

Rutland House Training Centre: Our New Home for Learning!



Thanks to everyone's hard work, the finishing touches will be ready in time for the new term starting 15 September.

Our bright and welcoming new space now offers:

- *Modern classrooms*
- *A fully equipped training kitchen (see page 6 for details)*
- *Full wheelchair accessibility with clear visual contrast for easy navigation*

Steve Barnes, Interim CEO, pictured to the left with Mark Murphy, Head of Curriculum & Quality

Welcome to the new academic year at Bromley Mencap's Training Centre!

We're thrilled to announce that our Training Centre has officially moved to Rutland House – an accessible setting for learning, growing, and thriving.

We can't wait to welcome both new and returning learners for Year Three of the programme. It's going to be a fresh chapter full of opportunity, community spirit, and growth.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Eden Park learners enjoyed watering and picking produce at the Marion Vian allotment over the Summer.

Welcome to the September/October edition of the Bulletin!

This issue is packed with exciting updates – not least the official move of our Training Centre to Rutland House, which marks the beginning of a brand-new chapter for Bromley Mencap. You'll also find news from across our services, from summer activities and day trips to new workshops, fundraising initiatives, and upcoming events for the autumn.

As always, we love to hear from our members. If you have feedback, ideas, or stories you'd like to share in a future edition, please do get in touch.



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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](#).



15
September

Autism Workshop: Staying Safe Online

Staying Safe Online: Autism Workshop for people aged 16+

 **Date** Sep 15, 2025

 **Time** 11:00 am - 1:30 pm

 **Venue** Community House

 **Organiser** Emma Andrew

 **Category** Bromley Mencap Events

[MORE INFO](#)

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.](#)





Interim Chief Executive Update

Dear Members,

The work to move our Training Centre from Station Road to Rutland House is now complete, and we are very much looking forward to welcoming our new learners for the beginning of the new academic year.

Many of you have already visited our new office for drop-ins and workshops over the last month, and we will be starting to hold these in the new accessible space from mid-September. As you can see, our newly installed ramp is already in use.

Pictured is our first member to try it out, alongside Ian Breslin from the Employment & Training Team.



I'd like to thank Michelle Contini, our Facilities Manager, who has done an amazing job in delivering the move, and I hope that you will find it easier to come in and meet with our staff now that the building work is complete.



Summer has been a busy time for our services, and it's been wonderful to see such a wide range of activities for disabled children and young carers so well attended. We organised horse riding, paddleboarding, go-karting, football sessions and more, all of which were very well received.

The first of our new keep fit courses for disabled adults was also a huge success, with incredibly positive feedback. I'd like to thank the staff at Mytime Active Bromley, for making the Pavillion Leisure Centre such a welcoming place for our members.

Unfortunately, our contract with Bromley Council to deliver the Individual Short Breaks service will be finishing at the end of September.

We are working closely with the families who are impacted to offer a continued service, and as part of this we are developing a new Saturday Club for disabled children and young people which will encourage social opportunities and independence skills in a fun and enjoyable environment.

The Saturday Club will start in mid-October, and if you would like more information about this, please get in touch.



With summer feeling like it has rather abruptly ended, we're starting to look ahead to the festive period, and we'll be launching our Christmas fundraising campaign soon, which is going to focus on addressing social isolation and loneliness, raising much needed funds to develop the Short Breaks service and to enhance our Helpline function.

We'll be running a range of activities over the next few months in support of this campaign, and I hope that I get to see you at those.

Best wishes,

A stylized, handwritten signature in a dark red or maroon color. The signature is written in a cursive script and appears to read 'Steve'. The letter 'S' is large and loops around the word.

Steve Barnes, Interim CEO

A New Training Kitchen for Rutland House

By Michelle Contini, Facilities Manager

With the support of the local community, we're delighted to share that our brand-new training kitchen at Rutland House is taking shape! This space will be used to teach vital cooking skills, bring people together, and support greater independence for disabled people in our community.

A huge thank you goes to Jon from One-Call Builders Limited, who has donated an entire kitchen complete with new worktops, extractor fan, and everything we needed when re-locating from Station Road to Rutland House.

Jon, pictured to the right with Mario, his electrician at our Training Centre.



A huge thank you to Jon, who has gone above and beyond to support our new Training Centre. He secured a £400 contribution from Anita Venables at Howdens Crayford towards a brand-new range cooker, then personally matched the amount and placed the order for us. We're also so grateful to Anita for her generosity in making this possible.

On top of that, Jon has arranged a donation of garden items from Jewsons, helping us make the outside space more welcoming for our learners.



Matt Stanbury

We would also like to recognise Matt Stanbury, our wonderful cleaner, who has shown just how adaptable he is – helping with painting, organising, and making sure everything is ready for the new academic year. Our thanks also go to the staff members who generously gave their time to help with the removals.

Thank you

Our Training Centre kitchen will soon become a place where skills are learned, friendships are made, and independence is strengthened.

Cost of Living Support

Helping People Build Confidence Around Money

We have had a very busy time at the Cost of Living service, supporting people with lots of workshops, courses and one-to-one support.

Thank you to everyone who has come along, shared some lovely moments, and increased their knowledge of cutting costs and being money savvy.

