



Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



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By Caroline Hackett
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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 July workshop, we were joined by Allison Gill, Bromley Mencap's Cost of Living Advisor.

We want to extend a big thank you to everyone who attended, and a special thanks to Allison for sharing your money-saving ideas. We also appreciate the group's contributions - your tips were incredibly useful!

The workshop offered valuable advice on meal planning and strategies like visiting supermarkets at the right time to purchase reduced 'Yellow Sticker' foods that can be frozen, saving you money. We were also pleased to be joined by our Digital Champions, Lee McPherson and Martin Kelly.



Our August workshop featured Lee McPherson and Martin Kelly, Bromley Mencap's Digital Champions.



They discussed various apps and demonstrated how to safely download and use them on your smartphone or tablet. This included the essential NHS app, which enables you to order repeat prescriptions, access health records, and more.

PARALYMPICS 2024 SUCCESS

NEWS

GB's 215-strong squad finished second in the medal table behind China with 124 medals (49 golds, 44 silvers and 31 bronzes) - comfortably achieving the UK Sport target of 100-140.

Great Britain matched their overall medal total from Tokyo three years ago, but won eight more golds in Paris. In fact, 49 gold medals is ParalympicsGB's highest tally since Rio 2016 - where they won 64 golds - and second-highest since Seoul 1988 where they collected 65.

Read more from the [BBC Sport website here.](#)



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