

## The Orpington and Bromley Gateway Club (ORB)

The Orpington and Bromley Gateway Club is a weekly social club for learning disabilities, their parents and carers. They provide a musically environment for members of all abilities, some of whom are wheelchair-bound, to enjoy themselves.



people with oriented, fun bound, to

The charity aim to help meet the social needs of our members by running a variety of activities, such as:

- discos
- live music
- indoor sports (eg table tennis)
- quizzes and bingo.

The Orpington and Bromley Gateway Club also organise day outings and evening trips to the theatre, plus special events, such as Easter, Halloween, Christmas and New Year parties.

They encourage everyone to get involved, but the Club is also a place where members can just sit, socialise and catch up with friends.

Members normally meet every Friday at St Georges Church Hall in Bickley BR1, from 7-9pm. Since last autumn, they have been running events online for members over Zoom, which have gained a loyal following! These include:

- discos
- themed music nights (eg Michael Jackson, Abba)
- acoustic singer / sing-along
- tai chi
- relaxation exercises.

See ORB's events page for upcoming events <https://www.orbgateway.club/events>.

ORB have over 120 members, with an average weekly attendance of 80, plus parents and carers and are always looking for new volunteers. Volunteers socialise with club members, encouraging them to join in or be involved in any of the activities taking place that night. No particular skills are necessary, and you don't need to attend every Friday, but you do need to be sociable, friendly and able to work as part of a team, chatting and engaging with adults who have a learning disability/difficulty.

*"Our daughter has benefited so much from your Club and the online activities you've provided, and we are grateful for all the effort that is put into making this happen. You really are a special bunch of people" – parent of a member*

The Club is affiliated to Royal Mencap and part-funded by the London Borough of Bromley. *"We are also grateful to receive private donations which help fund our activities"*.

If you would like to know more about the work of this charity visit their [website](#)