Cookery workshop with trip to Tesco

The ever-popular Cost of Living Cookery course took place in July and finished with a trip to Tesco to use the handheld scanners and hunt for in-store deals and bargains. Everyone was fantastic at spotting that not every deal is as good as it seems, and our shoppers even chose to try cheaper own-brand items instead of the more expensive branded versions, despite some initial reluctance. We're very proud of you all!



Picnic in the Park workshop

Thank you to everyone who joined our Picnic in the Park workshop in July. We enjoyed glorious weather and had a wonderful, relaxed day together, with new friendships formed along the way. Congratulations to Tina, Andrew and Kevin, who won the main prize for their budget-friendly picnics!



Wills and Power of Attorney workshop

We were delighted to be joined by solicitor Anthony Rockcliffe from Southeast Legacies at our monthly workshop. Anthony gave clear and informative advice on wills, power of attorney, and what they mean for us and our loved ones. A huge thank you to Anthony for generously sharing his time and knowledge and thank you to everyone who came along. I hope you found it as helpful as I did!



Podcast

Sharing skills, stories and savings.

Our brand-new Cost of Living Podcast launched in style with its very first episode, presented by Digital Champion Martin and edited by Digital Champion Lee.

The opening episode, Cookery and the Cost of Living, recapped our ever-popular cookery course. We were delighted to be joined by Emily and Tariq, two learners from our Station Road training centre – thank you both for your fantastic contributions!

This new fortnightly show will share valuable tips and insights on all things financial and digital.

You can listen to the podcast on the Bromley Mencap website – and if you'd like to take part and become a podcast star yourself, please get in touch with Allison.



Cost of Living Service Drop-In

Exciting news! Our Cost of Living Drop-In Service will resume from Friday 5 September at Rutland House, supported by our Digital Champions.

You're welcome to pop in anytime between **10am and 4pm** (no appointment needed) for help with cost of living correspondence, applications, or any digital/tech support you might need.

Our partners from **Bromley Well** will also be on hand to help with:

- Blue Badge and Freedom Pass applications
- Universal Credit migration
- Council Tax

For more information, please contact Allison Gill:

Email: allison.gill@bromleymencap.org

Phone: 020 8466 0790 / 07714 686723



Cost of Living Service Correspondence Drop-in

Do you need help with money and paperwork? Our Cost of Living Coordinator can help you with:

- gas, electricity, and water bills
- letters about benefits
- forms for grants

You can also get tech support from our Digital Champions.

Our partners from Bromley Well will be available to help with:

- Blue Badge and Freedom Pass applications
- Universal Credit migration
- Council Tax queries

Pop into our office at Rutland House on **Fridays** from **10:00 am to 4:00 pm**. No need to book.

You will find us at:
Bromley Mencap Office,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG

For more information, please contact:
allison.gill@bromleymencap.org
Tel: 020 8466 0790 or 07714 686723

COST OF LIVING

WORKSHOP



Smart Digital Skills Workshop: Saving Money & Staying Safe

Join us for a free workshop covering everyday digital topics – from protecting yourself against identity theft to using comparison sites, AI tools and more. There'll also be time for a digital drop-in, where you can ask questions and get hands-on support.

Free to attend

 From 10.30am to 12.30pm

 Orpington Methodist Church,
Sevenoaks Road,
Orpington,
BR6 9JH

**WEDNESDAY
10 SEPTEMBER**

Spaces are limited – booking is essential!

To book, email: allison.gill@bromleymencap.org

OUR AIMS

- 1** Raise awareness of the challenges in managing and maintaining financial security
- 2** Strengthen co-production by amplifying the voice of disabled people.
- 3** Implement inclusive and accessible consultation methods
- 4** Improve community wellbeing

WE NEED YOU!

We're looking for individuals to join our steering group. We want to hear from staff, stakeholders and people who draw on our service.

COST OF LIVING STEERING GROUP MEETING

Thursday 11 September



2-4pm



**Rutland House, 44 Masons
Hill, Bromley, Kent, BR2 9JG**

Contact Allison Gill, Cost of Living Coordinator,
for more information and to register.



allison.gill@bromleymencap.org



020 8466 0790 or 07714 686723

#TickTheBox

Make Your Membership or Donation Go Further!



Did you know that you can make your membership or donation go 25% further at no extra cost to you? All it takes is ticking a box.

Gift Aid is a government scheme that allows charities like Bromley Mencap to claim an extra 25p from HMRC for every £1 you give, as long as you're a UK taxpayer. That means your support stretches further, helping us fund even more vital services for local disabled people and their families.

Why it matters:

- It's completely free for you – no extra payments involved.
- It turns your support into even more impact for our community.
- Just one simple form could unlock hundreds of pounds in extra funding.

What to do next:

On Thursday 9 October, we're launching our #TickTheBox campaign to collect Gift Aid declarations from all our members.

By Lizzie Stanger, Fundraising Manager

Keep an eye on your inbox, the form takes less than a minute to complete and makes a big difference! But why wait? [You can sign up today.](#)

You can Gift Aid your membership payments or donations if:

- You are a UK taxpayer (Income Tax or Capital Gains Tax).
- This includes any tax paid on your pension if you are already retired.
- You have paid enough tax in the current tax year to cover the Gift Aid we claim on your donations.
- Even if you've completed a Gift Aid form before, you can renew your consent. For data protection reasons, we can only keep your declaration for up to six years after we've made a Gift Aid claim (within HMRC's four-year claim window).



