

New Saturday Club launches!



We're delighted to share that our new Saturday Club for disabled children and young people launched on 7 February and it got off to a fantastic start at The Lodge, Norman Park.

Everyone enjoyed a brilliant mix of activities, from sensory play with the sand to dancing along to Hey Duggee and Joe Wicks. Even with the wet weather, the group made the most of the garden too, trying out a range of bikes and scooters and enjoying time outdoors together.

Please contact Sarah Garner at sarah.garner@bromleymencap.org or phone 07892 728643 for more information.



Saturday Club includes:

- Creative, sensory and outdoor play
- Support to build confidence and independence
- Travel training, outings and life-skills activities for older young people
- Experienced staff in a safe, supportive setting

Find out more on Page 23.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Welcome to the February/March edition of the Bulletin.

This issue brings together lots of exciting developments from across Bromley Mencap.

On the front page, we're pleased to share news about the launch of our new Short Breaks Saturday Club, creating more opportunities for disabled children and young people to socialise, build confidence and have fun.

You'll also find updates from across our services, highlights from recent events, and ways to get involved – from workshops and social activities to fundraising and co-production.

We'd also like to say a huge congratulations to Steve Barnes, who was appointed Bromley Mencap's Chief Executive Officer in December. We're looking ahead to a special year as Bromley Mencap turns 75 in 2026 – more to come soon.

As always, we love hearing from our members, families and supporters. If you have feedback, ideas, or something 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](#).

31
March



Easter Disco

Date 31 March 2026

Time 7:30 pm - 10:00 pm

Venue Beckenham Rugby Club

Organiser Sharon Morgan

Price £10.00

Ticket £10.00 [Purchase Now](#) - 67 Places Left

Category [Bromley Mencap Events Disco](#)

[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.](#)





Chief Executive Update

Dear Members,

I'm delighted to have been appointed as Chief Executive of Bromley Mencap in December and would particularly like to thank the Board of Trustees for the support that they have shown to me since I took on the role on an interim basis last July.

You'll see from the huge range of activity set out in this issue of the Bulletin, that I'm in the very fortunate position of having a great leadership team around me and I'd like to take this chance to recognise the hard work and dedication of Caroline Stone and Matt Catchpole as my colleagues in the senior management team.



Although I've been with the charity for over five years, I'm aware that many of you won't know a great deal about my background.

My first paid work was on Saturday and Holiday schemes for children with learning disabilities, and so I'm thrilled to see our Short Breaks service start to run similar clubs as they bring back very happy memories for me.



My first full-time job was for Mencap in Nottinghamshire, where I spent two great years working in supported accommodation for adults with learning disabilities.

It was a role that taught me a great deal about the lives of people with learning disabilities and played a significant role in my professional and personal development.

I left to train as a Social Worker and, on graduation, moved to London, where I have lived and worked ever since. Having moved into management roles in Councils and the local NHS, I was fortunate to make the move into the charity sector in 2009, where I took up a role with a hospice, ultimately taking on the management of their clinical services.



I have also served as a trustee for two charities providing services to older people.



As we approach our 75th anniversary, I've spent some time looking back over the history of Bromley Mencap and I'm very proud to be part of a long list of people who have made the charity what it is today, and most importantly very much aware that the reason we're here is to support you, our members.

We have exciting plans for the year ahead and I look forward to working with you to continue to grow and develop our services.

Best wishes,

A stylized, handwritten signature in a dark pink color that reads 'Steve'.

Steve Barnes, CEO

Working Together Updates: You Said, We Did, What Next?

In the last issue, we shared what members told us at the AGM. This update focuses on what's happened since, and how you can get involved next.



As we head into Bromley Mencap's 75th anniversary year, the Working Together (co-production) team has been busy behind the scenes turning members' ideas into action and planning how our community will help shape the celebrations.

What's changed since the last Bulletin?



Social Inclusion: Out-of-hours activities

We've secured funding for a new Out-of-Hours Activity Coordinator and recruitment is underway. This will help us grow evening and weekend social and wellbeing activities.



Community Connections: Hub

Our Friday drop-ins at Rutland House continue to grow, with more people accessing support including help with the cost of living and tech support from our Digital Champions.



Employment & Training: Social enterprise ideas

Work is progressing on a trial pop-up market stall in central Bromley, creating real-world opportunities linked to our employment programmes.



Campaigning: What should we speak up about?

Perdie is now part of the Learning Disability Partnership Board's "Our Communities" group, helping improve local information sharing and accessible transport – including transport that supports evening activities.

Co-producing our 75th anniversary

This year we'll be inviting people who use our services, alongside families, carers, volunteers and staff, to help design our anniversary programme.

Early ideas include:

- a 75th anniversary video sharing voices and experiences from our community
- creative planning for a celebration evening and other fundraising events

We'd love your ideas too: what should we include, and how should we celebrate?

Get involved

New Working Together Group:

A friendly monthly session to help shape day-to-day decisions at Bromley Mencap from planning events and making films to helping with interviews and feedback.

Parents and Carers Action Group (PCAG):

We're looking for new members – the more voices we have, the stronger our influence for change. PCAG shares parents' and carers' lived experience with the Learning Disability Partnership Board and helps shape local services. Commissioner Andrew Royle attends every meeting, alongside regular guests from local services, giving a direct line to borough decision-makers. We also support Bromley's Big Plan for Adults with Learning Disabilities.

Strategy Delivery Group (SDG):

Join other members, parents, trustees and staff working together to oversee progress on our 2025–2028 strategy.

To join in or find out more, contact the team at
coproduction@bromleymencap.org
or call 020 8466 0790.



