

75 in Action: Thank you!

You are
Amazing!



Our 75th anniversary fundraising has got off to a brilliant start, with members, families, staff, learners and supporters finding creative ways to take part in 75 in Action.

From walking and cycling around Norman Park to London bridge walks, go-karting, step challenges and hula hooping, our community has shown wonderful energy, determination and support.

Every challenge and every donation is helping raise vital funds for Family Futures, supporting disabled and neurodivergent children, young people and their families.

Read more inside about our fantastic 75 in Action challengers and find out how to get involved in our next big challenge, the Tour de Bromley and Lewisham 75 km Cycle Ride.



Tour de Bromley & Lewisham
75 Km Cycle Ride

 **Thursday 1 October**
Register Today

 **Last few places remaining!**



Follow us

@bromleymencap

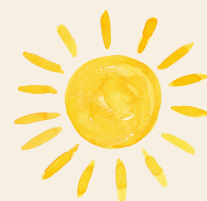
www.bromleymencap.org.uk



Editor's Note

Welcome to the August/September edition of the Bulletin.

Inside, you will find updates from across our services, including Day Opportunities, Bromley Well, Cost of Living support, co-production, Lewisham clubs, leisure events and local news.



We also look back at some of the activities that took place during Learning Disability Week and share news from our 75th anniversary year and fundraising so far, including some fab 75 in Action challenges.

I hope you enjoy reading this issue.

Photograph of some of the wonderful artwork produced by our members attending day opportunities.

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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](#).

15
August

Southend Coach Trip
 Date Aug 15, 2026
 Time 9:45 am - 5:00 pm
 Venue Bromley Methodist Church
 Organiser Martha Agyei
 Category **Adults 18 plus Leisure events**
[MORE INFO](#)



Lewisham Clubs

We now have a dedicated webpage for Lewisham clubs and activities and you can [view what's happening here](#).

Alternatively, please contact Clara Popa.

Mobile: 07932 002317

Email: clara.popa@bromleymencap.org

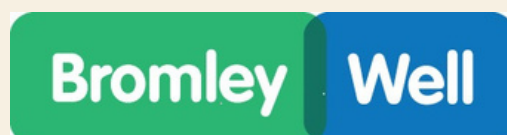
Bromley Well

Bromley Well offers free health and wellbeing services for people living in the London Borough of Bromley.

Please check the [website for details here](#).

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

[You can self-refer here](#).





Chief Executive Update

Dear Members,

As we continue through our 75th anniversary year, it has been inspiring to see members coming together to support one another, influence services, build new skills and strengthen our communities.

One of the things that has stood out most for me is the growing strength of co-production across the organisation. Whether through our Working Together Team, Parents and Carers Action Group, the 75 Voices project, the Strategy Delivery Group or the many consultation activities taking place across our services, more people are helping to shape our future than ever before.



The ideas, experiences and feedback shared by people with lived experience are directly influencing how services are designed and delivered. If you would like to join in with this hugely important work, please get in touch and we'd be delighted to have more of you involved.

It has been wonderful to see members from Bromley and Lewisham coming together for activities, events and consultations, building new friendships and strengthening our shared sense of community. Over the coming months, we will continue developing our plans for Lewisham with members, families and partners so that our future priorities reflect local needs and aspirations.

We have also continued to expand opportunities for people to participate in community life. Our new out-of-hours programmes and social clubs are helping more people build confidence, develop independence and connect with others.

"I really enjoyed the beach trip. I had a goal to buy gifts for my family, and I was proud that I was able to do that."

Initiatives such as Cook and Connect, the Sunday Social Club, Walking Rugby, Welcome Wednesdays, and the 16–25 Autism Collective have been very successful, and



"I was nervous about joining the Autism Collective at first, but I'm really glad I came. Everyone was welcoming, and I've been able to make friends, try new things, and feel more confident."

we've had lovely feedback about the positive difference these services are making for our members.

This summer has also seen remarkable support for our 75th Anniversary Appeal.

I would like to thank everyone who has taken part in our 75 in Action fundraising campaign.

From cycling and walking challenges to go-karting, hula-hooping and step challenges, people have embraced the campaign with enthusiasm, creativity and determination. Every pound raised will help us continue supporting disabled and neurodivergent children, young people and families through Family Futures.

I'm also looking forward to welcoming participants to our 75 km Cycle Ride in October. Starting at The Lodge, the route will visit all our main sites before heading to the River Thames and returning to Bromley.

I have not cycled that kind of distance for many years, so I'm excited by the challenge and hope as many riders as possible will join us to raise much-needed funds.

Alongside celebrating these achievements, we have also been responding to challenges. Many of you will be aware of the recent data breach affecting Beacon, a third-party provider used by many charities. We know incidents like this can be concerning and would like to reassure members that we are taking the matter seriously, maintaining close contact with Beacon and sharing updates as they become available. Protecting your personal information is a core priority for us, and we will continue to review and strengthen our systems and processes.

Looking ahead, there is much to be excited about. We will continue developing our plans for a future community hub, expanding activities and opportunities across Bromley and Lewisham, strengthening our campaigning work, and ensuring that people with lived experience remain at the heart of everything we do.

Thank you for your continued support, ideas, enthusiasm and commitment. Everything we achieve as an organisation is made possible by our members, families, volunteers, staff, trustees and supporters.

Best wishes,



Steve Barnes, CEO



Community fundraising: Celebrating 75 years

A huge thank you to everyone who has taken part in 75 in Action, donated, shared a fundraising page or supported our 75th anniversary fundraising so far.

75 in Action is all about choosing a challenge that works for you while helping to celebrate 75 years of Bromley Mencap. Our community has really embraced this, with people walking, cycling, go-karting, hula hooping and taking on their own personal challenges.

Money raised through our 75th anniversary fundraising will support Family Futures, our work with disabled and neurodivergent children, young people and their families.

★ 75 laps around Norman Park

During Learning Disability Week in June, people from The Lodge and our Day Opportunities services came together for a special 75th anniversary walk and cycle around Norman Park.

It was a lovely day of activity, inclusion and community, with everyone working together to complete 75 laps of the park between them.

There were also garden games, refreshments and a bake sale, with cakes kindly made by Eden Park Day Opportunities.

The event raised a fantastic £440.86 for our 75th anniversary appeal.



★ Jill and Aoife's London bridges challenge

A huge well done to Jill Baughen, our Job Coach Agency Co-ordinator, and her 10-year-old granddaughter Aoife, who completed their own 75 in Action challenge on 5 July.

Together, they crossed eight London bridges as part of an eight-mile route through central London and walked even further in total.

They started at Tower Bridge, followed the Thames, enjoyed landmarks including The Globe and Tate Modern, and finished on the South Bank after crossing Westminster Bridge.

So far, they have raised an amazing £241, with more still to come.

Thank you to Jill, Aoife and everyone who has sponsored them.

Support Jill and Aoife here:

<https://www.justgiving.com/page/jill-baughen-1>



★ 75 go-kart laps from our Training Centre learners

As part of 75 in Action, our brilliant Training Centre learners took on 75 laps of a go-kart track to help celebrate Bromley Mencap's 75th anniversary.

There was plenty of excitement, laughter and friendly competition as everyone got behind the wheel and gave it their all.

Most importantly, they had a fantastic time while raising money to support local disabled people and their families.

A huge well done to all our learners – you all did an amazing job!

You can still donate here:

<https://www.justgiving.com/page/laura-louise-acock>



★ Lizzie's step challenge

A big well done also goes to Lizzie Stanger, our Fundraising Manager, who completed her own 75 in Action challenge while on maternity leave. Lizzie's goal was to build up to a 7,500-step walk – something she was not sure would be possible just a few weeks earlier.

After some difficult weeks with low energy and fibromyalgia flare-ups, Lizzie completed a walk of 7,986 steps, not only reaching her goal but exceeding it. She also completed around 21,000 steps in the final week of her challenge. Lizzie has raised an amazing £425, which is 170% of her original £250 target.

Her challenge was about more than steps. It was also about rebuilding confidence, raising awareness of life with a dynamic invisible disability, and supporting a cause that means so much to her.

Thank you to Lizzie and to everyone who donated, shared her page or encouraged her along the way.

Donate to Lizzie's page here:

<https://www.justgiving.com/page/lizzie-stanger-75>

★ Hula hooping for 75 days

Staff members Michelle and Clara have taken on a unique 75 in Action challenge – hula hooping every day for 75 days to raise money for Bromley Mencap.

Their challenge is a brilliant reminder that there are many creative ways to get involved and you can follow their progress via their dedicated Instagram page here: [@75in75_HoopFundraiser](https://www.instagram.com/@75in75_HoopFundraiser).

