

Bromley Well



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NEWSLETTER

Supporting People With Learning Difficulties



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Chetan Ravel
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 November, we celebrated Self-Care Week by focusing on ways to enhance both our mental and physical well-being.

We explored activities like walking or cycling to improve physical health, while for mental wellness, we considered relaxing pursuits such as reading a book, listening to music, or trying meditation.

In December, we held a Joint Festive Fun Workshop with Bromley Well Physical Disabilities Pathway, which was a resounding success. The event had a fantastic turnout to close the year on a high note. Guests enjoyed plenty of festive music, engaging quizzes, and a delicious variety of food, all contributing to a cheerful and celebratory atmosphere.



Bromley Healthcare joined us at our Christmas get-together to offer flu and Coronavirus vaccinations to people who had missed out earlier. With rates of infection rising, this was an important service to offer.



OUTREACH

A key part of our work is engaging with the community to raise awareness about the support we offer. We have been very busy meeting with other organisations, professionals and the general public to explain more about our service.

Emma Andrew, Senior Information and Support Officer, is photographed below (middle) at the transition event at Marjorie McClure School with members of Bromley Mencap.



UPCOMING WORKSHOP: BENEFITS AND BUDGETING

Join us for a practical workshop led by Allison Gill, Bromley Mencap's Cost of Living Coordinator.

Monday 3 February from 10am – 12pm

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

This session will cover:

- ✓ Understanding benefits you may be entitled to
- ✓ Practical budgeting tips to manage your money
- ✓ Advice on making your finances go further

Download the flyer [here](#).

To book, phone 020 8466 0790 or email chetan.raval@bromleywell.org.uk



ADHD LIFE ADMIN COURSE

The next ADHD Life Admin course starts in March. Please contact Emma Andrew to book your place. Emma.andrew@bromleywell.org.uk or telephone 07482 558 660.

The course supports people to discuss ADHD symptoms, develop coping mechanisms and work towards overcoming obstacles. No diagnosis is necessary.

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.

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

Bromley Well Delivered by **BISE** Bromley South East London NHS

In the News

DYSLEXIA SHOULDN'T HOLD YOU BACK – PADDINGTON WRITER

James Lamont, co-writer of Paddington in Peru, shares his personal journey with dyslexia, emphasizing that with the right support, children and adults with dyslexia can achieve their dreams, including writing films. Speaking to [BBC London](#), Lamont reflected on his struggles with reading and spelling as a child but noted that dyslexia didn't limit his creativity or ability to write.

Dyslexia affects about 10% of people in the UK and impacts reading, writing and spelling but not intelligence.

