



# NEWSLETTER

**Supporting People With Learning Difficulties**



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

**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 October, we held a Social opportunities workshop. In this group, we discussed local places to visit, services available to us, and activities aligned with our interests and hobbies. We also explored ways to upskill ourselves through technology



## OUTREACH

A key part of our work is engaging with the community to raise awareness about the support we offer.

On 17 September, we attended the Glebe Choices Event, where we introduced young people to the wide range of services available to support them.



## UPCOMING WORKSHOP

Join us for our Self-Care Workshop as part of Self-Care Week on 18 November.

Reserve your spot by contacting Chetan or Emma via phone or email.

Email: [chetan.raval@bromleywell.org.uk](mailto:chetan.raval@bromleywell.org.uk)  
Phone: 07752 466928



On 14 October, our teams attended the "Spirit of Bromley" event at the Atrium in the Glades. This event brought together various charities celebrating the community and offering support and guidance, with a focus on reducing isolation for young people.



## 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. We have new dates in January, so please contact Emma Andrew to book your place. [Emma.andrew@bromleywell.org.uk](mailto:Emma.andrew@bromleywell.org.uk) or telephone 07482 558 660.



**Bromley Well** Supporting people with Learning Difficulties

### ADHD 5-WEEK LIFE ADMIN COURSE

**Our support officers will assist you with a person-centred plan to create and achieve your goals.**

**You might want to better manage your paperwork or sort out a long-standing issue.**

**"I need someone to help me get everything organised"**

**"Things pile up and I don't know where to start"**

**We can help you:**

- Complete an initial assessment
- Create your action plans
- Work on coping mechanisms
- Increase your independence and resilience

For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

**FREEPHONE: 0808 278 7898 EMAIL: [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

Delivered by: **BISE** (Bromley Third Sector Enterprise)  
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# In the News

## MIDWIVES LACK SPECIALIST TRAINING FOR WOMEN WITH LEARNING DISABILITIES

A new study highlights that midwives often lack the specialist training needed to support pregnant women with learning disabilities, impacting the quality of care. Challenges include communication barriers and insufficient involvement in decision-making for these women. A recent CQC report also identified issues within NHS maternity services, such as staffing shortages, discrimination, and safety concerns. The CQC is now promoting better practices, emphasizing clear communication, adjustments for diverse needs, and collaboration across services to provide more inclusive care.

You can read more in [Learning Disability Today](#).



## WHAT HAPPENS TO DISABLED PEOPLE WHEN PARENTS DIE?

A group of young adults with learning disabilities in Wales is creating a housing cooperative to secure an independent, supportive home where they can live together with caregivers. This initiative, driven by parents' concerns about future care, offers an alternative to traditional housing options, where many adults with learning disabilities remain at home with aging parents. Mencap reports that 75% of adults with learning disabilities in Wales live with family, highlighting the need for more accessible housing solutions. The Welsh government is working to improve housing access, but more is needed to address the demand.

You can read more on the [BBC website](#).

