

Celebrating 75 years of Bromley Mencap



Archive photos celebrating our community over the years

This April marks the beginning of Bromley Mencap's 75th anniversary year, celebrating 75 years of support, inclusion and community for disabled people and their families.

Since 1951, we've grown from a small group of parents campaigning for change into a charity supporting thousands of people each year.

While much has changed, our purpose remains the same – to support disabled people to live the lives they choose and be part of their community.

This anniversary year is a chance to reflect on our journey, celebrate our community, and look ahead to the future.

Celebrate with us!
Turn to page 6 to find out how you can get involved in our anniversary celebrations and fundraising events.



Follow us

@bromleymencap

www.bromleymencap.org.uk

Editor's Note



Easter Fun at The Lodge

Welcome to the April/May edition of the Bulletin.

This issue marks the beginning of a very special year for Bromley Mencap as we celebrate our 75th anniversary.

Throughout this edition, you'll find updates from across our services, highlights from recent events, and opportunities to get involved including ways to take part in our anniversary celebrations and fundraising events.

As we look back on 75 years of supporting disabled people and their families, we'd love to hear from you. If you have any stories, memories or photos you'd like to share as part of our anniversary year, please do get in touch – it would be wonderful to include them in future editions.

As always, we welcome your feedback, ideas and contributions.

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Happy Reading!

Alex Powell

Communications Officer
alex.powell@bromleymencap.org



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](#).

21 April

Singing Workshops with Singsmiths

Date 21 April 2026

Time 7:00 pm - 8:30 pm

Venue Rutland House

Organiser Caroline Stone

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.](#)





Chief Executive Update

Dear Members,

Welcome to this new bumper edition of the Bulletin, which keeps growing in size as so much is going on across the organisation!

2026 marks the 75th anniversary of Bromley Mencap and we want to use this opportunity to look back and reflect on what we've achieved, as well as continuing to look to see where there are new possibilities to grow the ways in which we work with disabled people and their families to forward our core mission of empowering independence, building connections, and advocating for inclusive lives.

To that end, I was delighted to visit our new Grounds4Growth social enterprise on Bromley High Street on its launch day.

Grounds4Growth builds on the wonderful work carried out at the Lodge, with its unique mix of catering, horticulture and bike maintenance, and allows us to offer real work experience opportunities for local disabled people in an increasingly difficult economic environment.



If you're in the centre of Bromley on a Thursday and Friday, please do pop along, say hello and enjoy some of the best coffee in town!

In this issue, we're also launching fundraising for another major project, Family Futures. This service is designed to strengthen our support for families with disabled children and young people by integrating early advice and support, activities, and peer networks.

The approach aims to foster greater confidence among families and reduce isolation, at a point we know many families really struggle. It also echoes the formation of Bromley Mencap in 1951 as an association of local parents of disabled children.

You'll see that we're launching some of the anniversary activities that we have planned for the year ahead in support of raising money to support Family Futures. These include a flexible walking challenge throughout July, where we're encouraging members to set their own activity target. We'll be celebrating the anniversary across the whole twelve months, so look out for more events and activities as the year goes on.



**JOIN OUR 'BRIDGING 75 YEARS'
LONDON BRIDGES WALK**



London Bridges Walk 

 **Sunday 5 July**  **Approx 7.5 miles**

Take on a sponsored walk across London's iconic bridges and help raise funds to support disabled young people and their families.

Or do it your way

Join 75 in Action – a flexible walking challenge you can complete throughout July at your own pace, individually or as part of a group.

Be part of something special and help us celebrate 75 years of support, inclusion and community

Sign up today 

Finally, I wanted to update on our merger with Lewisham Mencap and I am very happy to confirm that the major stage of this is now complete. We'll continue to operate services under the separate Bromley Mencap and Lewisham Mencap names for the rest of this year, whilst we bring the work of the two charities together. You'll start to see more about our work in Lewisham in the Bulletin through the rest of the year.

Best wishes,



Steve Barnes, CEO



75th Bromley mencap Years Anniversary Appeal

In 2026, Bromley Mencap is celebrating 75 years of supporting disabled people and their families.

As part of this milestone, we are launching a 75th Anniversary Appeal to raise £75,000 for our Family Futures service, supporting families with disabled children and young people. Family Futures brings together early support, activities and peer networks, helping families feel more confident, less isolated and better supported for the future.

Get involved in our anniversary events

We have a number of fundraising events planned throughout the year.

[Visit our website to find out more and sign up!](#)

★ 75 in Action – your challenge, your way

Take on a flexible sponsored walking challenge throughout July. Set your own goal – whether that's 7,500 steps a day, 75 miles across the month, or something that works for you and help raise funds in a way that fits your lifestyle.

★ Bridging 75 Years – London Bridges Walk

Join us on Sunday 5 July for a special 7.5 mile guided walk along the River Thames, celebrating 75 years of Bromley Mencap. This accessible route is designed for people of all abilities to take part and enjoy together.

★ 75-mile Anniversary Cycle Ride

A team of riders will take on a 75-mile cycle ride, starting and finishing at The Lodge. More details will be shared soon.

We will also be hosting a range of other events and activities throughout the year to celebrate this important milestone. Further details, including how to get involved, will be shared on our website and social media soon.