You can donate to Michelle and Clara's fundraiser here:

<https://www.justgiving.com/page/michelle-contini>



Take on our next challenge: 75 Km Cycle Ride

Our next big 75th anniversary fundraising challenge is the Tour de Bromley and Lewisham 75 km Cycle Ride.

Taking place on Thursday 1 October 2026, the ride will start and finish at The Lodge in Norman Park. Riders will follow a 75 km route through Bromley, the Kent borders, Lewisham and Greenwich. This is a challenge for confident cyclists and is expected to take around 4–6 hours.

We are looking for a small team of riders to take part and help raise funds for Family Futures. Each rider is asked to aim for a fundraising target of £250.

Find out more and sign up here:

<https://www.bromleymencap.org.uk/75th-anniversary-cycle-ride/>



Key Details

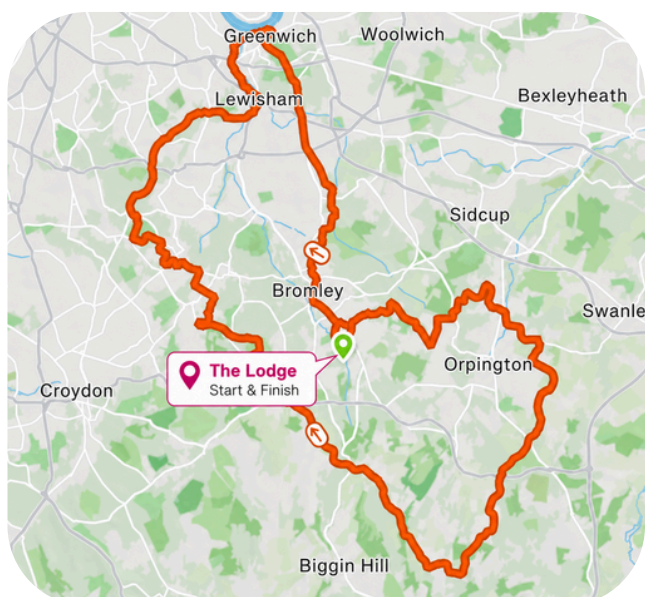
Date: Thursday 1 October*

*Or choose a date that suits you, but Bromley Mencap support will not be available on the day.

Start Time: 9:30am

The expected ride duration is 4–6 hours, depending on group pace and rest-stop time.

Start and Finish Point: The Lodge at Norman Park, Hook Farm Road, Bromley, BR2 9SX



Route Summary

- 10 km – Cotmandene Crescent
- 20 km – Pratts Bottom
- 30 km – Downe village
- 42 km – Eden Park
- 46 km – Melvin Hall
- 48 km – Crystal Palace Park
- 50 km – Horniman Museum and Gardens
- 56 km – Lewisham town centre
- 62 km – The Cutty Sark/Royal Naval College
- 65 km – Greenwich Park and Blackheath
- 75 km – Finish at The Lodge

Working Together to Make a Difference

Summer has been a busy and exciting time for co-production at Bromley Mencap.

Across our Working Together Team, Parents and Carers Action Group (PCAG), Strategy Delivery Group and community events, people with lived experience have continued to influence services, shape projects and help improve opportunities for disabled people and their families.



Perdie and Sushma pictured above

As our 75th Anniversary year continues, it has been particularly encouraging to see more members stepping forward to share their experiences, contribute ideas and get involved in decision-making across the charity.

The Working Together Team Continues to Grow



Unlike a traditional committee or meeting, the group comes together every four to six weeks to complete real pieces of work that benefit the charity. Each session starts with a "memory jogger", helping everyone remember previous discussions and projects before moving on to practical activities and co-production work. Action notes are shared afterwards so members know what has happened and what will happen next.

The group continues to attract new members, and it has been fantastic to see people growing in confidence and taking on new responsibilities.

The Working Together Team supports a wide range of projects across Bromley Mencap, including service development, communications, consultation activities, event planning and recruitment. Most importantly, it gives people with lived experience a genuine opportunity to influence how services are designed and delivered.

If you would like to join the Working Together Team, please contact sushma.raval@bromleymencap.org.



Helping Shape Grounds4Growth



One of the group's recent projects focused on Bromley Mencap's social enterprise coffee stall based in Bromley Market Square.

Grounds4Growth provides opportunities for members to gain valuable work experience, build confidence, meet new people and develop employability skills in a supportive environment.



Alex Best, our Business Development Manager, worked with members of the Working Together Team, including volunteer Tom, to gather feedback about the experience and identify ways it could become even better for volunteers.

Tom spoke positively about his experience and highlighted areas where additional support could help volunteers work more independently, particularly around calculating prices and handling transactions.

The discussion produced some excellent action points and demonstrated how valuable member feedback can be in helping services continue to develop and improve.

The focus group generated a number of exciting suggestions, including:

- Selling 75th Anniversary merchandise through the stall.
- Promoting upcoming Bromley Mencap events and activities.
- Advertising other services available through the charity.
- Providing opportunities for people to sign up for activities whilst visiting the market.
- Having a Bromley Mencap staff member available at key times to offer advice and guidance.



Out of Hours Co-Production with Martha

At our most recent Working Together session, members welcomed Martha Agyei from the Out of Hours team. Martha wanted to understand how communication with members could be improved and worked with the group to gather ideas and feedback.



Members highlighted that while email communication works well for some people, many would prefer reminders by telephone or WhatsApp. Several people said they do not regularly check email and felt alternative methods would help them stay connected to activities and events.

The group also discussed booking and payment methods. Members felt it was important to continue offering options to pay in person using cash or card, rather than relying solely on online payment systems.



As always, members came up with some creative ideas for future developments. Suggestions included:

- An 'Over 40s' social group.
- Radio Mencap.
- New ways of promoting activities.
- Better publicity through community networks.
- More opportunities for members to share information with friends and families.

Martha left with a range of practical suggestions and valuable lived experience insight to help shape future Out of Hours provision.

Parents and Carers Action Group (PCAG)

The Parents and Carers Action Group continues to play an important role in ensuring that family voices are heard within local decision-making structures.



One recent highlight was an early preview of the new Adult Learning Disability Information Hub being developed by Bromley Council and led by Pauline Cheung. Parents and carers welcomed the opportunity to see the developing site and provided feedback on accessibility, language, imagery and navigation.

The future testing programme will involve adults with learning disabilities, carers, community groups and young people preparing for transition into adult services.

Over the summer, work has also been taking place to strengthen the group's structure and purpose.

A new action plan proposes clearer links with the Learning Disability Partnership Board, stronger accountability, improved feedback mechanisms and wider recruitment to ensure the group represents a broader range of parent and carer experiences.

A key theme emerging from discussions has been the importance of demonstrating impact.

Parents and carers want to know what happens after they raise an issue, who is responsible for taking action and what difference has been made. New proposals aim to create a clearer route from parent voice to decision-making and ensure that members receive regular updates on progress and outcomes.

Next meetings:

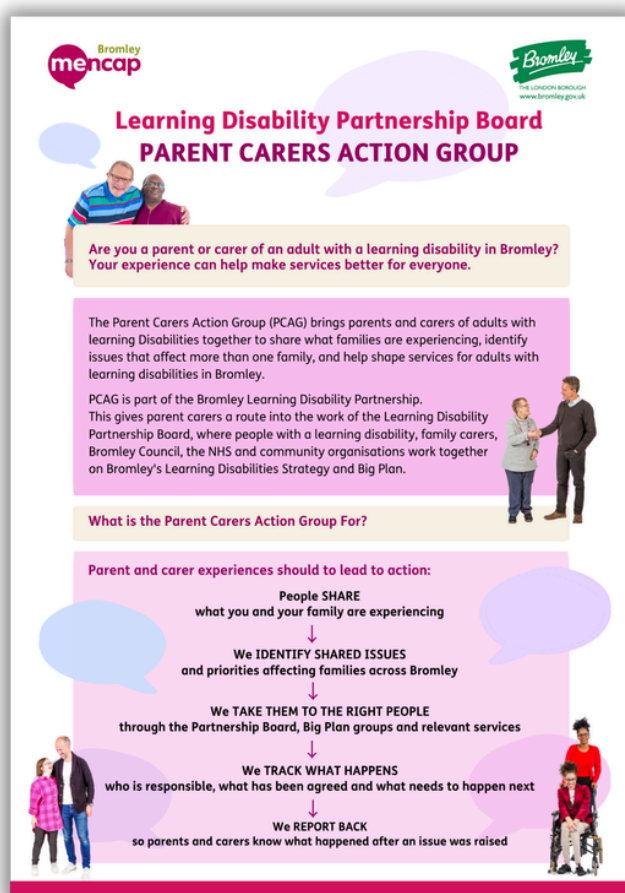
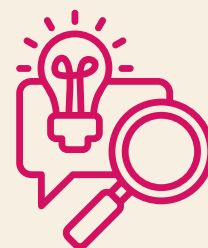
Thursday 10 September 2026
10:00–11:30am

Thursday 5 November 2026
10:00–11:30am

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

PCAG continues to raise and discuss a range of issues that families consistently tell us are important, including:

- **Transition to adulthood.**
- **Employment and meaningful daytime opportunities.**
- **Direct Payments and Personal Assistant support.**
- **Individual Service Funds (ISFs).**
- **Housing and independent living.**
- **Community inclusion.**
- **Respite and support for carers.**
- **Access to clear information and advice.**



75 Voices Project

As reported in the previous Bulletin, the 75 Voices Project has been created as part of Bromley Mencap's 75th Anniversary celebrations and aims to help the public better understand the experiences of disabled people through simple, powerful messages created by people with lived experience.

