being, gain peer support and find ways to recharge.



Bromley Well Young Carers continues to offer essential support, ensuring these incredible young people receive the help they need while balancing their responsibilities.

To learn more about the support available, visit the [Bromley Well website.](#)





Adult Day Services

Hello from Day Services!

Students at The Lodge have been working towards getting the garden ready for Springtime, the bike hire scheme is as popular as ever now the weather is improving, and the Catering team have been focusing on practising their customer services skills in the kiosk which is becoming increasingly popular.

There have been lots of notable days to research and focus projects around. The Cotmandene team made a beautiful presentation on the Lunar New Year and Bird Watch week.



They have also been enjoying regular yarn and sewing club sessions making some very creative pieces.

The Lodge Catering team continue to build on their repertoire of recipes and made some Valentine's jam heart treats.



18

Find out more

If you are interested in finding out more about our Day Services, please do contact us to discuss your requirements.

Email: caroline.stone@bromleymencap.org

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

Eden Park have been developing their digital skills focusing on topics such as climate change and World Polar Bear Day. They have also been taking part in some wonderful sensory stories exploring different themes from current awareness days.

We have welcomed the Community Learning Disability team from Queen Mary's Hospital who have been delivering regular physiotherapy sessions.



We also look forward to more walks with CareDogs who are now able to offer more walks across our Day Services sites.

Spring Disco

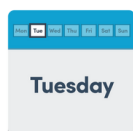


Incorporating Bromley Scope

for adults aged 18 and over



Join us for a fun evening of dancing to your favourite tunes.



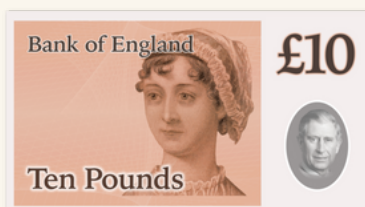
When: Tuesday 15 April



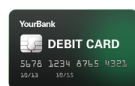
Start time: 7:30pm
Finish time: 10pm



Where: Beckenham Rugby Club,
The Clubhouse, Balmoral Ave,
Beckenham, BR3 3RD



Cost: £10.00 (includes soft drinks)



A paid bar for buying alcoholic drinks will be available.
Please note this is card payment only.
Soft drinks will be available free of charge.

