

# Newsletter



**Issue 6**



Email  
[robert.morgan@bromleywell.org.uk](mailto: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

**Referrals:** We have seen some more new referrals over the past few months but fewer than we would like. We have, though, had plenty of people return to the service presenting with new difficulties in their lives.

### **Monthly Workshops and Drop-ins**

We held a workshop to plan our series of workshops for the year based on what people wanted. This has been really useful and I would like to thank everyone who came and gave their opinions. We will be creating a programme for 2019 based around the issues that people have suggested, beginning with a First-Aid workshop in January.

### **Outreach**

I have continued to attend the outreach sessions in Cotmandene and Mottingham on alternate Wednesdays. Spaces are first-come-first-serve and we have been getting busier (particularly in Mottingham) so I would recommend that people get there early!

I have also continued to run sessions from Bromley Jobcentre Plus on Thursday afternoons, meeting people or supporting at their appointments. If you would like to meet me there, or have an appointment you would like me to support at, please ask your work coach or advisor and they will make you an appointment with me.

I am also holding an outreach session at Community House on South Street (in central Bromley) for people who have a learning difficulty, learning disability or autistic spectrum disorder. I will be in the café one morning every week and will be able to talk over any problems you might be facing, concerns you have or to read through any letters you might want me to look at. There is no need to make an appointment, just come along and look for me!

### **Coffee Morning - Fridays, 10.30am-12.30pm**

Immediately after the Community House drop-in, just before midday, I will be in the Community Café in Community House. This is a great opportunity for anyone who would like to meet other people with a learning difficulty, learning disability or autistic spectrum disorder. If you would like to come along, please look out for the Bromley Well table which I will keep reserved for our use.



Call, text or email Rob Morgan if you would like any more information about the Bromley Well Learning Disability service on 020 8466 0790, text 07482 558 660 or email [robert.morgan@bromleywell.org.uk](mailto:robert.morgan@bromleywell.org.uk)



# NEWS - Learning Disabilities

## Improving health for people with learning disabilities

Doctors in Bromley are encouraging people with learning disabilities to make sure they have their annual health check with their GP. The check helps to keep you well and pick up any problems at an early stage. In Bromley only half of those entitled to the check are actually having one. To help understand why this is and how we can encourage more people to have their annual check, the Clinical Commissioning Group are asking people to respond to a short survey. An easy read version is available which can be printed and returned to a free post address. If you would rather go through your answers over the phone please call 0203 930 0146 or email [BROCCG.PatientQuery@nhs.net](mailto:BROCCG.PatientQuery@nhs.net) to request a paper copy to be sent to you. Easy Read survey: <https://www.bromleyccg.nhs.uk/LD%20healthchecks%20-%20low%20res%20-%20Dec%202018.pdf>



helping the people of Bromley live longer, healthier, happier lives

## Staying Well This Winter

The NHS has published a newsletter for anyone with a learning disability or autistic spectrum disorder about staying well this winter. It is full of useful information as well as feedback and the details of The NHS England Learning Disability and Autism Engagement Team.

<https://www.england.nhs.uk/wp-content/uploads/2018/11/learning-disability-newsletter-easy-read-winter-18-19.pdf>



## 'All my life suddenly made sense' How it feels to be diagnosed with autism late in life

Penny Andrews got her diagnosis of Asperger syndrome (though she is perfectly comfortable with the term "autistic") when she was 30. Back then, she was a regular user of LiveJournal, the social networking site, and one of her online contacts had begun to write about the process of finding out he was autistic. "He wrote about it quite openly: all the reasons he'd gone for diagnosis, what the procedure was like, seeing half a dozen different psychiatrists before he found one who would refer him for diagnosis, and the more he wrote about it, the more I was like, 'Oh, God, this is me.'" Autism among women and girls is only starting to be properly understood. The male to female ratio of autistic people currently stands at around 5:1.

<https://www.theguardian.com/society/2016/nov/19/autism-diagnosis-late-in-life-asperger-syndrome-john-harris>

## I'm a Celeb!



Anne Hegerty has been in the news recently due to her involvement in the show I'm A Celebrity... Get Me Out of Here! Hegerty has brought much awareness to viewers about what exactly

autism is and how it affects her. The National Autistic Society responded to the increased awareness by saying "We've loved seeing the outpouring of support for Anne Hegerty. We hope this will be the start of better representation of autistic women in the media and help everyone understand the diversity of autism. Far too many autistic people, like Anne, aren't diagnosed until well into adulthood."

<https://www.independent.co.uk/arts-entertainment/tv/news/im-a-celebrity-anne-hegerty-autism-asperger-syndrome-charity-a8646296.html>

# February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Cotmandene Outreach Session	7 Bromley Jobcentre Support Session	8 Community House Coffee Morning	9	10
11	12	13 Mottingham Outreach Session	14	15	16	17
18	19	20 Cotmandene Outreach Session	21 Bromley Jobcentre Support Session	22 Community House Coffee Morning	23 Workshop and Drop-in	24
25	26	27 Mottingham Outreach Session	28 Bromley Jobcentre Support Session			

For further details about any LD events on the calendar, please contact Rob by  
 email - [robert.morgan@bromleywell.org.uk](mailto:robert.morgan@bromleywell.org.uk)  
 phone - 0208 466 0790  
 or text - 0748 255 8660

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Cotmandene Outreach Session	7 Bromley Jobcentre Support Session	8 Community House Coffee Morning	9	10
11	12	13 Mottingham Outreach Session	14 Bromley Jobcentre Support Session	15	16	17
18	19	20 Cotmandene Outreach Session	21 Bromley Jobcentre Support Session	22 Community House Coffee Morning	23	24
25	26	27 Mottingham Outreach Session + Workshop and Drop-in	28 Bromley Jobcentre Support Session	29	30	31

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