CBRE

CBRE's Fishing Fundraiser is Back – and You're Invited

FISHING FUNDRAISER

We are excited to share that our brilliant corporate partner CBRE is casting its line once again in support of Bromley Mencap, with a fun fishing challenge running throughout September 2025.

Why Your Support Matters

At Bromley Mencap, we believe everyone deserves the chance to thrive in work and in life. Thanks to CBRE's support, we have helped many members into meaningful jobs through role adaptation (also known as job carving), training, and ongoing support.

Take Lucas, for example:

After losing his job during the pandemic, Lucas felt unsure about the future. With support from Bromley Mencap and CBRE, he secured an interview with Restaurant Associates and impressed them straight away.

Today, he is working full-time in hospitality, brimming with confidence and bringing his warmth and positivity to everyone he meets. His story shows exactly how partnerships like this can change lives.



What Is Happening

CBRE staff, members and supporters are invited to join the fishing fundraiser. Any type of fishing counts – river, lake or sea – and you can even make it a sponsored event. For £5, submit your best fishing photo for a chance to win Biggest Fish or Best Photo for your chance to win £100 Amazon vouchers!

How To Take Part

When: 1–30 September 2025

Where: Open to participants in Bromley and surrounding areas

Entry: £5 donation per photo

- Donate and enter via [Just Giving](#)
- Submit your [photo here](#)

JustGiving®



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

The Mutual Carers enjoyed a busy schedule of activities and events over the summer.

July was a very special month for everyone on the Mutual Carers pathway, as Tina organised a wonderful trip to Whitstable. The sun was shining, the sea was blue, and everyone enjoyed relaxing and taking in the fresh sea breeze.

It was an early meet at Norman Park before boarding the coach and heading off down the motorway. Once in Whitstable, carers had the chance to enjoy traditional fish and chips, visit the castle, stroll along the promenade, and browse the harbourside market.



It was a long day, but full of laughter and good company – and everyone came home having had a fabulous time.

OLDER CARERS WORKSHOP & LUNCH

The August workshop was also a huge hit as we were joined by Richard Griffin who was an ex-police protection officer for the

late Queen Elizabeth.

He gave a wonderful insight into his time with the Royal Family and shared some very funny stories. Tina hopes to invite Richard back again next year as he said he could talk for at least another four hours!



LEARNING DISABILITY COOKERY CLASS

In July, we made crispy cornflake chicken nuggets served with a fresh side salad, which proved to be a big hit.

We also baked apple puffs, another favourite with the group. Both recipes have now been added to the class favourites list.

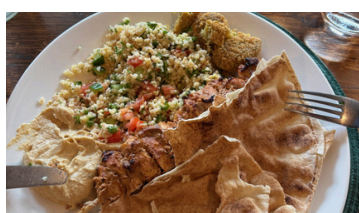


In August, we enjoyed our annual trip to the Kent Cookery School.

Everyone was really excited, and the day didn't disappoint. It was a wonderful experience cooking and trying new dishes in a professional kitchen with an amazing chef!



Each person was presented with a certificate for their excellent work, which they were very proud of. Everyone is already looking forward to next year!



COFFEE MORNINGS



Coffee mornings are held twice a month at the Harvester on Southborough Lane between 11am – 1pm.

The coffee mornings are always well attended, offering carers a chance to relax and take a break from their caring role.

SAVE THE DATE

DATES FOR YOUR DIARY

OLDER CARERS WORKSHOP & LUNCH

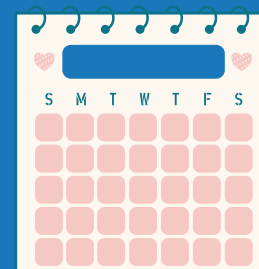
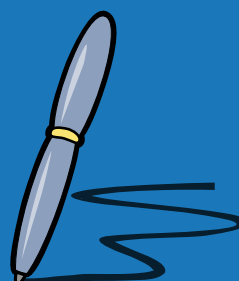
- Friday 19 September
- Friday 24 October

LD COOKERY CLASS

- Friday 12 September
- Friday 10 October

COFFEE MORNINGS

- Friday 26 September
- Friday 3 October



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.

MEDITATION MONDAYS

In July we hosted a meditation workshop with lunch, followed in August by a sound-bowl meditation workshop, also with lunch provided. Both sessions were well attended, and participants told us they found them very beneficial.



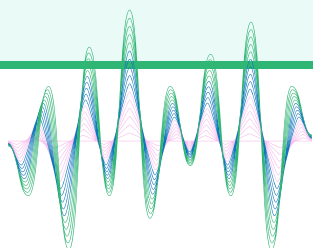
Thank you to everyone who joined us! If you have booked a place but are unable to attend, please let us know in advance so we can adjust the number of refreshments we provide.

WHAT IS A SOUND-BOWL MEDITATION?

Sound-bowl meditation (sometimes called singing-bowl meditation) uses special bowls that create calming sounds and gentle vibrations.

These sounds can help people:

- relax
- reduce stress
- feel more present in the moment



Save the Date



We'd love to see as many of you as possible at our forthcoming meditation sessions!