Map and directions

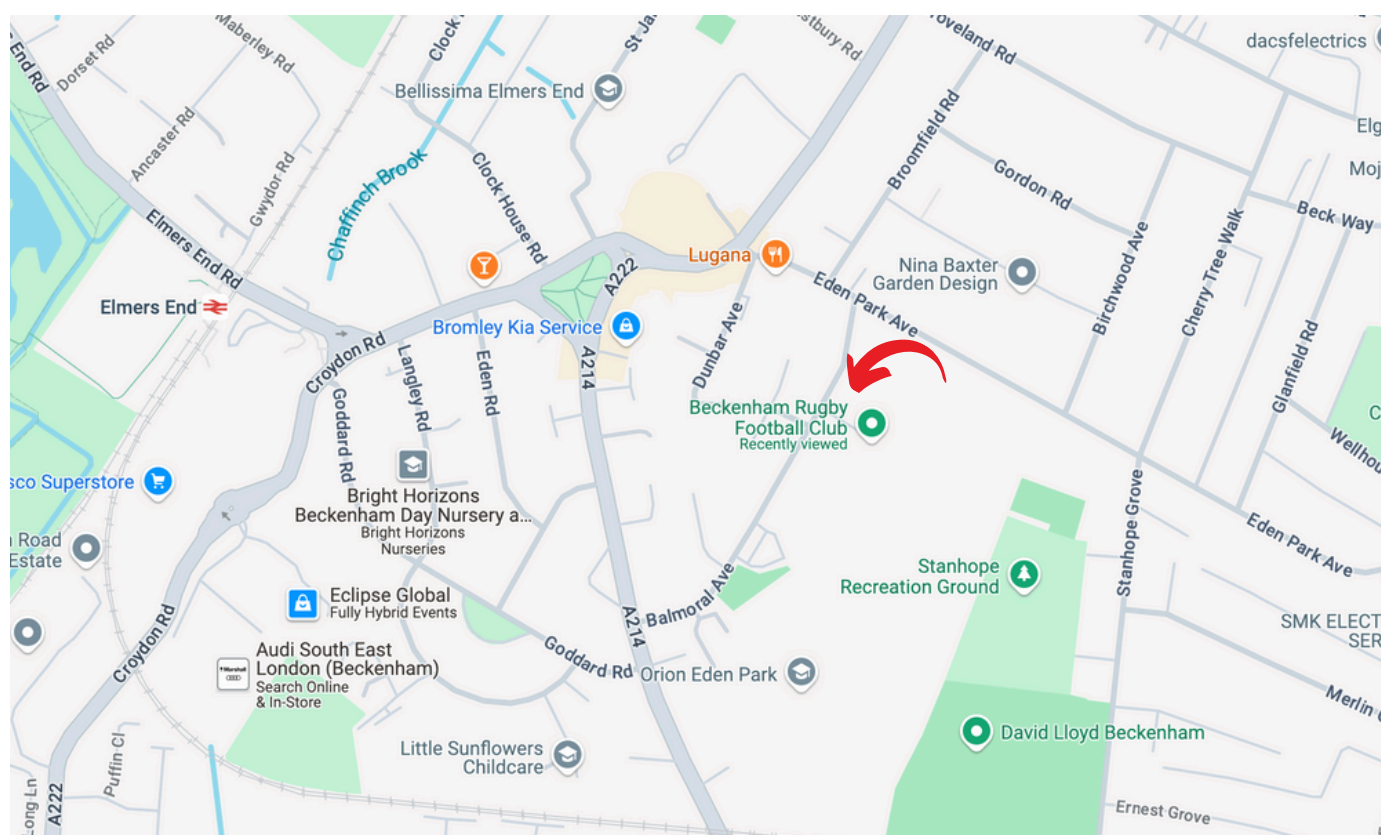


Beckenham Rugby Club, The Clubhouse,
Balmoral Ave, Beckenham, BR3 3RD



BECKENHAM RFC
Est. 1894

- The following bus routes stop near the club: 194, 356, 358, 367.
- Elmers End is the nearest train station.
- Beckenham Junction Tram Stop is the nearest Tramlink station.



Please complete the booking form and return it no later than Monday 7 April.

Please ensure you arrange your own support or support worker if 1:1 support is required during the event.

If you have any questions, please contact Sharon Morgan



Telephone: 020 8466 0790



Email: enquiries@bromleymencap.org



Welcome to the Board

We're excited to welcome another two new trustees to our board! Learn what inspired them to join Bromley Mencap and their vision for the future.

John Christian

Meet John: A Trustee Dedicated to Modernising Operations and Supporting Families at Bromley Mencap

John lives in Orpington with his three children, the eldest of whom has a learning disability. Since his son was a baby, Bromley Mencap has been a cornerstone of the family's support system, providing childminding services and hosting numerous family events.



For John, Bromley Mencap was the first external organisation that truly understood their situation and needs. One of his most cherished memories is attending a Christmas party where the staff and volunteers created a safe and welcoming environment for everyone. These moments inspire John to support the charity in delivering similar experiences to other families.

Professionally, John works in the technology sector, specialising in marketing, operational optimisation, and modernisation. As a trustee, John is committed to helping Bromley Mencap evolve by modernising its processes, enhancing sustainability, and improving overall operations. He's particularly excited to leverage his expertise in communications and operations to amplify the charity's impact—a charity that has been central to his family's life for over 15 years.

Outside of work and volunteering, John enjoys playing golf, padel, and spending quality time with his children. If asked to describe himself in three words, he'd say "dedicated, collaborative, and forward-thinking." Ready to take on this new challenge, John is passionate about making a meaningful difference in the local community through his work with Bromley Mencap.

Patrick Heavey

Meet Pat: A Trustee Passionate About Inclusion and Employment Opportunities

Pat is Head of Operations at CBRE, where he manages a global contract with Bank of America. With over 30 years of experience in large organisations, including working with banks and pharmaceuticals, Patrick has a strong background in operations and project management. He also oversees large budgets and staff, with a focus on Equity, Diversity and Inclusion in the workplace.



Having worked closely with Bromley Mencap's employment team for many years, Patrick has been instrumental in helping disabled people secure paid jobs. Over the years, he's created numerous successful opportunities for our candidates, and it's something he's incredibly passionate about. He is particularly proud of the four candidates currently employed, gaining independence and confidence, which has had a positive impact on their lives and their families.