Dates for your diary

Working Together Group meeting date:

- Thursday 12 March, 10:30am-12pm

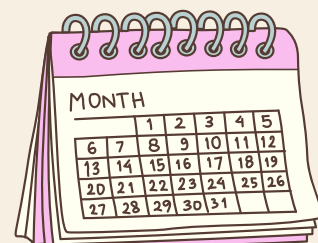
PCAG meeting dates:

- Thursday 26 February, 10:00–11:30am
- Wednesday 27 May, 10:00–11:30am
- Thursday 10 September, 10:00–11:30am
- Thursday 5 November, 10:00–11:30am

Strategy Delivery Group meeting dates:

- Wednesday 4 March, 3:00–4:30pm
- Wednesday 10 June, 3:00–4:30pm
- Wednesday 16 September, 3:00–4:30pm
- Wednesday 25 November, 3:00–4:30pm

All meetings take place at Rutland House.



The Learning Disability Register – Are you in?



We're backing Mencap's 'I'm In' campaign to help more people with a learning disability get the healthcare they deserve.

At the moment, some people with a learning disability do not get the same healthcare as other people.

This can make them more poorly and can mean they might die younger.

Being on the Learning Disability Register can help you get better care.

If your name is on the Learning Disability Register at your GP, it can mean:

- Better healthcare
- A free health check every year
- Staff know about your needs and respect them



Join the Learning Disability Register

Write a letter to your GP



I'M IN me
Learning Disability Register

Joining the register is simple:

- Go to Mencap's ["I'm In" webpage](#).
- Use the Easy Read letter tool on the website to make your own letter asking to join the Learning Disability Register.
- Print the letter or save it on your phone or tablet.
- Give or send the letter to your GP surgery.

You can ask a family member, carer or support worker to help you.

Fundraising

How your support is making a difference

Thank you to our supporters

We've been thinking about how we can better celebrate the amazing support we receive. We're planning to bring back a regular fundraising "thank you" feature in the Bulletin. For now, we'd like to give a special shout-out to some of the organisations and community groups who have helped make a real difference.



Thank You

- Bromley (Kent) & District Angling Society (BDAS) – raised £500 through fishing competitions over Christmas
- Bromley Lions Club – donated £250 over Christmas
- The Crown & Anchor – raised £1,740 in 2025
- Grove Pensions – donated £1,200 in 2025
- Joy's Kitchen – donated £200 over Christmas
- Waitrose Bromley South – raised £1,000 through the Green Token scheme over Christmas

We'd also like to say a big thank you to member Paul, who donated a bucket of spare change he'd been collecting to support The Lodge (including our bike service). Such a thoughtful gesture and a lovely reminder of the kindness in our community. Paul is pictured with Steve O'Hara, our Bicycle Maintenance Lead at The Lodge.

Become one of our amazing supporters.

Donate today and help support disabled people and families.



Sign up to easyfundraising

Raise free donations when you shop online.

Choose Bromley Mencap as your easyfundraising cause and retailers will donate a percentage of what you spend – at no extra cost. See the flyer on the next page or [sign up here](#).

Raise funds for us for FREE

with  easyfundraising



Join as our supporter today at:

www.easyfundraising.org.uk/support-a-good-cause

Just search for:

Bromley Mencap

8,000+ retailers will donate to us whenever you shop with them



JOHN
LEWIS



Plus, you'll get...



Exclusive retailer offers



Competitions



A warm feeling inside!

Over
£60m
raised for UK good causes

£0
extra cost to anyone

Cost of Living Support

Wow, what a busy time we've had over the last three months. With the closing of the old year and the start of the new, we are working hard to help support you all with your budgeting and digital needs.

Our one-to-one support is very busy at the moment and appointments are usually booked around a month ahead. If you need help sooner, you're welcome to drop in to Rutland House on Fridays for advice and support – no appointment needed.

Christmas Quiz

We welcomed December in our usual style with our Christmas Quiz, which was a lot of fun – even though the crackers were a bit of a disaster!

We had food, music and festive questions galore, and welcomed learners and staff from the Bromley Mencap Training Centre to join us. This ultimately led to one of their teams winning – very well done! Same time next year for a rematch.

Steering Group

December's Steering Group was again incredibly well attended, and we thank you all for giving up your time and sharing your valuable thoughts. Your input helps us develop the service, keep us on track, and make sure we're giving you what you want and need from us.



We'll be meeting again in March.

If you'd like to come along, please let me know so I can plan numbers for snacks and activities. Email, text, WhatsApp, call, or tell Allison in person.

Allison Gill - Telephone: 07714 686723 or email: allison.gill@bromleymencap.org



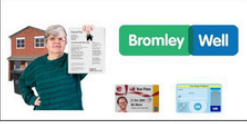

Cost of Living Service Correspondence Drop-in



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



Workshops

January's workshop focused on Budgeting, a really useful skill for keeping track of your money and spending. We looked at what a budget is, how to create one step by step, and then put it into practice on the tablets using a budgeting app and a mock budget.



It was also the first session in a new, more interactive workshop style. Our Digital Champions were on hand to help people learn new apps and digital skills in a practical way using the Cost of Living tablets. This is a format we'll continue with, as PowerPoints can be a bit dull even when we try to make them engaging.

It's a topic we'll revisit and build on in future, so keep an eye out for our flyers.



Date for your Diary - Savvy Shopping

When: Wednesday 11 February

Time: 10.30am to 12.30pm

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

February's workshop will focus on savvy shopping and how to get the most out of reward cards. We'll explain what reward cards are, how they work, and how they can help you save money over time. We'll also have a small digital challenge for you.

