

BULLETIN

Speaking Up on Welfare Reform

Your voices helped shape the debate – but the fight for fairness continues.

In June, Bromley Mencap submitted a co-produced response to the government's Pathways to Work consultation.

We worked closely with disabled people, carers, family members and staff to respond to the government's proposed changes to disability benefits – including Personal Independence Payment (PIP) and Universal Credit.

We raised serious concerns, including:

- The short time given to respond
- How difficult the consultation was to access
- The risk of people losing income and essential support

We were disappointed that the government's welfare reform plans were approved by Parliament. But thanks to pressure from organisations like ours – including the voices of our members – the government has now made some important changes.

Key concessions include:

- **No changes to PIP for current claimants until at least 2026**
- **A co-produced review of the PIP system with disabled people**
- **Protection for existing Universal Credit claimants receiving the health element**

We're proud that our response helped ensure local voices were heard at a national level. We'll keep challenging unfair changes and standing up for the rights of disabled people and carers.

[Read our full response on our website](#), along with an [easy read version](#).





Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



A graduate from our Training Centre receiving his certificate from Mark Murphy.

Welcome to the summer edition of the Bulletin!

This issue is full of achievements, celebrations, and inspiring stories – from graduations across our training and employment programmes, to fun-filled events and exciting updates from our co-production work.

We've also been speaking up for fairness. You'll find important updates on the front page about our co-produced response to the government's welfare reform consultation – and how your voices helped shape national policy.

We hope you enjoy reading about all that's been happening across Bromley Mencap. As always, we love to hear from you – whether it's feedback, ideas, or something you'd like to share in a future edition.

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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 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](#).

22
July

Summer Disco

Date 22 July 2025

Time 7:30 pm - 10:00 pm

Venue Beckenham Rugby Club

Organiser Sharon Morgan

Price £10.00

Ticket £10.00 [Purchase Now](#) - 79 Places Left

Category [Bromley Mencap Events Disco](#)

[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.





Interim Chief Executive Update

Dear Members,

I'm excited to introduce this issue of the Bulletin and share the amazing work happening across Bromley Mencap.

I've stepped into the role of Interim Chief Executive from the beginning of July after Anna McEwen left (photograph to the right of Anna's leaving presentation at our new office).

The trustees plan to recruit a new Chief Executive in the autumn and for now my role, along with the rest of the Senior Management Team, is in ensuring that the plans we have put in place to implement our new strategy are carried out.



As part of this, we've turned our Strategy Development Group into the Strategy Delivery Group. This group, led by our Co-Production team, is all about making sure we work towards our four Strategic Priorities: **Social Inclusion, Employment and Training, Community Connections, and Campaigning.**

I joined the group's latest meeting in June, and we reviewed our progress in the first three months of the strategy.

Even though it's early days, we've made some great strides. We're well into the refurbishment of Rutland House, which will soon house our Training Centre and space for workshops and drop-ins.

This includes new access ramps and doors, which will be ready by September. We'd also like to say a big thank you to Bob and Steve from CL Road Markings for donating their time and doing such a great job re-marking our parking bays.



Rutland House will become our central hub, making it easier for members to get advice and support from one place.

We've also been busy with our campaigning efforts, consulting with members on the impact of the government's proposed welfare reforms. Our response, developed with input from people with learning disabilities, physical disabilities, autistic individuals, carers, and professionals, strongly challenged the proposed changes to disability benefits, especially the reforms to Personal Independence Payment (PIP) and its link to Universal Credit.

While we're disappointed that the government's welfare reforms have passed, your voices made a difference.



The major changes show that when our community speaks up, we can influence national policy.

We'll keep pushing locally and nationally to build an inclusive world where disabled people are respected, empowered to achieve their full potential, and lead the lives they choose.

Best wishes,

Steve Barnes, Interim CEO

Cost of Living Support

Summer Update

The Cost of Living Service has been as busy as ever, starting the summer with a fantastic Steering Group meeting in early June.