Outside of his professional work, Pat is also a trustee for another charity, Wheels for Martin's Friends, so he brings a deep understanding of the trustee role and its importance in supporting a charity's vision. His expertise in operations and his problem-solving mindset, honed through his engineering background and career, are qualities he looks forward to using to help Bromley Mencap achieve its goals. Pat is particularly excited about gathering support from the business sector to help drive the charity's initiatives forward.

In addition to his work with Bromley Mencap, Pat enjoys football, golf, and travel. Living near Cambridge, with a commute to London, he is also active in his local community and has been involved in many fundraising initiatives for charity. He describes himself as approachable, helpful, and fun – qualities he will bring to his new trustee role, along with his wealth of experience. Welcome, Pat!



Making Football Inclusive: A Special Day at Crystal Palace F.C.

We love celebrating inspiring moments from our community, and this one is truly special!

Rosa, one of our dedicated volunteers at the Lodge, worked closely with Crystal Palace F.C. Women's team to ensure that her daughter, who has special educational needs, had an amazing and fully accessible experience as a mascot at a recent match.

To make the day extra special, the squad went the extra mile—even the goalkeeper wore ear defenders, so Rosa's daughter would feel part of the team while walking out onto the pitch. It was a heartwarming moment of inclusion, support, and teamwork.



A huge thank you to Crystal Palace F.C. Women's team for their commitment to making football welcoming for everyone.

Check out the photos of this wonderful day, including a great shot with the goalie (photographed above)!



Inclusive Fashion at Primark

Exciting news! Primark has launched an adaptive fashion range designed specifically for disabled people. The 49-piece collection includes functional and stylish designs, such as coats with detachable sections and clothing with access points for medical devices like stomas and insulin pumps. You can find the range in the Bromley store.



Sensory Borrow Backpacks at the Glades

The Glades Shopping Centre in Bromley has relaunched its Sensory Borrow Backpacks, designed to support individuals with sensory sensitivities. Available in both backpack and tote styles, these kits can be borrowed for free from the Guest Services Lounge (Upper Mall, opposite Søstrene Grene), making visits to the shopping centre more comfortable. The process is simple—borrow the kit, enjoy your shopping experience, and return it when you're done. There is no cost and no hassle. [More information on their website.](#)

Bromley Accessibility Forum

This event is about tackling access barriers: transport, public spaces, communication, and more. Share your experiences and help drive change.

Date: Thursday 27 March

Time: 2:00 PM – 4:00 PM

Location: Community House Bromley & online

BSL interpretation will be provided. Free transport is available on request, and attendees can enjoy free drinks and snacks.

[Book your free place now.](#)

For more information, call 0208 650 2102 or email info@xbyxbromley.org.uk.

Health & Wellbeing Festival

Orpington and Bromley Gateway Club, in collaboration with Bromley Council, is hosting a free Health & Wellbeing Festival—open to all!

Date: Saturday 29 March 2025

Time: 10:00 AM – 3:00 PM

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

Enjoy a day of fun, relaxation, and wellbeing. For more information, contact info@orbgateway.club or visit their [website](#).



Creative Junction's Bromley 60th Art Trail

Date & Time: Saturday 29 March 2025 from 10:00am – 3:00pm

Start Location: Rhiannon's Café, United Reformed Church, Widmore Road, Bromley

Join Quest Soul Theatre for a unique art and music trail celebrating 60 years of the Borough of Bromley. Designed by students from Creative Junction, a year-long SEND program, the trail features:

- Art installations
- New music compositions
- Interactive activities for all ages
- A wellness event with free yoga and breathwork

A suggested £2 donation includes a trail map, access to an online photo album, and refreshments at the finish line. The trail is wheelchair-friendly and open to all. [More info.](#)



REMIX Theatre's Annual Variety Show



REMIX Theatre Arts, a company dedicated to providing accessible drama classes for people with additional learning needs, presents its Annual Variety Show.

Date & Time: Saturday 5 April 2025 from 12:00pm

Where: Bickley Park School, BR1 2DS

Book early to secure your place.

