

# Bromley Learning Disabilities and Difficulties Adult Day Services

December 2023



Incorporating Bromley Scope



Saxon Day Centre



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



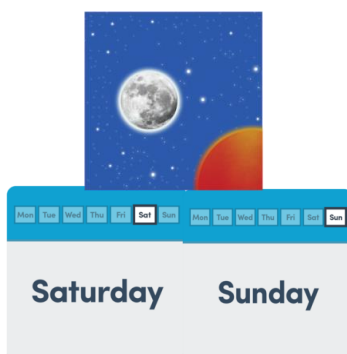
A **hub** is the name for the **where the different services are held**



**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 lots of choice** about your activities



**Some hubs** will have activities in the **evening** and on the **weekend**

# Who are the service providers



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**Bromley  
Mencap**



**shaw trust**

**Shaw Trust**



**Choice Support**



**Aurora Nexus**



**Dayspace**



**The Saxon  
Centre**



**Ambient**

# 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**

# 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

# Day Services





# Bromley Mencap



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Bromley Mencap supports **people with disabilities, their families and carers**

The day services are for **adults 18 years old or over**

Mencap have **3 day services**

- The Lodge
- Cotmandene
- Eden Park



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



**Website**

[www.bromleymencap.org.uk](http://www.bromleymencap.org.uk)

# What activities can I do



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Bromley Mencap has lots of activities, such as



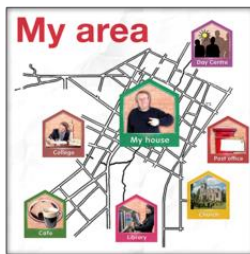
**Cooking**



**Gardening**



**Computer skills**



**Going to the community**



**Being creative**



**Keeping fit and wellbeing**



**Woodwork**

**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

# Where are the sessions held and when



## The Lodge

Hook Farm Road, Bromley, BR2 9SX



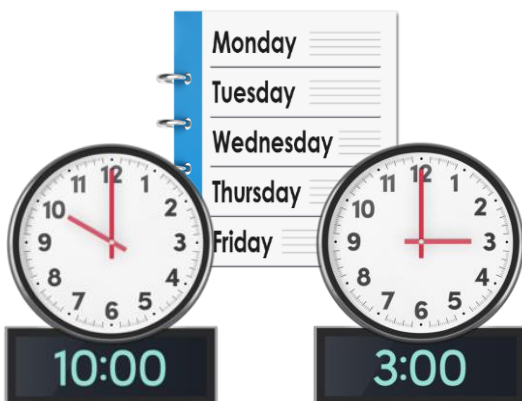
## Eden Park

170 Upper Elmers End Road,  
Beckenham, BR3 3DY



## Cotmandene Centre

66-68 Cotmandene Crescent,  
Orpington, BR5 2RG



The hubs are open **Monday to Friday, 10am to 3pm**

# Contact Details



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

**Louise Kelly** is the person to contact about **Eden Park and Cotmandene**



## Email

[enquiries@bromleymencap.org](mailto:enquiries@bromleymencap.org)



## Telephone

020 8466 0790

# Shaw Trust



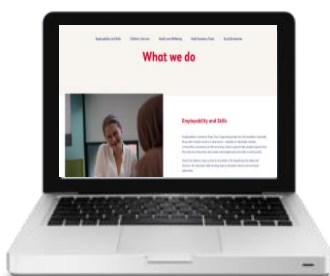
The Shaw Trust run **sessions** for adults with learning disabilities and difficulties.



Shaw Trust run a project called **The Growing Place**, where you can **learn, work, and support your wellbeing**



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



## Website

[www.shawtrust.org.uk/what-we-do](http://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



**Health and wellbeing** activities



**Growing** flowers and vegetables



**Community activities** like litter picking and nature walks



**Looking after** the garden and grounds

**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 need mobility help may find it **difficult** as we don't have wheelchair facilities



- 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

# Where are the sessions held and when



**Tree Centre, Scadbury Park Nature Reserve**

Orpington, Chislehurst, BR7 6LS



**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

# Contact Details



**Denise Daniel** is the person to contact about this service.



## Email

[Denise.Daniel@shaw-trust.org.uk](mailto:Denise.Daniel@shaw-trust.org.uk)



## Telephone

07813 114 893

# Choice Support



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

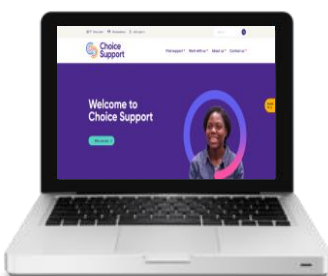


Choice Support want to give you **lots of different activities** to choose from.



