

Bromley Learning Disabilities and Difficulties Adult Day Services

April 2022



Incorporating Bromley Scope

shaw trust



day space

Saxon Day Centre

AGE
Concern

Orpington & District

Registered charity number: 1148958
Website: saxondaycentre.org.uk

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Introduction

Bromley Learning Disability Adult Day Services

April 2021



This easy read guide gives you **information about the different learning disability and difficulty hubs** in Bromley.



Bromley Council want to make sure you get

- **services you want**
- **the right support**
- **from the right people**



This pack will help you **make an informed choice** about the services you would like to use.



Bromley Council hope you find this pack **useful**.

What is a hub



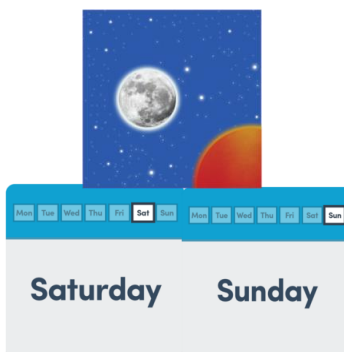
A **hub** is another name for the **where the different services are held.**



Each service has one or more hubs, where you can do the activities you want.



Bromley Council have worked hard to make sure that you **have a lot of choice about your activities.**



There are plans for some services to have activities in the **evening and at weekends.**

Who are the service providers



**Bromley
Mencap**



Shaw Trust



Choice Support



Aurora Nexus



Dayspace



**The Saxon
Centre**

How do I join these services



Each provider has given the **name** of someone who you can speak to for **more information** about the services.



You can contact the services using the **contact details** provided.



Most of the services will let you **have a taster day** before you sign up, to **help you decide if it is right for you.**

Are the services open to all adults with a learning disability or difficulty



All the services are suitable for people with learning disabilities and difficulties.



Find out more on the **Who Can Go page** for each service.



Your **care manager** will be able to **help you** work out which services are suitable for you.

Will there be any change to the level of support I receive



No. You will receive the **same level of support** as before



For example, if you used to go to the Astley Centre for **3 days** a week, now you can go to the service you want to for **3 days** a week



You can also **mix and match**, going to more than one hub.



Your **care manager** will be able to **help you** work out what is suitable for you.

What do I do next

Bromley Learning Disability Adult Day Services

April 2021



- **Read** this brochure
- See what services **interest you**.



- **Contact the services** to find out more

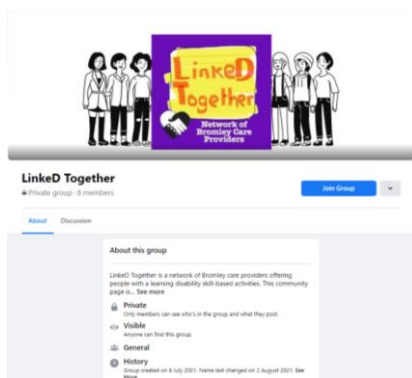


- **They will tell you** what you need to do next

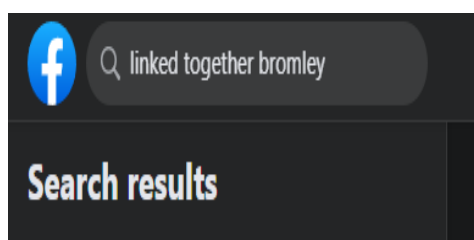
How do I keep up to date with the hubs?



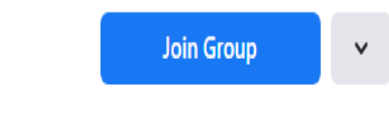
A **Facebook page** has been set up called **Linked Together**



Linked Together is a group forum where **providers can share information** about the services, support, and more



You can see the group by searching for **Linked Together Bromley** on Facebook



You will need to **ask for permission** to join the group

Day Services

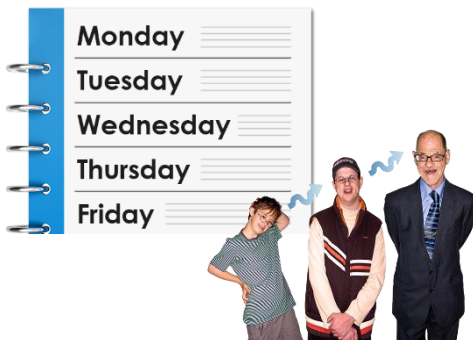


Bromley Mencap



Incorporating Bromley Scope

Bromley Mencap run **services** for people with disabilities and difficulties and their families.



They have groups **Monday to Friday.**

The services are for **adults aged 18 and over.**



Bromley Mencap want these sessions to help you **develop life skills and independence.**



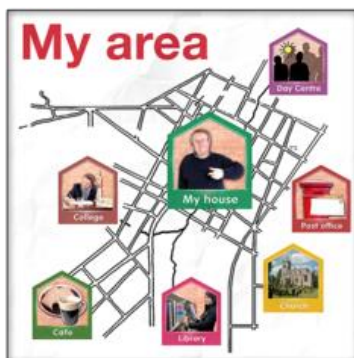
Website

www.bromleymencap.org.uk

Day Opportunities



Bromley Mencap's day services are **user led**, so you get a **say in what happens**



Every day, the group will go out into the **community**



Activities include cooking, gardening, computer skills, and **much more**



You can do activities to **help you stay fit**, such as tennis.

What activities can I do



Incorporating Bromley Scope

Bromley Mencap has lots of **activities** you can do, such as



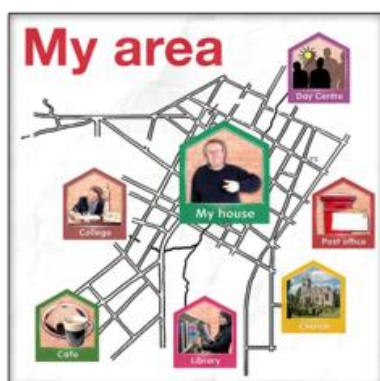
Cooking



Gardening



Computer skills



Going to the community



Keeping fit

And much more

The Lodge



At The Lodge, you can **learn skills for work.**



You can learn about working in a **coffee shop, gardening, or a bike shop.**



There are **courses** to give you **work experience.**

You will learn **skills** you need to **help you get a job.**



Mencap can help you find **volunteering** work, and maybe some **paid work** too.

What activities can I do



At **The Lodge**, there are lots of **activities** you can do, such as



**Cooking and
Catering**



Gardening



Fixing bikes



Riding bikes



**Preparing for
work**

And much more

Who can go



- People with **learning disabilities and difficulties** and **physical disabilities**.



