

Bromley Well



Issue 28

NEWSLETTER

Supporting People With Learning Difficulties



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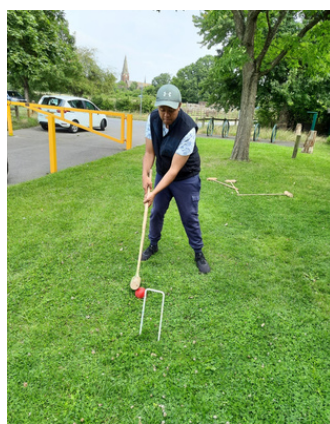
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By Emma Andrew
Senior Information & Support Officer

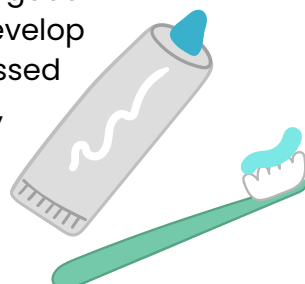
We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support 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 August, we held another workshop in the park to make the most of the summer weather! The theme was fitness and included croquet, table tennis, a walk or cycle in the park. Everyone enjoyed the activities on offer.



At the beginning of September, Louise Martin, an Oral Health Specialist, gave a talk on the importance of good oral health and how to develop healthy habits. She discussed ways to keep your mouth, teeth, and gums clean and healthy.



As it was 'Know Your Numbers Week,' free blood pressure tests were also offered. The goal is to help people who have high blood pressure but may not know it, so they can receive the treatment and support they need to bring it under control.



Blood Pressure UK
Helping you to lower your blood pressure

UPCOMING WORKSHOP

Monday 7 October

10am - 12pm

**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



Topic: Social opportunities and 'warm places' as we head into autumn.



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.

In the News

ARE YOU MENOPAUSE AWARE?

Learning Disability Today reports that people with learning disabilities and autistic people don't receive the medical care and treatment they need for illnesses and conditions. The menopause is a prime example of a condition that has not been considered fully for women with learning disabilities and autistic women and they are likely to experience diagnostic overshadowing and unequal care and treatment as a result.

Read the [full article](#) for symptoms to look out for and advice on accessing support and appropriate treatment.

- **Additional resources:** [SeeAbility Guide to Menopause Easy Read](#)

DISABILITY HATE CRIME SURVEY

United Response is a national charity supporting over 2,000 autistic people, and people living with learning disabilities and other additional needs to live full and independent lives. They have been working to raise better public awareness of disability hate crimes for over six years and are researching disability hate crimes occurring on public transport in England.

The survey will ask about the experiences of disabled young people and adults (aged 16+) with public transport in England and your answers will help them campaign for a better criminal justice system that protects disabled people and their rights.

The survey will run until 26th September 2024. It will take approximately 10 minutes to answer. [Take the survey here.](#)

Bromley Well Supporting people with Learning Difficulties

Correspondence Drop-ins

Official
Your name
Address
POST BOX

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,
BR1 3LP.**

For more information and to book, please contact Bromley Well

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