Bromley LONDON'S BEST BOROUGH

AUGUST 2024 | ISSUE 4



Environment Matters

WEEK 1

with your recycling and waste calendar PAGE 15



BE PART OF

HISTORY



2024/25 SEASON TICKETS

ON SALE NOW!





Contents



News Round-up Latest updates



Shooting for the Stars Bromley FC

community

minded

10 Honouring Loyalty and Service

Armed forces commitment

New in Parks Platinum Jubilee

Fund update

13 Fitness Boost

Leisure centres refurbished

14 Meet our **Mayor** Cllr Dr Jefferys, new first citizen

15 **Environment Matters** Including your recycling and

waste calendar

19 Only the Lonely Tackling loneliness

21 **Healthy Living** Keeping well

23 **Delivering** Real Impact **Improving** neighbourhoods 25 A Survivor's Story

Nobody should suffer abuse

27 Going for Growth Local business

support

28 Leisure **Pleasure** What to do,

where to go



30 **Spotlight** on Carers Support for those caring for someone Tackling Loneliness page 19



Dear Resident,

At last. What with England's great run in the Euros, Team GB's success at the Olympics, the very first Football League victory for Bromley FC and the UK's economy growing more strongly, not only is there cause for optimism - but the sun has started shining too!

Please take a look at the celebratory article about the Raven's historic promotion to the Football League, which also highlights their excellent and expanding community work too.

Congratulations also to Team Bromley for their victory in the London Youth Games, you were a credit to everyone involved. Sport and recreation facilities remain as important as ever locally, and I am pleased to confirm that the £29 million project to refurbish both West Wickham and Orpington Leisure Centres is now under way to not only help produce more stars of tomorrow, but to help keep the rest of us fit today as well!

Our Libraries are important too, with £10 million being invested Boroughwide to improve their offer. Southborough recently reopened and work at Beckenham has started. If you haven't been a user previously, please pop in and check them out when you get a chance.

I hope you enjoy reading more in this edition about things the Council has been up to.

Kind regards, enjoy what's left of the summer,

Cllr Colin P. Smith

Bromley Council Leader







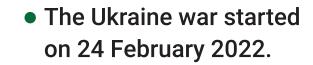
www.bromley.gov.uk



Homes for

Ukraine

Supporting our neighbours fleeing from war



 Since the Homes for Ukraine Scheme launched on 14 March 2022, Bromley has welcomed 1044 Ukrainian guests across 461 residents who have opened their homes.



To find out more about Bromley's Homes For Ukraine Scheme and how you can support those fleeing from war:

Scan the QR code or call our team on 020 8313 4698 or email ukrainesupport@bromley.gov.uk



News Round-up

The latest on our Borough - find out more at **www.bromley.gov.uk/news** You can sign up for the Our Bromley newsletter - straight to your email inbox



Libraries Latest

Visitors to Southborough library are in for a treat now it has reopened following its refurbishment. More than £10 million has been allocated to modernise libraries across the Borough. Southborough is the second to reopen with improved lighting, windows, heating systems and new accessible public toilets with baby changing facilities. St Paul's Cray library already welcomes visitors to its modern refurbished library and much-loved Community Support Centre. This is in addition to the major regeneration of West Wickham Library, already under way, and plans to relocate and improve Central Library.

www.bromley.gov.uk/libraries

Historic Park features to be returned to former glory

Original Victorian features in Crystal Palace Park will be restored following recent planning approval and the ongoing support of Historic England. This next stage of the park's regeneration programme will see the iconic Grade I listed dinosaurs and Italian Terraces restored to be enjoyed for generations to come. The £17.75 million development project will also create a new

dinosaur-themed children's playground and new visitor centre. Improvements to park footpaths, lighting, meadows and planting schemes will also be made. Works will be made possible by the National Lottery Heritage Fund's £5 million grant, subject to final confirmation, expected in September. Bromley Council is delivering the capital scheme for the park in partnership with the Crystal Palace Park Trust, a new communityled charity which assumed responsibility for the management of the park last September.



©Rhys Griffin



Bromley tops Youth Games

Bromley won the highest accolade in the London Youth Games - Europe's largest youth sport festival, with over 125,000 young Londoners taking part every year. As winners of the coveted Jubilee Trophy, Team Bromley – which is managed by Mytime Active – accumulated the most points from 23 scoring competitions across the season. It is the ultimate prize after nine months of school and community competitions across 30 different sports. Over its 40-year history, the games have used the power of competitive sport to create life-changing opportunities for many young people.

Better parks

Betts Park recently played host to a celebration of Anerley to mark completion of improvements there. Steered by the Friends Group and made possible by funding from the Platinum Jubilee Parks Fund, these demonstrate how communities may shape their neighbourhoods with help from Bromley Council. A magnificent 13-foot obelisk was installed atop an existing plinth marking a well-known meeting place in the park and was dedicated to residents at the celebration. Other improvements include the addition of colourful thermoplastic markings to promote learning through play and cleaning of the skateboard and BMX ramps. New benches were installed thanks to Hadley Property Group. The Council also invested £17.5k in desilting a section of the waterway that runs through the Park, which formed part of the historic Croydon Canal.