- People with **wheelchairs**



- People who need **1-1 support**

Key word

1-1 support is when you have **another person helping you**, such as a carer or support worker

When is it open



Day Service

10am to 3.30pm

Monday to Friday

Where are the sessions held



The Lodge

Hook Farm Road, Bromley, BR2 9SX



West Wickham Methodist Church

Hawes Lane, West Wickham, BR4 9AA



Cotmandene Centre

66-68 Cotmandene Crescent,
Orpington, BR5 2RG

Where are the sessions held



The Lodge



**West Wickham
Methodist
Church**

Where are the sessions held



How do I get there



The Lodge

Hook Farm Road, Bromley, BR2 9SX



The nearest bus stop is

Bromley Common The Crown



Buses that go here

- 61
- 208
- 261
- 320
- 358
- N199

How do I get there



West Wickham Methodist Church

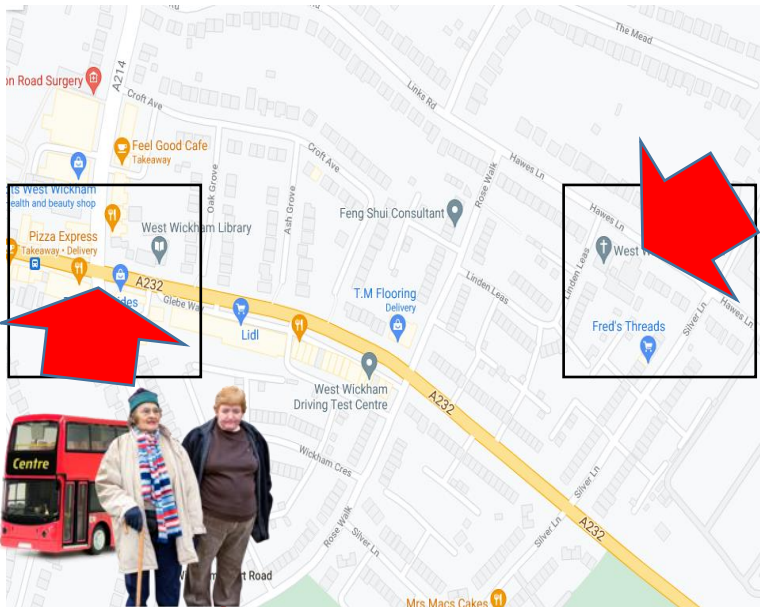
Hawes Lane, West Wickham, BR4 9AA



The nearest bus stop is

High Street Wickham Court Road

Or Tiepigs Lane



**High Street Wickham
Court Road**

Tiepigs Lane



**High Street Wickham
Court Road**

- 119
- 194

Tiepigs Lane

- 138
- 246
- 314
- 119
- 353

How do I get there



Cotmandene Centre

66-68 Cotmandene Crescent,
Orpington, BR5 2RG



The nearest bus stop is

Chipperfield Road



Buses that go here

- **R1**
- **R11**
- **B14**

Contact Details



Caroline Stone is the person to contact about **The Lodge** services.

Andrew Blake is the person to contact about **Day Opportunities**.



Email

enquiries@bromleymencap.org



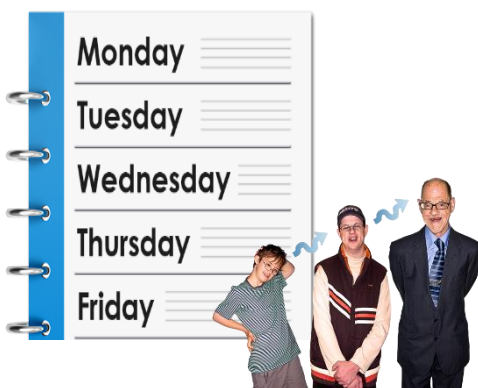
Telephone

020 8466 0790

Shaw Trust



The Shaw Trust run **sessions** for adults with learning disabilities and difficulties.

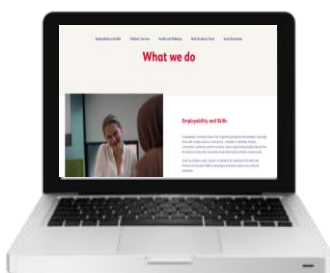


They have groups **Monday to Friday**

The services are for **adults aged 18 and over**.



The Shaw Trust's sessions help you **learn skills for work**, and give **training opportunities**.



Website

www.shawtrust.org.uk/what-we-do

What activities can I do



The Shaw Trust is based at a **nature reserve**. Some of the things you can do there are



Learn about **plants** and how to **look after them**



Woodwork, using tools and machines



Handling **money**



Preparing plants, making **hanging baskets** and **wreaths**



Garden and grounds **maintenance**

And much more

What happens next



Before starting, you can come and **visit** the Shaw Trust, and take a **tour**.

The **staff** will **show you around** and **answer your questions**.



After looking around, you can **talk** to the staff about what you **might like to do there**.



You can book in **2 free taster days**, so you can **try the activities** and see what they are like.

Who can go



- People with **learning disabilities and difficulties, Downs Syndrome, and Autism.**



- People who **can't get around** may find it **difficult** at Shaw Trust, as the **ground isn't level.**



- Shaw Trust **cannot** provide **personal care, medication support, or eating and drinking support**



- Shaw Trust **cannot** provide **1-1 support**, but **you can bring a support worker** with you.

