

Local Support Available - Voluntary Sector Organisations

Some of Bromley Voluntary Sector partners are supported by grants from the London Borough of Bromley.

Carers UK

A support and advice giving organisation; assistance for the carer for the family of an adult, whose life is in some way restricted because of the need to take responsibility for the care of someone with a long term illness, disability, mental health difficulties, drug and alcohol abuse, etc.

For siblings at school, funding can sometime be applied towards a school trip/break, as well as, help for costs of overnight trips, etc. Also run a 'Carers Forum Group'.

To be eligible, you must have a family member who has additional needs/requirements.

Contact organisation directly by phone to arrange a meeting.

Carers Bromley, Caritas House, Tregony Road, Orpington, BR6 0DG
Tel: 01689 898289
Fax: 01689 890850
Freephone: 0800 015 7700
Email: help@carersbromley.org.uk
www.carersbromley.org.uk

Bromley Young Carers

Young Carers are young people whose lives are in some way restricted because of the need to take responsibility for the care of someone in their family with a long-term illness, disability, mental health difficulties, etc. Runs alongside 'Carers UK'.

The service aims to provide:

- Support to young carers in Bromley, including their families
- One-to-one key worker involvement
- Practical support (e.g. short breaks) Regular health and information
- sessions Activities in the school holidays
- Freephone helpline
- Regular newsletters Young Carers' forum

The service is for children and young people aged 4-18. Both professional and self-referrals are taken (preferably with family consent).

- Caritas House, Tregony Road, Orpington, BR6 0DG
Tel: 0800 015 7700
Freephone for carers: 01689 898289
Email: help@carersbromley.org.uk

Bromley Mencap

Bromley Mencap has now merged with Bromley Scope.

Bromley Mencap has developed a range of services to support people with learning and physical disabilities, including their carers. There are 3 support workers (one specialising in supporting children with cerebral palsy) who can help with advice and information on a wide range of subjects surrounding disability issues.

Mencap can also assist with 'form filling' regarding benefits for children with disabilities and supporting parents in matters around education, transition and individual budgets. The service is collectively called "Family Services". Childcare and short break projects, support groups, social events and advocacy are also offered. There is a telephone helpline and they also work with individual families, offering information and support, whilst encouraging choice and opportunity on all aspects of the disabilities spectrum.

'The Bromley Mencap Childminding Network', offers trained and registered childminders for children with learning disabilities up to 16 years of age. Also offers training courses for registered childminders wanting to work with disabled children. 'Network Plus' can support families of children with more severe and complex needs on a one-to-one basis. Contact organisation for further details.

- Rutland House, 44 Masons Hill,
Bromley, Kent BR2 9JG
Tel: 0208 466 0790
Fax: 0208 466 7102
Email: enquiries@bromleymencap.org
www.bromleymencap.org

Burgess Autistic Trust (formerly Bromley Autistic Trust)

Burgess Autistic Trust (BAT) provides information and support for those with Autistic Spectrum Disorder (ASD) and their families, carers and professionals with an interest in ASD. BAT is committed to improving the quality of life for people of all ages on the Autistic Spectrum.

There are a range of services offered, from Family Service for children aged up to 18 and their families, through to Services for the over 18s including Outreach Service, Independent Lifestyles and Adult Services.

Family Service for the under 18s includes post diagnostic service for parents, a range of parent training including ASD awareness and specific issues such as eating, sleeping, toileting, behaviour management and social stories.

Help can be provided with applying for Disability Living Allowance.

Personal one-to-one support is also offered, together with a telephone and email support line.

There are workshops for children including "Being a Sibling", "StepUp" (Secondary Transition Education Programme) and "Understanding Myself" for children who are aware of their diagnosis and wish for further factual information.

BAT works in partnership with other agencies to provide monthly swim sessions at Darrick Wood, soft play sessions at Adventure Kingdom, also regular sessions at Walnuts soft play. Children and parents can be provided with help to learn how to make and use communication supports.