All sessions take place on Mondays:

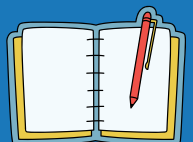
- 22 September
- 20 October
- 17 November
- 15 December

🕒 Workshop: 11.00am – 12.00pm

🍽️ Drop-in: until 1.00pm

🌱 Lunch provided (please let us know if you are attending so we can cater for you and any dietary requirements/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.

Bromley Mencap office Drop-ins

This new weekly drop-in service runs every Friday from 10am-4pm in partnership with the Bromley Well Learning Difficulties Pathway and the Bromley Mencap Cost of Living Service. [Download the flyer here.](#)

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**



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 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 WORKSHOP HIGHLIGHTS

July Workshop Recap: SeeAbility

SeeAbility joined us to share information about opticians specifically trained to support people with learning disabilities or difficulties. [More info here.](#)



August Workshop: First Aid

The British Red Cross delivered a fantastic first aid session, with demonstrations on choking, burns, recovery position, CPR, defibrillator use, and treating deep wounds. Our speaker Pam also gave some excellent tips, including unlocking the front door before starting CPR to allow quick access for emergency services.



September Workshop: Know Your Numbers

We ran a blood pressure workshop as part of the Know Your Numbers campaign. Alongside this, Enable launched a free 12-week weight management programme in central Bromley for people with a learning disability and a BMI of 30 or above.



ADHD 'Life Admin' Course

Our ADHD Life Admin Course is starting this September. Please contact Emma if you would like to be added to the waiting list. Email: emma.andrew@bromleywell.org.uk

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

IMPORTANT UPDATE: CORRESPONDENCE DROP-IN CHANGE

Our Drop-in at the Bromley Mencap office is now open longer.

From September, sessions run every Friday, 10am–4pm.

We'll be based downstairs — just head to the second door on your right.



Save the Date: Workshop

Date: Friday 6 October

Time: 10am – 12pm

Venue: Scout Hut, 15 Prospect Place, Bromley, BR2 9HL

Join us for our next workshop, with a focus on anti-loneliness. Lizzie, Bromley Mencap Fundraising Manager, will also be giving a short talk on Gift Aid.

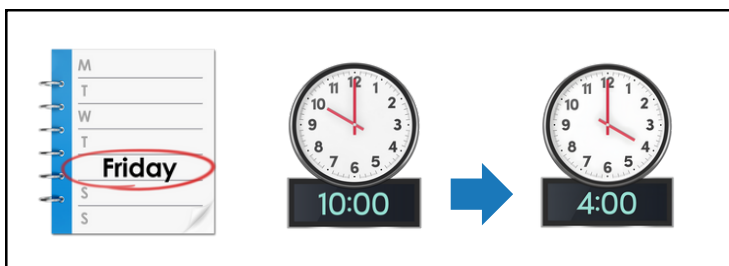
More information coming soon!

Correspondence Drop-ins

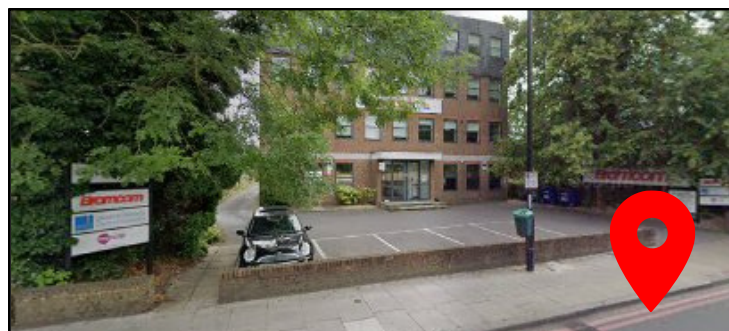


We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.
No need to book.



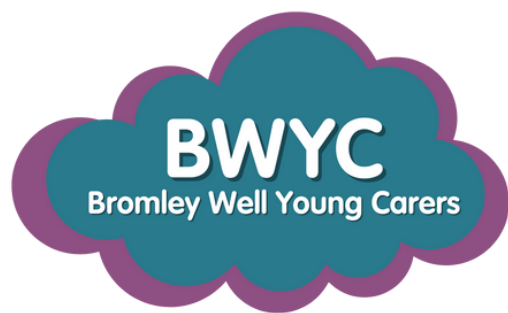
You will find us at:

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



For more information, please contact Bromley Well:

Freephone 0808 278 7898



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: Summer Highlights

What a busy summer! Congratulations to all our Young Carers who got their exam results — we're so proud of you. Alongside schoolwork and caring, you've achieved so much.

We've also enjoyed some fantastic events over the summer holidays. Thank you to everyone who joined in!

★ Go-Karting

Speed, smiles, and laughter, even in the rain!



★ Paddleboarding

A real "give it a go" spirit at Beckenham Place Park.



★ Horse Riding

First-timers and regulars alike had a fantastic experience at Timbertop's Equestrian Centre.



★ Laser Quest

High-energy fun and plenty of skills on display.



★ Football at Goals

We certainly have more than our fair share of talented individuals, and once again, you wowed us with your footballing talent.



★ Arts & Crafts Forum

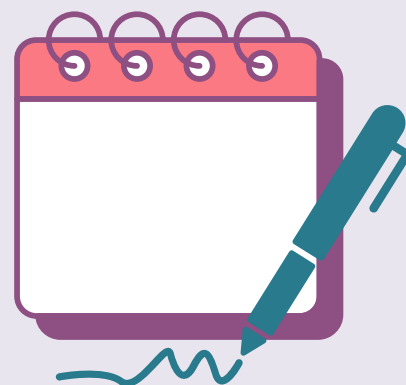
Creative day of bracelets, canvases and more.



