

Jan 2025

**Bromley Well**

# NEWSLETTER

Supporting People With Physical Disabilities



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

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

In November, we hosted a Meditation and Well-being Workshop as part of Self-Care Week.

The session focused on sharing tips for well-being and exploring ideas for future workshops.



Our Workshop in December was a joint Christmas party with the Learning Difficulties Pathway – There was a quiz, refreshments and the opportunity to meet new people.



## UPCOMING WORKSHOPS

**Feedback Session**  
**Monday 20 January**  
**from 11am**



Your views and ideas are important to us. Come along and share them. The workshop is followed by a drop-in from 12 noon to 1pm. Booking required. [Download the flyer.](#)

## DROP-IN SESSIONS



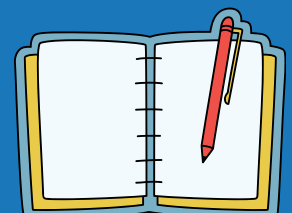
### Central Bromley Drop-ins

These are held at The United Reformed Church, 20 Widmore Road, Bromley BR1 1RY from 12-1pm and follow our monthly workshops.

### Orpington Drop-ins

These are 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.

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



CONTACT US

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

# In the News

## MCCAUSLAND'S STRICTLY WIN 'OPENS DOORS' FOR ALL

Comedian Chris McCausland's victory in the 2024 Strictly ComeDancing competition marked a significant moment for people living with partial or full sight loss. His journey from a hesitant start to winning the Glitter Ball trophy inspired many, including fellow blind dancer Shaun Hayward from Manchester.



Hayward, who shares McCausland's condition of retinitis pigmentosa, praised the win as proof that disabled individuals can pursue their dreams fearlessly. He emphasized that McCausland's inclusion in the competition was not tokenism but a powerful demonstration of talent and determination.

For Hayward and others, dancing offers a sense of "liberty and freedom," and McCausland's success raised vital awareness about the potential for people with sight loss to excel in the performing arts.

Fans hope this message will influence TV production companies to embrace greater inclusivity in the future.



Read more on the [BBC website](#).