There is a yearly "Family Fun Day" offering an ASD friendly environment and games. Other activities for children are provided where funding permits.

The Outreach Service for over 18s includes a Youth Club which meets weekly in term time and also a signposting and information service to other opportunities.

BAT also provides an ASD specific library with an extensive range of books and resources. For further information about Burgess Autistic Trust contact:

- Tel: 020 8464 2897
www.burgessautistictrust.org.uk/
Email: info@burgessautistictrust.org.uk

Burgess Autistic Trust Youth Club Age range 18-25 years.

Every Wednesday evening 7-9pm at the student common room at Bromley College, Bromley Common for young people with Aspergers.

Providing a social club with discussion on various topics, computers, board games, pool tables and outings during the school holiday period and much more. Transport is not provided.

The Lorna Wing Centre for Autism

A voluntary organisation (affiliated to the National Autistic Society). This is a diagnostic centre only and carries out diagnosis and makes recommendations, including Autism and Aspergers Syndrome.

- Elliot House, 113 Masons Hill
Bromley, Kent, BR2 9HT
Tel: 020 8466 0098
Email: lornawingcentre@nas.org.uk

Bromley Parent Voice

Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the needs of children and young people with a disability or additional need and their families.

The forum was established in 2009 as a result of the implementation of the government agenda "Aiming High for Disabled Children (AHDC) in Bromley. AHDC required local authorities to consult with parents as part of the planning and delivery of services for children and young people with an additional need or disability.

The forum facilitates two-way communication between parent, carers and service providers in the London Borough of Bromley and works to provide feedback on services, identify unmet needs and shape decision making and planning for future service provision.

Parent Voice believes that by working co-operatively with local service providers parents can contribute to improvements in the services delivered for children and young people with additional needs and disabilities. Bromley Parent Voice's membership is made up of residents of the London Borough of Bromley who are parents and carers of a child or young person with an additional need or disability, aged birth to 25.

- Kay Moore (Parent Participation Officer)
Tel: 020 8776 3170
Email: info@bromleyparentvoice.org.uk
www.bromleyparentvoice.org.uk

Parents are Special Too

A support group run by parents for parents, giving carers the opportunity to engage with others to share their experiences. Sessions include informal chats, workshops, guest speakers, including topical discussions on issues around caring for a child with an additional need or disability. Crèche facilities are available during the sessions (must be pre-booked).

Sessions run every Friday (except for the 1st Friday of each month and also runs during the half term and the summer break periods. No crèche is available during these times).

The group runs at the Blenheim Children and Family Centre (Orpington) and is supported by Bromley Parent Voice and The London Borough of Bromley.

For further details regarding venue, dates and times, please contact the Blenheim Children and Family Centre directly on:
Tel: 01689 831 193
Email: blenheimcfc@bromley.gov.uk

ADHD & ADD Support Group

Tel: 01689 888978
Email: help@carersbromley.org.uk

Association for Spina Bifida and Hydrocephalus (A.S.B.A.H)

Tel: 020 8659 3060/0845 450 7755
Email: sero@asbah.org

Bromley Relate

A confidential counselling service for any adult individuals and couples who have difficulties in their personal relationships, or marriages. Offers counselling to enhance partner or marital relationships, courses for individuals or groups.

Community House, South Street, Bromley, Kent BR1
Tel: 020 8315 1999
Email: enquiries@relate-bromley.org

Bromley and District Talking Newspaper Association

'The Bromley Cassette' – provision of a local talking newspaper.

Available weekly, to visually impaired residents of the London Borough of Bromley.

This is a free service.

Tel: 020 8290 0085

Diabetes UK Bromley Support Group

A support group for those with diabetes, whether newly diagnosed or living with it for many years. Activities include a self-help group that meets several times a year. Guest speakers provide forums and presentations on many topics, not just diabetes. A bi-monthly newsletter is produced containing news, views and dates for fundraising events.