Please let Allison know if you plan on joining the workshop. You can phone 07714 686723 or email allison.gill@bromleymencap.org.

Cooking Course

You asked, we listened – the Cost of Living Cookery Course will be back at Rutland House in May, with new recipes and activities.

If you'd like to join us, please book a place with Allison so she can plan the shopping list and budget.



Until next time, keep spending wisely – think about what you're buying, and whether it's something you really need.


Incorporating Bromley Scope

COST OF LIVING

WORKSHOP



Savvy Shopping

Want to make your money go further at the supermarket? Join us for friendly, practical tips on shopping smarter – including how loyalty cards work, and how to spot whether multi-buy deals and "special offers" are genuinely good value.

Free to attend

○ From 10.30am to 12.30pm

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

**WEDNESDAY
11 FEBRUARY**

Spaces are limited – booking is essential!
To book, email: allison.gill@bromleymencap.org

Listen to our Cost of Living Podcast



If you haven't discovered our podcasts yet... Where have you been hiding?!

Each month, our Digital Champions release a new podcast on the Bromley Mencap website. Episodes often follow the theme of our monthly workshops, so if you can't make it along in person, you can still join in from home.



Missed our Christmas Quiz podcast? It's full of festive fun – and you might hear a surprisingly competitive streak from a few Bromley Mencap staff members (you know who you are!).



Listen to our [podcast episodes on our website.](#)



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

OLDER CARERS WORKSHOPS & LUNCH

It's been a lovely couple of months for all. In November, Tina arranged a visit to the much-loved Rochester Christmas Market

The trip turned out to be a truly enjoyable day. The group boarded the coach at Norman Park and made their way down the motorway, welcomed by bright sunshine and dry weather – a small but very welcome gift for a winter outing.



Once there, everyone took their time exploring the festive stalls, soaking in the atmosphere, and enjoying tasty treats from the Bavarian food market. Many shared how much they appreciated the chance to wander, chat and experience the Christmas spirit together.

In December, it was time to come together for a festive celebration.

Tina invited the children from St James School to sing Christmas carols in the church – something many look forward to each year.

Their voices filled the space beautifully and brought a real sense of Christmas cheer.

After the carols, the afternoon continued



with a light-hearted Christmas-themed quiz and a raffle, with a few lucky people taking home a prize.

It was a warm, joyful event that left everyone smiling and feeling uplifted.



LEARNING DISABILITY COOKERY CLASS

In November, people enjoyed cooking a lovely meal together.

They made a warm and comforting ratatouille with rice, followed by freshly baked chocolate croissants for dessert. The meal was clearly well loved, with lots of clean plates and plenty of happy, full tummies by the end.

In December, it was time to celebrate with a cheerful Christmas karaoke party.

The afternoon was full of laughter as people discovered their singing voices and enjoyed joining in with their favourite songs.



To make the occasion even more special, everyone was treated to pizza – a welcome break from cooking – followed by Christmas pudding and mince pies served with custard or cream.

It was a lovely way to begin our Christmas celebrations and got everyone into the festive spirit.

Important Notice

Just a quick reminder – our cookery class is now held at the Bromley Mencap office.

The full address is:

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

We look forward to seeing you all soon for more cookery sessions.



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

2026

DATES FOR YOUR DIARY

OLDER CARERS WORKSHOP AND LUNCH

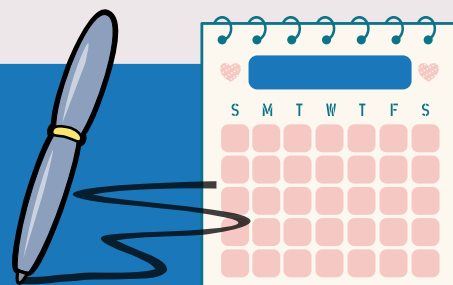
- **Friday 20 February**
- **Friday 13 March**

LD COOKERY CLASS

- **Friday 6 March**

COFFEE MORNINGS

- **Friday 27 February**



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 with paperwork, forms and grant applications, and we can also accompany people to medical appointments. We run monthly meditation and sound bath workshops, as well as drop-ins.

Meditation Mondays

Our monthly meditation and sound bowl workshops are going from strength to strength.

Attendance remains consistently high, feedback is always uplifting, and we've been delighted to welcome new people.



Some attendees are now coming along specifically for these sessions, which really shows how valuable they are.

Christmas Party Recap

In December, we also enjoyed a joint Christmas party celebration with music, a quiz and some amazing food. A few people even enjoyed a Bucks Fizz (or two!).

Well done to our quiz winners, who went home with a tub of chocolates.



UPCOMING WORKSHOPS

Make a note of the dates for our upcoming meditation and sound bowl sessions.

All sessions take place on Mondays:

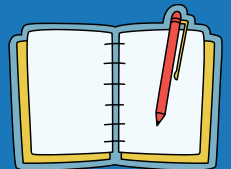
- 23 February
- 16 March

🕒 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).

FRIDAY DROP-IN AT
RUTLAND HOUSE



Do you need support with paperwork? Pop in on Fridays from 10:00 am to 4:00 pm. No booking required.

CONTACT US:



📞 Caroline Hackett – 07938 740361
✉️ caroline.hackett@bromleywell.org.uk

📞 Sue Charles – 07484 673090
✉️ sue.charles@bromleywell.org.uk

By Emma Andrew, Senior Information & Support Officer

Email: : emma.andrew@bromleywell.org.uk; Tel: 020 8466 0790 or 07482 558 660

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

December – Joint Christmas Party

December's workshop was a huge success and enjoyed by everyone.

The session had a festive feel, with a buffet,

a holiday quiz and music to set the mood for our Christmas get-together. In total, 33 people attended from across our services.