Members including Tom, Jo, Alex Best and Nicholas have all been involved in generating ideas and helping shape the project. Below are some fantastic examples!

"I have a right to have a voice"

"I have learnt to put a mask on"

"On my darkest day, the sun was shining"

"Push my wheelchair, not my buttons"

"Everyone is different, don't put us all in one box"



Looking Ahead

As we move into autumn, there are plenty of opportunities for people to get involved in co-production activities across Bromley Mencap.

Whether you are a member, parent, carer, volunteer or supporter, your voice matters. Every idea, suggestion and piece of feedback helps us create better services, stronger communities and more opportunities for disabled people and their families.

Thank you to everyone who has contributed their time, experience and enthusiasm over the summer. Together, we continue to demonstrate the power of working together and the difference that genuine co-production can make.



COST OF LIVING UPDATES

The Cost of Living Service helps support disabled people with their budgeting and digital needs.

Workshop and Podcasts

In June, we welcomed Sophia McEwan, The Wills Woman, as a guest speaker at one of our workshops, providing valuable information on wills and probate. The session was very well received and is now available as a podcast on our website for those who were unable to attend.



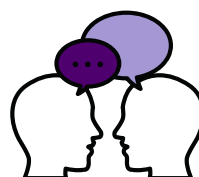
THE WILLS WOMAN



Our most recent workshop covered the important topic of pensions. Photos to follow.

Our fundraising podcast will be uploaded to our website shortly and will help raise awareness of our services and the support we provide to the community.

Scan the QR code to listen to our podcasts:



www.bromleymencap.org.uk

Thank you

A huge thank you to Our Tech - James Broomfield for kindly donating a tablet to Bromley Mencap. This generous donation will support our work to help more disabled people build their IT and digital skills, making digital learning more accessible and giving people more opportunities to develop confidence using technology.

Allison and our Digital Champions are pictured with James Broomfield from Our Tech and Tracey Wong from Greener and Cleaner, helping to prevent unwanted tech from going to landfill.



Digital drop-ins

The team has continued to work hard through our weekly Digital Champions drop-in sessions, supporting people with a range of digital needs, including accessing online services, improving digital confidence, and developing essential IT skills.

Our Digital Drop-In takes place every Friday at Rutland House, where people can receive one-to-one support with smartphones, tablets, computers, online forms, email, and other digital challenges.

Upcoming Workshops and future plans

Our September workshop is all about bills, energy and housing.

Join us on Wednesday 9 September from 10:30am to 12:30pm at Orpington Methodist Church. To book, please email allison.gill@bromleymencap.org

Looking ahead, we have ambitious plans to deliver a range of digital workshops designed to help clients build their IT knowledge and confidence, enabling them to access information, services, and opportunities online more independently.

Thank you to everyone who has supported the Cost of Living Service and Digital Champions programme.

Your contributions help us continue empowering people with the skills and confidence they need in an increasingly digital world.



DIGITAL DROP-IN

Friendly support from our Digital Champions

Do you need help using your phone, tablet or laptop?
Our Digital Champions, Lee and Martin, can offer practical support to help you feel more confident online.

We can help with:

- Using phones, tablets, iPads and touchscreens
- Setting up and using email
- Accessibility settings
- Online shopping and subscriptions
- Forgotten passwords
- Account security
- Spotting and blocking scam messages

Please note: We can help with using devices, but cannot provide benefits advice.





Every Friday

10am to 3pm

Bromley Mencap upstairs offices, Rutland House, 44 Masons Hill, Bromley, Kent, BR2 9JG

Drop in for general support or ask about a one-to-one appointment.

For more information:

Telephone 020 8466 0790
Email enquiries@bromleymencap.org



COST OF LIVING WORKSHOP



Bills, Energy and Housing

Join us for a practical workshop on understanding household bills and managing costs at home.

WEDNESDAY 9 SEPTEMBER

From 10.30am until 12.30pm

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

Our free workshop will cover:

- Understanding energy bills, water bills and council tax
- Everyday ways to save money at home
- Opening letters without fear
- How to spot an important letter
- Digital Champions' challenge



Book Your Place: 020 8466 0790 or 07714 686723

allison.gill@bromleymencap.org

Are you getting our emails?



If you are a Bromley Mencap member, some important emails from us may be going into your junk or spam folder.

A Digital Champion can help you:

- ✓ Add enquiries@bromleymencap.org to your contacts and safe senders list
- ✓ Check your junk, spam, promotions, clutter or other folders
- ✓ Check that Bromley Mencap has your correct email address
- ✓ Make sure you do not miss important updates or information

If you have not been receiving our emails, please ask a Digital Champion for help.





Important information about a Beacon data breach

Bromley and Lewisham Mencap is letting members, service users, supporters and donors know about a data breach involving Beacon.

Beacon is the external database system we use to help manage information about members, service users, supporters, donors, activities, bookings and payments. Many other charities also use Beacon.

The data breach happened because someone gained unauthorised access to Beacon's systems. It was not a breach of Bromley and Lewisham Mencap's own website or email systems.

Beacon has now told us that a copy of the database holding Beacon customer data, including attachment files, was made and likely downloaded in a readable format. Beacon has also told us that it may not be possible to confirm exactly which individual records or attachment files were downloaded.

Because of this, we are treating the matter seriously and working on the basis that information held by Bromley and Lewisham Mencap in Beacon was likely affected.

This may include names, contact details, activity or event bookings, records of payments or donations made to us, fundraising information, information about support needs where this has been shared with us, and documents or files attached to Beacon records.

Our Beacon records do not contain bank account numbers, sort codes, full card numbers or card security details. These payment details are held separately and are not currently known to have been affected.

There is currently no evidence that the information has been shared publicly or misused. However, please be careful with unexpected emails, phone calls or text messages. Please do not click links or open attachments if you are unsure who they are from. Be cautious if someone contacts you unexpectedly and asks for personal or financial information.

Bromley and Lewisham Mencap will never ask you for your password or banking security codes by email, text or phone. If you are unsure whether a message or call is really from us, please contact us directly.

You can read our full statement on our website and check for updates here:

<https://www.bromleymencap.org.uk/important-information-about-a-beacon-data-breach/>

Questions or concerns?

**Please contact us at
Membership@bromleymencap.org
if you would like to get in touch.**

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

June was a real treat as we celebrated Carers Week with a special tea party at St James School.

The sun was shining, the children joined in with big smiles, and the tables were filled with lovely sandwiches, cakes and plenty of laughter. The children treated the carers to some beautiful singing.

It was a wonderful way to recognise everything our carers do.



In July, we welcomed the Police Community Support Officer (PCSO) from Bickley and Sundridge Safer Neighbourhood Team.

The PCSO shared useful advice about local crime and staying safe and the group had the chance to ask questions and learn practical tips. It was an engaging session and everyone really enjoyed it.



UPCOMING LUNCH EVENTS

- Friday 4 September and
- Friday 9 October



MUTUAL CARERS COFFEE MORNINGS

Our regular coffee mornings at the Harvester continue to be a lovely, well-attended gathering, with new carers joining us.

It has become a relaxed and welcoming space where carers can unwind, chat and enjoy a well-deserved break from their caring roles.



UPCOMING COFFEE MORNINGS

- Friday 21 August
- Friday 28 August
- Friday 25 September

Time: 11am – 1pm at the Harvester

Please do contact Tina for more information on joining us.



LEARNING DISABILITY COOKERY CLASS

June's session was a brilliant mix of savoury and sweet.

Everyone enjoyed preparing chicken kebabs, marinating the chicken and threading colourful peppers and onions onto skewers. The kitchen smelled amazing as they cooked and the group were proud of how professional their kebabs looked.