Dates for your Diary

- Chislehurst Caves – Thursday 30 October
- Beauty & the Beast – Thursday 18 December at the Churchill Theatre

Check the BWYC App for details and bookings!
Event forms and feedback are now digital – easier and eco-friendly!



School Visits

BWYC are keen to visit more schools over the coming months, so remember, if we haven't been to your school yet, drop us a line! We'd love to come along, meet you, and spread the word about our Young Carers community.

Youth Club Update

A big thank you to all the Young Carers who have taken part in our Youth Club pilot! We've received some fantastic feedback from you all, and it's been great to see the enthusiasm and energy you've brought to each session.

We'll share an update after our final Youth Club at the end of September to let you know the outcome and plans for the future.



Contact Gina or Maria at:

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



Children's Service Update



Over the summer, Bromley Mencap's Children's Service offered children and young people with SEND the chance to take part in safe and supportive horse-riding sessions. For many, it was a brand-new experience that helped build independence, communication skills and a strong sense of achievement.



A huge thank you to the staff at Timbertops Equestrian Centre for making this possible.

Here's what families and young people told us:

"The staff and leaders were very nice; it was fun"

"This is always an amazing session; thank you"



Feedback

"Thank you so much for such a lovely experience"

"Thank you for being so patient - X really gained more confidence"

Save the Date

Winter Wonderland Festive Event

Saturday 13 December, 2.30–4.30pm
Amrita Hall | Ages 0–18 (siblings welcome)

Disco, games, a visit from Santa on his sleigh, and a free gift for every child.
Free to attend – parents/carers must stay.
Booking details coming soon.





Adult Day Services

Cotmandene Highlights

Our Cotmandene group enjoyed a walk to the local park with the wonderful CareDogs team, as well as visits from Fergus the pet therapy dog. Everyone has been busy sewing felt windchimes, experimenting with abstract painting, and preparing tasty recipes such as spring roll parcels (pictured).



We're now looking forward to another health screening workshop from Orpington PCN, and an eight-week physiotherapy course with Oxleas.

Eden Park Highlights



The Eden Park group has been harvesting produce from their allotment at Marion Vian Primary School (pictured).

These fresh vegetables have been turned into delicious dishes during seasonal cookery sessions.

They've also explored the local nature area – collecting, pressing, and identifying leaves and flowers.

Everyone has also enjoyed getting creative, from still life painting to designing watercolour postcards.



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)

The Lodge Highlights

A small team worked hard on a hot summer morning to dismantle the raised beds at the former training centre at Station Road, moving the sleepers to the Lodge, where they will be rebuilt for everyone to use.



Many thanks to Jane, William, Andrew, Steve, Aaron, Chloe and Joe for their fantastic effort!

The Horticulture Project now runs Monday to Friday, with Mondays dedicated to developing the Peace Garden just outside the Lodge. The new raised beds are already making the space more accessible and welcoming for gardening projects.



Flash Bike Sale

Over the summer holidays, the Bike Team held a Flash Bike Sale at the Lodge, offering bikes for just £15 each. It was another great success, raising funds to replace and improve the tools used for bike maintenance.



Exciting News: Accredited Courses at the Lodge

And finally, all three of our courses at the Lodge are now accredited, with the first modules starting this September. This is an exciting step forward that will support learners as they build skills, achieve success, and celebrate their progress with us each week.



The Lodge is part of the AQA Unit Award Scheme, ensuring all learning is nationally recognised.



Monday Afternooners

Join our Recreation Club supporting people with cerebral palsy to live a more independent life. We meet once a month for a social event, and more recently we've also started meeting monthly for a coffee catch-up. This means there's now an opportunity to get together every two weeks.

This year our group has enjoyed a wide variety of activities. We've been bowling, visited the Bank of England Museum, taken a train to Blackfriars for a walk along the South Bank, and shared a picnic together. We've also done clay modelling, as crafting and creativity are always popular.

Most recently, on Monday 1 September, the Monday Afternooners took a day trip to Southend-on-Sea (photographed to the right). Despite the rain, spirits stayed high and everyone enjoyed a delicious fish and chip lunch, followed by a visit to Sealife Adventure, a popular zooquarium on the seafront.



Coming up later this year is a Quiz & Cream Tea and our annual Christmas Lunch.

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.

Summer Disco

On Tuesday 22 July, we held our Summer Disco at Beckenham Rugby Club.

It was a fantastic evening of music, dancing, and good vibes! Thank you to everyone who joined us and made the night such a success.

Save the Date: Spooky Disco

Get ready for a night of music, dancing and fun at our Spooky Disco for adult members (18+). Dress up in your scariest costume if you dare!

Date: Tuesday 21 October

Time: 7:30pm – 10:00pm

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

Cost: £10 per person (includes soft drinks)

A paid bar will be available for alcoholic drinks (card payments only).

Booking details will be available soon on our website – keep an eye out!

Polite Reminder

For health and safety reasons, **please note that doors will not open until 7.30pm at future discos.** If you arrive earlier, you will need to wait outside the front entrance, as the team will be setting up.