Help shape ecology

New sustainable planting schemes in the Borough are establishing themselves as part of a pilot to create regenerative flowerbeds providing environmental benefits year after year. Unlike traditional flower beds, they contain regenerative shrubs, flowering plants and herbs that support biodiversity, attract pollinators and provide interest through the seasons. They are also less expensive to maintain whilst creating enhanced habitat and requiring less water. Also, a nature-friendly verges trial allows growth to encourage butterflies and wildflowers. Residents can record the different species they see and shape future plans by completing feedback surveys running until November. www.bromley.gov.uk/ SustainablePlanting or

www.bromley.gov.uk/ **NatureFriendlyVerges**





Going 'out out' in Bromley

Another exciting 'Library Lates' evening attracted more than 500 people to a feast of entertainment at Bromley Central library, demonstrating the versatility of libraries for community events. As part of the London Festival of Architecture, the theme of the event was 'Reimagine', celebrating Bromley's entrepreneurs, heritage and culture. Activities included the Start Up Bromley marketplace and live music from the Brit School, which numbers Adele amongst its alumni. Young people enjoyed a bedtime story and book signing with author Peter Bently who reflected the theme with stories around houses and homes. There's still time to feed into Bromley's night strategy. Find out how at www.bromley.gov.uk/ **BromleyAtNight**

Tributes

Anne Manning, former Mayor 2004/05, sadly passed away in May. She was ward member for Hayes (later Hayes and Coney Hall) from 1998 to 2014 and became an Honorary Alderman in 2016. In 2009 she wrote a local history book entitled 'Blandford to Hayes'.

Russell Mellor, former Mayor 2021/22 and Leader of the Council 2003/04 sadly passed away in July. He was an Honorary Alderman and also a ward councillor for Bromley Common & Keston 1979/86 and Copers Cope Ward from 1998/2022.

The Council is very grateful for both their dedicated contributions and they will be sadly missed.

Hand in hand

An initiative to help care experienced young people into work or training would like to hear from local employers in Bromley. The search for a job, training course or apprenticeship can be daunting for any young person but if starting life in the social care system, working out a future path can present more challenges. Care experienced people receive excellent professional support in their care journey which for an employer means they bring resilience and talent to the workplace. To give a helping hand, Bromley Council, in partnership with London South East Colleges, hosted an Employability and Skills Fair to introduce prospective employers to young people looking for work. Bromley Businesses with possible opportunities, please email CSCDirectorate@bromley.gov.uk Thank you for helping transform a young person's life.

King's Award for local charity

Volunteers at Bromley Brighter Beginnings received high-level recognition for their exceptional work with families when the charity was honoured with the esteemed King's Award, equivalent to an MBE. The King's Award for Voluntary Service is the most prestigious award given to volunteer groups across the country, recognising exceptional volunteers, and their contributions, who have made an outstanding impact to their local areas. The charity helped 1000 children and their families last year alone with essential items sourced by volunteers.





anager Andy Woodman admits that getting promotion was an unhealthy obsession with him. "Now, I'm stopped in the street by people wanting to congratulate or offer advice. I'm getting used to being recognised," he says. Bromley FC secured promotion after going ahead twice in the National League play-offs at Wembley. But with the full-time score at 2-2 against Solihull Moors, it was the nail-biting 4-3 penalty shootout result that clinched

the move to the League.

"It was meticulously planned," Andy goes on, brandishing the flip chart sheets he used during the season to analyse the team's game.

"You have to set a target to hit and make sure that everyone knows what you're on about."

He reveals that his 'team talks' go beyond the players. "I involve the chef, cleaners, the office staff, everyone has to believe!" And believe they did, particularly centre back Byron Webster who scored the winning penalty and sported an armband proclaiming 'EFL League Captain' all season — a good omen it appears!



"Everyone has a part to play and that includes the fans,"

says Andy. "There's nothing finer than being cheered on and the team really respond to that sort of encouragement on the day."

So, what about this season? "We won't move away from that planning," he says.





"Straight after the open-top bus parade in the high street which had massive support from our fans, I was saying: right, there's work to be done. The whole summer is a talent-spotting marathon looking for the right additions to the squad. Despite our promotion, the budget will still be tight, and so we really appreciate every fan and every season ticket sale." Andy has an ambition to see every seat filled as the club continues its march forward.

"One thing it did mean was that the pitch had to be returned to grass. The bulldozers were on standby for the day after the match," says Andy. "We've moved the artificial pitch behind the stadium, but it could not be used over the summer." Not that this will affect players who had a well-earned holiday, though, as Andy confides: each had a strict fitness regime in his suitcase.

"I feel I am setting down the foundations for the future here. Can they do it again? I think so,"

says Andy Woodman with conviction. And given the club's recent track record, no one can argue with that!



Local legacy

"I am so proud to have been able to take the team into the league, along with manager Andy Woodman. I really wanted to leave a legacy in the town I was brought up in and now I am looking forward to seeing what we can do in the EFL."

Robin Stanton-Gleaves, Chairman



Goals for Girls

"Interest in the women's game has increased significantly, since England won the Euros in 2022. Now around 200 women and girls play football at Bromley each week through sessions hosted by our Bromley FC Community Trust".

Andrea Ellis, Head of Women & Girls

Bromley FC Community Trust Veterans Hub

Monthly drop-in networking sessions provide support and reduce loneliness and isolation amongst veterans. "I'd like to thank Bromley FC. This makes a positive difference to Veterans and the Armed Forces Community in Bromley.

Graham Orr, Veteran and co-founder of the veterans' hub.

More information and season tickets at **www.bromleyfc.co.uk** or on socials **@bromleyfc**



Honouring Loyalty and Service

Bromley's commitment to the Armed Forces community continues

traditional flag-raising to the strains of the Last Post followed by a two

minutes' silence marked Armed Forces Day at the Civic Centre with Bromley's Mayor leading the proceedings.

Held on Reserves Day, it also provided an opportunity for local Reservists to spread the word about the contribution they make. The event demonstrated Bromley's commitment to its uniformed services reinforcing promises in an Armed Forces Covenant signed last year which gained bronze accreditation from the Ministry of Defence. The aim is to expand support and move to the silver and gold awards: all the more relevant as Bromley has more veteran residents than any other London borough.