[More details & booking.](#)

Inclusive Minds – Breaking Barriers: Celebrating Neurodiversity & LGBTQ+ Voices

Date & Time: Wednesday 23 April from 10:15am-12:45pm

Where: Community House, Bromley

Join Let's Talk Better C.I.C for a thought-provoking event exploring the intersection of neurodiversity, LGBTQ+ identity, and mental health. Topics include:

- Understanding neurodiverse conditions such as autism and ADHD
- LGBTQ+ identity and allyship
- Identity, self-worth, and mental wellbeing

[More details & booking here.](#)

Autism Adults Social Group – April 2025

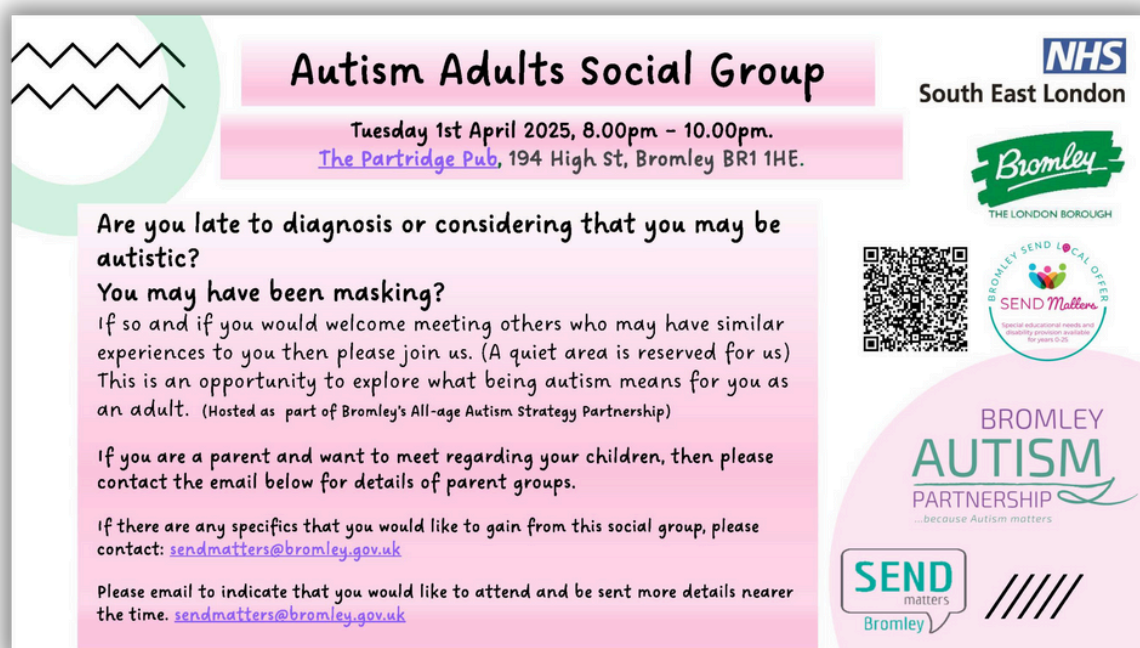
Date & Time: Tuesday 1 April 2025 from 8:00 pm – 10:00 pm

Location: The Partridge Pub, 194 High St, Bromley BR1 1HE

Who is it for? Adults who are late-diagnosed, considering an autism diagnosis, or have been masking.

Purpose: A social space to explore what autism means as an adult and connect with others with similar experiences.

How to join: Email sendmatters@bromley.gov.uk to express interest and receive further details.



Autism Adults Social Group

Tuesday 1st April 2025, 8.00pm – 10.00pm.
[The Partridge Pub](#), 194 High St, Bromley BR1 1HE.

Are you late to diagnosis or considering that you may be autistic?
 You may have been masking?
 If so and if you would welcome meeting others who may have similar experiences to you then please join us. (A quiet area is reserved for us)
 This is an opportunity to explore what being autistic means for you as an adult. (Hosted as part of Bromley's All-age Autism Strategy Partnership)

If you are a parent and want to meet regarding your children, then please contact the email below for details of parent groups.

If there are any specifics that you would like to gain from this social group, please contact: sendmatters@bromley.gov.uk

Please email to indicate that you would like to attend and be sent more details nearer the time. sendmatters@bromley.gov.uk

NHS
 South East London

Bromley
 THE LONDON BOROUGH

BROMLEY SEND LOCAL OFFER
SEND Matters
 Special educational needs and disability provision available for years 11-25

BROMLEY AUTISM PARTNERSHIP
 ...because Autism matters

SEND matters
 Bromley

SEND Matters Live for Young People

Are you 11-25 with SEND?