A big thank you to everyone who attended – we hope you enjoyed the delicious afternoon tea! We received some great feedback, as well as brilliant ideas and suggestions from the group.



Workshops

Guest Speaker Spotlight: We've started introducing guest speakers at our workshops, and we were delighted to welcome Fireman Wayne from the London Fire Brigade. He gave a very informative talk on fire safety in the home – even if some of us got told off for not having a smoke alarm (oops!).

Picnic in the Park: Our next event is all about relaxing and socialising. Join us for our Picnic in the Park – just bring your own lunch and enjoy a sunny afternoon with the group. [Download the flyer.](#)



Cookery Course Returns



Our ever-popular Cost of Living Cookery Course is back! In week 4, we'll take a trip to Tesco to use the handheld scanners, guided by our Digital Champions. A big thank-you to Sarah B for sharing your cooking skills with the group!

Please note: our budgeting and cookery sessions will pause over the summer.



Coming Soon: The Cost of Living Podcast

We're launching a brand new podcast, where we'll chat about real-life issues like reducing food bills, navigating benefits, and much more.

Want to get involved and share your voice? We'd love to hear from you! Get in touch to be part of this exciting project.



Correspondence Drop-in Important Update



Our last Orpington drop-in is on Tues 8 July. We'll return after a summer break at Rutland House from 5 Sept, Fridays 10am–12pm & 1–3pm.

Over summer, support continues by appointment only – email allison.gill@bromleymencap.org to book.

In 2023, we applied to be a Flexible Frontline Partner and were delighted when our application was accepted. The new grants scheme started in April 2024 and we have been allocating grants to those most in need over the last 12 months.

The overarching purpose of the programme is to increase financial wellbeing and reduce financial distress for individuals living in financial hardship. Individuals will receive quality whole-person support from frontline organisations and a grant for goods or services.

We were fortunate to be awarded 3 years' worth of funding of £50,000 per year. All funding is to be awarded to people accessing our services and this is a real boost particularly where people are impacted by the cost of living.

Applicants must meet the following eligibility criteria:

- **Be a member of Bromley Mencap**
- **Be facing financial challenges**
- **Be able to provide evidence of monthly income and expenditure**
- **Be willing to have a welfare benefits check to explore other available support**



Grants of £500 can be made for a range of items including white goods, emergency food needs, removal costs, some training costs, equipment for a new job, clothing, bedding and more.

We are now in the second year of this funding and are encouraging people who access our services to speak with their support worker, if they feel they meet the criteria for this fund. The support worker will be able to submit an application for consideration.

Please be aware that flexible frontline partner organisations can only provide grant support for individuals who meet their eligibility criteria. We retain complete discretion in deciding whether an award and of what amount is made. Where this fund is not appropriate, we will try to refer to another grant giving organisation for alternative support.

If you'd like to find out more about this fund, which is open to everyone who meets the criteria, please email enquiries@bromleymencap.org, so your enquiry can be passed to the appropriate team member.

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 07719 426680 or via email tina.penn@bromleywell.org.uk

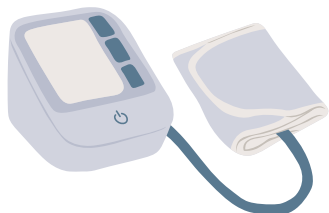
OLDER CARERS WORKSHOP & LUNCH

Tina was delighted to welcome back Andy Burton from RAF Biggin Hill Museum and Chapel.

Andy did a wonderful talk on Sir Winston Churchill which everyone thoroughly enjoyed. The talk gave a fascinating insight into his astonishing life, sharing some very interesting facts.

In June, the group was joined by Goodness from Eltham pharmacy. The carers were given the opportunity to have their blood pressure taken along with having their ears checked.

This was interesting as Goodness used a small piece of equipment to look inside the ear which you could view via a handheld tablet.



LEARNING DISABILITY (LD) COOKERY CLASS

In May, our group cooked up a storm with a delicious roasted veg and feta puff pastry tart, followed by a strawberry angel delight cheesecake (pictured top right).