Fundraising

How your support is making a difference

Thank you to our supporters

We'd like to say a big thank you to the organisations below for their generous support.



Thank You

- Judge & Priestley have kindly donated £400 towards our social enterprise pilot. You can read more on pages 14-15.
- We would also like to thank Beckenham Rotary for their generous £900 donation, which will fund the Bromley Well Young Carers coach trip to Howletts Zoo in August.

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](#).



Become one of our amazing supporters.

Donate today and help support disabled people and families.



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

Working Together Update

Working Together has had an excellent start to 2026; our members and people who use our services have been involved in strategic decision-making and charity operations.



What have we been up to since our last Bulletin?

- ✓ We have had brilliant member support with recruitment, with three panels of members involved in interviewing candidates for roles at the charity.
- ✓ We also hosted our very first 'Working Together' team session, which was creative, engaging and great fun.
- ✓ The Learning Disability Partnership Board Parents and Carers Action Group welcomed Pauline Cheung from the LBB SEND team, who shared an exciting new website.
- ✓ Lizzie Stanger and Alex Best updated the Strategy Delivery Group on our 75th Anniversary celebrations, as well as the upcoming Grounds4Growth social enterprise.
- ✓ We are continuing to work with Royal Mencap on their 'I'm in' Campaign around the Learning Disability Register, and have been awarded a £500 grant to support this.
- ✓ We have also been working in co-production with members from Lewisham Mencap, sharing ideas and experiences as we plan for the future.

Member involvement in recruitment

A big thank you to our panels – Matt, Becky and Gavin at Rutland House; Haddy, Charlie, Jeremy and Emily from the Training Centre; and Rachel, Rebecca and Jack at The Lodge – for supporting recruitment across a number of roles, including our Out of Hours Co-ordinator, Catering Lead, Learner Support Assistant and Social Enterprise Coordinator.

Gavin also worked with Sushma to refine our Easy Read interview questions pack.



It is wonderful to see so many members and people who use our services contributing to the growth of the Bromley Mencap community.

'I'm in' Campaign

Bromley Mencap's Working Together Team are proud to be supporting Royal Mencap to deliver the first-ever London Health Community Conference.

Members from Bromley Mencap will share their lived experience, including insights on effective Easy Read, communication, and why the Learning Disability (LD) Register matters. Read more about the ['I'm in' campaign](#).



Working with young people at the Training Centre, we have been awarded a grant from Royal Mencap to create a short, comic book-themed film.

The film will encourage 14–18 year olds to sign up to the Learning Disability (LD) Register in a fun and engaging way.



What is the Learning Disability (LD) Register?

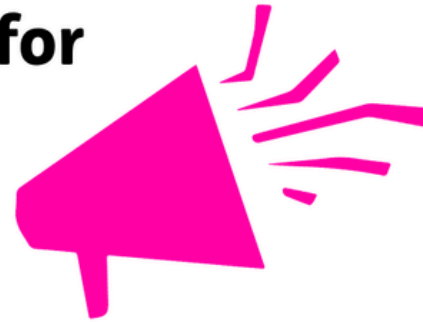
It is a confidential list at your GP surgery and helps make sure people with a learning disability get the right support.

This can include health checks every year, being recognised by services, and getting the support they need to access healthcare more easily.

London Health Community Conference

Improving healthcare outcomes for people with a learning disability

Come along and find out how you can be part of a national movement to help raise awareness about the Learning Disability Register.



What's it all about?

- ✓ Strengthening awareness and uptake of the LDR
- ✓ Improving access to Annual Health Checks and reasonable adjustments
- ✓ Sharing what's working locally (and what isn't)
- ✓ Agreeing on practical next steps across primary care, education, and the voluntary sector.

Who should attend?

For primary care, education, social care, system partners, and third sector organisations.



Friday 15th May 2026
**10:30 am - 4 pm (Registration
from 10 am)**



Brady Arts & Community Centre,
192-196, Hanbury St, London E1 5HU

SCAN QR CODE



[Sign Up Here!](#)



Working Together Update: Ways to get involved

Working Together Team

The first meeting was great fun. We started with a warm-up game, took part in an icebreaker, and shared ideas about how we can contribute to working together across the charity. We also enjoyed some delicious snacks, kindly provided by Sushma.

There are lots of exciting opportunities to get involved, including co-designing 75th anniversary celebrations, supporting the NHS to improve services for people with a learning disability, and taking part in creative projects across Bromley Mencap.



Our next meeting will be on Thursday 16 April at 10am

Working Together in Lewisham

Lewisham Mencap members took part in a lively Working Together workshop at the Thursday Club on 5 March, sharing their views on what support and activities matter most to them.

Using Easy Read boards and stickers, members told us they would like more help with paperwork, especially benefits, letters and online forms. Many also said they would welcome clearer support with things like Universal Credit, PIP and managing bills. Members shared brilliant ideas for new daytime activities, including days out, going for coffee, creative workshops, exercise sessions and museum visits.



There was also strong interest in support around employment, particularly with CV writing, job applications and gaining work experience.

Importantly, many members said they would like to be more involved in co-production, including having a regular group where they can help shape Lewisham services.

