



**Bromley Well**

# NEWSLETTER

**Supporting People With Physical Disabilities**



Office: 0208 466 0790



Mobile: 07421 106922, 07484 673090 or 07938 740361



[chetan.raval@bromleywell.org.uk](mailto:chetan.raval@bromleywell.org.uk)

[sue.charles@bromleywell.org.uk](mailto:sue.charles@bromleywell.org.uk)

[caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)

**By Chetan Raval**  
**Information & Support Officer**

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

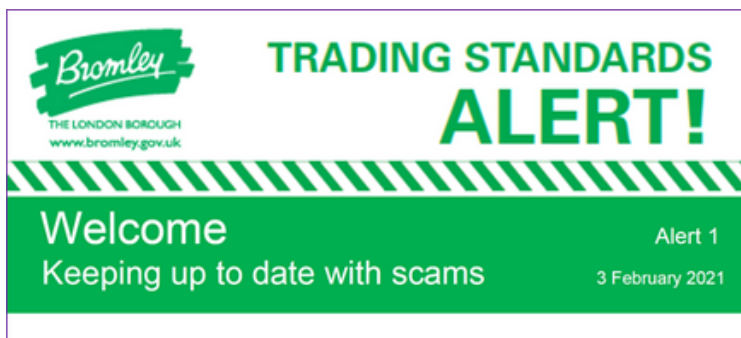
## MONTHLY WORKSHOPS

### **Beverley Nicklin from Bromley Trading Standards visited us in March.**

Beverley spoke about cost-of-living scams. These scams are designed to make people believe they will save money.

Examples include:

- Energy bill rebates: UK households do not need to apply for the Energy Bill Support Scheme – it's automatic
- Cost of living payments: if you are eligible, you do not need to apply – payment is automatic from the Department of Work and Pensions
- Special offers: fuel vouchers, phone bill discounts, and supermarket offers – Be wary of questions asked to harvest personal information
- Celebrity endorsements: when a celebrity appears to be promoting an opportunity
- Fake investment opportunities: high returns with apparently little or no risk



Sign up to receive email alerts from Bromley Trading Standards [here](#).

### **Our most recent workshop topic was meditation for wellness.**

Caroline Hackett spoke about the benefits of meditation. The meditation practice lasted 10-15 minutes and started with grounding and settling, followed by relaxation techniques beginning at the feet and working up towards the head, using visualisation and creative imagery. She explained the relevance of chakras and tapping. With input from those attending, the workshop demonstrated how easily we can use this practice to feel better in ourselves.



## UPCOMING WORKSHOPS AND DROP-IN DATES

**Time: 11am-1pm**

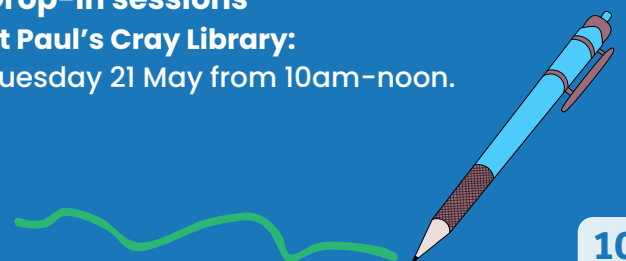
**Venue: Bromley United Reformed Church  
Widmore Road Bromley BR1 1RY.**

Monday 13 May, Monday 17 June,  
Monday 22 July, Monday 19 August

### **Drop-in sessions**

**St Paul's Cray Library:**

Tuesday 21 May from 10am-noon.



## IN THE NEWS

### DOCTORS SAID I MIGHT NEVER WALK, BUT I'VE RUN THE SIX MAJOR MARATHONS

A difficult birth left Andrew Tomlinson with a brain injury which made his chances of ever walking slim. But more than 30 years later, he believes he is the first runner with cerebral palsy to complete all six of the world's major marathons. The 40-year-old from Glasgow crossed the London Marathon finish line in under four hours. He has previously completed races in New York, Chicago, Tokyo, Boston and Berlin. [Read more here.](#)



NEWS



### NEW FOOTBALL SHIRTS HELP DEAF FANS FEEL ATMOSPHERE

New "haptic" kits will help Newcastle United fans who are deaf or have hearing loss to better experience the atmosphere at St James' Park. The shirts use sensors which vibrate when action takes place on the pitch.

The kits were created with a partnership between of Newcastle United's kit sponsor Sela and the Royal National Institute for the Deaf (RNID). It is part of an initiative called Unsilence the Crowd.

Ibrahim Mohtaseb, senior vice president of Sela, said: "St James' Park is renowned for its noise and passion. "Through this initiative we hope to enable deaf fans and fans with hearing loss to feel a part of this."

[Read more here.](#)



## Contact Us

Chetan Raval: Telephone 07421106922  
or email [chetan.raval@bromleywell.org.uk](mailto:chetan.raval@bromleywell.org.uk)

Sue Charles: Telephone 07484 673090  
or email [sue.charles@bromleywell.org.uk](mailto:sue.charles@bromleywell.org.uk)

Caroline Hackett: Telephone 07938 740361  
or email [caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)

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