January – Coffee Morning

In January, we moved our workshops to Rutland House, where they are now held once a month on a Thursday from 10am–12pm.

Our January Coffee and Feedback Morning showed this to be a positive change, with people saying the venue feels familiar, central and welcoming.



Participants also shared ideas for future workshop topics and helped shape plans for Learning Disability Week.

ADHD 'Life Admin' Course

Our ADHD Life Admin Course runs regularly. If you're interested in taking part, please contact Emma to join the waiting list. For more information on the course, please take a look at our [flyer](#).

Save the Dates

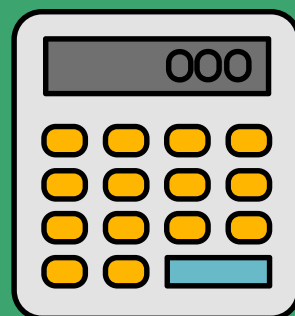
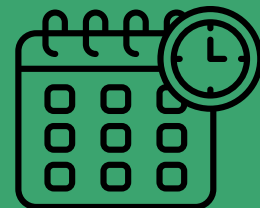
26 February Workshop

Our February workshop will focus on the upcoming election, following requests from people who attend our workshops. We will be talking about local MPs and councillors, how to register to vote, how postal voting works, and the Census, ahead of the by-election taking place on 7 May 2026.

12 March Workshop

For our March workshop, we'll be joined by Allison Gill, Cost-of-Living Advisor at Bromley Mencap.

The session will cover credit cards, interest-free payment options (such as Klarna and PayPal), understanding credit scores, making the most of benefits, and ways to avoid getting into financial difficulty.



VOTING WORKSHOP

Join us for a friendly, practical workshop about voting as we prepare for May's local elections



Thursday 26 February



10am to 12 noon



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



We'll cover who your local councillor is, reasons to vote, the census and household response form, postal votes, and how to register.

Perdie and Sushma from the Co-production team will also be there to hear your views.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

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.**



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

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.

Workshop Highlights

Christmas Party

In December, we held a joint festive workshop which brought people together to meet new faces, chat, connect and enjoy a buffet, Bucks Fizz, music and a Christmas quiz. There were also prizes for our quiz winners. It was a really lovely day and everyone had a great time.



January Workshop

In January, our workshop focused on support available in the borough for autistic people. We talked about local charities and services, including CASPA and CANDI. We also discussed Bromley's Autism Strategy and the All-Age Autism Board, and how people can get involved and have their voices heard.

Upcoming Workshops

Monday 16 February, 11:00am

In February, we'll be meeting at Community House for a workshop with guest speakers from STOMP, who will be raising awareness about medication and making sure it is used safely and reviewed regularly.



We will also use this session to plan our final workshop, which will be a trip in March.

If you would like to join the March trip, please come along to the February workshop so you can be part of the planning.

Please confirm your place: Email Chetan.Raval@bromleymencap.org or Emma.Andrew@bromleymencap.org or telephone: 020 8466 0790 / 07482 558 660.



STOMP AND STAMP INFORMATION SESSION

Find out more about the NHS England initiative to reduce over-medication and support safer prescribing for autistic people and people with a learning disability.



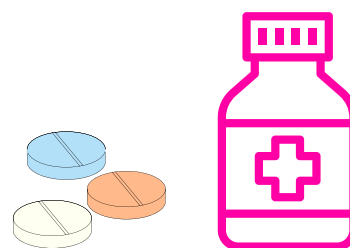
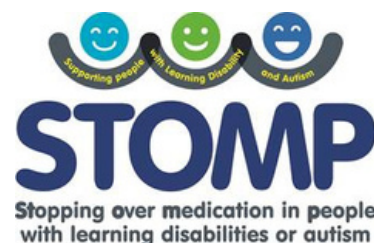
Monday 16 February



11am to 1:30pm



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



STOMP (Stopping Over-Medication of People) and STAMP (Supporting Treatment and Appropriate Medication in Paediatrics) are NHS England programmes. They aim to end the unnecessary use of psychotropic medication and make sure any medication is needed, reviewed regularly and used safely.

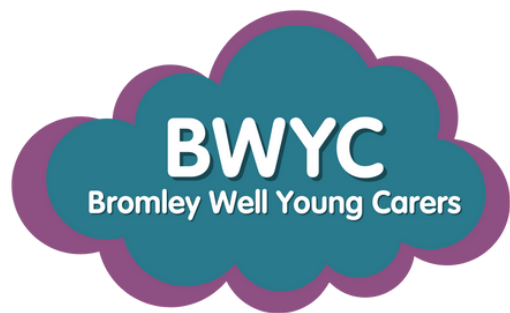
Please contact Chetan Raval, Information and Support Officer, to book your place on this free workshop.



020 8466 0790



Chetan.Raval@bromleymencap.org



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.](#)

BWYC is happy to share our upcoming calendar. Full details of our events can be found on the BWYC App.

Recent highlights

Young Carers joined the Budgeting Podcast for a Cost-of-Living Q&A, exploring ways to save and manage money. [You can listen here.](#)

Maria and Gina continue to raise awareness of hidden young carers and how BWYC can help. They recently visited St Paul's CE Primary School and Holy Innocents Primary School assemblies and spoke with local schools at the Darrick Wood Secondary Head Teachers Forum.



Next, they'll be attending more schools and children's centres, including Marjorie McClure Specialist School, a coffee morning at St George's Primary School, and One Stop Communication at Vision Children's Family Centre.