Held at:

Bromley Parish Church Rooms (entrance at the west end)

St. Peter and St. Paul, Church Road,

Bromley, BR2 0EG

<http://www.bromleyvoluntarygroup.diabetesukgroup.org/>

Bromley Gypsy Traveller Project (Drop-in)

6 Nightingale Corner, St.Mary Cray,

Orpington, BR5 3PS

Monday, Tuesday, Thursday and Friday, 10.00-12.30

Tel: 01689 839052

Email: thebgtp@yahoo.co.uk

Fax: 01689 898082

Bromley Citizens Advice Bureau

Services include advice and casework on a wide range of issues, including advocacy for carers, casework and representation on benefits, housing, debt and benefits advice to carers. All age ranges supported. Contact office for opening times.

www.bromleyCAB.org.uk

CAB Bromley

CAB, Community House,

South Street, Bromley BR1 1RH

Tel: 020 8315 1940

Tel: 0808 808 3555 - Contact A Family (Camden CAB Pilot Project)

Advocacy For All

An independent advocacy project for young people with a learning disability. Working in partnership with people with a learning disability to make their own decisions, communicate their decisions and opinions and take part in community life through self-advocacy and active involvement. Support for ages 14-18.

Person Centred Planning Co-Coordinator to support and develop independence for individuals through planning for future choices. Advocacy for All also support the work of the Young Advisers, who are a group of 15 young people with disabilities who make sure that the voice of young people is heard.

Their work include working closely with Bromley Council on a variety of projects, including SEN reforms and Short Breaks.

241 Main Road, Sidcup, Kent, DA14 6QS

Tel: 020 8300 9666

Email: info@advocacyforall.org.uk

www.advocacyforall.org.uk

Bromley Sparks

www.bromleysparks.org

Advocate for Health Project

www.advocate4health.org.uk

Family Link

Supporting young people with complex and physical disabilities and their families via the provision of leisure opportunities outside of school

Tel: 07778 655 093

Email: askfamilylink@gmail.com
familylink.org.uk/

Demelza Childrens Hospice

To provide respite care, symptom control, end-of-life care and bereavement support to children and families, where a child has a life limiting or life threatening condition.

Ages 0 to 25 years.

Demelza House, Rook Lane, Bobbing, Sittingbourne, Kent, ME9 8DZ
Tel: 01795 845200

Eltham, 5 Wensley Close, Eltham, London, SE9 5AB
Tel: 020 8859 9800
Email: info@demelza.org
www.demelza.org

Bromley Womens Aid

Can help support women experiencing domestic violence

Cambridge Chambers, 200-202 High Street
Bromley, Kent, BR1 1PW
Tel: 020 8313 9303

The Salvation Army

London South East Division, 1 East Court, Enterprise Road, Maidstone, Kent ME15 6JF

Can help to support families in need

01622 775 000
Email: londonsoutheast@salvationarmy.org.uk
www.salvationarmy.org.uk/lse/Bromley

The Hope Foundation

Can help families in crisis (e.g. short term food parcels)

Bromley Christian Centre
2 Masons Hill, Bromley, Kent, BR2 9HA
Tel: 020 8464 3101
Email: lvance@bccweb.com
www.bccweb.com

Bromley Borough Food Banks

The Oak Community Church, 111 Cotmandene Crescent, St. Pauls Cray, Orpington, Kent BR5 2RB
Tel: 020 8302 7909

Email: info@orpingtonfoodbank.co.uk
www.orpingtonfoodbank.co.uk

2nd distribution centre based at:
Bromley United Reform Church, 20 Widmore Road
Bromley, Kent BR1 1RY
Tel: 020 8464 7674

Email: office@bromleyurc.org.uk
www.bromleyurc.org.uk

There are other organisations in Bromley currently running 'Food Banks' for those facing difficulty and hardship. To find your local Food Bank type in keywords 'Bromley Borough Food Bank' to find your nearest location point.