Their feedback will directly guide our next steps as we continue building a stronger, member-led co-production approach together.

Parents and Carers Action Group (PCAG)

The PCAG group were pleased to receive an early walkthrough of the new Adult Learning Disability Information Hub, being developed by Bromley Council. Families welcomed the direction of the hub and shared helpful feedback, including suggestions on clearer language, improved imagery and better accessibility. A phased user testing plan is being developed, which will involve young people in transition, adults aged 25+, carers and local learning disability community groups.

Alongside this, PCAG discussed a number of important updates, including changes to the main personal assistant provider, the upcoming Astley respite contract award, plans for a new Individual Service Fund (ISF) framework, and concerns around the closure of Poverest Adult Education Centre.

The group also continues to work on strengthening parent and carer representation across strategic working groups. Together, these updates highlight both the progress being made and the ongoing commitment to ensuring services work for people with learning disabilities and their families.

Meeting dates for 2026:

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

Strategy Delivery Group (SDG):

In our final meeting of the 2025–26 financial year, the Bromley Mencap Strategy Delivery Group came together with plenty of energy and ambition.

Members heard the latest updates on the new social enterprise Grounds4Growth and discussed exciting 75th anniversary fundraising plans for the new Family Futures service – including a 75-mile cycle ride, sponsored walks and community challenges.

Updates on the operational plan showed strong progress in out-of-hours activities, new service development and campaigning work.

Meeting dates for 2026:

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

Members also shared valuable feedback, helping to shape the next steps for the organisation. Our anniversary year is already shaping up to be an exciting milestone for Bromley Mencap.





GROUNDS4GROWTH LAUNCHES!

Brewing skills. Growing confidence



Grounds4Growth, Bromley Mencap's new social enterprise, has now launched in Bromley Market Square.

This is a pilot project offering real work experience opportunities for local disabled people, helping to build skills, confidence and independence in a supportive, real-world environment.

The first week of trading has been very positive, with great feedback from the public and a growing number of regular customers already emerging. Laurie (photographed above with Ian Breslin, Senior Employment Advisor) has recently started at the stall and has already begun developing new skills in a real working environment and enjoyed her first shift.

Come and visit on Thursdays and Fridays for:



Barista-style coffee



**Information on refurbished bikes
(for sale at the Lodge)**



**Plants grown at the Lodge
(seasonal)**





What is a social enterprise?



A social enterprise is a business that helps people.

Money earned from the stall is reinvested to support Bromley Mencap's work.

Our market stall pilot builds on the vocational training already taking place at The Lodge and the Training Centre, creating more opportunities for people to develop skills and move towards paid employment.

Learning real work skills

Participants gain practical experience in a supportive, real-world environment, including:



- ✓ Making and serving barista-style coffee
- ✓ Caring for plants and supporting retail sales
- ✓ Providing information on our refurbished bikes for sale
- ✓ Customer service and communication
- ✓ Handling transactions and working as part of a team

We hope to see you at the stall soon!

We are open on Thursdays and Fridays from 10am to 4pm.



Cost of Living Support

Here's the latest from our Cost of Living service, including highlights from our recent workshop, what's coming up next, and how you can get involved.

Workshops

Our February workshop on savvy shopping was a hit.

We explored whether loyalty card prices are always the best value, and how to make the most of rewards. The new Digital Champion Challenge gave people the chance to compare prices themselves using tablets, helping to build confidence with digital skills while encouraging teamwork. Thank you to everyone who attended.

Our workshop in April focused on practical ways to manage everyday costs, with a range of tips and activities to support people to make the most of their money.

We will be running part 2 of this workshop on Wednesday 13 May. Come along for a deeper dive into credit scores, credit cards, and all things money.

Upcoming Cookery Course

In May, we will also be running our Cost of Living Cookery Course Part 3 – Back to Basics.

Spaces are limited and usually fill up quickly, so booking is essential. Priority will be given to those who have not attended a cookery course before.

The course will include practical sessions on cooking, meal planning and shopping on a budget, with support throughout.

Digital Champions

Our Digital Champions, Lee and Martin, have been busy supporting preparations for our 75th anniversary events, as well as working on a podcast, which you can listen to for free on the Cost of Living page of [our website](#). They are also available every Friday at our drop-in at Rutland House (10am–4pm) to help with any digital or tech-related questions. Thank you, Lee and Martin, for all your hard work!



COST OF LIVING

WORKSHOP



Making Sense of Money: Part 2

A deeper dive into credit scores, credit cards, and all things money.

Learn even more about how credit works and how to manage your money with confidence.

Free to attend

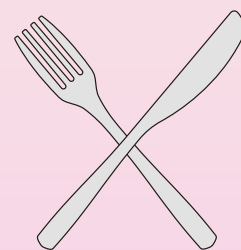
 From 10.30am to 12.30pm

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

**WEDNESDAY
13 MAY**

Spaces are limited – booking is essential!

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



Join our practical course where you'll cook nutritious, budget-friendly meals and learn ways to save money on your food shop.