Upcoming Events for Young Carers

- Create Jewellery & Craft Workshop: 17-19 February at Rutland House Training Centre
- Laser Quest: 1-2 March
- Cookie Crumble Workshop: 7-8 April
- Rhino Boulder Climbing: 9-10 April

All details can be found in our app.

Dates to Note:

Children's Mental Health Week (9-13 Feb) and Young Carers Action Day (11 Mar) – a timely reminder that BWYC is here to support young carers all year round.



A big thank you, once again, to [Free Cakes for Kids Bromley](#) for donating free cakes and helping make birthdays that little bit more special.





SHORT BREAKS SERVICE



Incorporating Bromley Scope

For disabled children, young people and their families



One-to-One Service

Enables children and young people to enjoy a happy and stimulating time both at home and in the community.

Cost

£22.50 per hour



Saturday Club

Encourages social opportunities and independence skills in a fun and enjoyable environment.

- Location: The Lodge, Hook Farm Road, Bromley, BR2 9SX
- Clubs grouped by age ranges

Cost

£67.50 for a 3-hour session

For more information, please contact Sarah Garner, Short Breaks Coordinator:



07892 728643 or 020 8466 0790



sarah.garner@bromleymencap.org

Employment and Training Update

Celebrating inclusive employment at the CBRE Awards

Our Employment and Training Team, along with several of our candidates, were invited to a CBRE awards ceremony held at Bank of America in London.

We were delighted to see Ian Breslin, Senior Employment Advisor at Bromley Mencap, recognised with an award for his work promoting diversity and inclusion in the workplace. The award was presented by Pat Heavey, who works for CBRE and is also a Trustee of Bromley Mencap.

When presented with his award, Ian said: “I feel very honoured to receive this award and privileged to work with such amazing people. We’re now working with many different contractors who are creating remarkable employment opportunities for disabled people.”



The day also provided a nice opportunity to celebrate partnership and community. Mark Cayzer, one of our members, collected his prize for Biggest Fish Catch from CBRE fundraising activity, making it a proud moment to share at the awards ceremony.

We’re grateful to CBRE and Pat Heavey for their continued support, helping us build relationships with employers and partners that create meaningful job opportunities for disabled people in our community



Visit to Worthing Mencap

Learning from Buddy's Café.

Alex Best, our Business Development Manager, recently visited Worthing Mencap to learn more about Buddy's Café and their inclusive community spaces.

Buddy's Café is a welcoming place where adults with a learning disability can build skills and confidence through real-world experience.

It was a great chance to share ideas and take away learning as we continue exploring future work and training opportunities for disabled people in Bromley. Our thanks to Richard and Lorna for such a warm welcome and for sharing their experiences.





Adult Day Services

Hello from Day Services

We have started 2026 off with lots of activity and new projects across both Eden Park and Cotmandene Day Opportunities centres.

Everyone created some detailed Aboriginal-style paintings to mark Australia Day. To acknowledge Burns Night, sensory "wild haggis" crafts were made, and homemade haggis was prepared to try. Other highlights included well-received sensory sessions focusing on braille, Chinese New Year crafts, and a sensory story session about birds to mark the Big Garden Birdwatch.



Everyone has also enjoyed resuming visits to the Marian Vian School allotment, Beyond Words Book Club library sessions, and dance movement sessions at Eden Park with a new Dance Movement Therapist.

Find out more

We currently have a few places available on our Catering and Horticulture projects. Contact us to discuss your requirements.

For The Lodge:
Caroline Stone
caroline.stone@bromleymencap.org

For Day Opportunities Eden Park and Cotmandene:
Joe Stapleton
joe.stapleton@bromleymencap.org

Telephone: 020 8466 0790



The Lodge

Students at The Lodge have been working hard to achieve accreditations from our newly implemented Unit Award Scheme. We are very excited to present students with the certificates that they have gained this month.

Well done!

AQA
Questions matter

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.

Christmas Disco

Our Christmas Disco was a brilliant evening, with over 100 disabled adults and carers coming along to celebrate together. Everyone enjoyed a sit-down meal and wonderful food kindly provided by Beckenham Rugby Club, followed by plenty of music, dancing and festive fun. A great time was had by all.



Next Disco: Easter Disco

Our next disco is coming up soon and will be a lot of fun! It will be on **Tuesday 31 March from 7:30pm–10:00pm** at Beckenham Rugby Club. Tickets are £10 (includes soft drinks). There will also be a paid bar for alcoholic drinks.

Please pay and book online via our website [here](#). If you are unable to get online, telephone the office and we will arrange to send out a booking form to you. Telephone 0208 466 0790.



Save the Dates

2026



Walking & Cycling Group Events

- Wednesday 25 March – Cycling at Norman Park
- Wednesday 20 May – Cycling at Norman Park
- Wednesday 10 June – Evening Walk in Keston
- Sunday 19 July – Walk in London/coach trip
- Sunday 18 October – Spooky Walk
- Wednesday 9 December – Christmas Lights

Discos

- Tuesday 31 March – Easter disco
- Tuesday 26 May – Flower power!
- Tuesday 4 August – Summer disco
- Tuesday 27 October – Spooky Disco
- Tuesday 15 December – Christmas Party

Provisional Dates for Keep Fit

We are planning to run two 12-week Keep Fit courses. These dates might change:

- Wednesday 8 April – Wednesday 24 June
- Wednesday 9 September – Wednesday 25 November

Easter Disco

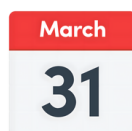
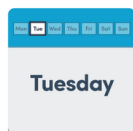


Incorporating Bromley Scope

for adults aged 18 and over



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



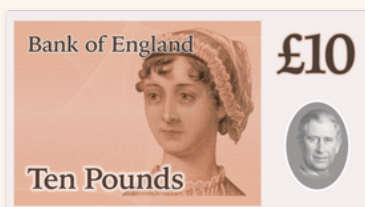
When: Tuesday 31 March



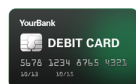
Start time: 7:30pm
Finish time: 10pm



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. Card and cash payments accepted.
Soft drinks will be available free of charge.