We then moved on to chocolate chip cookies, which were a huge hit. There was plenty of excitement as the trays went into the oven and even more when they came out warm, golden, and packed with melting chocolate. A perfect treat to end the session.



July's menu was comforting and creative.

The group made bacon and cheese jacket potatoes, practising safe knife skills while preparing toppings and learning how to get the perfect fluffy-inside, crispy-outside potato.



For dessert, we made baked pears with marmalade. A simple but tasty dish. The pears cooked beautifully in the oven, and the marmalade added a lovely sweet citrus glaze. It left some very clean plates.

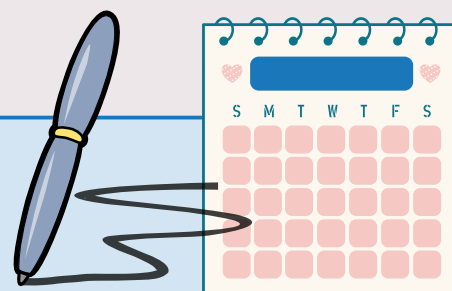
Both recipes gave the group a chance to practise chopping, mixing, measuring, and safe cooking skills, while enjoying the social side of cooking together.



SAVE THE DATE

DATES FOR THE NEXT COOKERY CLASSES:

- Friday 11 September
- Friday 16 October



To find out more about support for Mutual Carers, please contact Tina Penn:
Tel 07719426680 or email tina.penn@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.

Welcome Hannah!

We are delighted to share that Hannah Blake-Williams has recently joined our team and is with us on Mondays and Fridays.



Hannah has settled into the team amazingly well, and it already feels as though she has been part of our team for much longer. We know many of you will enjoy getting to know her over the coming weeks, and we are thrilled to have her on board

Meditation Mondays

Our Sound Bowl and meditation sessions continue to grow in popularity, and we are delighted that so many people are experiencing the positive benefits they can bring to both emotional wellbeing and physical health. The calm, welcoming atmosphere has created a safe space where people can relax, recharge, and enjoy time together. We have received wonderful feedback from attendees.



People regularly describe the sessions as calming, restorative, uplifting, and something they genuinely look forward to each month.

As more people are choosing to join us, we want to make sure everyone can continue to enjoy a peaceful and supportive experience. For this reason, **each session will now be limited to 12 participants**. Places will be allocated on a first come, first served basis, so please book early to avoid disappointment.

After each session, we warmly invite everyone to stay for light refreshments, including tea, coffee, biscuits, and fresh fruit.



This relaxed time together offers a wonderful opportunity to chat, make new connections, and continue building the supportive friendships that have become such an important part of these sessions. Please note that sandwiches will no longer be provided.

We also hold our monthly drop-in after the meditation session. This is for anyone who may need a little extra support, have questions, or simply want to chat with a member of the team. Whether you need advice, guidance, or someone to listen, we are here to help.

CONTACT US FOR MORE DETAILS:

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

Bromley

Well

Supporting people with
Physical Disabilities

MEDITATION MONDAYS

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



Monday 24 August



11am to 1pm



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

Come and enjoy a monthly session dedicated to helping you relax, recharge, and refocus. Why not stay for our drop-in session from 12 noon to 1pm. Light refreshments will be available but we will no longer be providing sandwiches.

Places are limited to 12 and will be allocated on a first come, first served basis. Booking is essential. Please tell us about any dietary requirements or allergies when you book.

Please contact us to book your place.



Telephone: 020 8466 0790



Email: caroline.hackett@bromleywell.org.uk

Service delivered by:



Funded by:



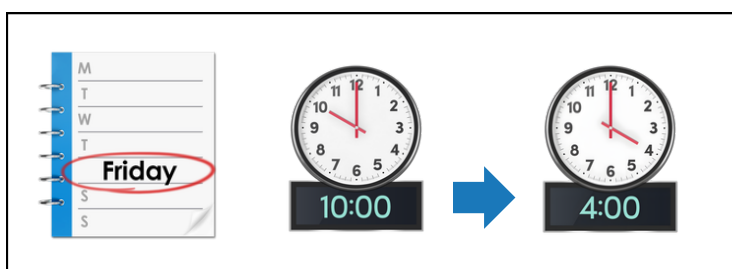
South East London

Correspondence Drop-ins

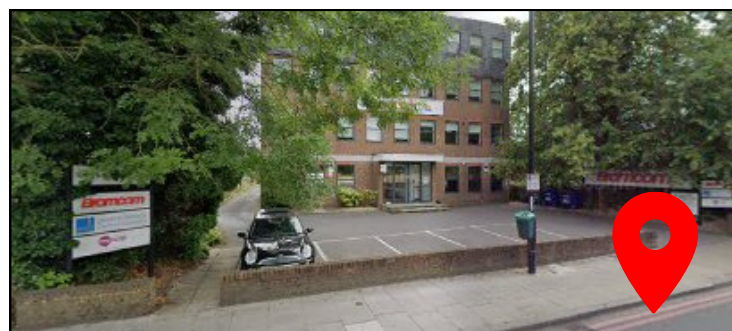


We can help you with:

- 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

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.

Learning Disability Week Recap

To mark the week, we held two special events alongside our regular weekly drop-in.

On Tuesday 16 June, we were very lucky to hold a meditation and sound bowl session at the Ripley Arts Centre in Bromley.

The session was delivered by Caroline Hackett from the Physical Disabilities Team, who kindly led a relaxing meditation workshop.



It was a very successful event and we had wonderful feedback while we also provided a healthy spread with sandwiches, fruit and plenty of water to keep us hydrated.

Later that week, on Thursday 18 June, we held a Learning Disability Week workshop linked to this year's theme, Do You See Me?



The group came up with the idea of going for brunch at our local Wetherspoons, giving everyone the chance to spend time together in the community.

We met new people, talked about upcoming events and enjoyed a relaxed morning together. Some people also used the Wetherspoons app to order their food, with support from the team. It was a lovely outing, with plenty of conversation, laughter and good cheer.

ADHD 'Life Admin' Course

During June, we also ran our ADHD Life Admin course. The course has now been condensed into four sessions instead of five.

It covers topics including diagnosis and options, medication, coping mechanisms, strategies, peer support and more.

The next course will start in September.

ADHD Course Dates:

- Wednesday 3 September
- Wednesday 10 September
- Wednesday 17 September
- Wednesday 24 September

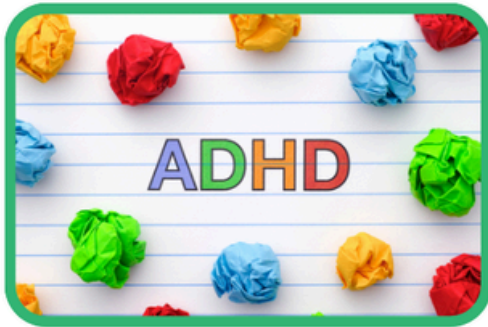


Time: 1:00pm – 3:00pm

Location: Bromley Mencap, Rutland House

Please get in touch if you would like to join the next course.

ADHD 4-WEEK LIFE ADMIN COURSE



Our support officers will assist you with a person-centred plan to create and achieve your goals.

You might want to better manage your paperwork or sort out a long-standing issue.

"I need someone to help me get everything organised"



"Things pile up and I don't know where to start"

We can help you:

- **Complete an initial assessment**
- **Create your action plans**
- **Work on coping mechanisms**
- **Increase your independence and resilience**



For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

Phone 0808 278 7898 or email emma.andrew@bromleywell.org.uk

WORKSHOP HIGHLIGHTS

SeeAbility eye care workshop



In July, we invited SeeAbility to deliver an eye care workshop for people we support.

SeeAbility is a charity that supports people with eye care and sight loss. An interesting and surprising fact we learned is that the charity has been working since 1799, when it began as a school for blind people. The workshop was informative and interactive, with lots of ideas and suggestions shared by the people who attended

We learned about SeeAbility's Easy Eye Care project, which supports people with learning disabilities to access eye care in a way that works for them.



This can include extra time for appointments, breaking appointments down into smaller steps, and making reasonable adjustments.

We also discussed how often people should have an eye test. For most people, this should usually be at least every two years. Some opticians can also arrange home visits for people who are unable to attend an appointment in store because of access needs or disability.



At the end of the workshop, everyone received a free glasses wipe to take home, which was very well received.

Walking and cycling workshop at The Lodge

On 6 August, we held a walking and cycling workshop at The Lodge with the helpful bike team.

The team supported people to adjust their bikes, showed everyone how to use a trike safely, and made sure safety helmets were worn.

For those who did not join the bike ride, there was the option of a leisurely walk around the park, followed by a drink at the outside café at The Lodge.