Every Thursday for 4 weeks:
Thursday 7, 14, 21 and 28 May



1:00pm – 3:00pm



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



£5 per person (covers ingredients)

Back to Basics

COST OF LIVING **COOKING** COURSE

Course Outline

Each week, you will:

- ✓ Learn to cook simple, affordable meals (including baked potatoes, omelette, sausage and mash, and pancakes)
- ✓ Build your confidence in the kitchen
- ✓ Learn tips to help you save money when food shopping

You will work in small groups.

One group will cook while the other takes part in a short learning activity – then you will swap.

Spaces are extremely limited and priority will be given to those who have not attended a cookery workshop previously.

Please contact Allison Gill to book:

 020 8466 0790 / 07714 686723

 allison.gill@bromleymencap.org

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

February – Voting

In February, we held a workshop on voting ahead of the local elections in May.

We talked about the importance of bringing ID, how to apply for ID if you don't have it, and how to request a postal vote.

We also looked at who your local councillors are and how to contact them about issues that matter to you.



March – Scams

In March, we welcomed Beverley Nicklin from Bromley Trading Standards, who delivered an informative session on scams affecting people in Bromley. We shared practical tips on how to spot scams and what to do if you think you have been targeted.

One key piece of advice was to contact your bank by **calling 159** if you are worried you may have been scammed. This number safely connects you to your bank and is a useful way to get help fast.



April – South East London Community Energy (SELCE)

In April, we were joined by South East London Community Energy, who spoke about ways to reduce energy use and save money on household bills. The session included simple, practical tips and advice on where to go for additional support if you are struggling with costs.

Save the Date

Workshop: Thursday 14 May – First Aid

Our Information & Support Officer, Chetan Raval, has arranged a First Aid workshop with the British Red Cross.

It will be from 10am to 12pm at the Bromley Mencap Training Centre, Rutland House. More details coming soon.



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](#).

FRIDAY CORRESPONDENCE DROP-IN

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

FIRST AID WORKSHOP

**Learn what to do in an emergency and how to
treat injuries with the British Red Cross**



Thursday 14 May



10am to 12 noon



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



First aid means helping someone who is hurt or unwell. The British Red Cross workshop will teach important skills to help in an emergency.

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

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

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 sound bowl and meditation sessions continue to grow in popularity, with many people now coming to Bromley Well specifically to take part.

Attendance has been consistently high, with 21 participants joining us in March.



Our next session will focus on meditation. Discover ways to de-stress and unwind. Our regular drop-in service will then follow, where we can give you advice and support. A light lunch is available for everyone to enjoy after each session.

As demand increases, all sessions must now be booked in advance. When making a booking, please let us know of any food allergies or intolerances.

We look forward to seeing you soon!



**UPCOMING
WORKSHOP**

Make a note of the date of our upcoming meditation session.

All sessions take place on Mondays:

The next session is on 20 April

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



MEDITATION MONDAYS

Join us to relax and unwind, followed by lunch and a drop-in advice session



Monday 20 April



- 11am – 12 noon
 - Drop-in from 12 – 1pm
- Please arrive promptly



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

Come and enjoy a relaxing guided meditation session dedicated to helping you relax, recharge, and refocus.

Afterwards, stay for our drop-in from 12 noon to 1 pm – lunch is included.

Booking is essential. Please tell us about any dietary requirements or allergies when you book.

You're welcome to bring a yoga or Pilates mat if you'd like to lie on the floor; a blanket may help you stay comfortable.

Please contact us to book your place.



Telephone: 020 8466 0790



Email: caroline.hackett@bromleywell.org.uk

Service delivered by:



Incorporating Bromley Scope

Funded by:



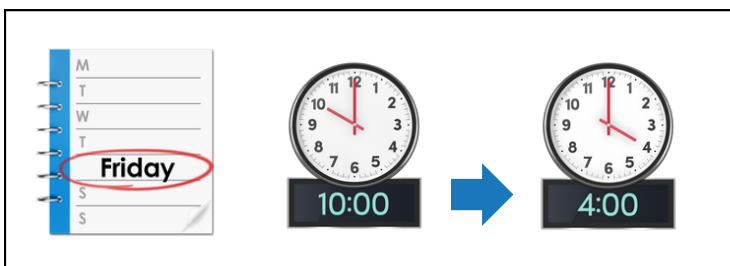
South East London

Correspondence Drop-ins

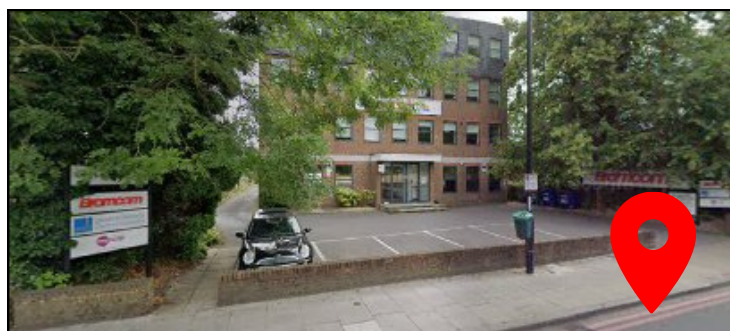


We can help you with:

- 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.**



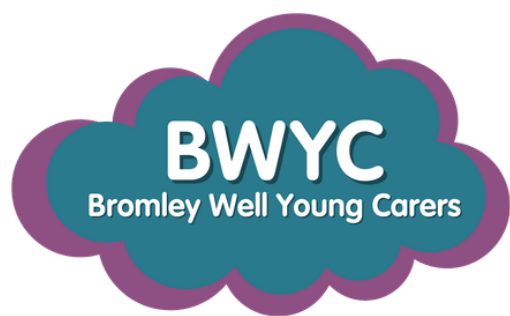
You will find us at:

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



For more information, please contact Bromley Well:

Freephone 0808 278 7898



Young Carers Service

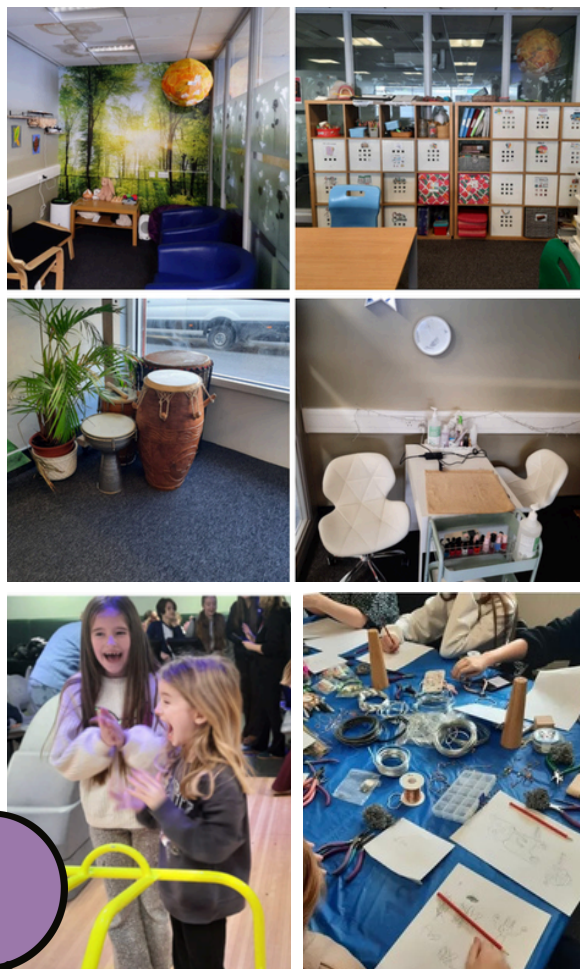
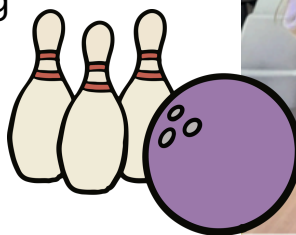
Bromley Well Young Carers support young carers aged 4-19 to manage their caring relationships whilst still enjoying their childhood. You can make a referral here.

Spring highlights

This spring, there have been lots of positive updates including an exciting development for the Youth Club. Following a successful pilot, the Youth Club has now secured funding to continue, creating more regular opportunities for young carers to meet, socialise and take part in activities.



Alongside this, young carers have taken part in a range of events and workshops, from creative sessions to group activities, including jewellery making and bowling, helping to build confidence, friendships and skills.



Well done!

We're also proud to celebrate the achievements of young carers across the service, including Leanne, who has won a Youth Award from the Bromley Borough Rotary Club. We also celebrate others featured in our Spring issue, who continue to inspire us.



**You can read
our latest
newsletter here**



Bromley Well

Children's Service Updates

By Sarah Clark, Specialist Family Support Worker

Specialist Family Support Service

It has been a busy month for the Specialist Family Support Service, supporting parents and carers from across the borough.

Alongside a range of one-to-one appointments, school visits, and coffee mornings, our team has continued to offer practical and emotional support tailored to individual family needs.

We have also focused on supporting parent and carer wellbeing, helping several parent/carers with emotional regulation and managing burnout. A highlight was a sound bowl relaxation session, which offered parents and staff, valuable time to pause, reset, and recharge.



Short Breaks Service



SHORT BREAKS SERVICE

Bromley
mencap
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

Our Saturday Club for disabled children and young people at The Lodge, Norman Park, continues to be enjoyed by all.

We also offer one-to-one support at home and in the community, helping children and young people take part in activities that suit their interests and needs.

FIND OUT MORE >

Please contact Sarah Garner at
sarah.garner@bromleymencap.org
or telephone 07892 728643.

PRUH Interns Shine at National Youth Parliament



Project SEARCH interns from Princess Royal University Hospital (PRUH), Chloe Brittain, Ellie Stone, Tariq Adeleke and Natese Beckford-Walker, attended the National Youth Parliament event at Portcullis House on Monday 23 March.

The group joined young people from across the country for discussions on employment, workplace aspirations and the barriers faced by those with learning disabilities or autism.

Both Chloe and Tariq chose to stand up and speak during the session, raising their orange cards to contribute to the discussion.

Chloe described the event as **“a very enjoyable experience”** and said she was proud to take part. Ellie shared that she was proud of both Chloe and Tariq for speaking and added that the scones at the refreshments table were **“massive.”**



Well done!

Photographed from left to right: Chloe, Ellie, Natese and Tariq ahead of the National Youth Parliament event.