"We will continue to explore ways to support those who do so much to help our country and our communities and this historic event is a clear sign that this work goes on post the signing of the Covenant." Cllr Mike Botting, Bromley's Armed Forces Champion



WHAT DID YOU DO AT THE WEEKEND?

Your local Army Reservist Unit invites you to an open day to find out more about the Army's only reservist Air Defence Regiment.

The Army Reserve is the largest Reserve Force and supports the Regular Army at home and overseas. Army Reserve Soldiers work part-time and come from all walks of life. Almost every major operation has seen reservists work and operate alongside their Regular counterparts in the UK and overseas, giving those with specialist skills, such as medics and engineers, exciting opportunities to use them in new ways.

WHY JOIN THE ARMY RESERVE?

TRAVEL: Opportunity to train in places like Kenya or California

SKILLS: Earn military and civilian qualifications

PAY: Get paid for all training and Reserve duties you complete

BENEFITS: Joiners financial incentives and the opportunity to earn a tax-free bonus every year

FITNESS: Be trained by the best and become 'Army Fit' in no time

Why not find out more at an Open Day:

first Tuesday of every month 19.30 to 21.30 at 261 Baring Road, London SE12 OBH





More parks and open spaces benefit from the Council's £1million Platinum Jubilee Fund

Kings Meadow

Friends of Kings Meadow improved accessibility with a wheelchair accessible trampoline and sensory play features including a xylophone and drums. They boosted £20,000 from the Jubilee Fund with their own contributions.



Coney Hall Recreation Ground

Phase one included resurfacing of a tennis court to create a children's learn-to-ride area, with lines marked out free of charge by contractor Conway. Accessible table tennis tables were added and an accessible pathway from the car park. Friends of Coney Hall Park bolstered their £20,000 award through fundraising which will continue for phase two.



Goddington Park

Friends of Goddington Park used their £20,000 for playground improvements for under-fives, including a new climbing frame and an accessible police car.



Willett Recreation Ground

A £20,000 investment added a viewing platform at Petts Wood Bowls Club improving sporting facilities and providing safe outdoor space for children at the preschool on the site.

Biggin Hill Recreation Ground

A new outdoor gym was installed using a £20,000 award to the Friends of Biggin Hill Parks who secured further funds from local businesses and community groups.

Chislehurst Recreation Ground

A play ticket office now accompanies the existing play train, with accessibility improvements to the playground and renewed safety surfacing, and resurfaced pathways. Friends of Chislehurst Recreation Ground used a £16,550 award combined with their own funds.





Find out more about Platinum Jubilee Parks Projects www.bromley.gov.uk/jubileeparksfund



Encompass: a family approach to therapeutic fostering

Become an Encompass Family and join a new therapeutic initiative in the South East providing families and support for children and young people from Bromley with complex needs.

Encompass trains and provides bespoke family units to allow children and young people to move from residential homes into a family home where care is therapeutic, specialised, consistent, and safe to help them reach their full potential.

Join an online information session:

Held on Microsoft Teams, join a session and speak with our team to learn more about Encompass on:

Wednesday 25 September 2024 (11am - 12pm)

Tuesday 1 October 2024 (3pm - 4pm)

Go online and register your interest. Get in touch if you have:

Encompass



Three years of fostering experience



A spare room at home

Approved and matched Encompass Families can earn up to £1,000 per week

Learn more: www.bromley.gov.uk/
EncompassTherapeuticFostering





Leisure facilities in Bromley have received an extra £29-million-plus boost, as ambitious refurbishment plans get under way

esidents can look forward to using smarter leisure centre facilities in West Wickham and Orpington where refurbishment works are expected to be completed during the next 18 months. Initial works have already begun at West Wickham with the Walnuts scheduled to begin next year as more than £29 million is invested to transform the two centres for the future.

Now an extra £6.1m from the Public Sector Decarbonisation Scheme will provide zero-carbon boiler systems with air source heat pumps at both centres, delivering an improved heating system



as well as supporting running costs. This follows £300,000 grant funding from Sport England's Swimming Pool Fund for solar panels at West Wickham, also reducing running costs.

Pools at both centres are being fully refurbished, establishing a new reconfigured competition length pool at the Walnuts in line with residents' feedback, and organisations such as swimming clubs keen to establish a regional training hub. A new café features, alongside major repairs needed to secure the sites for the future, including a new roof at West Wickham.

Improvements are being delivered in partnership with Mytime Active, the Borough's leisure provider and include new showers and lockers installed alongside improved changing rooms, with pool pods and accessible Changing Places facilities. New studios with power assisted equipment are being introduced to support those with mobility issues or for rehabilitation.



West Wickham is closed and the Orpington work will be phased allowing the pool to remain open until summer 2025. Mytime Active members can use their other leisure centres in Bromley while refurbishment is under way.

www.bromley. gov.uk/ LeisureCentre **Improvements**



"This substantial investment in the Borough's leisure provision means residents can enjoy enhanced facilities with all the important benefits this brings to health and wellbeing."





Meet our Mayor

An exponent of science and the environment, our new Mayor has varied interests and many new ideas while still a self-proclaimed traditionalist

r David Jefferys has had a distinguished career as an NHS
Consultant and Professor of Medicine. He's worked in national government and led major research in medicine and science, and is also a licensed lay minister.

As chairman of the Health and Wellbeing Board, you'd expect a quest for good health throughout the borough he's lived in for 40 years. But what else will define his year as Bromley's first citizen?

"Next year is the 60th anniversary of the formation of the London Borough of Bromley..."