When is it open



The Shaw Trust is open

9.30am to 3pm

Monday to Friday



Morning Session

9.30am to 12.00pm



Afternoon session

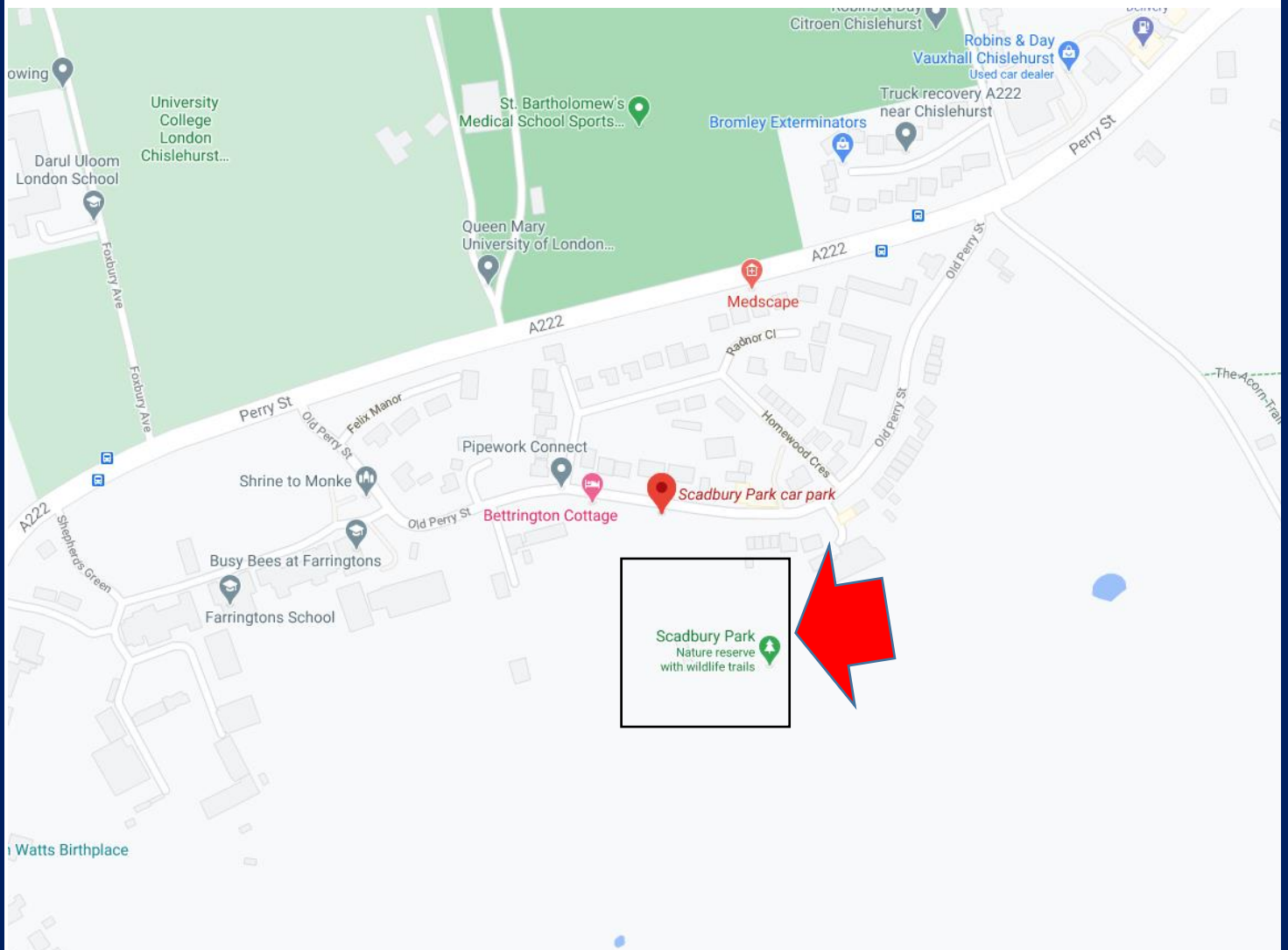
1pm to 2.45pm

Where are the sessions held



Tree Centre, Scadbury Park Nature Reserve

Orpington, Chislehurst, BR7 6LS



How do I get there



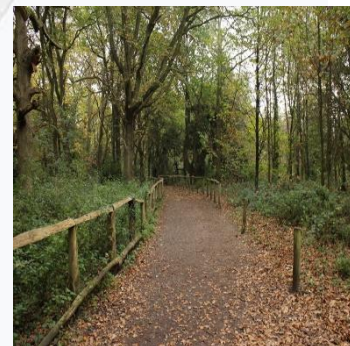
Tree Centre, Scadbury Park Nature Reserve

Orpington, Chislehurst, BR7 6LS



The nearest bus stop is

Beaverwood Road



Buses that go here

- 160
- 269
- 625
- 638

Contact Details



Denise Daniel is the person to contact about this service.



Email

Denise.Daniel@shaw-trust.org.uk

Telephone



Manager
07813 114 893

Site
020 8309 6439

Supervisor
07732 498 738

The Growing Place
020 83009744

Choice Support



Choice Support run **day services** for adults with learning disabilities and difficulties

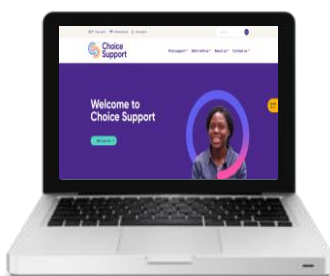


They have groups **Monday to Friday.**

The services are for **adults aged 18 and over.**



Choice Support want to give you **lots of different activities** to choose from.



Website

www.choicesupport.org.uk

Fitness 4 Life



Fitness 4 Life is about **exercise, healthy lifestyles, meals and keeping fit.**



There is lots of **sport** you can do, such as **swimming, gym, and walking groups.**



You can also learn to **cook healthy meals, IT skills**, and join in for lunch.

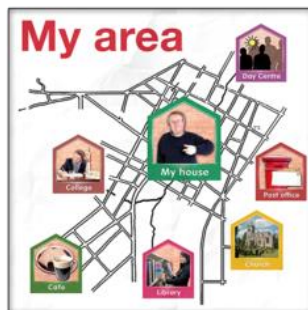


These sessions take place at **local leisure centres, gyms and parks**, and some activities take place at Choice Support's site.

The Steppingstone Programme



The Steppingstone Programme helps you **gain skills in work, IT, literacy and numeracy.**



There are regular **trips out**, such as going bowling, to the cinema, the park, to play golf, the seaside, and more.



You are helped to use **public transport** to go out in the community



Confident

You will **gain confidence in visiting places** such as libraries, cafes, and social clubs.