Map and directions

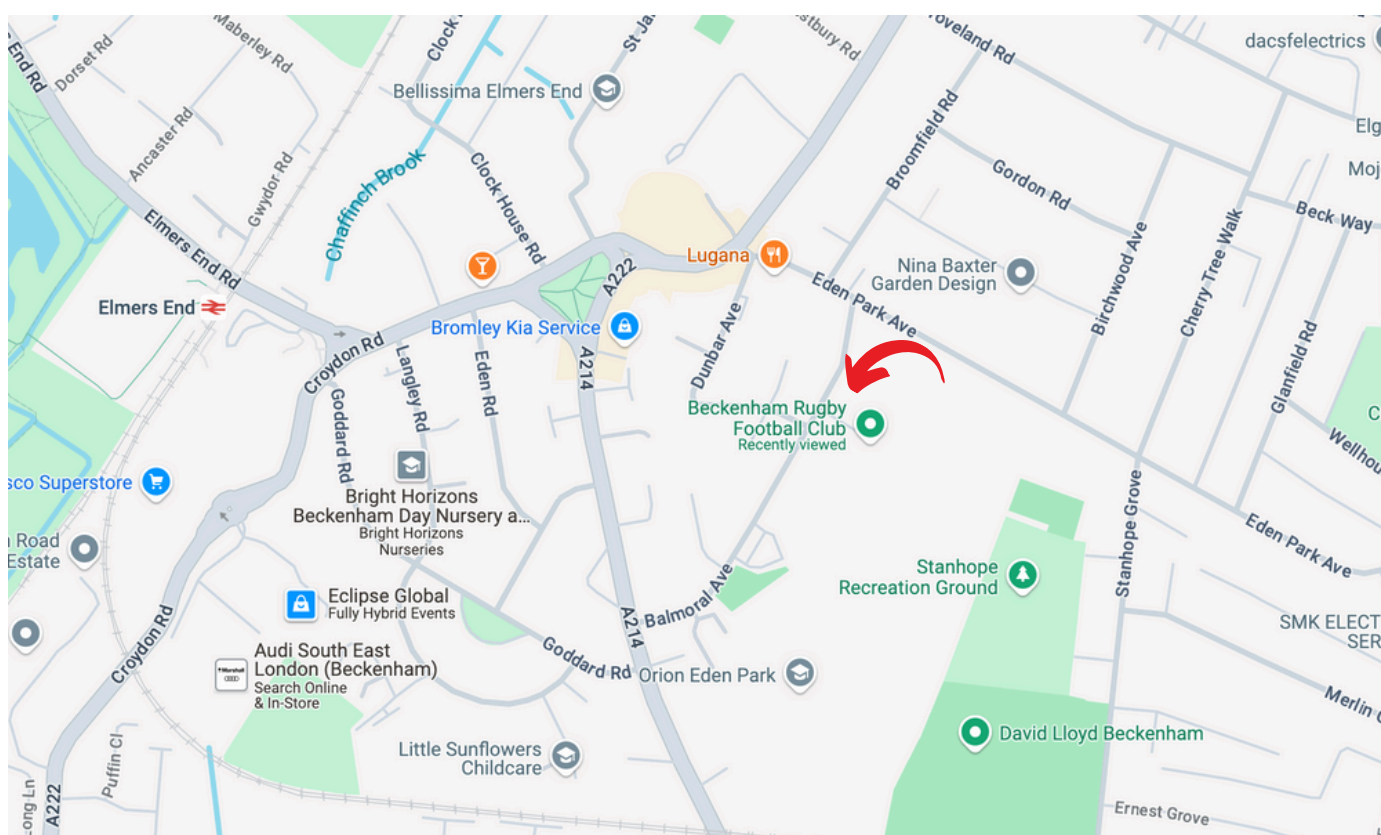


Beckenham Rugby Club, The Clubhouse,
Balmoral Ave, Beckenham, BR3 3RD



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.



March

24

Please complete the booking form and return it no later than Tuesday 24 March.

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



Local Events

CANDI: Pre-Valentine's Neurodiversity-Friendly Club Night

A friendly, fun night out with nightclub music and lights – “do your night your way”.

Date: Thursday 12 February

Time: 7pm–10pm

Venue: Club Akademia, 29A Widmore Road, Bromley, BR1 1RW

Tickets (entry by ticket only):

- Early bird: £8 (carers £4) until 10 February
- Standard: £10 (carers £5)
- 4 tickets for £30
- Ages 16–18 must be accompanied by an adult.

How to book: Use the QR code on the flyer or [buy here](#).

Tickets can also be collected from Rhiannon's Café, 20 Widmore Road, Bromley, BR1 1RY.

You are invited to PARTY

On Thursday 12 February 7pm -10pm
Club Akademia, 29A Widmore Rd, Bromley BR1 1RW

Pre-Valentine's Diversity friendly
Nightclub music, lights, laughter
A friendly, fun club night
do your night your way

Ticket entry only
 (available in advance or at the door)

Ages 16-18 require an adult accompaniment
Early Bird tickets: £8 Carers £4 (til 10th Feb)
Use the link below or scan the qr code
bit.ly/49ys1HL

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

Tickets £10 Carers £5.00 4 for £30.00

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

SoDaDa: On the Red Carpet

Fuse are hosting a red-carpet themed, cabaret-style night featuring artists with learning disabilities. Expect live performances, DJ sets, and chances to get creative – whether you want to watch, join in, or meet others.