- a perfect time to reflect and build on the achievements so far," says Dr Jefferys.

"I plan to promote Bromley's fine involvement in science and encourage young people towards a greater understanding of science and technology. The environment is also a passion and I look forward to working with organisations to enhance further our wonderful green spaces.

"I shall promote my chosen charities: Alzheimer's Research with which I have a long association; Bromley Youth Music Trust and Welcare in Bromley which provides practical and emotional support to families and children.

"As someone involved in research and innovation...

"I want to bring forward some new ideas, despite being rather a traditionalist!"

The Deputy Mayor and I would like to meet as many of you as possible, so do invite us to your events and we'll attend all that we can. It's going to be a good year, and a fun one."

THE MAYOR'S CHARITIES

Alzheimer's Research UK Works to revolutionise the way dementia is diagnosed, treated, and prevented using some of the UK's leading research.

Bromley Youth Music Trust

Inspires passion for music in more than 12,000 young people and adults each year, helping ensure every child has an opportunity to pursue music and enjoy its benefits.

Welcare in Bromley Supports families and children up to age 13 across Bromley, providing a helping hand as they strive to overcome difficult challenges in their lives.

Find out more about these charities and consider supporting their great work, and contact the Mayor at www.bromley.gov.uk/ Mayor





AUTUMN 2024

Environment Matters

even more than ever



We recycle more than ever but we can do more

For the second year running, Bromley is London's top borough for recycling. Over 48% of our waste was recycled or composted, and we've cut down on waste by 6%. The rest? It's powering homes through energy recovery, with almost nothing going to landfill.

Want to do even better? Here are a few easy tips:

- Use your food waste bins they're collected weekly, so it's very convenient.
- Rinse and squash containers before recycling. It helps keep things clean and makes more room.
- Fold your cardboard boxes so we can easily collect them.

Welcome

Minimising our waste and recycling as much as we can remains crucial, with the financial and environmental benefits this brings. Your support is much appreciated. As a result, we are already London's top recycling borough, recycling almost half our waste.

The other half of our waste is being sent to an energy recovery facility, with virtually zero waste being sent to landfill. This positive news has been the case for some years now and demonstrates how we are minimising costs and supporting the environment.

The latest annual figures show that the amount of waste produced declined by 6%, which has a welcome impact on waste management costs. If we can do more to reduce our waste still further, this would also help. We can also recycle more, including by using the weekly kitchen waste collection service.

Your support as a resident makes a massive difference in so many ways, which is demonstrably true, on our streets, with the thousands of trees we have in Borough and in our parks as well. Thank you to Street Friends, Tree Friends and Friends of Parks groups, with details of these initiatives

available elsewhere in the magazine and online.

Councillor
Will Rowlands
Executive Councillor
for Environment





Bromley's annual environmental campaign, The Big Bromley Brush Up, is back with a fresh look and a fun 'neighbourhood checklist' for everyone to use.

Bromley prides itself on being the greenest London borough, and thanks to our service providers and wonderful volunteers, it's also clean and tidy. However, with your support, we can make our neighbourhoods even cleaner and greener.

The Big Bromley Brush Up encourages residents to participate in activities such as organising litter-picking events, and inspecting local areas to report anything that needs attention (such as weeds or graffiti). You can raise reports at: bromley.gov.uk/report

For more information about this initiative and how you can get involved, visit: **bromley.gov.uk/BigBromleyBrushUp**





Nominate a Street Friend or a Street Friends group

Street Friends are volunteers who organise litter-picking events and help keep their local area clean and tidy. To nominate a Street Friend or a local Street Friends group, for their ongoing support in keeping Bromley free from litter visit:

bromley.gov.uk/streetfriends



Dog fouling is still a problem

One of the most common types of litter is dog fouling.

While most dog owners are responsible, some do not clean up after their pets. Please remember to take a bag with you when you walk your dog. Bags can be placed in any litter bin.





Just around the corner

Our Environmental Services provider, Veolia, is preparing for a busy leafing season. Being the greenest borough in London means the leaves of **Bromley's 36,000 trees** need to be collected promptly.

Like every year, the hard-working teams will first visit roads with tree species that lose their leaves in early autumn, before visiting roads with trees that lose their leaves later. This strategic approach helps Veolia manage this challenging and lengthy job.



Last year alone, the team collected:

2,000 tonnes of leaves Equivalent to:

110 double decker buses



If you want to help us, become a Street Friend, we will provide you with litter pickers and bags. To find out more visit

bromley.gov.uk/streetfriends



Your waste is your responsibility

Our anti fly-tipping campaign 'Your waste is your responsibility' continues this year.

More residents will receive information on how to dispose of their waste responsibly as well as how to report fly-tips online.

Remember to

- ✓ Report fly-tips at bromley.gov.uk/report
- ✓ Visit your local Reuse and Recycling Centre to dispose of unwanted items
- ✓ Book a Bulky Items Collection Service to collect unwanted items from your home for a cost. To find out more visit bromley.gov.uk/bulkyitems
- ✓ Donate or sell items in a good condition



Reuse and Recycling Centre

The Waldo Road Reuse and Recycling Centre was 'highly commended' for "Best Civic Amenity Centre of the Year" at the Awards for Excellence this year.

This recognition gives our team the encouragement and motivation to offer an even better service to our residents. The new and improved site offers seven more parking spaces and accepts over 29 different materials making it easier for residents to recycle or reuse unwanted items.

At the weekends the Reuse and Recycling Centres are busy but must still close at the advertised times.

Please check the web camera before visiting and ensure you have proof of ID.