What activities can I do



Choice Support has lots of **activities** you can do at their different services, such as



Physical health such as swimming, gym, walking groups



Employment skills such as interview skills, CVs, job clubs



Cultural diversity such as learning about language, food, art, religion



Leisure activities such as bowling, cycling, pubs, football



Wellbeing activities such as working with health professionals



Extra groups such as drama, healthy eating,

Who can go



- People with **learning disabilities and difficulties, Downs Syndrome, and Autism.**



- People who find it **hard to see**
- People who find it **hard to hear**



- People who need **help to get around**



- People with **behaviours that challenge**

Key word

Behaviours that challenge are when people do things that **cause problems** for themselves or other people

When is it open



Choice support is open

9.30am to 3.30pm

Monday to Friday



Morning Session

9.30am to 12.30pm



Afternoon session

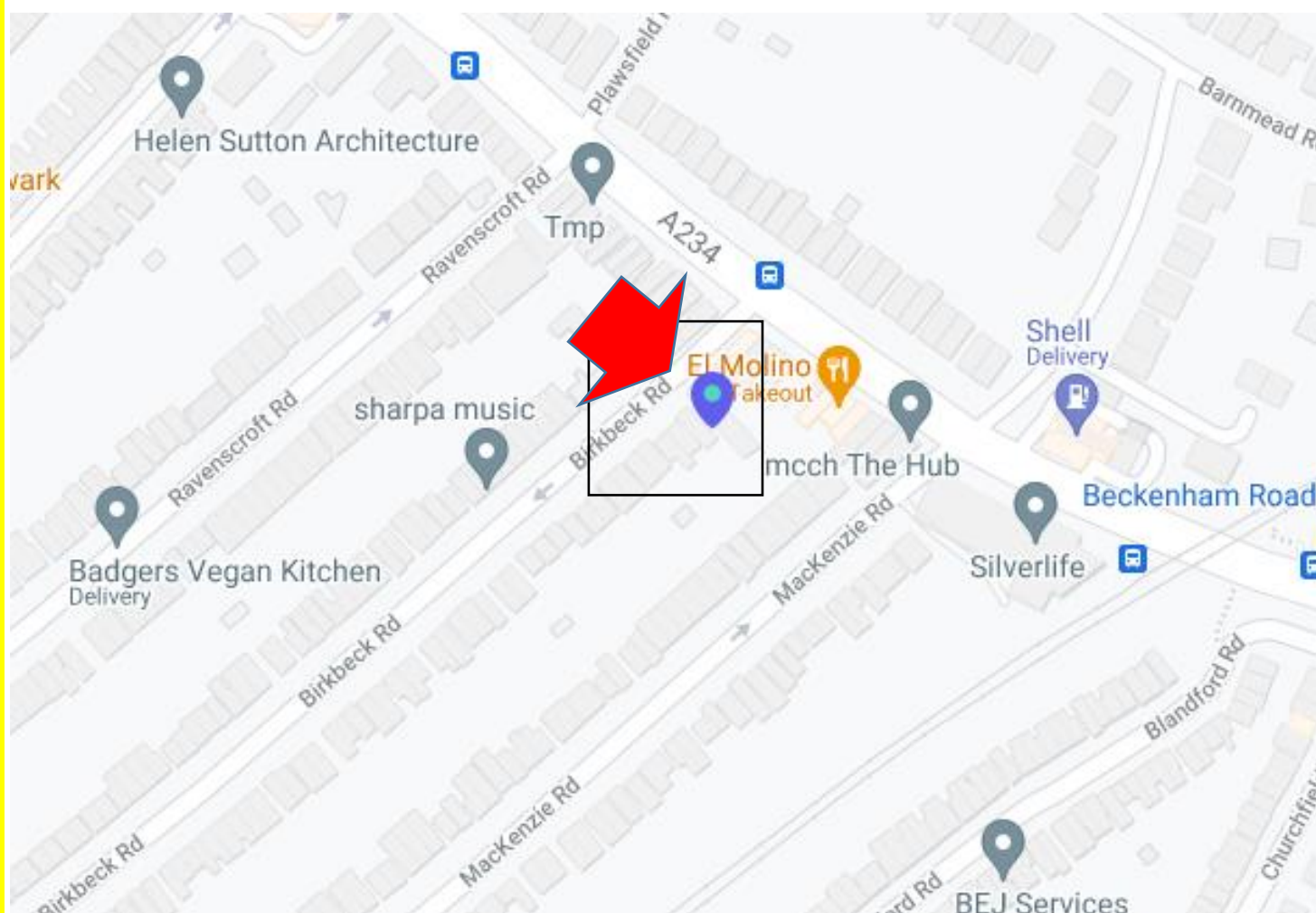
12.30pm to 3.30pm

Where are the sessions held



Jubilee Day Centre

243-247 Beckenham Road,
Beckenham, BR3 4RP



How do I get there



Jubilee Day Centre

243-247 Beckenham Road,
Beckenham, BR3 4RP



The nearest transport links are

Kent House Train Station
Beckenham Road Tram Stop
Beckenham Road Bus Stops



Buses that go here

- 194
- 227
- 358
- N3

Contact Details



Emma Smith is the person to contact about this service.



Email

Emma.Smith@choicesupport.org.uk



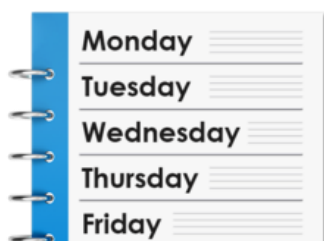
Telephone

020 8464 2897

Nexus Support Services



Aurora Nexus run **training courses** for adults with learning disabilities and difficulties



12 – 24 weeks



Courses run from **12 to 24 weeks**.

The courses are for **adults aged 18 and over**.



The aim of these courses is to **develop skills** so that you can **move on to new services**.



Website

www.nexussupportservices.org

What courses can I do

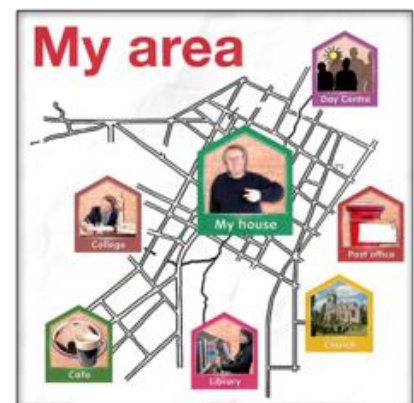
Aurora Nexus run different **courses** covering a range of topics, including



Employment



Citizenship



**Community
Mapping and
learning about
your area**



**Moving on and
what next**



**Communication,
friendships,
relationships**



**Money
management**

And much more

Out Out



Out Out is a service that runs in the **evenings and on weekends**



Some people do not want to only do things during the day.

Out Out gives people the **choice**



Aurora Nexus want Out Out to be **fun**, and for you to have a **good time** and **make friends**

November						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Out Out runs from **November 2021** until **January 2022**

What can I do



At **Out Out**, there will be **trips** you can go on, such as



Going out for a meal



Afternoon tea and drinks



Theatre



Shopping and drinks



Pub crawl



Seeing a band

Who can go



- People with **learning disabilities and difficulties, Downs Syndrome, and Autism.**



- **People with lots of health needs** might find it difficult here



- You can **contact Aurora Nexus** if you have **questions** about whether the service is right for you.

