

Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



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By Sue Charles
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

A member of the British Red Cross showed us how to handle emergencies and injuries at our May workshop.



This included giving general information about burns, CPR and other aspects of first aid.



Our June workshop was about confidence building and was delivered by Richard Wiseman.

Richard spoke about strategies to help attendees feel more confident in social situations.

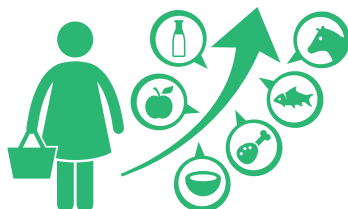
UPCOMING WORKSHOPS

Help with the Cost of Living
Monday 22 July from 11am-1pm

Venue: Bromley United Reformed Church,
Widmore Road, Bromley, BR1 1RY

This workshop is being led by Bromley Mencap's Cost of Living Coordinator, Allison Gill.

Monday 19 August
Workshop: Topic to be confirmed.



PARALYMPICS 2024

NEWS

The 2024 Paris Paralympic Games will begin on 28 August and run until 8 September.

Paralympics GB is expecting to send a team of around 220 athletes to the French capital to compete in 19 of the 22 sports.

At Tokyo 2020, the British team finished second in the medal table behind China, winning 124 medals, including 41 golds.

You can find out who has been selected to represent GB on the [BBC website here](#).

CONTACT US

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Alternatively, you can call the office on 020 8466 0790.