Never too early to become a Snow Friend

The weather may be warm and the last thing on your mind is snow! But, now is the time to think about setting up a Snow Friends group for your street or neighbourhood if you don't have one already. You will then be well prepared, with plenty of time before winter, to clear your pavements and/or road with salt and snow scoops provided free of charge by Bromley Council (subject to availability). For further details, please visit: bromley.gov.uk/snowfriends



You asked

we delivered more recycling roadshows

Thank you to all who came to our roadshows this summer. Hundreds of residents visited our stall and talked to Veolia recycling experts, played the recycling "Spin the Wheel" game and some even won prizes. But our work does not stop there! We are organising more events in different areas of the borough for those who could not travel to Bromley Centre.

Let's talk about Recycling

Penge: Friday 27 September, outside Blenheim Centre, 11am - 2pm

West Wickham: Friday 25 October, Opposite Barclays, 11am - 2pm

Recycle your plastics

Do recycle

- Plastic bottles
- Plastic pots and travs



Do not recycle

- Cling film
- Crisp packets
- Sweet wrappers



Glass bottles and jars

You can recycle your glass bottles and jars again and again. Remember to put your empty bottles in your green box or take them to the Reuse and Recycling Centre.



FIVE

easy ways to reduce waste

Make second-hand your first choice for clothes

Fast fashion has a negative impact on the environment, as it uses vast amounts of water and energy and produces carbon emissions.



Say "No" to single-use

Single-use items often end up as waste. Avoid excessive food packaging by buying loose fruit and veg, and swap your shower gel for soap.



Upcycle a piece of furniture

Give new life to a tired piece of furniture with some upcycling. Upcycling saves money and

money and resources, plus it's fun and creative.



Give a gift that keeps on giving

Subscriptions, donations and sponsorship are a great way to share the love without creating unnecessary waste.



Make a list before you shop

Reduce your food waste by making a list and only buying what you need.

Collection Calendar This is your recycling and waste collection calendar starting from August 2024.

This is for residents living in houses only as there are different arrangements for residents in flats. Please note particular changes to collections in Bank Holiday weeks where typically collections will be a day later than usual.

All waste and recycling **must** be correctly presented for collection by 7am on collection day.

All waste must be contained securely and placed within arm's reach of the pavement, but not on it. Leave your recycling and waste out for collection until 5pm before you report a missed collection.

August 2024						
Mon	Tue	Wed	Thur	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	

^{*} Collections are made one day later than usual

September 2024						
Mon	Tue	Wed	Thur	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						

October 2024						
Mon	Tue	Wed	Thur	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			

November 2024						
Mon	Tue	Wed	Thur	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	





Tins, cans, glass and plastic containers | Food waste

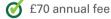


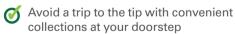
White week:

Paper and cardboard | Food waste | Non-recyclable refuse

Sign up for our

Green Garden Waste Collection Service





Collections every other week from March to November, and monthly from December to February



bromley.gov.uk/gardencollections

Recycling Heroes

Our recycling experts can visit your school to talk about recycling and waste minimisation. To find out more visit: bromley.gov.uk/recyclingheroes

Summer BBQ

Summer BBQs can be fun but they can also cause fires. Ensure your BBQ coals are completely extinguished before you dispose of them. This can take up to 48 hours.

Veolia's Sustainability Fund

Do you have an idea for a project that enhances biodiversity and sustainability? You still have time to apply for up to £1,000 in funding to get your project off the ground. To find out more or to apply visit: veolia.co.uk/sustainability-fund

Applications close on Monday 30 September 2024

Stop the Fire

Do not put batteries, electricals or vapes in your household bins.

They are extremely flammable when crushed, meaning they can cause collection vehicles to catch on fire on your street.

Take them to your Reuse and recycling Centre or find your nearest recycling point at: recycleyourelectricals.org.uk



Scan QR code Helayna and Denise are the yin and yang of tackling loneliness in Bromley

t's not about the quantity of connections, but the quality, explains Helayna, Bromley's Principal Loneliness Champion. "You may be surrounded by people but still feel lonely, and it can affect anyone at any time.

"Our Tackling Loneliness
Strategy set out to embed an understanding of loneliness into our community," says Helayna and since its launch in 2022 she has reached thousands of people across all walks of life, while more than 380 professionals have attended special workshops to learn how to spot the signs.

Denise mentions key partner organisations, brought together in two loneliness summits: "Community Links, Age UK Bromley and Greenwich, Bromley Mencap, Mytime Active, Fire Brigade and Police, as well as Bromley libraries and Council departments widen the

reach and the richness of what is available. We have a Simply Connect Bromley website created specifically to help residents more easily find something that interests them," she says.

This summer's Big Lunches across the Borough attracted 500 people to picnic and learn from others, while Helayna's work with schools aims to normalise loneliness and provide future generations with the resilience to tackle it.

This is just the tip of the iceberg. Now there are 30 pages of actions against loneliness being delivered and shared with other councils who hope to emulate the team's success. Is it any wonder the team won a Gold Award in the national iESE Public Sector Transformation Awards for their work?

Find out more and how you can get involved:

www.bromley.gov.uk/loneliness



Front row I to r: Denise and Helayna. Back row I to r: Cllr Colin Smith, Bromley Council Leader; Cllr Mike Botting, Councillor Loneliness Champion; Cllr Diane Smith, Executive Councillor for Adult Care and Health; Kim Carey, Director of Adult Services.

"Loneliness affects both mental and physical health. Bromley Council has taken it seriously since 2019 and I am proud we are leading the way."

Cllr Mike Botting, Councillor Loneliness Champion

Simply Connect Bromley

brings together voluntary and community organisations and activities across the Borough.