Date: Friday 27 March

Time: 7pm–10pm

Where: The Rec, Fairfield Halls, Croydon (age 18+)

Tickets: £5 (or £2 for carers) – [book online](#) or pay on the door

Interested in going with Bromley Mencap?

We can help organise a small group to attend. Email Sharon Morgan at sharon.morgan@bromleymencap.org to register your interest.

FUSE presents... SODADA ON THE RED CARPET

Showcasing artists with learning disabilities

Celebrate 3 years of SoDaDa

Theme: red carpet, VIP, icons!

An evening of live performances: music, art, dance and much, much more!

Friday 27th March
7pm-10pm
Fairfield Halls 18+
£5 on the door (£2 for carers)

MOSS SLIDE CLUB SODA

SENsational Church

SENsational Church is a new SEND-friendly community space hosted by Widmore Methodist Circuit, welcoming people of all ages and abilities. There's no expectation to sit still or be quiet.

Sessions run monthly, 2–4pm, on every third Sunday in 2026 at Bromley Methodist Church (corner of College Road and North Street, BR1 1SB).

Each session includes a short, relaxed service followed by café space, craft and play activities, a sensory room, music room, and time to chat and relax.

For more information, contact 0208 313 1029.



SENsational Church

A new SEND- friendly community hosted by Widmore Methodist Circuit

Monthly: 2-4pm
Every 3rd Sunday in 2026

Bromley Methodist Church,
Corner of College Rd
and North Street, BR1 1SB
Tel 0208 3131 029

For all ages & abilities
No need to sit still and be quiet

30-min Service
+Café Space
+Craft and Play Time
+Sensory Room
+Music Room
+Chat & Chill

The flyer features a central purple cross with a row of icons (a person, a musical note, a person with a speech bubble, a person with a star, a person with a heart, a person with a star, a person with a heart, a person with a star) across its horizontal bar. Above the cross is a string of colorful triangular bunting.

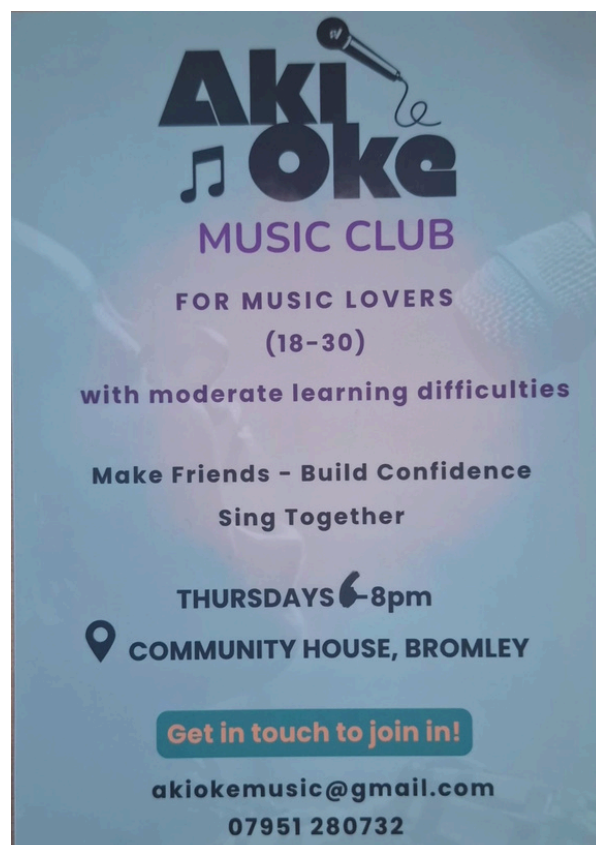
AkioKe Music Club

AkioKe Music Club is a friendly weekly music group for music lovers aged 18–30 with moderate learning difficulties.

The group focuses on making friends, building confidence and singing together in a relaxed, supportive environment.

Sessions take place on Thursdays, 6–8pm at Community House, Bromley.

To find out more or join in, email akiokemusic@gmail.com or call 07951 280732.



AkioKe
MUSIC CLUB

FOR MUSIC LOVERS
(18–30)

with moderate learning difficulties

Make Friends – Build Confidence
Sing Together

THURSDAYS 6–8pm

COMMUNITY HOUSE, BROMLEY

Get in touch to join in!

akiokemusic@gmail.com
07951 280732

The flyer has a blue background with a faint image of a person singing into a microphone. The text is in white and purple. At the bottom, there is a dark blue button with white text that says 'Get in touch to join in!'.

Bromley Experts by Experience

– Upcoming events

Bromley Experts by Experience



Local Deaf and Disabled People's Organisation

Coffee and Chat

A relaxed social session to meet others, chat, and enjoy drinks and treats – with optional activities and a chance to share ideas that help shape future sessions.

Date: Thursday 12 February 2026

Time: 2pm–4pm

Location: Rhiannon's Café (inside Bromley URC Church), 20 Widmore Road, Bromley, BR1 1RY

Accessibility: BSL interpretation provided, step-free access, disabled toilet, and free transport available on request. Please let the organisers know about any access or dietary requirements in advance.

Drop in: No need to register – just come along.

More information:

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



Bromley Accessibility Forum

A forum focused on identifying and challenging barriers that disabled people face in the community – including access to public spaces and buildings, services, information and transport.

Date: Thursday 26 February 2026

Time: 2pm–4pm

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

Accessibility: BSL interpretation provided, step-free access, disabled toilet, and free transport available on request. Please share any access or dietary requirements when registering.

