

Bromley Learning Disabilities and Difficulties Alternative Services



December 2023



 made with photosymbols®



Alternative Services



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



We have made **this brochure** with information of **services that may be better for you**



They include **support planning, education opportunities, and self advocacy**



Contact the services if you would like to learn more

Vibrance



Vibrance can help you **plan your support and activities**



This plan can be made to **match your interests and goals**, and feel more **personal** to you



You can be **referred** to Vibrance for **Support Planning** by your **social worker** or the **Bromley Learning Disabilities Team**

Contact Details



Email

bdp@vibrance.org.uk



Phone

0208 290 6639



Website

<https://www.vibrance.org.uk/>



Bromley Adult Education College



Bromley Adult Education College runs **educational courses** for adults



They also run **special courses** for people with **learning disabilities and difficulties**



These are held at the **Kentwood** and **Poverest** centres

Where are the sessions held and when



Kentwood Centre

Kingsdale Road, Penge, London,
SE20 7PR



Poverest Centre

Poverest Rd, Orpington, BR5 2DQ



Term

Most courses run during **school term time**



Bromley Adult Education will tell you
what time of day your course will run

Contact Details



Email

supportedlearning@baec.ac.uk



Phone

Kentwood 020 8659 7976

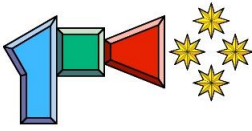
Poverest 01689 822886



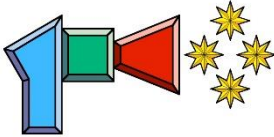
Website

<https://baec.ac.uk/>

<https://baec.ac.uk/index.php/special-educational-needs/>



Bromley Together



Bromley Together run **self-advocacy groups for adults with learning disabilities and difficulties**, supported by Advocacy for All



There are **day time** and **evening** groups



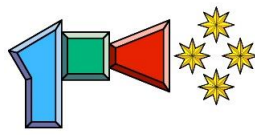
Bromley Together supports you to

- **Make friends**
- **Gain confidence**
- **Learn how to speak up for yourself**
- **Be part of the community**



Website

<https://www.advocacyforall.org.uk/self-advocacy-groups/bromley-together/>



Some of our Self Advocacy groups



Lads Group



Ladies Group



Bromley Speaking Up Group



All Stars Fitness group



Media Team

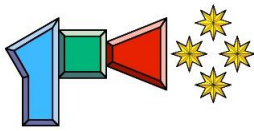


Easy Read team



A Team

And more!



Where are the sessions held and when



Community House

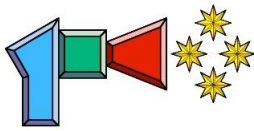
South Street, Bromley, Kent
BR1 1RH



Sometimes the groups will **meet** in
the **community**



Bromley Together will tell you **what
time of day** the different groups run



Contact Details



You will need to **become a member** to attend our groups

Before joining, you can **speak with our team** to learn more



Email

groups@advocacyforall.org.uk



Phone

Bromley Office
020 8315 2508

Advocacy for All Office
0345 310 1812

Mytime Active



Mytime Active run **sports and leisure sessions** for adults with learning disabilities



The sessions are designed to help you stay **fit and healthy**



You may need to bring a **carer** with you



Website

www.mytimeactive.co.uk/myclub

What activities can I do



Keep fit



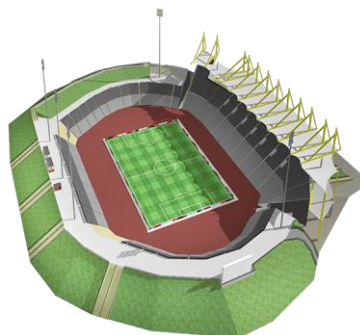
Dance Party



**Warm up
workout**



Golf



Multi sports



Bowling



Zumba

And more!

Where are the sessions held



Mytime sessions are held at **leisure centres** in Bromley, including



Pavilion Leisure Centre

Kentish Way, Bromley, BR1 3EF



Walnuts Leisure Centre

Lych Gate Road, Orpington, BR6 0TJ



Bromley Golf Centre

Magpie Hall Lane, Bromley, BR2 8JF

Contact Details



You will need to **register with Mytime** before coming to sessions

Sessions cost **£6.25**



Email

myclub@mytimeactive.co.uk



Phone

07535 647660



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.