When is it open



Aurora Nexus are open

10am to 4.30pm



Morning session

10am to 12.30pm

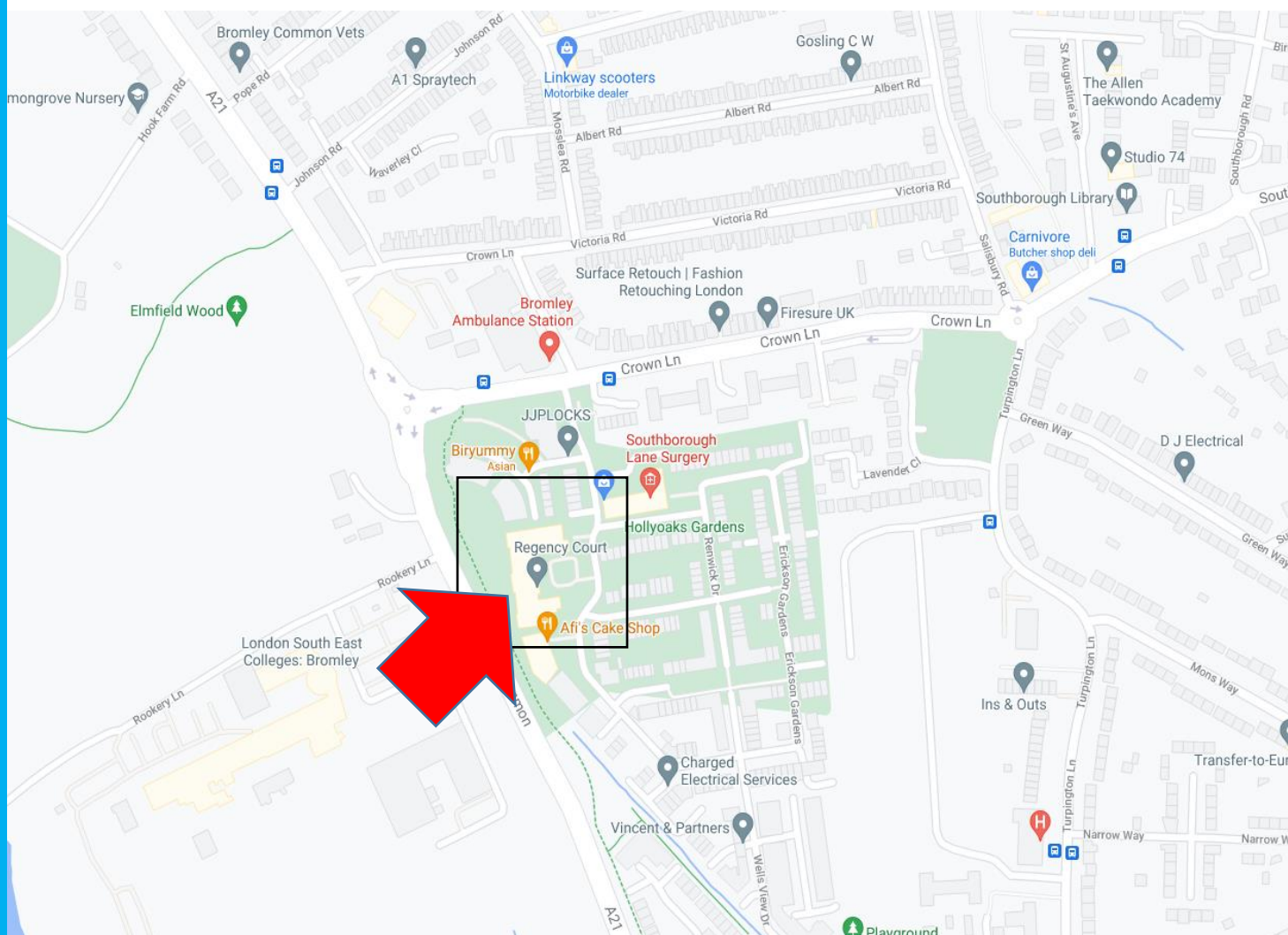


For Out Out times, please contact
Aurora Nexus

Where are the sessions held

Regency Court

14, Mackintosh Street, Bromley, BR2 9GL



How do I get there



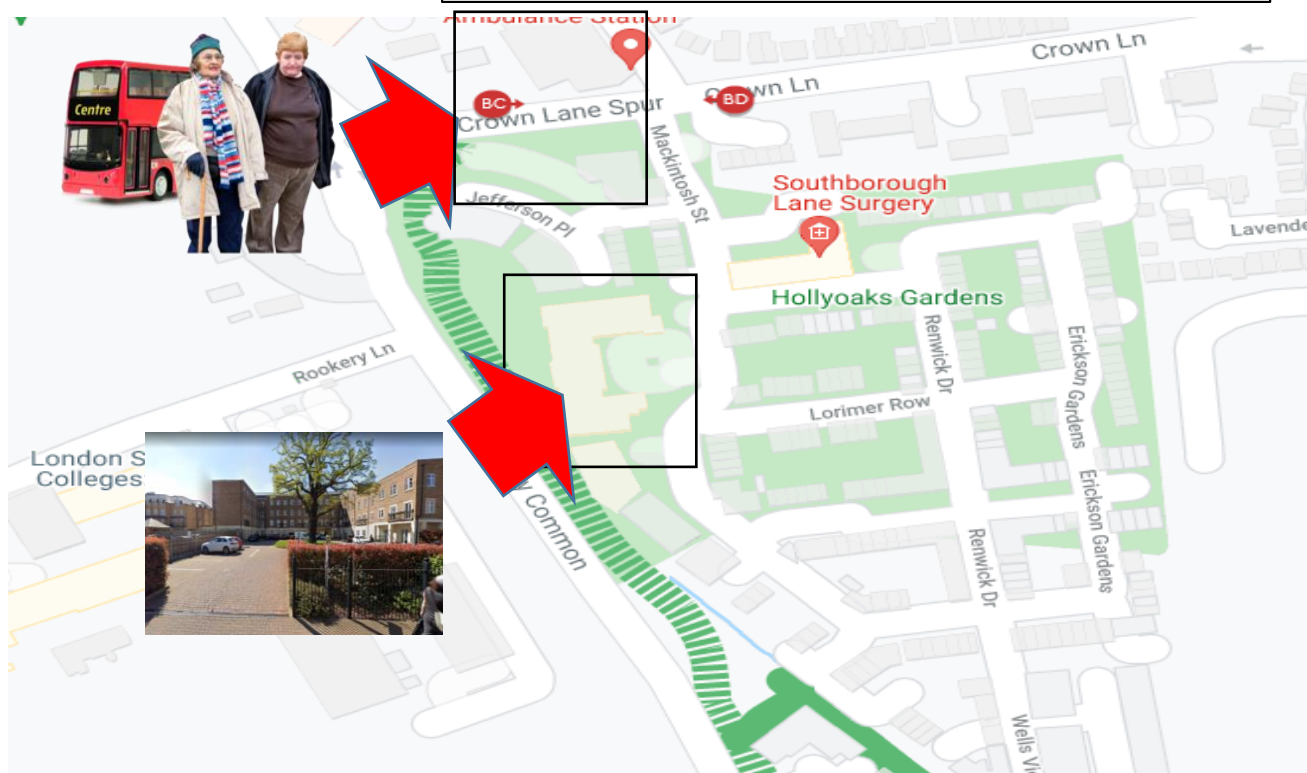
Regency Court

14, Mackintosh Street, Bromley, BR2 9GL



The nearest bus stop is

Crown Lane Spur



Buses that go here

- 208
- N199

Contact Details



Jacqui Shepherd is the person to contact about this service.



Email

Enquiries@Aurora-Nexus.org



Telephone

020 8613 9965

Dayspace

day^{space}

Dayspace run **day services** for adults with learning disabilities and difficulties.



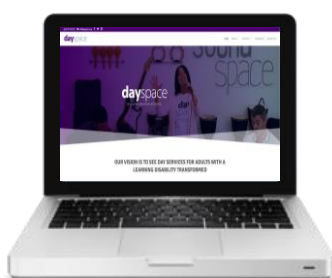
They have groups **Monday to Friday**.

The groups are for **adults aged 18 and over**.



Dayspace want the sessions to be **interesting, challenging, sociable, and fun**.

Dayspace will make sure the sessions **meet your needs** and wants.



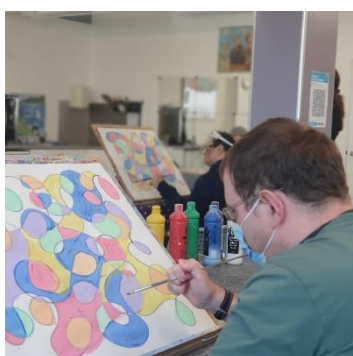
Website

<https://dayspace.org>

What activities can I do

dayspace

Dayspace have many different **spaces** that you can join, such as