Thank you for your understanding and support.



Bromley
mencap
Incorporating Bromley Scope

Spooky Disco

For adult members aged 18 and over

Join us for a fun evening of dancing. Dress up in your scariest Halloween costume if you dare!

When: Tuesday 21 October.

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.

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

Understanding Relationships

In July, local psychotherapist Kay led an Autism workshop on navigating relationships – covering partners, friends, and colleagues.



Upcoming Workshop: Staying Safe Online

Monday 15 September from 11am-1:30pm

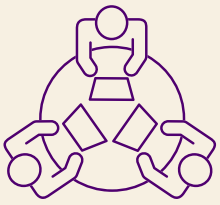
📍 Community House, South Street,
Bromley, BR1 1RH

Join us for an important and interactive workshop with Bev Nicklin, Senior Trading Standards Enforcement Officer from Bromley Council. Bev will share practical tips including:

- Recognising and avoiding scams
- Understanding safe websites and how to block harmful ones (with support from our Digital Champions).

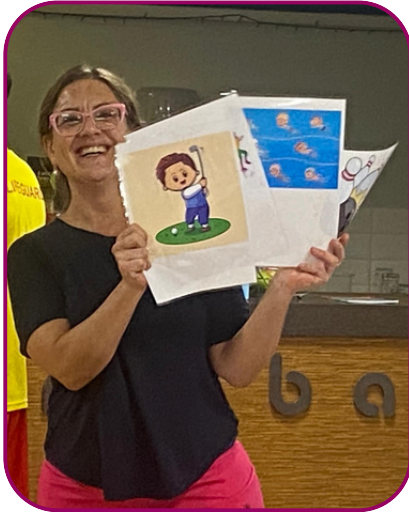
Email emma.andrew@bromleymencap.org to book your place.





Co-production

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



The co-production team have been working on lots of exciting projects since the last Bulletin.

We have been focusing on supporting pathways and services to develop innovative ways to collect your feedback, completing the final, signed off version of our co-produced 'co-production strategy' and working with our wonderful new fundraising officer, Lizzie Stanger, to get members involved in community fundraising for Bromley Mencap.

Keeping Fit – Gathering Feedback!



At the final Keep Fit session in July, we tried something a little different by delivering an interactive questionnaire.

Sushma led a fun and engaging activity using colourful props, a visual survey, and star stickers for “Rate the Trainer” (he scored five stars from everyone, of course!).

A big thank you to everyone who took part and shared their thoughts. We were delighted to see that 100% of respondents were happy with the classes, and most people said they would like them to run for longer each year.



Sharon and the team are now looking at how we can make that happen.

Co-Production: Events



Monday Afternooners Picnic and Feedback

On a sunny July afternoon in Queen's Gardens, Sushma joined Sue and the Monday Afternooners for a picnic and some feedback activities. This was the first interactive session she ran, and it was wonderful to see everyone joining in and sharing their thoughts on the new approach.

Sushma really enjoyed meeting new people and hearing how much they valued the activities and services. One clear message was that everyone wanted more – and Sue and the team were quick to respond. As a result, the very first Coffee Morning was held in mid-August.



"Question Time Over Lunchtime" at Mutual Carers



On 1 August, Sushma packed up her questioning kit once again, and headed over to join Tina Penn at the Mutual Carers monthly Friday lunch.

She asked the group about their experience of the service and ideas for future sessions.

Amongst the praise, wishes and useful discussion, members suggested activities such as drawing and photography – and they also agreed that Tina is fabulous (something we already knew!).

A big thank you to Tina and to all the group members who took part and shared their valuable input.

Co-producing the First Cost of Living Podcast

We were delighted to work with Bromley Mencap's Digital Champions (also known as the Cybermen), Lee McPherson and Martin Kelly, to co-produce the very first Bromley Mencap Podcast. [Listen here.](#)

Our special guests were Tariq and Emily, both graduates of the Cost of Living course, who shared their experiences and insights. This marks the start of our podcast journey – created with our members, not just for them.



Co-Production: Continued



Fun with Fundraising – Co-producing a Fundraising Strategy



Our co-production team were excited to support Bromley Mencap's new Fundraising Officer, Lizzie Stanger, in running a Fundraising Workshop. Together with our members, we created a vision for how Bromley Mencap will raise vital funds, explored the different ways we'd like to fundraise, and recruited our very first team of Fundraising Ambassadors.

The ambassadors' first community mission took place at Curry's on Saturday 6 September, raising nearly £200 in just one day. A big thank you to everyone who joined the workshop and especially to our new ambassadors. We're excited to work with you on future projects!

Easy Read Version of Our "Working Together Plan"

Our Working Together Plan for 2025–2028 is now complete. The plan, focused on co-production, has been approved by Bromley Mencap's Senior Management Team. We are excited to continue working together across the organisation so that Bromley Mencap remains truly member-led. A huge thank you to the award-winning Easy Read Group from Advocacy for All, and to members of the Bromley Mencap Strategy Delivery Group, for their invaluable contribution in shaping this plan. [You can read it here.](#)

Get involved: Parents and Carers Action Group (PCAG)

We're looking for more members to join the Parents and Carers Action Group – a group of parents and carers who sit on the London Borough of Bromley's Learning Disabilities (LD) Partnership Board.