It was a lovely opportunity to enjoy the outdoors, have a natter and catch up with one another.



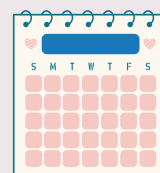
UPCOMING WORKSHOP

From 7–12 September, it will be Know Your Numbers Week.

This is a nationwide campaign encouraging people to be aware of their blood pressure and understand what their numbers mean.

Our team will be supporting the campaign by offering blood pressure checks at our workshop on **Thursday 10 September.**

We will explain what the numbers mean and share information about how to look after your health and wellbeing. Please book your place in advance.



'KNOW YOUR NUMBERS' WORKSHOP

Join us for a health-focused workshop offering free blood pressure checks and information on healthy living



Thursday 10 September



10am to 12 noon



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



Come along to have your blood pressure checked and your pulse checked. These quick checks can help you understand more about your health.

You can also find out more about stopping smoking, weight management and other wellbeing support.

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

PHONE

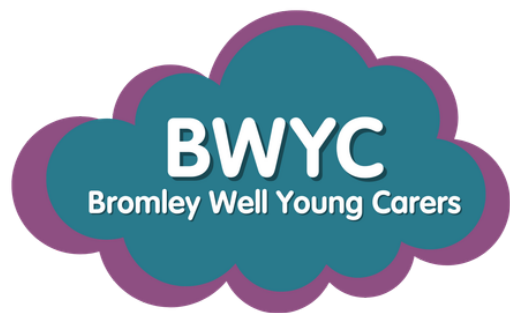
EMAIL

020 8466 0790

Chetan.raval@bromleywell.org.uk

Service delivered by:

Funded by:



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.](#)

Bromley Well

What a Summer so Far!

Bromley Well Young Carers have had an amazing start to the summer, with lots of exciting activities taking place across the borough.

It has been fantastic to see our existing young carers, as well as lots of new young carers, getting involved, trying new activities and having fun.

Carers Week

During Carers Week, from 8-12 June, we focused on building carer-friendly communities.

We visited Crofton Juniors, where our young carers shared their ideas about what a carer-friendly community means to them.

Thank you to everyone who took part in our activities and lunchtime celebrations. Your voices and ideas help create positive change for young carers across Bromley.



Youth Club Launch

Carers Week concluded with the official launch of our Young Carers Youth Club, opened by former Mayor of Bromley, Councillor Pauline Tunnicliffe.

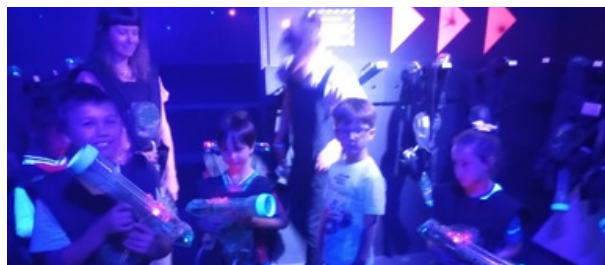
Young carers enjoyed a red-carpet welcome, mocktails, party food and a fun evening together.

The event marked the start of the Youth Club, which now meets every two weeks, giving young carers a welcoming place to make friends, relax and spend time with others who understand their experiences.



Laser Quest

Both our 6–10 and 11+ groups enjoyed a fantastic day at Laser Quest in July. There was plenty of teamwork, friendly competition, laughter and a chance to run around and let off some steam. Both groups had a great time, and the Young Carers team certainly had to keep up!



Horse Riding at Timbertop Equestrian Centre

Our horse-riding sessions were a huge success. For some young carers, it was their first time on horseback, and everyone did brilliantly. The feedback has been fantastic. Many young carers and parents have asked for horse riding to become a regular activity on our calendar.



Emma's Pottery Parlour

Our younger and 11+ groups enjoyed getting creative at Emma's Pottery Parlour, designing and decorating their own cups. It was a lovely, relaxing and therapeutic activity, and the feedback was simple: "Let's do it again!" We will be looking at more arts and crafts activities for our future programme.

What's still to come

The summer is not over yet, and we still have some exciting activities ahead:

- 18 August – Diggerland
- 20 August – Games in the Park
- 25 August – Howletts Wild Animal Park
- 26 August – First Aid Training Forum

A huge thank you to all our young carers and parents for your continued support.

Your feedback helps us shape our activities and make sure we continue offering opportunities that young carers enjoy.

SHORT BREAKS SERVICE UPDATE



For disabled children, young people and their families

It has been a busy and exciting time for Short Breaks.

This summer saw the launch of the Short Breaks Holiday Clubs, providing much-needed respite for parents and carers of disabled children up to the age of 10. The clubs offer children a fun, safe, and inclusive environment while giving families valuable time to recharge.



We also introduced our Summer Holiday Coffee Mornings in partnership with the Bromley Early Years Inclusion Team.

These sessions were created to give parents and carers of children with SEND aged 0–5 the opportunity to meet other families, share experiences, and access advice and support from both Bromley Mencap Short Breaks and the Early Years Inclusion Team in a relaxed and welcoming setting. We were lucky to also have our Community Services Manager attend a session and one of our Specialist Family Support Workers attend another session, both of whom offered valuable advice.

Our Saturday Clubs (photos below) have been continuing to provide fortnightly support for disabled children and young people and have continued to grow and attract new families.



As ever, our group of Community Support Workers, Buddies and Childminders have also been providing valuable support to disabled children and young people whilst enabling their families to have time out from their caring responsibilities.

For enquiries about accessing Short Breaks, please contact Sarah Garner, Short Breaks Coordinator:

 **07892 728643 or 020 8466 0790**

 **sarah.garner@bromleymencap.org**





SHORT BREAKS SERVICES



For disabled children, young people and their families

Saturday Club



Encourages social opportunities and independence skills in a fun and enjoyable environment. Clubs grouped by age ranges.

We are located at:

The Lodge, Hook Farm Road,
Bromley, BR2 9SX



One-to-One Service

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

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



07892 728643 or 020 8466 0790



sarah.garner@bromleymencap.org



SEND Horse Riding Fun

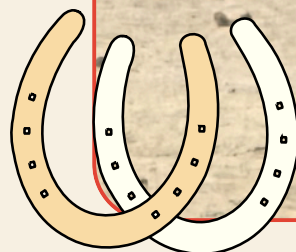
Despite the heat, our three horse riding sessions at Timbertops Equestrian Centre were a wonderful opportunity for children and young people with Special Educational Needs and Disabilities (SEND), alongside their siblings, to enjoy horse riding in a safe, supportive and inclusive environment.

Throughout the sessions, participants built confidence, developed new skills and, most importantly, had lots of fun spending time with the horses. It was fantastic to see so many smiling faces and families enjoying the experience.

Feedback from parents was overwhelmingly positive, with one parent describing the sessions as “excellent” and another saying it was “a wonderful opportunity” for their child to try something new.

Families also praised the warm, patient and encouraging support provided throughout the day, with one parent saying “the staff are amazing”.

Thank you to the team at Timbertops Equestrian Centre and to everyone who attended for making the sessions such a positive experience. We look forward to creating many more opportunities like this for our families in the future.





**BROMLEY
CHILDREN &
FAMILIES FORUM**

BROMLEY CHILDREN AND FAMILIES FORUM FUN DAY

The Bromley Children and Families Forum Fun Day on Saturday 27 June was a fantastic celebration of community spirit, family fun and local support services.

We attended the event to raise awareness of our service and the support we offer to children, young people and their families.

We also ran a popular Teddy Tombola, giving away teddies throughout the day. By the end of the event, every child who had visited our stall had received a teddy, creating plenty of smiles and giving us a great opportunity to speak with families about our service.

We were also pleased to meet Liam Conlon, Member of Parliament for Beckenham and Penge, who took the time to visit our stall, learn more about the support we provide and pose for photographs with the team.





Adult Day Services

We have lots to report from our Day Services projects this summer and what a hot summer it has been!

Because of the heat, we have been operating at a slightly slower pace, but we have still managed to enjoy plenty of activities, including World Cup-themed fun and making some incredible sharks during pottery sessions for Shark Awareness Day! We also enjoyed afternoon tea together and made some delicious frozen desserts to keep cool during the hot weather at Cotmandene.



Find out more

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

Caroline Stone:
caroline.stone@bromleymencap.org
 Telephone: 020 8466 0790



We also marked International Paramedics Day with a visit from Megan from the London Ambulance Service.

Do you have an interesting skill or profession you could share with our Day Services? We would be delighted to hear from you.

Please contact our Day Services Coordinator, Nicki.

Email: nicki.debich@bromleymencap.org



Some recent highlights at Eden Park include out and about trips to the library whilst incorporating some travel training and a trip to see the restored dinosaurs at Crystal Palace park.