Createspace
arts and crafts
projects



Dancespace
dancing and
exercise



Mixspace
trying new things



Movespace
exercise for
people with
limited mobility



Bakespace
cooking and
kitchen skills



Sayspace
self advocacy
and group
discussion

What activities can I do

day^{space}

Dayspace have many different **spaces** that you can join, such as



Signspace
Makaton signing



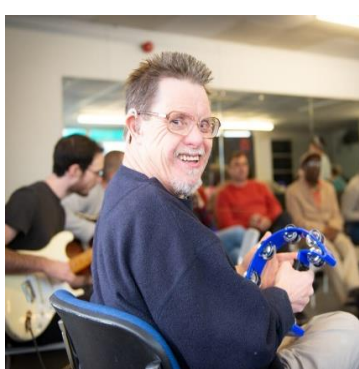
Silverspace
group for older
users



Soundspace
playing and
listening to music



Stagespace
drama and
performance



Teadance
dancing and
singing to classic
songs



Digispace
radio and digital
media

Who can go



- People with **varying levels of disability**, both physical and learning disabilities and difficulties.



- People in **wheelchairs** or with **difficulty moving around**



- Dayspace will make sure the activity is **suitable for you**



- If you need 1-1 support, **you will need to be a support worker with you**

What are the opening hours



Dayspace is open

9.30am to 4pm



Sessions are between **1 hour and 2.5 hours long**



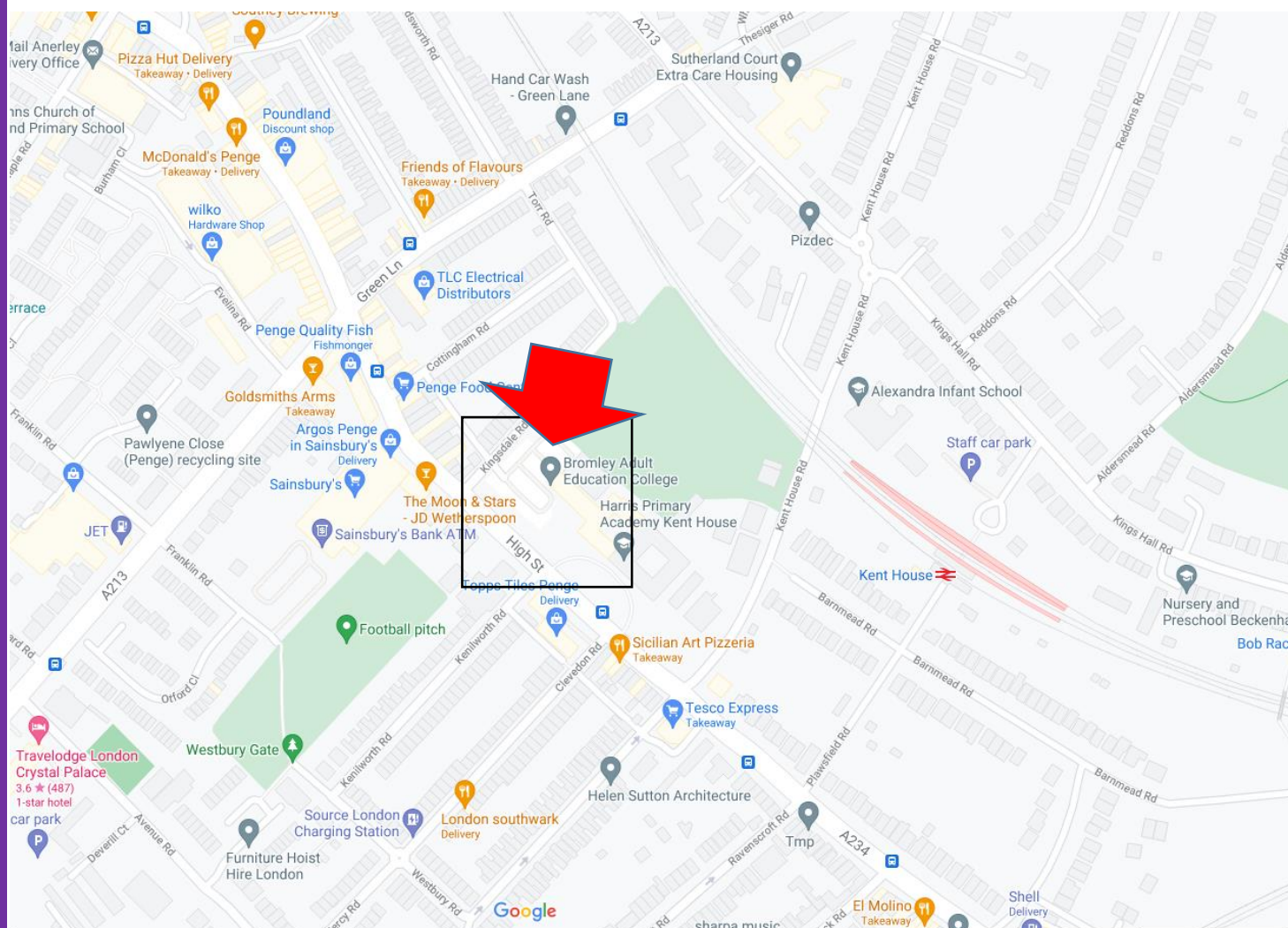
You can do **multiple sessions** in a day