72,000 646
yearly page organi

646 1,511 activities promoted

bromley.simplyconnect.uk



"We want our Borough to continue to be a place where it is readily recognised that we, and those around us, may be affected by loneliness at various points in our lives. As a Council, with our community partners, we want people to continue to have conversations about loneliness and aim to enhance ways they may reconnect with neighbours and communities, pointing towards support and many flourishing groups and activities across the Borough."

Protect your future.



Help prevent cervical cancer.

Are you overdue your screening? What's stopping you?



Bromley clinicians are urging residents to come forward when they are invited for their routine cervical screening test as it could save their life. We have produced a Bromley specific information leaflet which provides lots of useful tips on how to prepare for and attend your screening. The leaflet also has further information in supporting you to come forward especially if you find it difficult to attend this important appointment.

More information about the **Cervical Screening Saves Lives** campaign and the information leaflet is available at

www.selondonics.org/BromleyCervicalScreening



Did you know with the NHS App you can...

- Order repeat prescriptions any time of day
- Collect your prescriptions
- View your GP records and test results
- Quickly check symptoms
- View, cancel or book GP appointments*
- Contact your GP practice online*

*Availability may vary by GP practice.

Search "NHS App help" for support with the NHS App.



Foster for Bromley

There are over 340 Bromley children in care.

You could be the foster carer they need.







Visit www.bromley.gov.uk/fostering or call our team on 020 8461 7701



Know your Numbers

Last year's One Bromley Partners and Mytime Active Know Your Numbers Blood Pressure Awareness campaign across Bromley was hailed a success at recent recognition awards. Adults are encouraged to know their blood pressure numbers and take action to reach and maintain a healthy blood pressure. Look out for this year's Know Your Numbers Week 2-8 September, get checked and, if necessary, take action to reach and maintain a healthy blood pressure.



More and more young people are subjecting themselves to potential risks by using vapes. This is despite it being illegal to sell vapes to under-18s or to purchase on their behalf. Vaping can be a useful aid to support adults who wish to quit smoking cigarettes, though they are not risk free.

Young people should be discouraged from vaping, especially if they do not smoke cigarettes, with concerns about nicotine addiction and the unknown health effects of vapes and illicit content.

More information and to report suspected sales to young people: **www.bromley.gov. uk/vapinginyoungpeople**

Report concerns about a specific vape product at **yellowcard.mhra.gov.uk**



Vital for better health

There are a small number of big contributors to poor health in our communities. In Bromley and South East London these are: high blood pressure, obesity, smoking, alcohol and common mental health conditions and they are known as the 'Vital 5.'

The key points to remember that can make a difference are:

- 1. Normal blood pressure
- 2. Healthy weight
- 3. Safe drinking
- 4. Quitting smoking
- 5. Good mental health

Being aware of the Vital 5 and making some lifestyle changes can really help towards preventing serious illness. Find out more

Traders vetted by Bromley Trading Standards





Find your trusted trader with

Trading Standards Checked



Safe and reliable traders approved by Bromley



Trained and equipped to meet residents' needs



Connecting residents with trustworthy traders



Reducing the threat of rogue traders

www.bromley.gov.uk/TradingStandardsChecked

Bromley Trading Standards Checked is administered by Kent County Council TSC



verir

Working together to improve neighbourhoods and tackle crime and anti-social behaviour

t's early in the morning and a local team including police, fire brigade, housing associations and Council is assembling at a church hall in the Borough. Over a swift cup of coffee, representatives from each organisation introduce themselves and outline why they are there.

This is the start of one of twelve such 'Impact Days' each year where partners come together to improve an area's visual appearance, tackle local concerns, as well as disrupt illegal behaviour.

The main aims are to reduce or stop crime and the negative impact it has on a community as well as give the area a spruce up, removing dumped rubbish, trimming foliage and clearing graffiti. Communities welcome the support and

often get involved in the clean-up engendering a sense of pride in the area and helping to discourage further antisocial behaviour. Resident information on topics such as crime prevention, fire safety and road safety is available on the day.

Look out for the teams in action, they could be in your neighbourhood soon.



Public spaces protected

The newly-named boroughwide Public **Spaces Protection** Order has been extended to tackle antisocial behaviour by restricting consumption of alcohol and drugs in public places as well as other anti-social acts in the street. A breach takes place when someone refuses to stop drinking or surrender their alcohol to a police or enforcement officer and a £100 fixed penalty notice can be levied, leading to fines of up to £1000 if non-payment results in prosecution.



"This is a fantastic team effort by local services and the community to tackle issues and make certain identified areas of the Borough feel safer and more pleasant."

Councillor Angela Page, Executive Member for Public Protection and Enforcement.



Having difficulty making ends meet?

As a Bromley resident, you could be eligible for £150 of additional support to help pay for essentials





Apply to the Household Support Fund

To apply you must be 16 or over, a Bromley resident and:

- A family with school age children
- A care leaver
- A household who considers themselves as having a disability, including dementia or a mental health condition
- A domestic abuse survivor
- A carer

- A low-income household
- A pensioner
- A household experiencing exceptional financial hardship

In addition, you must provide evidence of:

- Utility arrears
- Rent or Mortgage arrears
- · Council tax arrears
- Or evidence of other significant financial hardship

Find out more and complete the online form: www.bromley.gov.uk/householdsupportfund or call the helpline 9am – 12pm,
Monday to Thursday on 020 8461 7999.



Applications close on 30th September 2024 or earlier if funds are exhausted.





Thirty-two-year-old mother Sarah* is independent and feels valued, but it wasn't always that way

arah escaped
emotional and verbal
abuse from husband
Mark* who belittled her
achievements, controlled her
finances, and isolated her from
friends and family.