Our catering students at the Lodge recently took part in a cake painting session delivered by Ella and Katie from [Bake Well Being](#).

Our students really enjoyed the session and were so creative with their painting. They took their cakes home afterwards to share with their households.

If you are starting to consider post-college day services options, and would like to find out more about our current availability, please contact Caroline Stone to discuss your requirements at caroline.stone@bromleymencap.org.



At the Lodge, we were very proud to hold another quarterly certificate presentation for students across the three projects to mark their latest Unit Award Scheme achievements.

Well done!

AQA
Questions matter



WELCOME WEDNESDAY

Bromley
mencap
Celebrating
75 years

A relaxed cycling session for Bromley Mencap members, families and friends

- Every Wednesday
- 3:00 PM – 5:00 PM
- The Lodge, Norman Park, Hook Farm Road, Bromley, BR2 9SX
- £5 per family or individual. Pay on arrival.



Come along to our Welcome Wednesday group at The Lodge and enjoy some time outdoors.
A range of bikes and trikes will be available to use, so you can choose what works best for you.

Contact us for more information:
Email: enquiries@bromleymencap.org
Telephone: 0208 466 0790

Our Welcome Wednesdays bike riding sessions at the Lodge have also been proving very popular and we have received some lovely feedback.

If you are interested in joining us, they run every Wednesday from 3-5pm and cost £5 per family.

You can pay on the day and no booking is required.

Our out of hours clubs are expanding rapidly with plenty of activities to sign up for and get involved with over the summer. Turn to page 37 for more details.

Please contact our Out of Hours Coordinator for more information at martha.agyei@bromleymencap.org



SUMMER FUN DAY

A huge thank you to everyone who came along to support our Summer Fun Day at The Lodge. We are delighted to share that the event raised over £1,800 for Bromley Mencap!

It was a lovely day, with stalls, games, refreshments, homemade cakes, beautiful hanging baskets, wonderful gifts hand made by Day Services, free bike loans and entertainment for all the family. A special thank you goes to everyone who helped make the day possible, including staff, volunteers, members, families and people who use our services.

Members Tina J, Zam, Sheena and Gavin all gave their time to support the event. Gavin, Sheena and Tina ran stalls throughout the day and kindly donated a share of their profits to both Bromley Mencap and Candi charities.

Nicholas and Zam worked hard promoting and selling our new 75th Anniversary merchandise, helping raise awareness of the charity and our anniversary celebrations.

We were also delighted to see Training Centre learners Alan and Haddy volunteering on the cake stall. Their enthusiasm and commitment were fantastic to see, and they gained valuable volunteering experience while supporting the event.

Meanwhile, the co-production team spent the day sharing information about Bromley Mencap services and supporting visitors. Thank you also to Steph from Singsmiths and everyone who took part in the singing performance, and to Ashley, one of our members and children's entertainer, who kindly gave his time to entertain families on the day. Events like this are a wonderful way to bring people together, celebrate our community and raise vital funds to support disabled people and their families.





OUT-OF-HOURS LEISURE ACTIVITIES: EVENINGS AND WEEKENDS

We have had a very busy couple of months for Out of Hours (OOH), with a significant increase in activity and demand.

Revel Puck Circus

We started with a trip to the Revel Puck Circus at Beckenham Place Park, and what an incredible evening it was. The show had us all completely hooked from start to finish. There were so many moments where you could hear people saying "wow" or bursting into laughter. It was one of those nights that everyone kept talking about afterwards. A huge thank you to Revel Puck Circus for offering us heavily discounted tickets and helping make the trip possible.



Folkestone Beach Trip

We also had an amazing day out in Folkestone with our friends from Lewisham. In total, 44 members from Bromley Mencap joined 48 members from Lewisham for a day full of fun, laughter and sunshine.

Some of us challenged each other to crazy golf, others enjoyed fish and chips by the sea, and lots of people simply enjoyed walking along the beach, chatting and taking in the fresh air. It was lovely to see people meeting for the first time as well as catching up with friends they hadn't seen for a while. Days like these remind us how important it is to spend time together and enjoy experiences that many of our members might not have the chance to do on their own. We are all looking forward to our next seaside trip to Southend!



The Autism Collective

Our weekly 18–25 group at the Bricklayers Arms has continued to go from strength to strength.

Every week it's great to see more young people coming along, making friends and feeling comfortable enough to be themselves while having fun and connecting over board games.

Watching friendships grow week by week has been one of the best parts of the month.

We also had a brilliant time at Welcome Wednesday, an activity suggested by one of our 16–25 Collective members.

It was fantastic to see one of our members' ideas become a reality. We spent the day at Norman Park trying out different adapted bikes, cycling together, keeping active and, of course, having lots of fun. It was wonderful to see everyone encouraging each other to have a go, celebrating each other's achievements and enjoying the freedom that cycling brings.

"The pub nights are something I really enjoy. I can relax, play games, chat with others, meet new friends, and have fun."

"I like that we get to choose the activities we do. It makes me feel listened to and involved."

"My son really enjoyed the bike riding session. It was great to see him gain confidence and enjoy an activity in a safe and inclusive environment."

What's Coming Up

We have plenty planned for August and beyond.

Keep an eye on our [website event listings](#) and email for the monthly timetable.

 August events calendar 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Cook and Connect Cotmandene Day Opps 11am–2pm £10
2 Sunday Social Club New Venue: The Lodge 2–5pm, £5 Tennis, lawn games, snacks and chats	3	4 Summer Disco & BBQ Beckenham Rugby Club 7:30–10pm £10 to be paid in advance.	5 Welcome Wednesday Cycle loans The Lodge, 3–5pm £5 per family Just turn up and pay on day.	6 Walking Rugby Park House Rugby Club 7–8:30pm Free. Just turn up.	7	8 No Clubs: Closed
9 No Clubs: Closed	10	11 No 16–25 Collective: Closed	12 Welcome Wednesday Cycle loans The Lodge, 3–5pm £5 per family Just turn up and pay on day.	13 Walking Rugby Park House Rugby Club 7–8:30pm Free. Just turn up.	14	15 Southend Coach Trip Meet Bromley Methodist Church 10am–5pm £20 per person
16 Inclusivity Festival Beckenham Rugby Club 11:30am–9:00pm Tickets available on door or visit website	17	18 Choose and Connect Collective (18+) The Bricklayers Arms 7–9pm Free (bring money for drinks). Just turn up.	19 Welcome Wednesday Cycle loans The Lodge, 3–5pm £5 per family Just turn up and pay on day.	20 Walking Rugby Park House Rugby Club 7–8:30pm Free. Just turn up.	21	22 Cook and Connect Cotmandene Day Opps 11am–2pm £10
23 Sunday Social Club New Venue: The Lodge 2–5pm, £5 Tennis, lawn games, snacks and chats	24	25 Choose and Connect Collective (18+) The Bricklayers Arms 7–9pm Free (bring money for drinks). Just turn up.	26 Welcome Wednesday Cycle loans The Lodge, 3–5pm £5 per family Just turn up and pay on day.	27 Walking Rugby Park House Rugby Club 7–8:30pm Free. Just turn up.	28	29 Cook and Connect Cotmandene Day Opps 11am–2pm £10
30 Sunday Social Club New Venue: The Lodge 2–5pm, £5 Tennis, lawn games, snacks and chats	31					All places must be booked and paid for in advance unless otherwise stated.



Lewisham Clubs and Activities

We offer weekly social clubs in Lewisham including themed sessions, monthly drama workshops by Teatro Vivo, Saturday discos, trips to the coast and days out in the community. Here are some of our highlights.

Bromley LDA Football Cup



Lewisham and Bromley Mencap members took part in the Bromley LDA Football Cup on Saturday 13 June.

The 5-a-side tournament, organised by Bromley FC Community Trust, brought together adults with learning disabilities and autism for an afternoon of football, teamwork and friendly competition. Well done, everyone!

Legacy in Motion: Windrush celebration

We enjoyed a special Windrush commemoration event at Tuesday Club in June.

The event honoured and celebrated the cultural legacy of the local Caribbean community, which many of our members are connected to. Funding from Lewisham Council helped make the celebration possible. Members with learning disabilities, their families and carers enjoyed an inclusive dance workshop from Irie! Dance Theatre, as well as music, free drinks and ice cream.



The evening included calypso, reggae and ska music, with our very own DJ Colin helping to get the party started. It was a joyful evening of music, movement, culture and community.