Where are the sessions held



Kentwood Centre

Kingsdale Road, Penge, London,
SE20 7PR



How do I get there



Kentwood Centre

Kingsdale Road, Penge, London,
SE20 7PR



The nearest bus stop is

Penge Sainsbury's



Red
dots are
other
bus
stops
you can
use



Buses that go here

- 194
- 277
- 358
- N3

Contact Details



Stuart Lomath and **Carolyn Churchyard** are the people to contact about this service.



Email

penge@dayospace.org



Telephone

0208 778 4631

Saxon Day Centre

AGE
Concern

Orpington & District

Saxon Day Centre runs **services** for people with learning disabilities and difficulties



They have groups **Monday to Friday**.

The services are for **adults aged 55 and over**.



The Saxon Centre provide lots of different **activities** that are **entertaining, sociable, and fun**



Website

www.saxondaycentre.org.uk

What activities can I do



Orpington & District

The **Saxon Centre** has many different **activities** you can do, such as



**Music and
Singing**



Arts and Crafts



Exercise



**Quizzes, Bingo,
and Board
games**



**Reminiscing
and talking
about the past**



**Knitting and
sewing**

And much more

What happens next



Before starting, you can come and **visit** the Saxon Centre, and have a taster session.



You can come in the **morning** or the **afternoon**



The **staff** will **show you around** and **answer your questions**



You can **talk to the staff** about things you enjoy doing

Who can go



- People with **varying levels of disability**, both physical and learning disabilities and difficulties.



- People **over 55 years old**



- People who have **difficulties with seeing and hearing**



- People who need **help** using the **toilet** or taking **medication**

What are the opening hours



The Saxon Centre is open

10am to 3pm



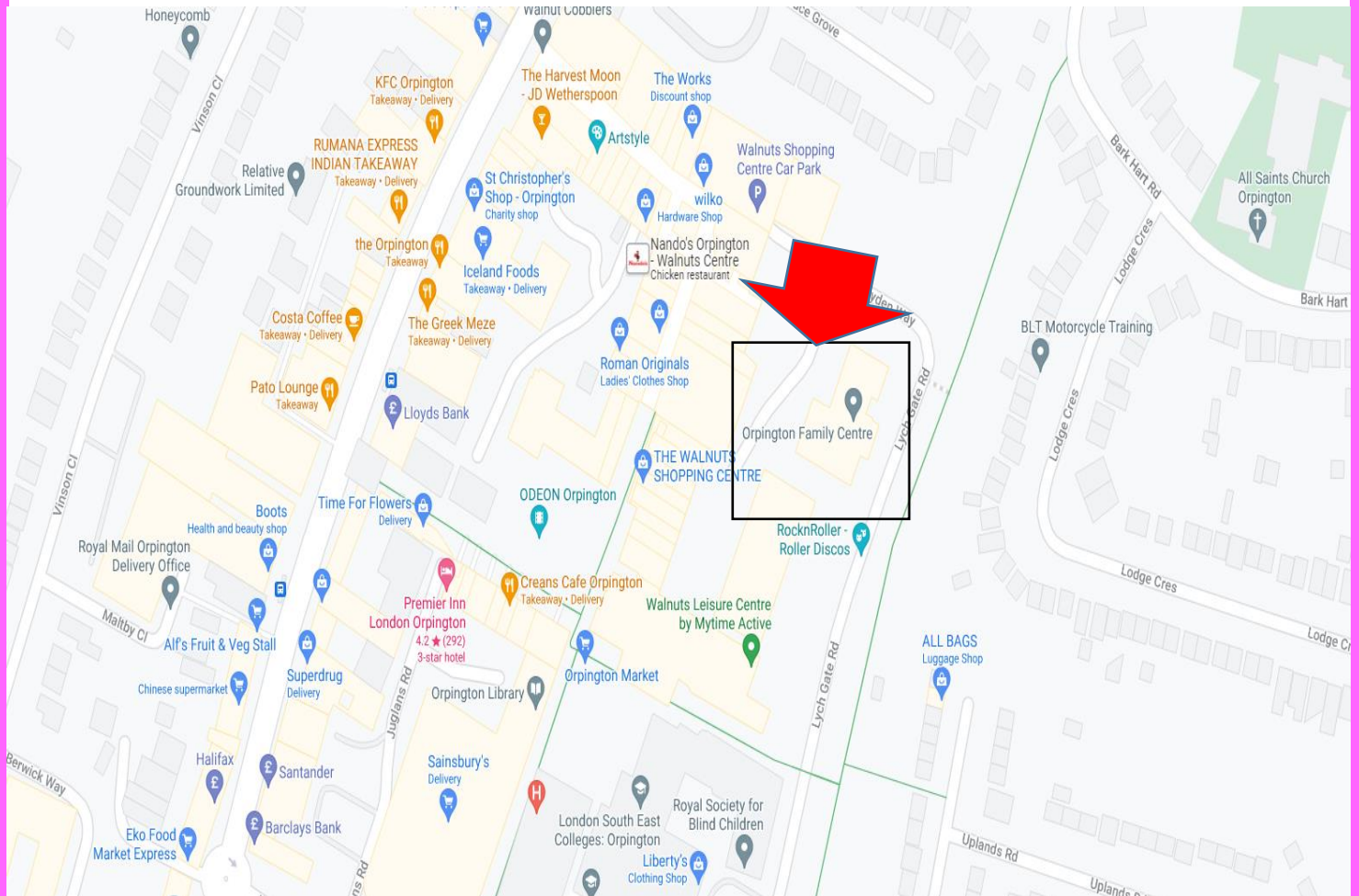
You can have **refreshments** and a **two course lunch** while you are at the centre