Things came to a head when 5-year-old daughter Alice* told her teacher resulting in Sarah finally getting help and moving to a refuge run by Bromley and Croydon Women's Aid (BCWA).

"Mark made me feel like I was no one..."

Sarah later confided.

"I only had him and had to rely on him to do anything in life. Now I have a job and have met so many new people." "I am so grateful for BCWA and especially my support officer who was my lifeline."

One in five adults in the UK experience some form of domestic abuse which can be emotional, sexual or economic abuse as much as physical violence.

Sarah found a sense of belonging, sharing her story with others who understood. A personal plan and support including workshops on managing finances and computer skills empowered her to start rebuilding her life.

*All names have been changed to protect the identity of this survivor.

Domestic Abuse is controlling, coercive, threatening behaviour, stalking, violence, or abuse between those aged 16 or over who are, or have been, intimate partners or family members and can happen to anyone.



Have concerns about an adult? Call 020 8461 7777 or in an emergency call 999 Visit bromleysafe guardingadults.org

Help at hand www.bromley.gov.uk/domesticabuse

National Domestic Abuse Helpline 24/7 **0808 200 0247** Bromley and Croydon Women's Aid:

0208 3139303 or **www.bcwa.org.uk**Bromley's Children and Family Centres

www.bromley.gov.uk/bromleychildrenproject

NOTICE OF INSPECTION OF ELECTION EXPENSES

UK Parliamentary (General) Election, Thursday 4 July 2024 BECKENHAM & PENGE, BROMLEY & BIGGIN HILL and ORPINGTON CONSTITUENCIES

I, Ade Adetosoye CBE, Acting Returning Officer for the above constituencies, hereby give notice that I have received the returns and declarations as to election expenses of the undermentioned candidates standing in the UK Parliamentary (General) Election held on Thursday 4 July 2024 for the above constituencies.

These Returns and Declarations (including the accompanying documents) are available for inspection within the next two years between the hours of 10:00am and 4:00pm on Mondays to Fridays (excepting bank holidays) at the Electoral Services Office, Bromley Civic Centre, Stockwell Close, Bromley BR1 3UH.

Name of Candidate	Name of Election Agent	Constituency
Edward Apostolides	Demetrios Apostolides	Beckenham and Penge
Liam Conlan	Jane Ayres	Beckenham and Penge
Ruth Fabricant	Ruth Fabricant	Beckenham and Penge
Hannah Gray	Anthony Tenison Hale Power	Beckenham and Penge
Chloe-Jane Ross	Michael Chuter	Beckenham and Penge
Alan Cook	Terence Alan Cook	Bromley and Biggin Hill
Peter Timothy Fortune	Shaun Slator	Bromley and Biggin Hill
Julie Ireland	Michael David Chuter	Bromley and Biggin Hill
Karen Miller	Karen Natalie Miller-Mucaj	Bromley and Biggin Hill
Oana Olaru-Holmes	James Alexander Rathbone	Bromley and Biggin Hill
Caroline Sandes	Ruth Fabricant	Bromley and Biggin Hill
Gareth Bacon	Michael Botting	Orpington
John Hunter Bright	John Bright	Orpington
Graeme Lee Casey	lan Catchpole	Orpington
Mark Bradley James	Mark James	Orpington
Seamus William John McCauley	Ruth Fabricant	Orpington
Ju Owens	Christopher William Taylor	Orpington



Bromley Business Growth helps local businesses thrive and be successful

spiring Bromley entrepreneurs have benefitted from the Council's business support programme since its inception three years ago.

One such businessperson, Cheryl Huggins started her innovative business Bosswoman and Faceclays Skincare in 2021 and has been using the extensive resources available at Bromley Library to bring her creative ideas into fruition. She now creates and delivers make-up master classes and workshops for clients seeking to enhance their appearance for public speaking, business events and filming.

A finalist in the Start Up Bromley Awards, Cheryl cites the support she received from the Council's start-up programme as key to her success: "Since joining Start Up Bromley, I have experienced significant personal development and strengthened my business acumen. ...I am now confidently working towards creating a profitable business that supports my family and allows me to give back to my community."

Business Support Manager for Start Up Bromley, Chandra Sharma (pictured with Cheryl) said:

"Our start-up programme helps businesses grow through support delivered by real experts in their fields."

Events for start-ups are part of Bromley's programme of support for all business owners of both new and established businesses alike and brought together in one easy-to-access space under the banner of Bromley Business Growth.



Start Up Bromley has helped local businesses since 2021:

Total start-ups/ business owners	644
supported	
Aspiring entrepreneurs	324
Business owners	320
Hours of business support given	1,000+
Number of attendees supported	1,200+

Find out more and how to apply for business support at

www.bromley.gov.uk/bromleybusinessgrowth



Leisure Pleasure

Looking for inspiration? There's plenty to do right across the London Borough of Bromley

Go somewhere new

Work to refresh and update our treasured heritage in Bromley is ongoing so why not take the opportunity to admire it at your leisure.

Marvel the newly restored Croydon Road Rec Bandstand, a much-loved Grade II listed bandstand in Beckenham. The Bandstand is the perfect space for a community event and is now available for hire: **bromleyparks.co.uk/events** Explore the Borough's neighbourhoods recently celebrated as part of the 20th anniversary of the London Festival of Architecture (LFA). Nearly 70 special events (listed on LFA website) showcased treasured cultural and community spaces across the Borough.