A fantastic and memorable day for all four interns, who represented themselves, the PRUH, London South East Colleges and Bromley Mencap with confidence and pride.

Interested in Project SEARCH?

Following the success of the Supported Internship programme at the Princess Royal University Hospital (PRUH), upcoming information events will be taking place for young people aged 17–25 with a learning disability and/or autism.

These sessions are a great opportunity to learn more about the programme, explore routes into healthcare employment, and understand the application process.

- Tuesday 13 April, 3.30pm–4.30pm at Queen Mary's Hospital
- Thursday 17 April, 3.30pm–4.30pm at the PRUH

To book a place, please email: david.king@lse.ac.uk

LSEC College transition events



We recently hosted two successful transition events in partnership with London South East Colleges, welcoming young people and their families from across Bromley and Bexley.

These sessions were designed to support young people as they prepare for adulthood, offering the opportunity to explore progression routes, learn more about the support available, and access personalised information, advice and guidance.

It was great to see people coming together to ask questions, share experiences and build confidence about the next steps in their journey.

Thank you to everyone who attended and helped make the events such a positive and supportive space.



Supporting Pathways into Volunteering and Employment

Alison Alexander has been busy supporting people into volunteering and employment, with some fantastic outcomes.

Working closely with a children's charity shop in Hayes, Alison supported two clients to help reorganise and refresh the shop's book and children's costume area. Together, they shared ideas, decluttered the space and created a warm, welcoming and well-organised display, including handmade signs and artwork.

The transformation received great feedback, with a visiting librarian commenting on the improvements and asking who had been involved. The shop manager proudly credited Bromley Mencap and the volunteers for their work.



As part of their volunteering, clients also helped sort soft toy donations, checking for fire safety markings so they could be safely resold. During this process, they were also able to put together a donation for the Children's Service Teddy Bears' Picnic event.

Alongside this, Alison has been supporting people in work through her retention role, helping to identify reasonable adjustments and offering strategies to support wellbeing in the workplace.

This work has led to some really positive outcomes, including one person securing paid employment and another gaining a voluntary role with Bromley Citizens Advice



National Apprenticeship Week Success at TfL Apprenticeship Fair

During National Apprenticeship Week, Disability Employment Advisor, Richard Wiseman and Bromley Well client, Thomas Harris attended the TfL Apprenticeship Fair at London Paddington.

Tom had the opportunity to have a professional headshot taken and spoke with numerous employers about potential opportunities in the transport sector.

**“The day went really well,” said Tom.
“There was a lot of variety, everyone was very forthcoming, and there was plenty of good information.”**

The event also served as an excellent confidence-building exercise and valuable preparation for interviews. Tom quickly picked up Richard’s approach to engaging with prospective employers and was soon taking the lead himself after observing it just a couple of times.

“The more people I spoke to, the more confident and comfortable I became at approaching employers,” he added.

Above is a picture of Tom getting his professional headshot taken.



**NATIONAL
APPRENTICESHIP
WEEK 2026**

Tom is a bright and motivated young man. You can view his full professional profile, including his skills and work experience, on [LinkedIn](#).

Travelling with Confidence with our Bromley Mencap learners

Thank you to Kent Community Rail Partnership for featuring Bromley Mencap in this article about their *Travelling with Confidence* session.

Learners from our Training Centre took part in a rail journey from Bromley South to Swanley, helping them build confidence travelling by train and developing skills that support greater independence.

Opportunities like this are an important part of preparing learners for everyday life, work and participation in the community.

Thank you to Matt Fraser, Community Relations Manager at Southeastern, for assisting us on the trip, and everyone on the Southeastern team at both stations who helped us on the day and with planning for the event.



Read the full article here:

<https://kentcrp.org/travelling-with-confidence-bromley-mencap/>



Adult Day Services

Lots to report from all our projects!

The Lodge

The Lodge has had some fantastic highlights recently. We were thrilled to celebrate our students' achievements with an AQA certificate presentation. A proud moment for everyone involved.



Congratulations to Aaron (top left), Andrew (top right), and Tracey (bottom left) on receiving your certificates.

In Horticulture, the team have been busy planting and nurturing seeds using the new hydroponic system, experimenting with fresh ways to grow and

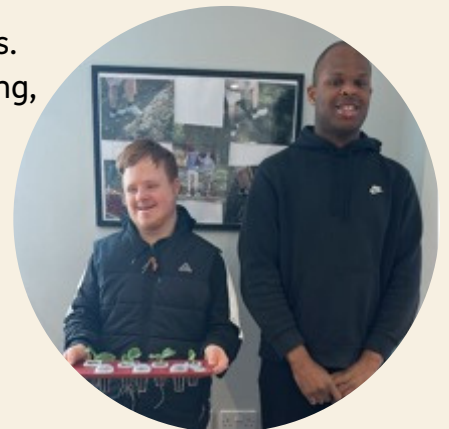
Find out more

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

Joe Stapleton, Day Services Manager:

joe.stapleton@bromleymencap.org
Telephone: 020 8466 0790

develop plants. Over in Catering, participants have been putting their creativity to work, designing bold and eye-catching advertising boards for the kiosk. They have also made some delicious Easter cakes!



The Bike Team also had another successful flash bike sale, a real testament to everyone's hard work and dedication across all projects.

