

Newsletter



Issue 15



Email
robert.morgan@bromleywell.org.uk



or
call 0208 466 0790



to speak to Rob about the service

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Bromley

Clinical Commissioning Group

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support.



The Learning Disability Pathway has recently supported in such matters as benefit tribunals by phone, emotional support for people in isolation, benefit letters by post and supporting clients who have been furloughed.

Outreach

Our face-to-face outreach sessions in Cotmandene and Mottingham are currently on hold. Instead, we have created an online space on Facebook to support some clients and for people to check-in. This is a private group where only members of the group can see what you have written or posted. We are available every working day and are currently in regular contact with many clients on this platform.

If you would like to learn more, please join the group at <https://www.facebook.com/groups/BWLearningDifficulties> or contact Rob for help with setting this up.



Monthly Workshops and Drop-ins
In May we ran an online workshop for Mental Health Awareness Week and this year the theme was kindness. We discussed the many kind things that we are doing for others and that others are doing for us. We talked about how important this can be – from offering to get some shopping for a vulnerable person to offering a partner a cup of tea. We finished the workshop by sharing a thank you badge on social media. Attendees were encouraged to share this with anyone who had helped them. We had a lot of thanks to give –so many people have been so kind recently!



In June we held a Healthy Eating workshop. Everyone was invited to bring their own lunch to the Zoom meeting. We shared ideas for healthy meals and realised that we had all made some very healthy lunch choices (with a few small treats!). It was so nice to see some familiar faces on Zoom and we continued the discussion on Facebook afterwards. Any resources used and links that we referenced are posted in the Facebook group.

Call, text or email Rob Morgan if you would like any more information about the Learning Disability Service on 020 8466 0790, mobile 07482 558 660 or email robert.morgan@bromleywell.org.uk

Easy-read coronavirus guidance

Keep safe has produced an easy-read poster helping people to understand the changes that came into force on the 4 July regarding coronavirus. You can access it [here](#).

Face Masks Exemptions

If you are travelling on public transport and/or entering shops, you are required to wear a face mask. However, there are some exemptions. For example, those with a learning disability, people who have breathing difficulties, and anyone who is required to lip read.



Click here for Bromley’s easy read guide to face coverings and exemptions



www.bromley.gov.uk/localoffer



Shaun Webster has written a book which tells of his life with a learning disability: from suffering abuse from his father to living independently and earning an MBE for charity work. Read the full story [here](#).

Bromley Well Quiz Night

Bromley Well clients are eligible for a monthly quiz. They are held on the last Thursday of the month from 6.30pm through our Bromley Well Quiz Group. Join us [here](#) for some tricky questions plus a laugh and a chat.

