



**Bromley Well**

## NEWSLETTER

**Supporting People With Physical Disabilities**



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Caroline Hackett  
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We offer emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying people to medical appointments. We hold workshops and drop-ins and provide outreach at venues around the borough.

## MONTHLY WORKSHOPS

At our September workshop, we were thrilled to welcome Hannah Roques from XbyX (Experts by Experience).



Experts by Experience

Hannah shared invaluable insights into the charity's work and the Social Model of Disability. XbyX is deeply committed to advocating for support and meaningful changes that empower people with physical disabilities.



Our October workshop focused on 'Dental and Oral Health,' with guest speaker Louise Martin, a Senior Dental Nurse and oral health promoter who works in community care.

Attendees received practical tips and advice on maintaining oral health.



## UPCOMING WORKSHOPS

**Meditation and feedback session**  
Monday 18 November from 11am

Share YOUR top tips for well-being and discuss what YOU would like for future workshops.



**Monday 16 December .... It's Christmas!**  
Join us for food a quiz and more!



Details will be emailed out soon!

## DROP-IN SESSIONS

Held on the third Tuesday of each month, from 10am to 12 noon at St Paul's Cray Library and Community Support Centre, Mickleham Road, St Paul's Cray, BR5 2RW.

**2024 Dates:**

- 19 November
- 17 December
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**2025 Dates:**

**Note: The January session will be on the second Tuesday of the month.**

- 14 January
- 18 February
- 18 March
- 15 April
- 20 May
- 17 June

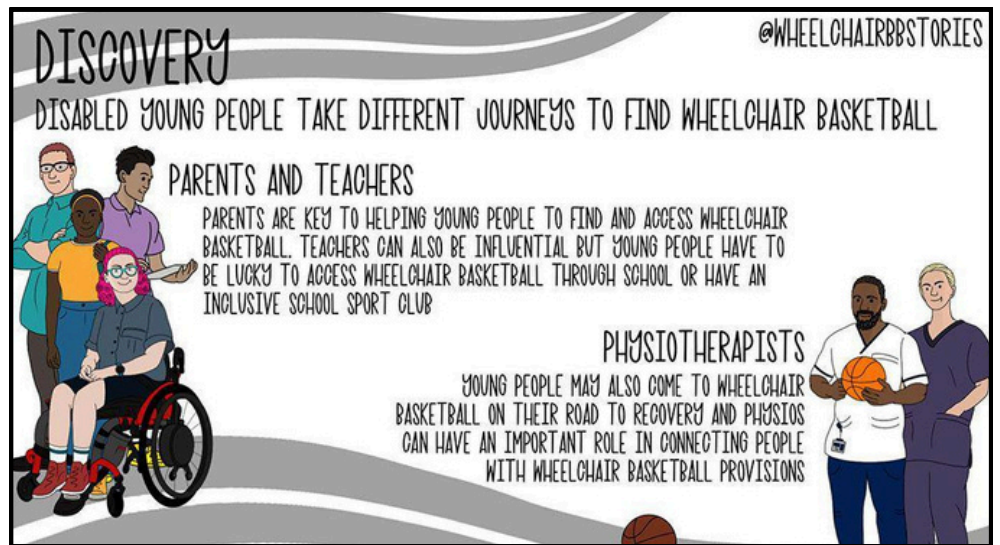


# In the News

## ILLUSTRATED GUIDE FOR YOUNG WHEELCHAIR BASKETBALL PLAYERS

Lecturers from two universities have launched an engaging illustrated guide aimed at encouraging young people to participate in wheelchair basketball. Titled *The Wheelchair Basketball Journey*, this resource explores three key aspects that individuals with disabilities may encounter as they progress in the sport.

Titled *The Wheelchair Basketball Journey*, the guide is a collaborative effort by Dr. Lesley Sharpe, a Lecturer in Sports Sociology at the University of Lincoln, along with Professor Vicky Tolfrey and Dr. Janine Coates from Loughborough University. Designed for sharing across social media platforms, The Wheelchair Basketball Journey aims to inspire and inform.



This project is funded by the International Basketball Federation (FIBA) and supported by British Wheelchair Basketball, highlighting the collaborative effort to grow participation in the sport. [You can read more on the BBC website.](#)

## WHEELCHAIR RUGBY CLUB IN ORPINGTON SEEKS PLAYERS



Bromley Wheelchair Rugby Club are looking for players! The club meets on Thursdays from 8-10pm at the Walnuts Leisure Centre in Orpington.

For more information, call Rob Wright on 07702 523301 or email [BromleyWRC@icloud.com](mailto:BromleyWRC@icloud.com)

Lots of information can be found on the website:  
<https://bromleywheelchairrugbyclub.co.uk/>

### CONTACT US

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