Both dishes were a big hit – and the empty plates said it all!

June's cookery class took place on a very warm day, so Tina kept things simple and seasonal. The group made homemade pizzas and fruit kebabs, which were perfect for the heat.

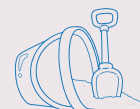


We also celebrated two birthdays with a shared cake and a cheerful round of Happy Birthday to You. Thankfully, the hall stayed cool enough to make the session relaxed and enjoyable.



DATES FOR YOUR DIARY

Older Carers' workshop and lunch:
Friday 11 July



Day trip to Whitstable: Friday 1 August
Please note the seaside trip must be booked in advance.

LD cookery class: 18 July
Trip to Kent Cookery School, Ashford:
15 August



Mutual Carers coffee mornings: 25 July & 8 August at the Harvester, Southborough Lane.

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.

MEDITATION MONDAYS

In May and June, we hosted a meditation workshop with lunch provided – and we had a fantastic turnout!



Thank you to everyone who attended and for the positive feedback we received about the session.

A big thank you as well to Sharon Morgan for joining us as our guest speaker, and for sharing how Bromley Well and Bromley Mencap can offer support.

BENEFITS OF MEDITATION

Haven't tried our meditation sessions yet? We'd love to welcome you!

Meditation offers a wide range of mental and physical health benefits, including:

- **Reduces stress and anxiety**
- **Improves focus and concentration**
- **Enhances emotional balance**
- **Promotes better sleep**
- **Lowers blood pressure**
- **Reduces inflammation**
- **Boosts self-awareness**
- **Encourages creativity**
- **Improves mental clarity**



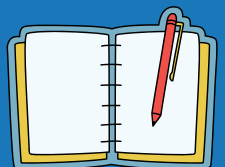
Save the Date



We'd love to see as many of you as possible at our next meditation session.

Monday 21 July from 11 AM to 1 PM, with lunch provided.

Please confirm your attendance in advance, by email, text or phone call, so we can order the right amount of lunches. Don't forget to let us know if you have any food allergies.



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 meditation workshops.

CONTACT US TO RSVP:

To register, please text or email us:

☎ Caroline Hackett – 07938 740361

✉ caroline.hackett@bromleywell.org.uk

☎ Sue Charles – 07484 673090

✉ sue.charles@bromleywell.org.uk

MEDITATION MONDAYS

Sessions from 11am to 1pm

Join us each month to explore simple and effective ways to de-stress and clear your mind

Save the Date



**21 July
18 August
22 September
20 October
17 November
15 December (Christmas Celebration)**



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

TELEPHONE

**020 8466 0790
07421 106922 or 07938 740361**

EMAIL

**sue.charles@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk**

By Chetan Raval
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 WORKSHOP HIGHLIGHTS

May Workshop Recap: Bromley Experts by Experience

In May, we welcomed Jamie from X by X, a local Deaf and Disabled People's Organisation led by those with lived experience. Their mission is to remove barriers for disabled people and speak up on key issues. They run regular forums on topics like welfare reform, accessible transport, and disability rights.



June Workshop Recap: Building Confidence

Our June session was led by Richard Wiseman from Bromley Well's Employment & Education team. He gave a brilliant talk on building confidence and resilience, especially for job interviews.

Participants explored body language, practiced power poses, and learned how to make a strong first impression.



ADHD 'Life Admin' Course

Our current ADHD Life Admin course is underway.

Due to high demand and a long waiting list, we're planning another course to start in September 2025.

For more information on the course, please take a look at our [flyer here](#).

IMPORTANT UPDATE: CORRESPONDENCE DROP-IN CHANGE

Our Friday drop-in sessions at Station Road will end on Friday 25 July.

We're planning to restart the service at the Bromley Mencap office, 44 Rutland House, BR2 9JG.

However, due to ongoing building works, we don't yet have a confirmed start date. In the meantime, one-to-one appointments will be available at Rutland House instead.

To book an appointment after 25 July, please call us on 0208 466 0790.