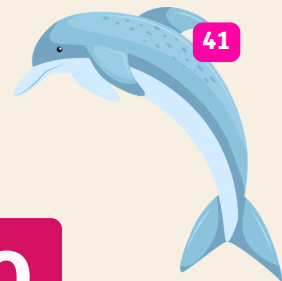
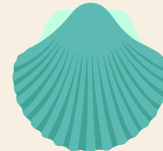
Nigerian Food Night at Monday Club

On 6 July, Leemore Centre residents, Greater Faith Ministries and their kitchen team treated our Monday Club members and volunteers to a brilliantly nutritious meal.

We were also pleased to welcome our Chief Executive, Steve Barnes, and Lewisham Cabinet Member for Children, SEND, Youth Empowerment and Culture, Rotimi Skyers, whose support has been greatly appreciated.

The evening was a huge success, and everyone left happy and well-fed.





75th Anniversary Disco and BBQ

Members came together for a fantastic evening of music, food, dancing and celebration at our 75th Anniversary Disco and BBQ.

The event was a huge success, with a brilliant atmosphere and lots of lovely feedback from those who attended.

A huge thank you to everyone who helped make the event possible, including our fantastic staff team and volunteers, who gave their time and worked hard to make sure everyone had a great evening.

It was a wonderful way to celebrate 75 years of Bromley Mencap and our amazing community.



Award success for Ashley and Master of Disguise Entertainment

Massive congratulations to Ashley Little, who is well known to the Bromley Mencap community through his business, Master of Disguise Entertainment.

Ashley, also known as The Crazy Captain, came third in the Muddy Stiletto Awards for Best Children's Business in Kent. This is a fantastic achievement, especially for a small business competing alongside others from across the county.

Ashley has supported Bromley Mencap events over the years, generously offering his entertainment services at summer fairs and Christmas events. See page 36 for a recent photo of Ashley appearing as Darth Vader!

Bromley Mencap has also been pleased to support Ashley with advice around his business.
Well done, Ashley!



NHS Supported internships: Graduation Ceremonies



Congratulations to all the interns who graduated from this year's NHS Supported Internship programmes at the Princess Royal University Hospital and Queen Mary's Hospital, Sidcup.

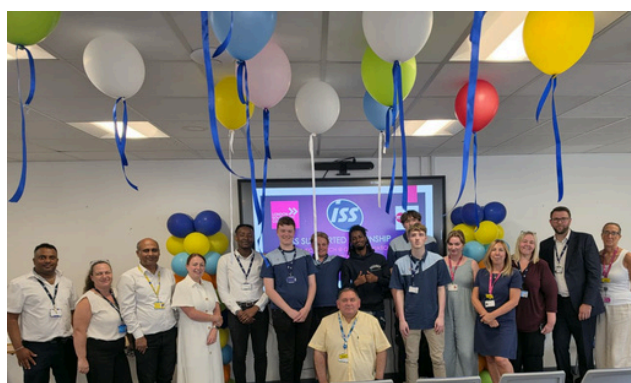
The Supported Internship programme supports young adults with a learning disability, autism, or both, to gain workplace experience, build confidence and develop skills in real employment settings.

At the Princess Royal University Hospital graduation, interns, families, staff and partners came together to celebrate the achievements of the group. A special congratulations goes to Tariq (pictured right), who was presented with the Intern of the Year award. The award was presented by Bevan, who won the award last year (pictured to the left of Tariq).

We also celebrated the Queen Mary's Supported Internship Programme, where eight interns took part during the academic year. The interns completed three work placements in different roles with ISS Facility Services, the facilities provider at Queen Mary's Hospital.

One of the Queen Mary's interns, Louis, has secured permanent, full-time employment in the hospital restaurant and is doing really well. Louis was presented with his graduation award by Michael Clarke, Key Accounts Director at ISS. They are both photographed bottom right.

Well done to all the interns on their hard work, commitment and achievements. We are very proud of everything they have accomplished and wish them all the very best for the future.



High Needs Supported internships: Graduation Ceremony



The 2025/26 academic year has been an exceptional one for our high-needs students, who have shown remarkable determination, growth, and resilience.

Each learner has worked incredibly hard to overcome challenges, build new skills, and achieve meaningful personal and academic progress. Their positive outcomes reflect not only their effort, but also their confidence, independence, and readiness for the next stage of their journey. This year's graduating group has demonstrated strong engagement, improved communication, increased self-management, and successful participation in learning across the curriculum.



Many students achieved their individual targets, developed new strengths, and made significant strides in preparing for adulthood. Their achievements are a testament to their perseverance and the supportive environment created by staff, families, and peers.

We are immensely proud of everything they have accomplished and look forward to seeing them continue to thrive in the years ahead.

Congratulations!

Read More: Project SEARCH success story

King's College Hospital NHS Foundation Trust has shared a lovely story about Scarlett Mantle, a former Project SEARCH intern at the Princess Royal University Hospital.

Scarlett is now working as a Healthcare Assistant at PRUH and says Project SEARCH has been life-changing for her, helping her to become more confident and independent.

Bromley Mencap is proud to be one of the partners involved in Project SEARCH, helping young adults with a learning disability, autism, or both, gain skills and experience in real workplaces.

Read Scarlett's full story on the King's College Hospital NHS Foundation Trust website:
<https://www.kch.nhs.uk/news/project-search-has-been-life-changing-for-me/>

Training Centre News

Training Centre Graduation Celebration

On 7 July, Bromley Mencap celebrated a fantastic milestone as five learners graduated from the Training Centre and prepared to take their next exciting steps towards further education, training and employment opportunities.

We were delighted to celebrate the achievements of our graduating learners Johnny Lee, Emily, Alan, Ethan and Jesse, all of whom successfully completed their programmes and are moving on to new opportunities that reflect their interests, talents and ambitions.



Four of our learners, Johnny, Emily, Alan and Ethan, successfully achieved their OCN London Skills for Vocational Training Certificate, while Jesse achieved his OCN London Entry 3 Skills for Independence and Employability Certificate. Their achievements reflect a tremendous amount of hard work, commitment and personal growth throughout their time at the Training Centre.



The next stage of their journeys is equally exciting. Emily and Alan will be progressing to Level 1 Front of House Training, building on the confidence, skills and enthusiasm they demonstrated through Enterprise Barista, Catering and Hospitality activities. Johnny will be moving on to a Vocational Taster Construction Course, while Ethan has secured a TfL Supported Internship with Shaw Trust, a fantastic achievement that will provide valuable workplace experience. Jesse will continue his learning journey on a Level 2 Motor Vehicle and Mechanics Course

The graduation ceremony was a wonderful celebration attended by learners, parents and carers, staff, trustees and members of the Bromley Mencap Leadership Team.



Guests enjoyed a delicious lunch prepared by Sarah B and the Year 1 learners, showcasing the catering skills developed throughout the year.



CONGRATULATIONS

A special thank you goes to Bromley Mencap Trustee, Branwen Austyn-Jones, who presented certificates to our graduates and helped make the occasion so memorable.

It was a wonderful event, celebrating not only qualifications achieved, but also the confidence, independence, friendships and aspirations that have been developed along the way.

We are incredibly proud of everything our graduates have achieved and wish them every success as they move on to the next chapter of their journeys.



To find out more about our Training Centre, please contact us:

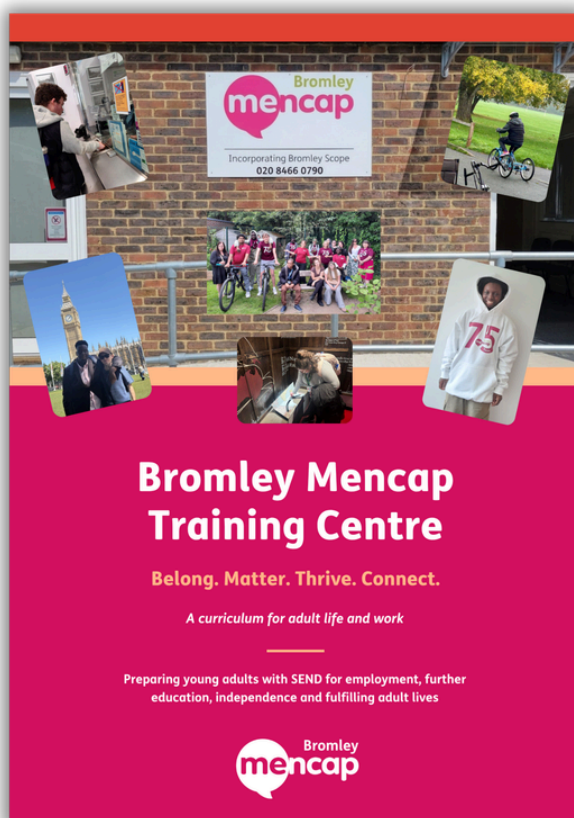
Email: training.centre@bromleymencap.org

Admin: tamsin.amos@bromleymencap.org

Telephone: 0204 558 8779 / 07745 647006

Webpage:

www.bromleymencap.org.uk/support-and-services/employment-services/bromley-mencap-training-centre



Local Events

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).