They run 2 projects

- **Fitness 4 life**
- **The Steppingstone Project**



Website

[www.choicesupport.org.uk](http://www.choicesupport.org.uk)

# What activities can I do



**Choice Support** has lots of **activities** you can do, such as



## **Physical health**

such as  
swimming, gym,  
walking groups



## **Employment**

**skills** such as  
interview skills,  
CVs, job clubs



## **Cultural**

**diversity** learn  
about language,  
food, art, religion



## **Leisure activities**

such as bowling,  
cycling, pubs,  
football



## **Wellbeing** such

as working with  
health  
professionals



## **Extra groups**

such as drama,  
healthy eating,

**And much more** 21

# 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

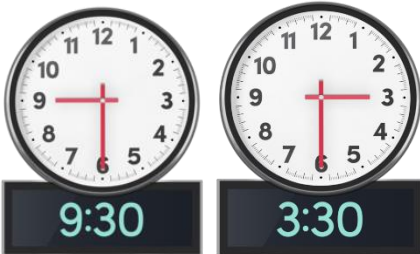
**Behaviours that challenge** are when people do things that **cause problems** for themselves or other people

# Where are the sessions held and when



## Jubilee Day Centre

243-247 Beckenham Road,  
Beckenham, BR3 4RP



## Choice support is open

9.30am to 3.30pm

Monday to Friday

# Contact Details



**Emma Smith** is the person to contact about this service.



## Email

[Emma.Smith@choicesupport.org.uk](mailto:Emma.Smith@choicesupport.org.uk)



## Telephone

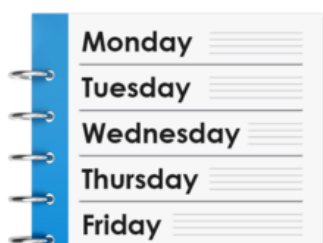
020 8464 2897



# Aurora Nexus



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



12 weeks

Courses run for 12 weeks



The aim of these courses is to **develop new skills**



**Website**

[www.aurora-nexus.org.uk](http://www.aurora-nexus.org.uk)

# What courses can I do



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



**Employment**



**Citizenship**



**Being independent**



**Rights and responsibilities**



**Staying safe**



**Keeping healthy**

**And much more**

# Who can go



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



- People who need mobility help may find it **difficult** as we don't have wheelchair facilities



- You need to be able to **travel here independently**



- You will need to **provide your own lunch**, or buy it locally

# Where are the sessions held and when



## Regency Court

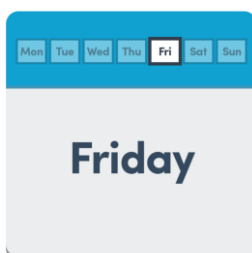
14, Mackintosh Street, Bromley, BR2 9GL



## Aurora Nexus are open

10am to 4.30pm

Monday to Friday



On **Friday**, we close at **4pm**

# Contact Details



**Michelle Boyd** is the person to contact about this service.



## Email

[Enquiries@Aurora-Nexus.org](mailto:Enquiries@Aurora-Nexus.org)



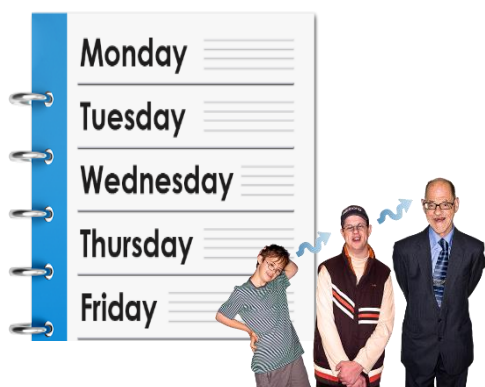
## Telephone

07793817262

## Dayspace

# day space

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

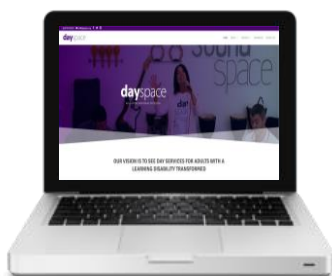


They have groups **Monday to Friday.**

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



Dayspace want the sessions to be **interesting, challenging, sociable, and fun, and meet your needs**