LEARNING DISABILITY WEEK CELEBRATION

We held a fantastic garden party to celebrate Learning Disability Week in June.

Everyone enjoyed live music, sunshine, and a free afternoon tea buffet –over 50 people joined us for a brilliant day at The Lodge, Norman Park!



COMMUNITY OUTREACH

Our team has been busy engaging with local partners and community groups to strengthen support for people with learning disabilities:

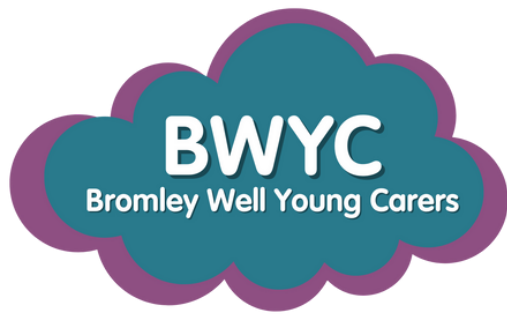
May

- Met with Bromley Council's LD team to share Bromley Well service updates and explore future collaboration.
- Attended the Frontline Forum to connect with local services and stay informed on key issues

June

- Took part in the Melvin Hall Coffee Afternoon in Penge, sharing Bromley Well flyers to support future engagement.
- Met with Ignition Brewery in Sydenham to explore links with their inclusive social clubs for neurodivergent people.





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 V.I.P Celebration Event

For Carers Week, we held a celebration event in recognition of our amazing young carers.

We kicked off the night in style on the red carpet with our very own V.I.P. cocktails, followed by dancing the night away with our resident DJ Steve. A special highlight of the evening was the face painting and photo booth fun with Krazy K, not to mention the amazing artwork on display from the talented Beci Ward. A huge thank you to our wonderful hosts, Beckenham Rugby Club, and to the kind-hearted 'Free Cakes for Kids' Volunteers for the delicious baked treats generously made for our Young Carers.

It's the support from all our volunteers and contributors that makes these events so memorable, and of course, none of it would be possible without our fantastic Young Carers.



Well done everyone, what a truly unforgettable evening!



We're Here for You

At Bromley Well Young Carers, we understand that growing up while caring for someone can come with extra pressures – especially during big life changes.

That's why we offer **transition support** for young carers. Whether you're:

- ➡ Moving to a new school
- ➡ Starting college or university
- ➡ Thinking about your next steps for the future

We're here to guide you through it all.



We also know how important it is to feel emotionally supported. If you're feeling overwhelmed, anxious, or just need someone to talk to, please reach out.

We can help with:

- ➡ Emotional wellbeing
- ➡ Support with your caring role
- ➡ Finding services and advice that can help you

You're not alone – we're here to listen and support you every step of the way.



Contact Gina or Maria at:

**youngcarers@bromleywell.org.uk or
telephone: 0208 466 0790**

Download the Summer Edition of the BWYC newsletter.





Adult Day Services

Hello from Day Services

There's been a lot happening across all three Day Services sites, with plenty of activity and engagement this term!

Some recent highlights include the Tree of Life project, delivered by the Learning Disability team from Queen Mary's Hospital in Sidcup, and a visit from the Orpington Primary Care Nursing team, who ran an excellent workshop on health screening and awareness.



In addition, there have been more lovely walks with CareDogs, taking place at both The Lodge and Eden Park, offering fresh air, gentle exercise, and great company (pictured top right).



Participants also recently completed an 8-week exercise course led by the Oxleas, and there have been regular visits to Marian Vian Primary School, where everyone has enjoyed tending to the school's wonderful allotment, watching the chickens, and exploring the wildlife pond.



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:
Joe Stapleton
joe.stapleton@bromleymencap.org

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

Horticulture at The Lodge

We're pleased to share that our horticulture programme at The Lodge is now running five days a week, with Mondays dedicated to the practical application of learned skills.

The team is currently working hard to refresh the Peace Garden, making it a welcoming space for all who visit the park. There are still a couple of places available on Mondays – please contact us if you'd like to find out more.