This board helps shape the commissioning strategy for Adult Social Care. By sharing your lived experience, you can influence the future of services for adults with LD in Bromley and help make things better for everyone.

The group meets quarterly at Bromley Mencap's offices, and new members are welcome at any time. The more voices we have, the stronger we are in campaigning for change. To join or find out more, please phone 020 8466 0790 or email coproduction@bromleymencap.org



Co-Production: Get Involved!



Bromley Mencap Strategy Delivery Group

Would you like to help shape how Bromley Mencap is run and make sure we stay on track with our 2025–2028 Strategy? If you can commit to four meetings a year, we'd love to hear from you.

The Strategy Delivery Group (SDG) plays a vital role in:

- Reviewing our work and feeding back to the Board of Trustees
- Supporting recruitment and co-production across our services
- Helping deliver quality services across all our pathways

It's a fun and interesting group where you'll gain real insight into how a charity works. For younger members, or anyone looking for experience, it's also a great volunteering role to add to your CV!

If you'd like to join or find out more, please get in touch!

Bromley Mencap
Incorporating Bromley Scope

OUR AIMS

- 1 Checking on how Bromley Mencap are doing, towards their 'Plan 2025-28'
- 2 Giving ideas and opinions on how things can be improved.
- 3 Take part in helping hire new staff and interviews
- 4 Make sure all services are fair and open to everyone

WE NEED YOU!

Bromley Mencap Members - join us and make a difference!
This group means becoming a decision maker at Bromley Mencap.
We meet every three months and we are keen to welcome new members.

BROMLEY MENCAP Strategy Delivery Group
With tea and biscuits!

Wednesday 26 November 2025
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

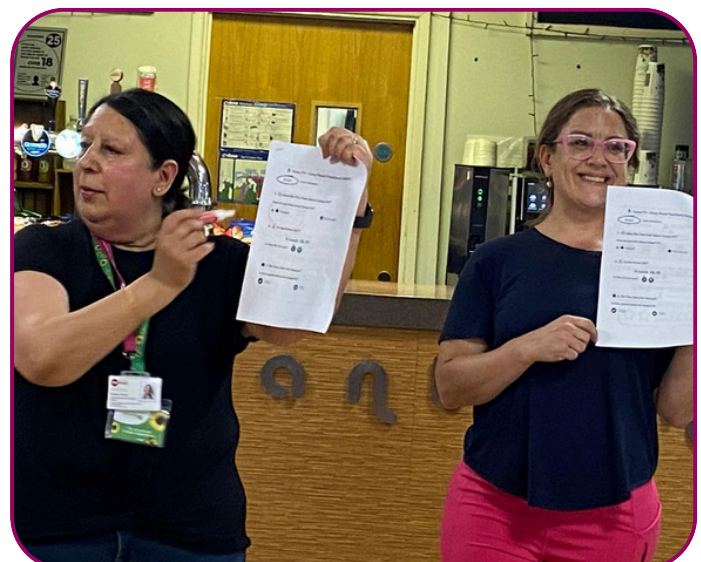
What's Next? – Young Adults

We're in the process of setting up a brand-new Young Adults Group – and we'd love to hear from anyone interested in getting involved.

Email: coproduction@bromleymencap.org

Phone: 020 8466 0790

We'll also be working with Joe Stapleton and the team at The Lodge to co-produce feedback on our Day Opportunities services.



Tell Us What You Think: New Easy Read Survey

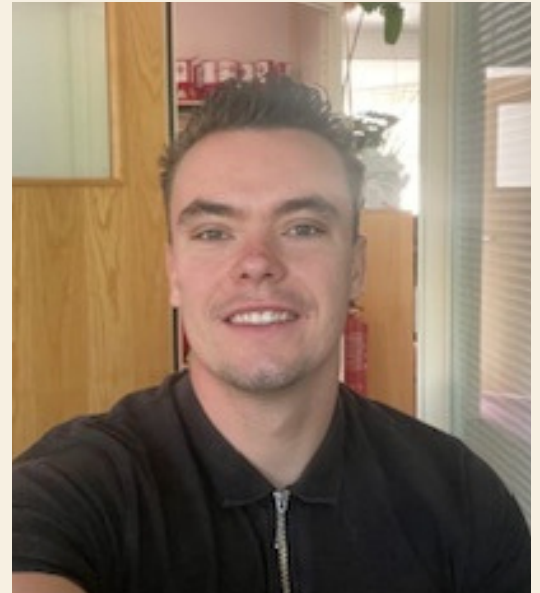


We'd like to introduce Alex Best, Bromley Mencap's new Business Development Manager.

Alex is keen to hear from you about the services you use.

Your feedback will help us:

- understand what's working well
- find out what could be improved
- come up with new ideas for the future



We've designed an Easy Read survey to make it simple for everyone to share their views.



- A paper version of the survey is ready now. You can download this from our website.
- An online version will be available soon. We'll share the link in a follow-up email.

Your answers will help shape Bromley Mencap's plans and improve services for our members. Thank you for taking part and for helping us make things better.

If you have any questions or need support completing the survey, please contact Alex Best:

Email: alex.best@bromleymencap.org

Telephone: 020 8466 0790

Local Events & Info

Magpie Dance – Inclusive Taster Day

Magpie Dance are offering a free day of inclusive workshops, from sensory dance for younger children to youth technique and adult choreography.