Register (free):

Visit: <https://www.xbyxbromley.org.uk/events/>

or contact info@xbyxbromley.org.uk,

0208 650 2102,

or text/WhatsApp 07454 288762.





LOWER MY DRINKING

GET HEALTHIER, FEEL BETTER!

Free support to help you reduce your alcohol intake!

The **Lower My Drinking App** is available to Bromley residents aged 18 or above. The free quiz is available to try and based on your results, you will receive tailored information to help monitor alcohol use or help to reduce alcohol consumption.

To find out more information scan the QR code or click on the link:

www.bromley.gov.uk/substance-misuse/drug-alcohol-services



Change
Grow
Live

Drug and Alcohol Service

Bromley



Bromley's local community drug and alcohol services

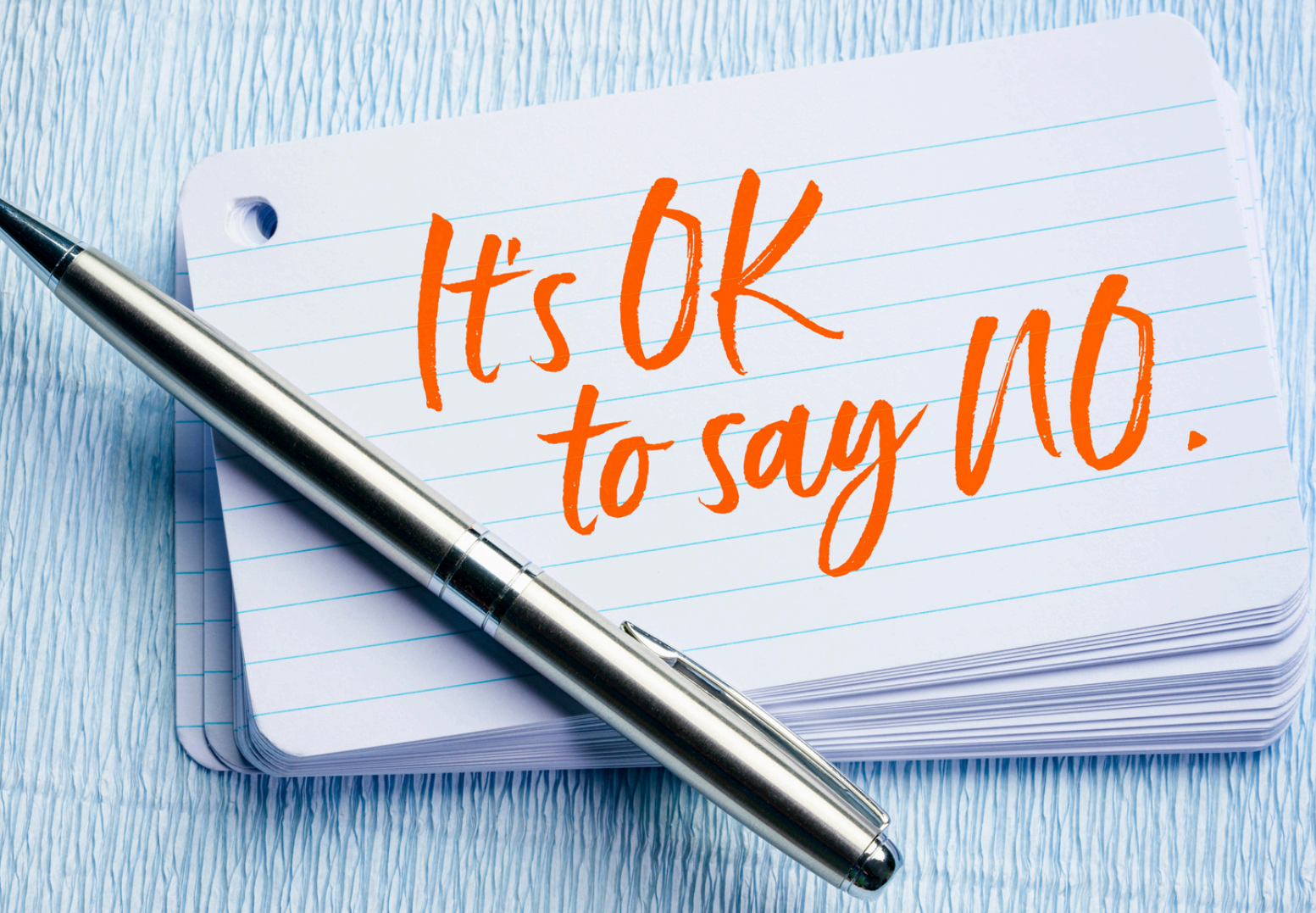
Change Grow Live Bromley offers a free and confidential service for adults over 18 who are Bromley residents and need help with their drug (including over the counter and prescription medication) and alcohol use or who are worried about a family member or a loved one. If you would like to find out more about the support, please contact us.

Contact Information

Call: 020 8289 1999

Email: referrals.bromley@cgl.org

Website: www.changegrowlive.org/service/bromley-drug-alcohol



Changes
Young People's Drug
and Alcohol Service

Bromley



Young People's Drug and Alcohol Services

Bromley Changes offers a free, confidential service for anyone in Bromley aged up to 18 who is thinking about using drugs or alcohol, already using them, or affected by someone else's use. If you would like to find out more about the support please contact us.

Contact Information

Call: 020 8289 1999

Email: bromleychanges@cgl.org.uk

Website: www.changegrowlive.org/service/bromley-drug-alcohol/young-people



Copy deadline for the Feb/March Bulletin is 1 April 2026.

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