Summer Fair

It was wonderful to see so many familiar faces at this year's Bromley Mencap Fair – and for once, the sun was shining!



We had a brilliant range of stalls, including cakes, homemade goodies, raffle prizes, games, tombolas, hanging baskets, and even some independent stallholders offering something new.



A huge thank you to everyone who:

- Donated prizes, cakes or gifts
- Bought raffle or tombola tickets
- Helped out on the day or supported behind the scenes

Special thanks to the individuals, volunteers, and staff who ran stalls and made the day such a success.

We're thrilled to have raised almost £1,700 – a fantastic outcome!

Day Services Celebrate 10 Years!

On Saturday 5 July, we marked a very special milestone – the 10th birthday of our Day Services – with a fantastic celebration at Crofton Halls in Orpington.

The afternoon was filled with fun, laughter, and community spirit, as Day Service members, their families, and staff gathered to enjoy birthday cake, refreshments, and a live performance from Paul Betts, who got everyone singing and dancing.

The event was a joyful reminder of the incredible journey we've had since Day Services began, and how much has been achieved over the past decade.

A huge thank you to everyone who came along and helped make the event so special.



HAPPY BIRTHDAY

Here's to the next 10 years!



Adult Leisure Services Update

Bromley Mencap provides a wide range of social and leisure services for disabled adults to try new activities, meet with friends and have fun.

Bromley Mencap Scores at the LDA Cup!

On Saturday 14 June, our Learning Disabilities football team took part in the Bromley LDA Cup 2025, a 5-a-side tournament hosted by Bromley FC Community Trust, in partnership with Orpington and Bromley Gateway Club (ORB).

The event was a fantastic celebration of inclusion, teamwork, and joy through football. We're proud to share that our team won 3–1 against ORB wearing our smart new kits, with Georgina being named Player of the Tournament! A huge well done to all involved!



Keep Fit Success!

Our Keep Fit sessions have been a huge hit, with 25 disabled people attending weekly. The feedback has been fantastic – sessions are described as fun, engaging, and energising.

The final session will be on Wednesday 23 July, with a special celebration and presentation to mark everyone's achievements!

Summer Disco

Our Summer Disco is just around the corner, and we'd love to see you there! Join us for a fun-filled evening of music, dancing, and good vibes!

- Date: Tuesday 22 July
- Time: 7:30-10pm
- Venue: Beckenham Rugby Club
- Tickets: £10 per person

Tickets must be booked in advance, so don't miss out.

[Book now and pay online on our website.](#)

We can't wait to party with you!

Summer Disco
for adults aged 18 and over

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

When: Tuesday 22 July

Start time: 7:30pm
Finish time: 10:00pm

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

Cost: £10.00 (includes soft drinks)

Book of £10
Ten Pounds

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.

Autism Workshops for people aged 16 plus



Incorporating Bromley Scope

By Emma Andrew

Senior Information and Support Officer

Our workshops for autistic individuals focus on building networks, developing peer support, and creating opportunities for people to connect and share experiences. We also have 30 minutes at the end of each workshop to support people with paperwork and admin tasks.

Our monthly Autism Workshops are a welcoming space for autistic adults to:

- ✓ Hear from expert guest speakers
- ✓ Get support with admin and benefit checks
- ✓ Access one-to-one help with documents
- ✓ Enjoy a relaxed social space with refreshments and peer connection

Workshop Highlights

19 May – Building Resilience

We welcomed Perdie from Quest Soul Theatre, who led a fun and interactive workshop on resilience. The session offered creative ways to explore how we bounce back from challenges.



23 June – Meditation & Stress Relief

Caroline Hackett from Bromley Well's Physical Disabilities Team delivered a soothing meditation workshop to help reduce stress and promote wellbeing



Upcoming Workshop: Understanding Relationships

Monday 14 July from 11am-1pm



Community House, South Street,
Bromley, BR1 1RH

With guest speaker Kay Thomas – Therapeutic Counsellor.