Bromley SEND Local Offer wants to hear from you! Meet senior leaders from Education, Health & Care and share your views on SEND services and activities.



Date & Time: Wednesday 2 April from 1pm–3pm

Where: Council Chambers, Bromley Civic Centre, Bromley, BR1 1AS

Email sendmatters@bromley.gov.uk to book your place.



Bromley LOCAL OFFER. YOUNG PEOPLE.

SEND Matters Live for Young People

Are you aged 11-25? Do you have special educational needs and/or a disability?

Come along

Date: Wednesday 2nd April
 Time: 1pm - 3pm
 Venue: Council Chambers, Bromley Civic Centre, 2 Westmoreland Rd, Bromley, BR1 1AS

Scan the QR code or email sendmatters@bromley.gov.uk to book your place

Have your say! Help us be better!

Visit the new young people's SEND Local Offer website at young-sendmatters.co.uk

Bromley
 THE LONDON BOROUGH

NHS
 South East London

Special Easter Service for People with SEN & Disabilities

Date & Time: Sunday 6 April from 3pm (3:30pm refreshments)

Location: Christ Church Beckenham, 1a Christ Church Rd, Beckenham BR3 3LE

This inclusive service is a great way for families and individuals to celebrate Easter in a welcoming and supportive environment.

Email kirstyn@ccb.org.uk for more information.

Bromley LDA Cup 2025 Celebrating Inclusion Through Football



ORPINGTON & BROMLEY GATEWAY CLUB
BROMLEY FC COMMUNITY TRUST

BROMLEY LDA CUP 2025

ORB **SATURDAY 14TH JUNE '2025** 13:30-18:30

LIVE MUSIC, BAR AND KITCHEN OPEN, POST-EVENT SOCIAL
JOIN US AT
BROMLEY FC, HAYES LANE, BR2 9EF

5-A-SIDE  **18+**

TO BOOK YOUR TEAM info@orbgateway.club FOR MORE INFO orbgateway.club/ldacup

Free, Accessible & Inclusive Community Cafés in Bromley

Two free, accessible, and inclusive community cafés are open to all, providing a warm, welcoming space for local residents to connect, be creative, and enjoy a light meal.

Location: Turpington Lane Community Centre, Bromley Common

Dates and Time: Tuesdays, 3:30 PM – 5:30 PM

Location: Queen Adelaide Community Centre, Penge

Dates and Time: Tuesdays, 11:00 AM – 1:00 PM

Email Bev at woodlandmindfulness@gmail.com or phone 07577470159 for more info.



EASTER SPECIAL SERVICE

Following on from the success of the Carol service (last Christmas) for people with SEN, we'll be providing a special Easter service.

- PECS available
- Words available in Dyslexic friendly font
- Words also on big screen
- Music via video format (not live music)
- Seated around tables
- Sensory bags available
- Movement and noise is welcome
- Colouring in and sticker activities available
- Makaton for songs
- Refreshments (GF, DF)
- Social Story available beforehand upon request
- Visits to the hall prior to service available upon request.
- All ages welcome. The whole family are welcome.

  
Sunday 6th April

3pm Service (Prayer, Songs and Story) - 3:30pm Refreshments
Activities and sensory trays available throughout the whole afternoon

Christ Church Beckenham Main Hall. Entrance via ramp on Fairfield Rd
If you require parking facilities, or for more information please email kirstyn@ccb.org.uk

Come as you are!
CHRIST CHURCH BECKENHAM

Bromley FC Community Trust and Orpington and Bromley Gateway Club are hosting a 5-a-side football tournament for adults with learning disabilities and autism. Now in its second year, the event aims to bring together teams, families, and football fans for a day of sport and community.

Date: Saturday 14 June

Location: Bromley Football Club

Extras: Live music, bar, and post-event social
Teams and players are encouraged to register early. For more information or to book, contact info@orbgateway.club.





Copy deadline for the May/June Bulletin is 1 May 2025.

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

**Publisher: Bromley Mencap, Rutland House, 44 Masons Hill, Bromley, Kent
BR2 9JG. Tel: 020 8466 0790**

Copyright © Bromley Mencap Charity Number: 800685

The opinions expressed in Bromley Mencap Bulletin are those of the individual contributors and not necessarily those of Bromley Mencap. We reserve the right to edit articles before publication.