Shaw Trust

Supporting disabled people to find and sustain employment and to enjoy more independent living.

Tel: 020 8676 8384/020 8778 9413
www.shaw-trust.org.uk/

Vibrance

Supporting families to manage Direct Payments. Access to Personal Assistants (PAs) via a PA register.

Tel: 0843 886 0756
Mob: 07961 485433
Email: bdp@Vibrance.org.uk
www.vibrance.org.uk
www.linkmeup.org.uk/

Acction-Led

Engaging with children and young adults with learning disabilities from an ethnic minority, their carers and families in Bromley and other neighbouring boroughs through sporting activities, advice and information, training, coffee mornings, seminars, after school club, music and dance and community integration.

387 Upper Elmers End Road, Beckenham, Kent, BR3 9EH
Tel: 020 8658 2387
Mob: 07958 245 514
Email: info@acction-led.org

Friends and Family Forum (FaFF group)

Monthly term time topical forum group for parents and carers. Alternately runs from Riverside Beckenham and Orpington sites

c/o Riverside School Tel: 01689 870519
Email: admin@riverside.bromley.sch.uk

Caspa Club

(Children on the Autistic Spectrum Parents Association)

Parent run initiative for children and young people with Autism and its associated conditions.

Caspa is run by parent helpers, a youth leader and volunteers, with some help from other organisations, such as Burgess Autistic Trust (BAT).

The service is based at The Link Youth Centre, Midfield Way, St. Paul's Cray and also holds sessions from The Hawes Down Centre, West Wickham.

Caspa runs a variety of clubs and services including;

Caspa Tots for **under 5's** with parents/carers on **Tuesdays during term time** between **10am-12pm** at the Hawes Down Centre.

At The Link Youth Centre: **Me Time on Mondays** between **12.15pm-2.15pm**;

Inters for **9-13 year olds** for young people with ASD's and additional needs on **Thursdays during term time** between **6.30pm-8.30pm**;

Caspa Juniors for **5-10 year olds** on **Thursdays during term time** between **4.15-6.15pm**;

Caspa Seniors for **11-25 year olds** on **Fridays during term time** between **6.30pm- 8.30pm**.

Independent Living Skills Programme for 14-25 year olds runs on **Saturdays** at various locations (contact for more details). Siblings are welcome for some of the sessions (check with provider).

There is a monthly membership fee and transport is not provided for any of the sessions. Activities may include ball games, IT suite, dancing, arts, self-defence class and trampolining, including other interactive provision.

Tel: 07957 924287

Email: helen@caspabromley.org.uk

www.caspabromley.org.uk

Disability Voice Bromley

An independent group representing the views of disabled people and their carers who live or work in the London Borough of Bromley.

Criteria to join: if you have a physical disability; you are hearing impaired or visually impaired or both.

Carers and those who advocate for disabled people, including those involved with voluntary organisations and interested in disability issues can also be supported.

Tel: 0845 009 2970

Email: info@disabilityvoicebromley.org.uk

www.disabilityvoicebromley.org.uk

G.F.S. Platform Penge

An organisation that runs a friendly and supportive environment for young mums in Bromley, age 16-25 to meet. They also offer advice, information and courses covering many issues. An interactive parent and child play session, with cooking classes and a crèche can be provided, for the under fives. G.F.S also runs an outreach support worker service, for young mums in temporary accommodation and for Mums from minority ethnic groups. Contact for further details and information.

Email: penge@gfsplatform.org.uk
www.gfsplatform.org.uk

Both Parents Forever (Orpington)

Gives help and advice to parents, grandparents, extended family and children and their rights on all issues relating to divorce/separation or care proceedings.

Tel: 01689 854343

Streetwise Community Law Centre

Runs a free telephone advice service for young people and anyone who works with young people on all legal issues, including; homelessness, housing problems, being dismissed or unfairly treated at work and many other issues.

Tel: 020 8663 4747

Somali Well Woman Project (Penge)

The project has been serving the Somali community in Bromley since 1999 and aims to relieve isolation and poverty amongst Somali and other refugee women and their families.