Cotmandene

At Cotmandene, the team have been keeping busy with a packed programme of activities. They got into the St Patrick's Day spirit with themed crafts, explored abstract art and pottery, and created striking fabric birds.



Sewing and sensory projects have kept hands busy, while the Wetlands sensory project and a women's wellbeing walk offered time to connect with nature.

In the kitchen, everyone whipped up pasties and Valentine's treats, and they've also taken on an upcycling table project, providing plenty of variety to keep people engaged.



Eden Park

Eden Park has been equally busy.

The team continued their regular visits to Marian Vian Primary School, marked International Women's Day with activities and discussions, and enjoyed a visit from CareDogs. They have also been taking part in Dance and Movement therapy with Laura from Goldsmiths, bringing energy, rhythm, and expression into their weekly sessions.



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.

Spring Disco

We kicked off with our first disco of 2026, welcoming 120 members and carers.

Everyone enjoyed a great evening of music from DJ Steve, dancing and spending time together.

A special thank you to all the staff and volunteers.

Without your support, events like this wouldn't be possible.

Walking and Cycling Club

Our first cycling session of the year saw 20 people attend, despite the rainy weather!

Everyone enjoyed trying out different types of bikes, with the three-wheeler trikes proving especially popular. The afternoon was finished off with a well-earned visit to the Toby Carvery for a roast and a drink.

Save the Dates

Walking & Cycling Group Events

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



Walking Touch Rugby

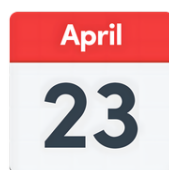
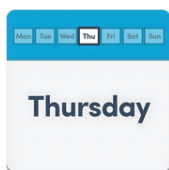
with Park House FC



Walking touch rugby is a fun team game.

- You walk instead of run
- There is no tackling
- Instead of tackling, you touch the person to stop them
- Everyone can join in, whatever their ability

Every Thursday



Sessions will be every Thursday

Start Date: Thursday 23 April



Meet Time: 6:45pm warm up for 7pm start

Finish Time: 8:30pm



Where: Park House FC,
Barnet Wood Road,
Hayes, Kent, BR2 7AA



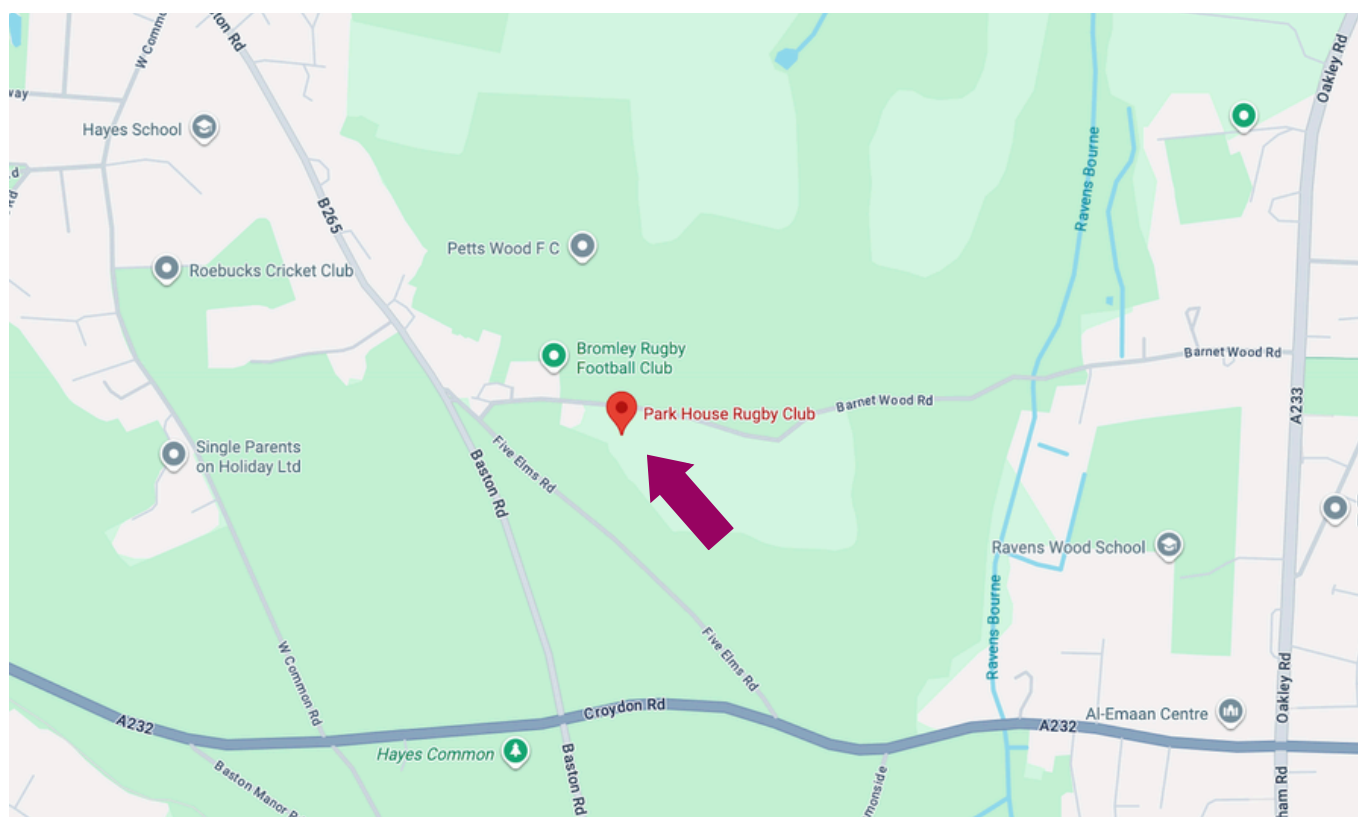
If you have any questions, please contact Caroline Stone.