The poster for the CANDI Events Inclusivity Festival features logos for Bromley Mencap, CANDI EVENTS, ORB, and Bromley Council. It is divided into four quadrants: 'Togetherness' (top left), 'Celebration' (top right), 'Acceptance' (bottom left), and 'Community' (bottom right), each with a heart icon. In the center is a circular logo with the words 'INCLUSIVITY FESTIVAL' and a stylized figure. The text reads: 'A rocking day filled with live music, friendship and fun. All are welcome!'. A box contains the event details: 'Sunday 16th August 2026', 'Doors open at 11.30am and close at 9pm', 'Bands from 12pm til 8pm', and the location 'Beckenham Rugby Football Club, The Clubhouse, Balmoral Ave, Beckenham BR3 3RD'. Below this, ticket prices are listed: 'Pre booked Tickets £15, on the Door £20, Carers £10 U18s £5'. It also includes the QR code link 'bit.ly/4qrvEFR' and states 'This is a non-profit making event!'. At the bottom, it mentions 'A variety of hot/cold food available to buy. Picnics allowed.' and 'Tickets also available to buy with cash from: Rhiannon's Cafe or ORB Gateway in person or on the Door on the day'. A QR code is located in the bottom right corner.

Magpie Dance Summer School 2026

Magpie Dance is running a four-day Summer School this August for people who want to enjoy dance, movement and music in a supportive and creative environment.

Dates: Monday 24 to Thursday 27 August

Time: 10:30am – 3:00pm

Where: Orion Eden Park High School, Balmoral Avenue, Beckenham BR3 3RD

Age: 8 – 15 (Juniors), 16 – 25 (Youth) and 18+ (Adults)

Cost: £25 per day

Book your place here:

<https://www.magpiedance.org.uk/holiday-schools/>



The poster for Magpie Dance Summer School 2026 is designed to look like a corkboard with various items pinned to it. At the top, the words 'Summer School' are written in large, bold letters. To the left is a yellow sun sticker. Below it are three small photos of people dancing. On the right, a larger photo shows a man with his arms raised in a dance pose. A small tag with '2026' is pinned near the top right. At the bottom, the Magpie Dance logo is visible, featuring a stylized bird and the text 'magpie DANCE'. A pair of orange sunglasses is also pinned to the bottom left. The background is a textured corkboard surface.



Bromley X by X events in August

Youth Transition Project Summer Workshop

A free workshop for young Deaf and Disabled people aged 14 to 25.

Date: Monday 24 August

Time: 1:00–4:00pm

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

Booking required:

<https://www.xbyxbromley.org.uk/event/youth-summer-workshop-august-2026/#register>

The afternoon will include creative art activities, discussion about moving into adulthood, information about support and future opportunities, and a chance for young people to share their views.

Free refreshments will be provided. The venue is wheelchair accessible. BSL interpretation is available and transport can be requested.

Coffee and Chat

The theme is holidays.

This is a relaxed and inclusive social session for Deaf and Disabled people.

Date: Wednesday 26 August

Time: 11:00am–1:00pm

Venue: Rhiannon's Café, Bromley United Reformed Church, 20 Widmore Road, Bromley BR1 1RY

No booking required

There will be free refreshments, ice cream and optional craft activities.

There is no need to register, but please tell X by X about any access needs or dietary requirements before the event. [More here.](#)

Youth Transition Project
Summer Workshop

Join us for an afternoon of creativity, connection and having your say!

FREE

Limited spaces available!

Creative art activities for young Deaf and Disabled people aged between 14 and 25.

Free refreshments | BSL interpreters | Transport on request

Monday 24th August 2026 | **1pm to 4pm** | **Community House, South Street, Bromley, BR1 1RH**

Registration required | Please let us know about any access or dietary needs when registering.

www.xbyxbromley.org.uk/events | 07471 558781 | youth-transition@xbyxbromley.org.uk

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

COMMUNITY FUND | **THE MAYPOLE PROJECT**

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

Coffee and Chat

FREE

- ✓ Friendly conversation
- ✓ Relaxed, inclusive space
- ✓ Optional activities
- ✓ Free refreshments

BSL interpreters | Transport on request

Holidays theme

Optional activities:

- Share your holiday memories
- Enjoy an ice cream
- Create a summer sign from lolly sticks

Wednesday 26th August 2026 | **11am to 1pm** | **Rhiannon's Cafe, Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY**

No need to register, but please tell us about any access needs or dietary requirements before the event.

Website: www.xbyxbromley.org.uk | Email: info@xbyxbromley.org.uk | Phone: 0208 650 2102 | Text/WhatsApp: 07454 288762

News Corner

Bromley Accessibility Forum

The theme of the next Bromley Accessibility Forum is local healthcare services.

Date: Thursday 27 August

Time: 2:00–4:00pm

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

Registration preferred.

Bromley's Public Health team will give a presentation about their services. There will also be a chance to share your experiences of how accessible local healthcare services are for you, and to help develop a survey on healthcare services.

More info here:

<https://www.xbyxbromley.org.uk/event/accessibility-forum-august26/>



Bromley Accessibility Forum

Theme: Local healthcare services

Please tell us about any access / dietary needs.

- Find out about services from Bromley's Public Health team.
- Share how accessible local healthcare services are for you.
- Help us develop a survey on healthcare services.

BSL interpreters
Transport on request
Free drinks and snacks

Thursday 27th August 2026 2pm to 4pm Community House, South Street, Bromley, BR1 1RH

Registration preferred

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

SCAN ME

BSL interpretation is provided, transport is available on request, and the venue is wheelchair accessible with an accessible toilet. Free refreshments will be provided.

Booking and contact

To find out more, book a place or share access or dietary needs, please contact Bromley X by X:

Email: info@xbyxbromley.org.uk

Phone: 020 8650 2102

Text/WhatsApp: 07454 288762

New Bromley SEND Local Offer website launched

The website brings together information, advice and support for children and young people with special educational needs and disabilities (SEND), their families, and the professionals who support them.

Explore the new website and discover local services, support, activities, advice and resources here: www.BromleySEND.org



THE NEW SEND LOCAL OFFER WEBSITE IS NOW Live!

SEND Matters
Special educational needs and disability provision available for years 0-25

www.BromleySEND.org

Scan the QR! Visit us now!

Bromley South East London NHS

News Corner

Stronger Carers, Stronger Families – coming soon

OAKonsult Disabilities Outreach has received funding from the Bromley Community Fund through The London Community Foundation to deliver Stronger Carers, Stronger Families, a new programme supporting parent carers in Bromley.

The programme will support 36 parent carers through three 12-week cohorts, combining group sessions with individual wellbeing support.

Participant information and referral details will follow separately.

Find out more: oakonsult.org/projectme/



OAKonsult Disabilities Outreach
Living Life Abundantly

GRANT ANNOUNCEMENT
BROMLEY

GOOD NEWS FOR BROMLEY PARENT CARERS

Stronger Carers. Stronger Families.



PAST PROJECT ME PROGRAMME

OAKonsult has received a grant from The London Community Foundation through its Bromley Community Fund to support Stronger Carers, Stronger Families.

The grant will support three structured 12-week cohorts for 36 Bromley parent carers, combining group sessions with individual wellbeing support.

PARTICIPANT INFORMATION WILL FOLLOW SEPARATELY

For upcoming participant details & programme updates:
oakonsult.org/projectme/

WITH FUNDING FROM



With funding from the Bromley Community Fund through The London Community Foundation.

oakonsult.org

Public health messages

We have been asked to share these health messages with our members and supporters. These services are free of charge to residents in the London Borough of Bromley.



THE LONDON BOROUGH
www.bromley.gov.uk



Free support is available to help you lose weight!

Please visit www.bromley.gov.uk/HealthyWeight to check your BMI and see if you are eligible for 12 weeks of free weight management support. Support is available for both adults and children.

Contact Information
Website: www.bromley.gov.uk/HealthyWeight



Are you aged 40-74 and eligible for your free NHS Health Check?

Even if you're feeling well, it's worth having your NHS Health Check now as it can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke. Some of the same risk factors for these conditions also link with dementia. During the check-up you'll discuss how to reduce your risk of these diseases and improve your chances of staying healthy.

Contact Information
Website: www.bromley.gov.uk/health-wellbeing/nhs-health-checks
Or ask your GP Practice to see if you are eligible and to find out more.



Copy deadline for the October/November Bulletin is 1 October 2026.

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