

Bromley

Well

Issue 21

Supporting People With Learning Difficulties

NEWSLETTER



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**By Maria Carver-Carter
Information & Support Officer**

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications, ADHD coping mechanisms, and day-to-day finances at our weekly Correspondence Drop-in session.

Monthly Workshops

In May, we held our 'Picnic in the Park' workshop and invited all pathways to join us for this fun day of bike riding and games. It proved to be a great success, with many people asking if we could run it again. There were many firsts: Janet's first ever time riding a bike and budding friendships with service users meeting for the first time.



Learning Disability Week

We had some lovely celebrations to mark this week. We held our Celebration Awards Ceremony at the Crystal Palace F.C Training Academy in Beckenham.



It was fantastic to recognise the achievements of our very talented service users and it was such a lovely day full of fun and laughter. We also got to enjoy a tour of this state-of-the-art ground for the football fans amongst us.

Well done!

Volunteer Team Of The Year Award

We had the great pleasure of receiving our Volunteer Team Award Certificate 2023 in recognition of Bromley Mencap's exceptional services and help as a volunteer team. What a fantastic end to a fabulous week of celebrations for Learning Disability Week.



Photographed: Aimee Hayes, Virtual Peer Support Co-ordinator, and her partner.

Correspondence Drop-ins

Did you know we have a drop-in for correspondence?

Do you need help reading a letter? Need support sending an email?

Do you want to know if you can apply for benefits and don't know where to start?

Come and see us on **Mondays** (excluding bank holidays) from **11am – 1pm or 2pm - 4pm** at Bromley Mencap, Station Road, Bromley, BR1 3LP. There is no need to book, just turn up!



ADHD Life Admin Course

We hold our regular six-week peer support group meet-up this month and it's a fantastic opportunity for people to share lived experiences. If you have an ADHD diagnosis and would like to sign up for our upcoming course, please contact Emma Andrew or Maria Carver-Carter to reserve

your place. It is proving very popular and we are now taking bookings for July onwards.

Save the date!

Join us for our 'United Voices' workshop with guest speakers Experts by Experience on:

Wednesday 12th July

From 10am-12pm

at our Station Road Community Hub

Join us for our 'Picnic in the Park' workshop and feedback session at Norman Park on:

Friday 4th August

From 1pm-3pm

Email maria.carver-carter@bromleywell.org.uk or phone 020 8466 0790 to book your place.



In the News

What is neurodiversity?

This is a term used to describe the diversity of the human brain. Although neurodivergent brains work differently, these should not be seen as disorders, but seen as a part of human diversity.

Neurodivergent people can offer many benefits to society as they often have exceptional skills and strengths that can be viewed positively in different environments. For example:

- Autistic people can have excellent attention to detail, making them well-suited for jobs in technology and engineering
- People with ADHD may be highly creative and innovative, bringing fresh perspectives to problem-solving
- People with dyslexia can develop incredible listening skills, allowing them to absorb huge amounts of information
- Those with Tourette Syndrome are often highly creative and have a strong sense of empathy.