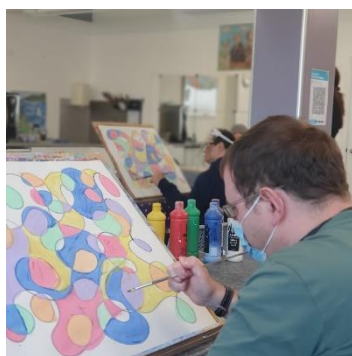
### Website

<https://dayspace.org>

# What activities can I do

day<sup>space</sup>

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



**Createspace**  
arts and crafts



**Dancespace**  
dancing exercise



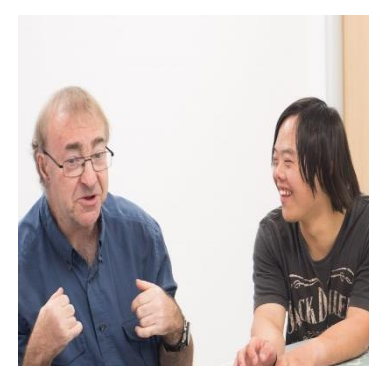
**Mixspace**  
trying new things



**Movespace**  
exercise for  
people with  
limited mobility



**Bakespace**  
cooking and  
kitchen skills



**Sayspace**  
self advocacy  
and group  
discussion

# What activities can I do

day<sup>space</sup>

**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 bring a support worker with you**

## Where are the sessions held and when



### Kentwood Centre

Kingsdale Road, Penge, London,  
SE20 7PR



### 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

## Contact Details



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



### Email

[penge@dayspace.org](mailto:penge@dayspace.org)



### Telephone

0208 778 4631

# Saxon Day Centre



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](http://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**

# Where are the sessions held and when



## The Saxon Day Centre

Lych Gate Road, Orpington, Kent,  
BR6 0TJ



10:00



3:00

## The Saxon Centre is open

10am to 3pm



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



# Contact Details



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



## Email

[ageconcernorpington@live.co.uk](mailto:ageconcernorpington@live.co.uk)



## Telephone

01689 830055

# Ambient



Ambient run **services** for adults with learning disabilities and difficulties



Ambient have **lots of activities** so you can enjoy your **hobbies and interests**



The activities include those held at **Widmore Road**, and **days out**



## Website

<https://www.ambient.org.uk/services/widmore-road-day-drop-in-service/>

# What activities can I do



Ambient have many different activities you can do, such as



**Arts and Crafts**



**Gardening**



**Cooking and baking**



**Music**



**Support to attend college and training**



**Going out into the community**

**And much more**

# Who can go



- People with a **learning disability**, **physical disability**, and **complex needs**



- People **over 18 years old**



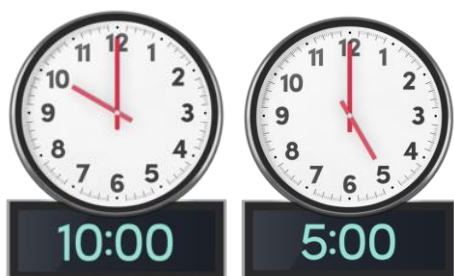
- People using **wheelchairs** or who have **mobility difficulties**

# Where are the sessions held and when



## Ambient

118 Widmore Road, Bromley, BR1  
3BE



## Ambient is open

10am to 5pm



Some people can come for a **short stay** at Ambient.



You will need to **speak to your social worker** to see if you are able to use this part of the service

# Contact Details



**Sarah Barton** is the person to contact about this service.



## Email

[sara.barton@ambient.org.uk](mailto:sara.barton@ambient.org.uk)



## Telephone

0208 464 3920

# 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](mailto: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.



Saxon Day Centre



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