Join us for a relaxed, supportive session exploring relationships, setting and respecting boundaries, asking questions in a safe space, and building confidence to express your needs.

Email chetan.raval@bromleymencap.org to register. [Download the flyer here.](#)



UNDERSTANDING RELATIONSHIPS

Workshops for Autistic Individuals aged 16 plus

With guest speaker Kay Thomas – Therapeutic Counsellor

Join us for a relaxed and supportive session where we'll explore relationships and how to navigate them as part of everyday life.



Monday 14 July



11am to 1pm



**Community House,
South Street,
Bromley, BR1 1RH**



Topics will include: Understanding different types of relationships, setting and respecting boundaries, asking questions in a safe and supportive space and building confidence in communicating your needs.

Please contact Emma Andrew, Senior Information and Support Officer, to book your place on this free workshop.



020 8466 0790



emma.andrew@bromleymencap.org

Education and Training Update



Celebrating Student Success

This summer, we were proud to celebrate the achievements of young people across several of our programmes – with a series of graduation events recognising their hard work, growth, and success.

NHS Supported Internships at PRUH

At the Princess Royal University Hospital, 12 interns graduated from the Project SEARCH NHS Supported Internship. Over the past nine months, they've shown remarkable progress – building confidence, independence, and workplace skills. Their journey has been inspiring, and we're hopeful as they now take steps toward employment.

Special thanks to our job coaches and the PRUH teams who supported them throughout.



Supported Internships at Bexley College

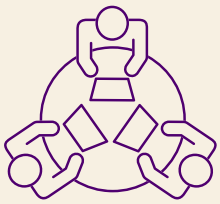


We also celebrated the graduation of students on our Supported Internship programme at London South East Colleges – Bexley Campus. Bromley Mencap works in partnership with the college to provide support to students to access meaningful placements, apply for Access to Work, and prepare for paid employment. Support continues after graduation too – helping those not yet in work to move closer to the job market.

Training Centre Graduates

Our Training Centre learners also marked the end of their year with a special celebration – complete with certificates, handmade mortarboards, and lots of well-earned pride. These young people have completed accredited courses, developed independence, and gained life and work skills in a supportive setting.





Co-production

Working alongside people who use our services to shape, deliver, and evaluate our organisation, together.



To mark **Social Care Institute for Excellence (SCIE) Co-production Week 2025**, we're proud to celebrate the meaningful ways we've been putting co-production into practice across Bromley Mencap since March – with members, families, carers, and staff working together to shape what we do.

Strategy Delivery Group

Our Strategy Delivery Group brings together people with lived experience to help guide the delivery of our 2025–2028 organisational strategy. Together, we're making sure our plans reflect the real needs and ambitions of our community.



Parents and Carers Action Group

This group has been actively working with the Bromley Learning Disability Partnership Board, helping to raise and solve key issues – including the challenges families face when transitioning from child to adult services, improving access to respite, and finding the right personal assistants (PAs). We've recently welcomed four new members, and the next meeting takes place on 3 September.

[Download the full details here.](#)






OUR AIMS

- 1 Engage carers from diverse backgrounds in planning and decision-making.
- 2 Discussion and consultation on development and delivery of Bromley 'Big Plan' LD Strategy
- 3 Share information about national and local policy, services and service quality
- 4 Make sure all services are fair and open to everyone

WE NEED YOU!

Parents and Carers - join us and make a difference!

This forum gives you a direct line to the decision-makers at Bromley Council. We meet every three months and we are keen to welcome new members.

BROMLEY LEARNING DISABILITIES PARTNERSHIP BOARD

PARENTS and CARERS FORUM

With tea and biscuits!

Wed 3rd September

10am to 11:30am

Bromley Mencap, Rutland House, 44 Masons Hill, Bromley, BR2 9JG

Contact Sushma Raval co-production Peer Support Worker, for more information and to register.

coproduction@bromleymencap.org

020 8466 0790 or 07892 728664

www.bromleymencap.org.uk

Co-Production: Get involved



Co-production at Events

Thank you to everyone who supported or attended recent events like the Learning Disability Week Garden Party and The Lodge Summer Fun Day.