- Saturday 13 September, 10am–4pm
- Azelia Hall, Beckenham

Open to anyone aged 3+, with no experience required. Join for the whole day or just part of it. Book your free place online.



Social Communication Needs (inc. Autism) Event

Organised by Bromley Council in partnership with CASPA and the Bromley All-Age Autism Partnership.

- Tuesday 16 September, 10am–1pm
- Blenheim CFC, Blenheim Road, Orpington BR6 9BH

This event brings together a wide range of local support services including Bromley Mencap. Expect videos and resources promoting Autism Acceptance, a quiet room with sensory activities, and a bookable crèche (for under 5s).

More info & booking link here.

**ONE STOP COFFEE SHOP
SOCIAL COMMUNICATION NEEDS
(INC. AUTISM) EVENT**

...in partnership with **CASPA**

- A wide range of support services
- Launch of videos, and resources promoting Autism Acceptance co-produced in collaboration with the Bromley All-age Autism Partnership and CASPA
- Guest speakers with lived experience including the Mayor of Bromley
- Quiet room with sensory regulation activities

Tuesday 16 September (10AM - 1PM)

Bookable crèche slots (up to 5 yrs) - [click here](#)

**Blenheim CFC,
Blenheim Road,
Orpington BR6 9BH**

SCAN ME

List of Services to meet!

Bromley AUTISM PARTNERSHIP THE LONDON BOROUGH

Bromley

SEND Matters

STOP THINK 2025 AUTISTIC VOICE

Diversity-Friendly Night Club Extravaganza

Organised by Candi.

- Thursday 18 September 2025, 7.30–10pm
- Club Akademia, 29A Widmore Road, Bromley BR1 1RW

An inclusive evening of music, friendship and fun. Tickets must be purchased in advance or on the door (early bird £8, carers £5; standard £10, carers £7.50, or 4 for £35). Tickets also available from Rhiannon's Café, 20 Widmore Road.

Please note: the venue is not wheelchair accessible. Book tickets online here.

**Join the party at
Bromley's 'Diversity Friendly
Private Night Club Extravaganza!'**

**You are invited to this exclusive
evening of friendship,
fun and fabulous energy!
Entry strictly by Ticket only
Buy in advance or on the door
Early Bird tickets £8 per person carers £5**

Tickets £10 Carers £7.50 4 for £35.00

Use the link above or scan the qr code

On Thursday 18th September 2025 from 7.30pm til 10.00pm

Club Akademia, 29A Widmore Rd, Bromley BR1 1RW

<http://www.clubakademia.co.uk/tickets>

Unfortunately, it is not wheelchair accessible due to safety concerns!

**Pay full price on door or collect from
Rhiannon's Cafe
20 Widmore Road, Bromley BR1 1RW**

Disability Pride 2025

Organised by Bromley Experts by Experience.

- Saturday 18 October, 1–3.30pm
- Bromley United Reformed Church, 20 Widmore Road, BR1 1RY

Disability Pride 2025 will showcase Disabled talent through comedy, music, dance, poetry and art – building pride and challenging stigma. Performers include Remix Theatre Arts, Magpie Dance, and artists from the Bethlem Hospital Art Group.

Accessibility features include BSL interpretation, captioning, a quiet room, wheelchair access and free transport.

Visit the [XbyX Bromley website](https://xbyxbromley.org.uk/disabilitypride2025) to register.



Disability Pride
Showcasing Disabled talent

FREE

Saturday 18th October 2025 1pm to 3.30pm

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

BSL and captioning
FREE transport & refreshments
Access to quiet space
Family friendly event

Comedy
Dance
THEATRE
Poetry
Music

Register now or turn up on the day:

xbyxbromley.org.uk/disabilitypride2025
info@xbyxbromley.org.uk
 0208 650 2102 07454 288762

SCAN ME

BARONS **Life in MAGAZINES**

SEND Stars Awards – Nominations Open!



Do you know someone who goes above and beyond to support children and young people with SEND? Nominations are now open for the SEND Stars Awards, which celebrate achievements from children, young people, parents, carers, schools, community groups, charities and employers.

There are nine award categories, with winners announced at a celebration event on 27 November at The Warren, Hayes.

It's a great opportunity to recognise individuals or organisations making a difference – perhaps even a charity you know well! [Find out more and submit your nomination online.](#)



Protecting SEND Rights – Have Your Say

IPSEA (Independent Provider of Special Education Advice) are encouraging parents, carers and supporters to write to their MPs about proposed Government changes to Education, Health and Care Plans (EHCPs).

A parliamentary debate on this issue is scheduled for **Monday 15 September at 4.30pm**. If you would like to find out more or get involved, visit:

- [Open Letter – Save Our Children's Rights](#)
- [IPSEA – Write to Your MP](#)

What's Being Proposed? The government is planning reforms to the SEND system, with a White Paper expected this autumn. Proposals include:

- Restricting EHCPs to only the most complex cases, with more support delivered in mainstream schools.
- Shifting towards inclusion in SEN units and classrooms, which may reduce the number of EHCPs issued (especially for autism and ADHD).
- Concerns about rights – campaigners warn this could weaken the legal protections currently guaranteed by EHCPs.

These changes are being driven by a sharp rise in EHCPs (now over 480,000), financial pressures on councils, and new government funding for early intervention.



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