Tel: 020 8778 5777

Fax: 020 8778 1166

www.swwp.org.uk

Email: info@swwp.org.uk

Give 2 Give

The aim of the charity is to improve the lives of local people in need across Bromley and the community. Raises funds through charity shops and second-hand furniture shops across the borough.

Applications for funding can be made through the small grants programme to local individuals, charities and community groups. Can offer free caravan holidays (usually a week) for Bromley families and individuals who would benefit from a break from their normal routine and who would not normally have the opportunity to have a break. Contact organisation for more details.

Tel: 01689 638141 or 0845 680 3888

www.g2g.org.uk

Bromley Welcare

A voluntary agency offering non-statutory social work and family support, helping families in need. Offers one-to-one support. Ages 0-18 supported.

2 North Street, Bromley, BR1 1SB

Tel: 020 8466 0399

Fax: 020 8464 0325

Email: office@bromleywelcare.org.uk

www.welcare.org

Orpington Epilepsy Support Group

Counselling, support and advice to people with epilepsy, their families, carers and friends. The group arranges meetings with speakers in the field of epilepsy.

Meetings held on the third Thursday of each month. Provides telephone and one-to-one support. All age ranges supported.

Tel: 01689 600068

Mob: 07950 120080

Petts Wood Playgroup for Children with Special Needs

Petts Wood Playgroup is an independent Registered Charity providing pre-school care and education for children with a wide range of additional needs and disabilities from birth to five years of age. The group is based in Petts Wood and services the whole Borough. It has access to Speech and Language Therapy, Occupational Therapy, Physiotherapy, the Sensory Support Service and Educational Psychology through the Early Support Pre-School Panel. Escorted transport is available.

Entry to the playgroup can be through the Early Support Pre-School Panel.

Larry Simpson (Playgroup Leader)

Tel: 01689 872053

Maypole Project

Provides emotional support to children and young people with complex medical needs including life shortening or life threatening illnesses and their families. Support for professionals working with these families.

Also provides activity days for disabled children and their siblings. Workshops and other support available. Contact for more details.

Helpline: 01689 889889

Email: info@themaypoleproject.co.uk

www.themaypoleproject.co.uk

JusB

An independent based community charity, serving young people in Bromley. The charity is all about accepting and taking young people for who they are. Their vision is to provide a brighter future for young people in Bromley, by accompanying young people through thick and thin on their journey to independence.

Tel: 020 8464 2722

www.jusb.org.uk

Kent Association for the Blind

Kent Association for the Blind (KAB) - working in partnership with the London Borough of Bromley.

The KAB aims to provide a quality service sensitive to the individual needs of those who are visually impaired at any age, helping them to attain the highest level of independence.

Tel: 020 8464 8406

Email: enquiry@kab.org.uk

www.kab.org.uk

Deaf Access

Support, information and advice to the deaf and hard of hearing, including advocacy service, equipment demonstrations and advice. Parent and toddler group and play scheme. All ages supported.

Community House,
South Street,
Bromley,
Kent BR1 1RH
Tel: 020 8315 2550
Fax: 020 8315 2554
SMS: 07732 449 349
www.deaf-access.co.uk
Email: information@deaf-access.co.uk
Minicom: 020 8315 2552

The Dyslexia Association of Bexley, Bromley, Greenwich and Lewisham

Support for all ages, for families and carers with specialist and additional needs.

Community House, South Street,
Bromley, BR1 1RH
Tel: 020 8315 2526/0700 050 5055
www.dyslexiawise.co.uk
Email: info@dyslexiawise.co.uk

Bromley Y

An agency offering free confidential counselling for young people in the London Borough of Bromley.

Age range 11-23 supported.

17 Ethelbert Road, Bromley, BR1 1JA
Tel: 020 8464 9033
www.bromley-y.org.uk Email: info@bromley-y.org.uk