Telephone: 020 8466 0790

Email: caroline.stone@bromleymencap.org

Map and directions

Directions: From A21 to Bromley (or from M25 J4), turn onto A233 (Oakley Road) towards Biggin Hill. Barnet Wood Road is a turning on the right.



Getting there

Hayes train station and bus routes into Bromley and Croydon are close by. Extensive car parking is also available at the venue.

Local Events

Bromley X by X – Accessible Bromley Hustings 2026

Join Bromley Experts by Experience ahead of the local council elections to ask questions directly to representatives from the main political parties.

Date: Wednesday 15 April

Time: 2:30–5:00pm

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

The event will focus on the barriers facing Deaf and disabled people and carers in Bromley, with lived experience at the heart of the discussion.

Free refreshments will be provided. For accessibility information, including British Sign Language (BSL), please visit the [X by X Bromley website](https://www.xbyxbromley.org.uk/hustings).



Bromley Experts by Experience
Local Deaf and Disabled People's Organisation

Hustings 2026

Join our local council election hustings on barriers Deaf and Disabled people and carers face in Bromley and put your questions to political parties.

Accessibility: Captions, BSL

Date: Wednesday 15th April 2026
Time: 2.30pm to 5pm
Venue: Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY

We aim to meet all access needs so everyone can attend and fully participate in our events. For more information, please visit our website or contact us.

www.xbyxbromley.org.uk/hustings 0208 650 2102
yinfofut@h-txrbaynxsbitriomn@lexyb.org 0208 650 2102

CANDI: Inclusivity Festival

Join CANDI Events and partners for a fun-filled day of live music, friendship and community at this year's Inclusivity Festival – everyone is welcome.

Date: Sunday 16 August

Time: 11:30am – 9pm

Where: Beckenham Rugby Football Club, Balmoral Ave, Beckenham, BR3 3RD

Tickets: £15 in advance, £20 on the door (£10 carers, £5 under 18s).

To book, scan the QR code or visit:

bit.ly/4qrvEFR

Bands will play from 12pm to 8pm, with food and refreshments available to buy (picnics welcome).



Bromley mencap **CANDI EVENTS** **ORB** **Bromley**

Togetherness **Celebration**

Acceptance **Community**

A rocking day filled with live music, friendship and fun. All are welcome!

Sunday 16th August 2026
Doors open at 11.30am and close at 9pm
Bands from 12pm til 8pm
Beckenham Rugby Football Club, The Clubhouse, Balmoral Ave, Beckenham BR3 3RD

Pre booked Tickets £15, on the Door £20, Carers £10
U18s £5 Scan QR code or use: bit.ly/4qrvEFR
This is a non-profit making event!

A variety of hot/cold food available to buy. Picnics allowed.
Tickets also available to buy with cash from: Rhiannon's Cafe or ORB Gateway in person or on the Door on the day



WELCOME TO OUR

NEW STAFF

Martha Agyei: Out of Hours Coordinator

Hello everyone!

I'm really pleased to be joining Bromley Mencap as your Out of Hours Coordinator.

I'll be focusing on creating more fun, welcoming activities in the evenings and at weekends, because I know how important it is for people to have opportunities to connect, relax and enjoy themselves outside of the usual weekday hours.

Some of you may already know me from volunteering with Lewisham Mencap and from working with other local charities. I really care about bringing people together and helping reduce isolation through simple, enjoyable activities where everyone feels included.

To start with, I'll be setting up a weekend Cookery Club called Cook and Connect at Cotmandene, Sunday movie and chill sessions in Eden Park, and I'm also working on an Autism project for 16–25-year-olds in partnership with Bromley Council.



You're very welcome to come along to any of these, and I'd love to see you there.

A little about me: I have a background in teaching and health and social care. In my spare time I enjoy Pilates, HIIT classes, reformer Pilates, or just relaxing with 'Come Dine With Me.' I feel really honoured to be part of Bromley Mencap at such an exciting time, and I'm looking forward to meeting many of you soon.

"Alone we can do so little; together we can do so much."

My goal is simple: to create spaces where everyone feels included, supported, and able to enjoy themselves, especially in the evenings and at weekends.





Sexual Health Bromley



Sexual Health Bromley provides a range of free sexual health services; these include a drop-in clinic at Beckenham Beacon and appointment booking at three different sites. Receive free contraception in clinic and through pharmacies. Home STI tests, free condom schemes, information, and advice on sexual relationships are also available.

To find out more information please visit:

Website: www.sexualhealthbromley.co.uk

Or call: 01689 866622



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