These were great opportunities to chat directly with members, hear feedback, and bring co-production into everyday conversations.



Campaigning

As featured on our front page, we recently submitted a co-produced response to the government's Pathways to Work green paper – shaped by disabled people, carers, and frontline staff. This was a vital moment to make sure local voices were heard in national decisions about welfare reform.

Visit our website to read our [response](#) including an [easy read version](#).



What's Next?

We're excited to launch our Cost of Living Podcast on 24 July, co-produced with members and focusing on real-life issues like benefits, budgeting, and making money stretch further.

We're also planning to set up a new **Young Adults Group** – so if you'd like to get involved, please get in touch!

Email: coproduction@bromleymencap.org or Telephone: 020 8466 0790

WELCOME TO OUR

NEW STAFF

Lizzie Stanger: Fundraising Manager

Hi everyone! I'm Lizzie Stanger, Bromley Mencap's new Fundraising Manager. I bring six years of experience in fundraising – mainly in donor acquisition, persuading lovely people to support brilliant causes like this one!

I've recently moved back to the area after living away for a while, and I'm really excited to put some roots down in my local community – both figuratively and literally, because I'm a massive plant and gardening lover. You'll usually find me pottering about in the garden or out enjoying nature with my bare feet on the grass.

Before fundraising, I worked with children with special educational needs and, as someone living with Fibromyalgia, I've always been drawn to causes that champion inclusion and support for everyone. So joining Bromley Mencap really feels like coming home in more ways than one.

And if you hear tiny meows in the background of my calls... that's Itachi, my little kitten (named after my partner's favourite anime character).

I can't wait to get stuck in and meet more of you – whether that's at events, out and about in the borough, or through your inboxes. Please do say hi!

PS, I'm also a HUGE Harry Potter fan, as you can see in my photo...



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/>

Local Events

Bromley Experts by Experience is a local charity led by disabled people, family carers, and allies who use their lived experience to influence and improve local services.

They work in partnership with Bromley Mencap, the Council, the NHS, and other organisations to ensure that the voices of disabled people and carers are heard and respected.

From contributing to consultations to co-producing solutions, their work helps shape services that reflect real-life needs and promote greater inclusion in the community.

Bromley Experts by Experience



Local Deaf and Disabled People's Organisation

Coffee and Chat

When: Thursday 10th July 2025 from 2pm to 4pm

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

[Visit their website to find out more](#)



Independent Living Forum

When: Thursday 24th July 2025 from 2pm to 4pm

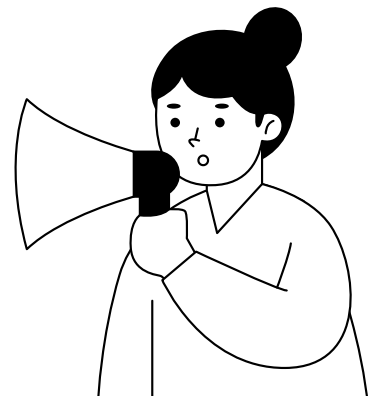
Where: Community House, South Street, Bromley, BR1 1RH and on Zoom

[Visit their website to find out more and book a place](#)

Available for all meetings:

- BSL interpretation
- FREE drinks and snacks
- FREE transport

Please let them know about any access needs and/or dietary requirements.



Job Opportunity: Youth Transition Worker

Hours: 28 hrs/week | Salary: £29,300 (pro rata) | Location: Anerley + Bromley schools
Support young Disabled people to navigate the transition to adulthood. You'll deliver school and community-based sessions and co-produce workshops and events that build skills, confidence, and independence.

Base: Anerley office, with weekly school visits across Bromley and occasional remote working.

Annual Leave: 5.6 weeks incl. bank holidays (pro rata)

Pension: Enrolled via statutory opt-in

To apply: [Visit the Bromley Experts by Experience website.](#)



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