Where are the sessions held



The Saxon Day Centre

Lych Gate Road, Orpington, Kent,
BR6 0TJ



How do I get there



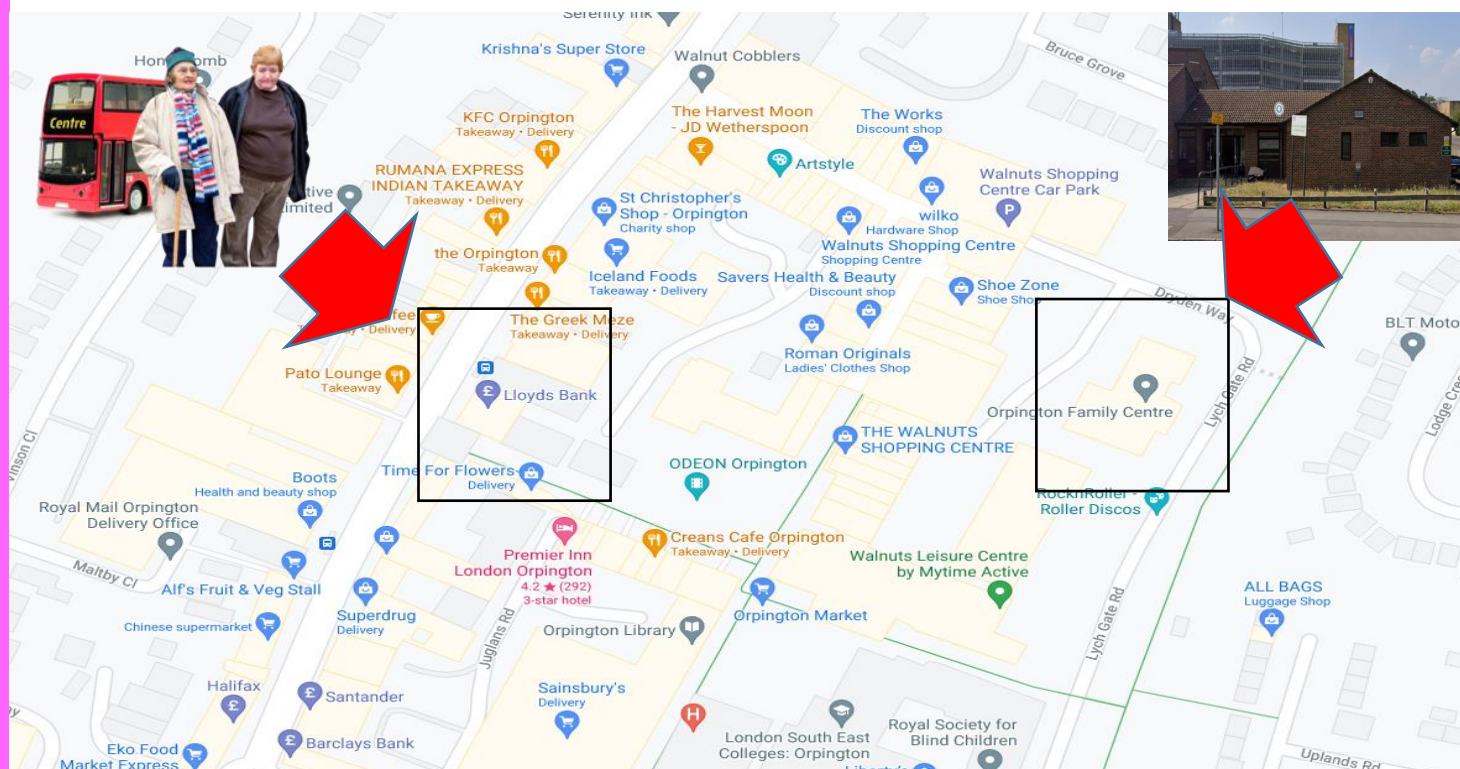
The Saxon Day Centre

Lych Gate Road, Orpington, Kent,
BR6 0TJ



The nearest bus stop is

Orpington High Street, by Lloyds Bank



Buses that go here

- 353
- 477
- 51
- R11
- R1
- R3
- R8
- 353
- B14
- 61
- 205
- 208
- R9
- R2
- 358

Contact Details



Hazel, Maxine or Tracey are the people to contact about this service.



Email

ageconcernorpington@live.co.uk



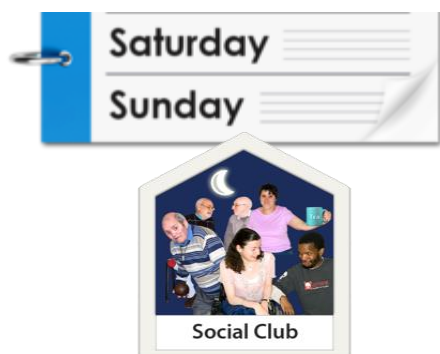
Telephone

01689 830055

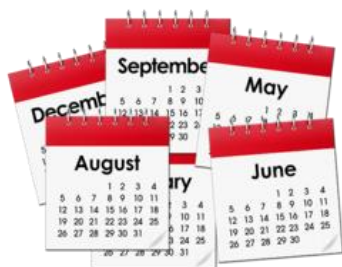
Weekends and Evenings



Weekends and Evenings



Some of the **services** have activities on the **weekends** and in the **evenings**



In the **future**, there will be **more** choices



If you are **interested**, you can **contact the services** to find out more

What if these services are not for me?



What if these services are not for me



The services in the brochure are **not for everyone**, and you may be looking for **something different**



We have made some **other flyers and brochures** with information of services that may be **better for you**.



They include **complex needs** services, **education** opportunities, and **self advocacy**



You can ask for a copy of these flyers by emailing us

ld.transformation@bromley.gov.uk



Thank you for reading

We hope you found the information useful



You can **find out more** information about the services by **contacting them**.



With thanks to **Bromley Together** and **Advocacy for All** who made this easy read guide and gave feedback.

