

Bromley Well



Issue 27

NEWSLETTER

Supporting People With Learning Difficulties



Office: 0208 466 0790



Mobile: 07752 466928



chetan.raval@bromleywell.org.uk

By Emma Andrew
Senior Information & Support Officer

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

MONTHLY WORKSHOPS

In May, we invited NHS nurse Michelle Little to talk about hearing tests and ear wax removal to mark 'Deaf Awareness Week.'



We also practised some sign language and Makaton and learnt how to communicate effectively with those who are hard of hearing or D/deaf.

In June, we held a mindfulness walk at Norman Park as your feedback requested more community events. We practiced some mindfulness techniques including breathing and grounding and we got to know one another a little better. We also enjoyed a bike ride around the park as the Lodge operates a bike loan scheme. We ended our day with a barista coffee at the Kiosk at the Lodge, made by our wonderful catering students.



For our July workshop, we enjoyed a stroll around Norman Park before having a picnic lunch.

It was a great opportunity for people to meet with others and enjoy their company, as well as take advantage of the popular free bike loan scheme at the Lodge.



UPCOMING WORKSHOP

Monday 5th August from 10am to 12 noon at Norman Park (opposite the Lodge).

Join us for a fun fitness session led by a qualified fitness instructor.

All abilities and fitness levels welcome. Please bring a water bottle to keep hydrated and wear comfortable clothing and footwear. Booking required.



CORRESPONDENCE DROP-IN

Our Drop-in runs every Friday from the Bromley Mencap Station Road office. Simply pop in between 10am-12 noon and 1-3pm.

We can help you with letters, emails and any other literacy issues.

ADHD LIFE ADMIN COURSE

Discuss symptoms of ADHD, coping mechanisms and working towards overcoming obstacles. No diagnosis is necessary.

If you would like to register for the course, please let us know as places are limited but we do hold a waiting list.

WELCOME CHETAN



Chetan Raval has joined the team as our new Information and Support officer for vulnerable adults and people with learning difficulties. Chetan was previously working as the Bromley Well Information and Support Officer for the Physical Disabilities Team, so will be familiar to some of you already. Chetan is looking forward to meeting you all over the coming months.

In the News

LEARNING DISABILITY NURSING CRISIS

The threat facing learning disability nursing was a key topic highlighted at the Royal College of Nursing (RCN) Congress held in June.

It came as new RCN analysis revealed that only 405 new student learning disability nurses were accepted onto pre-registration courses in England in 2023. The RCN warned that the picture was “even more shocking on a regional level,” with only five acceptances onto learning disability nursing courses in the South East in 2023 and 10 each in the South West and the East of England.

In terms of potential reasons for the decline, the chair of the RCN learning disability nursing forum, Katy Welsh, cited the axing of the student nursing bursary and learning disability care scandals such as those at Winterbourne View, Whorlton Hall and Muckamore Abbey Hospital. These had a “negative impact on how learning disability nurses and nursing are perceived.” Meanwhile, Ms Welsh said there were “myths” about learning disability that could be putting people off entering the profession, including the idea that learning disability nurses are “not proper nurses.”

You can read the full article in the [Nursing Times website](#).

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Correspondence Drop-ins

Do you need some help with reading and responding to letters? Attend our FREE drop-in on Fridays!

Pop into our office on Fridays from 10:00 am to 12:00 pm or 1:00 pm to 3:00 pm.

Please note: the drop-in is closed from 12:00 pm to 1:00 pm.

You will find us at:
**Bromley Mencap office,
 Station Road,
 Bromley North,
 BRT 3LP.**

For more information and to book, please contact Bromley Well
 FREEPHONE 0808 278 7898 EMAIL spa@bromleywell.org.uk

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