Go for 🎋 a walk Bromley is London's greenest Borough with 160 parks providing easy access to green open spaces with plenty of play areas for children, many benefitting from the Platinum Jubilee Parks Fund. Feeling adventurous? Explore Bromley's countryside with over 120 miles of public rights of way. Or you could go further afield with the Green Chain Walk footpaths linking the River Thames with Chislehurst Common and Crystal Palace Park. www.bromley. gov.uk/walking



On your bike! \--

Summer is a great time to dust off the bikes and get out into the fresh air. If you are feeling a bit rusty, try out a free cycle training session. Get a free bike MOT at a Dr Bike event. Held monthly at weekends most of the year at the Cowshed in Norman Park with extra weekday sessions for the summer holidays. Try our bike maintenance workshops if you like a bit of DIY. There are over 100 miles of cycle routes across the Borough, all downloadable from the Bromley Council website.

www.bromley.gov.uk/cycling



Explore Bromley's history

Step into the rooms where Charles Darwin worked and lived and trace his story with a fascinating exhibition about his life and work at Down House. Imagine life in Roman Times at Crofton Roman Villa where there are many activities and public open days. Situated in Orpington, the house was the centre of a farming estate in 140 – 400 AD. Explore Chislehurst's historic architecture and famous Caves which have been carved out for hundreds of years. Get an insight into Bromley's past on a heritage trail. The Scadbury Park Easy Access Trail takes in the history of Scadbury Estate alongside an appreciation of the plants and animals in the nature reserve.

Many Bromley places of interest will feature in September's Open House Festival, an annual celebration of London's architecture.

www.bromley.gov.uk/local-history-heritage



Family Day out

Why not take the opportunity to admire some of the very best local landmarks. Crystal Palace Park offers something for everyone, whether you want to marvel at the 170-year-old monsters (otherwise known as the Dinosaurs) or meet some very much alive animals at Capel Manor Farm, you can do both in the park. You can test your skills at the skatepark, hire a pedalo on the Boating Lake or lose yourself in London's largest (and free!) outdoor Maze. For those on the hunt for a foodie treat, Crystal Palace Food Market runs every Sunday throughout the year. With over 40 stalls you're bound to find something up your street. There's also the popular Life café and Concert Bowl café open seven days a week. Look out for a range of events and activities for all ages in the Park with some free of charge.

More at www.crystalpalace parktrust.org





Mytime Active is offering junior golf lessons in Bromley, free ice creams on the driving range in Orpington and Foot Golf at High Elms.

Get sporty

Carry on the Wimbledon spirit and take up tennis on Bromley's newly renovated courts with family access for only £25 per year. There are eight locations to choose from.

Book at: www.bromley.gov.uk/ **Renovating Tennis Courts**

If you prefer indoors (sunshine can't be guaranteed), there is plenty of choice at Bromley's leisure centres, from swimming lessons and gym equipment to soft play sessions and bowling, there's something on offer to keep everyone happy and active at one of Mytime Active's facilities. Summer is the perfect season to take up golf and Bromley is spoilt for choice with its eighteen- and nine-hole golf courses.

www.bromley.gov.uk/ sports-clubs-centres



Carers

If you look after a parent, disabled child, relative, partner or a friend or neighbour, you are a carer

ou couldn't wish to meet a calmer, cleverer or kinder person than Len. You just know he's the sort of person you'd want by you in difficult times.

"We still laugh at things together..."

he says, as he explains a little of the success of his 45-year marriage and the ups and downs of his life. Len has given unpaid care to his wife for 40 years - perhaps that explains his self-assurance.

He talks fondly of the support they get from two wonderful sons and true friends. But it wasn't until the year 2022 that a conversation with his GP signposted him to a 'social prescriber' and he realised there was more support available to unpaid carers. Len opened up

about some of the challenges and confessed that, other than family, he wasn't supported. An introduction to Bromley Well was an eye-opener.

"Now every Monday I have a Zoom get-together with others who care for relatives. It's a chance to get things off your chest. I also attended a free six-week course which helps carers cope and find time for themselves. The six of us on the course have a self-help Whatsapp group to share experiences.

"One important message is: don't feel guilty if things are not perfect and you get a little frustrated, after all we are only human!"



Len's self-help tips

The better you feel as a carer, the better for everyone!

- Find a group to engage with and learn from
- Get regular exercise
- Eat well
- Sleep well
- Be honest and accept help graciously.

Support for carers

One Bromley, the local partnership between health, social care and voluntary sectors has committed to supporting unpaid carers as outlined in a newly published Carers Charter.

Find it at:

Bromley Well 0808 278 7898 www.bromleywell. org.uk Bromley has a range of jobs available so why not apply and take your next exciting career step?

Join our Outstanding Children's Services Team

Being a Social Worker is more than a vocation. We encourage and support colleagues to grow their professional expertise and their career with Bromley.

Our Outstanding Team love working for Bromley, but don't take our word for it – see and listen to what they have to say from their own personal experience.



"It's a place I know that I will be supported."



"It feels like a family that respects me and that's reciprocated."

If you don't immediately see something that's

right for you, please do register your interest

online by joining our Talent Pool.



"You get offered tailored personal development in terms of your career."







"It has not only looked at my strengths but also is using my strengths and putting a space for my strengths to develop."



"There is a real commitment to the social services workforce to make sure the environment is conducive to and supportive to staff and enables them to thrive."



"We are ambitious for our children and families and we care about them. If you want to grow, develop, learn and be somewhere safe, here is where you come and do it."

Go online to see the team talking about what they like about Bromley



For more information visit: www.bromley.gov.uk/JobsforSocialWorkers

Respect - Empower - Ambition - Learn



Our degrees, apprenticeships, vocational and professional courses are designed with your future career in mind, providing practical skills and real-world experiences that employers are looking for.

If you want to get on course and become part of a supportive, thriving community dedicated to helping you succeed, join us in September.

S(C(

SOUTH EAST COLLEGES

LONDON 4