

Newsletter



Issue 8



Email
robert.morgan@bromleywell.org.uk



or
call 0208 466 0790



to speak to Rob about the service

Delivered by:



Bromley Third Sector Enterprise

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Bromley

Clinical Commissioning Group



We support people who have a learning disability and/or learning difficulty through 1-2-1 appointments, assisting in meetings or contacting organisations. We run a person-centred service giving information, guidance and support. The Learning Disability service has recently supported in matters around benefits tribunals, child protection meetings, budgeting advice and Freedom Passes.

Big Health Day

Rob was pleased to attend the Big Health Day, organised by Bromley Together in April. The event was very well attended and, with a stand in the main hall, he was able to meet some familiar faces and talk about the service to new clients and professionals.

Monthly Workshops and Drop-ins



We were delighted with the turnout for our recent workshops. In March we had a forum where, guided by Sue Potter, we were asked to give our thoughts on the Learning Disability web page for Bromley Well. As Sue is the communications officer and works on the web page she was very grateful for the level of feedback she received. Following this, we had a talk from Matt Harrison, Parliamentary Affairs Officer at the Royal Mencap Society and Ismail Kajji, Parliamentary Support Officer. Matt and Ismail spoke about the need to get our voices heard, which struck a chord with many at the workshop. They also advised us on how to build

relationships with our MPs, voting rights, how to register to vote, what an MP does, and differences of responsibilities between Parliament and Council. Our workshop in April was on Exercise and Staying Healthy. Matt Yule taught us some T'ai Chi and we spoke about various exercises we can incorporate into our daily life that will keep us healthy. Afterwards, we assisted Kings College Hospital by providing feedback about an Easy Read questionnaire they are publishing. A big thank you to all of those who contributed and came along.

Outreach

We have continued to attend the outreach sessions in **Cotmandene** and **Mottingham 2pm – 4pm every other Wednesday**. If you would find it easier to meet us at one of these venues rather than at our office on Masons Hill, please let us know and we will allocate you a time. Or you can turn just up on the day where we will see people on a first-come-first-served basis. We 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 us there, or have an appointment you would like us to support at, please ask your work coach or advisor and they will make you an appointment with us.

Another session we run is the **Community House Coffee Morning** in Mrs B's Café. We meet every other Friday at 10am for a chat and, if you would like to speak to Rob about any concerns, he can find a quiet place to look over any letters or talk about a particular issue and they will make you an appointment with me.

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

NEWS - Learning Disabilities

Autism & Shopping

Zak Mohamed, aged 20, has severe autism but his mother Nura is determined that he should learn to live as independently as possible. She sets him the challenge of learning to go shopping at the supermarket and cook himself a meal - something fraught with difficulties for someone with his condition. The BBC followed Zak to see how he got on and you can watch the short film here <https://www.bbc.co.uk/news/av/uk-england-bristol-47090187/how-does-some-one-with-autism-go-shopping>



Specialist Dyslexia Teachers

A cross-party group of MPs has said that every school should have specialist support for children with dyslexia.

A report from the All-Party Parliamentary Group for Dyslexia and other Specific Learning Differences says that 10-15 per cent of people have the condition, making it the "most common specific learning difference" in the UK. The report says the British Dyslexia Association believes that "the clearest solution" lies in the training of specialist dyslexia teachers. It adds: "Such teachers would be able to support learners, oversee and direct teaching and support provision, and carry out diagnostic assessments that identify individual needs.

<https://www.tes.com/news/school-failings-leave-dyslexic-pupils-feeling-stupid-unvalued-and-guilty>

What would you do? NHS Long Term Plan

Healthwatch Bromley has launched the 'What Would You Do?' campaign to ask borough residents what they would change about the NHS. Residents across the borough of Bromley are being asked for their views on how the NHS should be improved locally to influence the Bromley and South East London local NHS Long Term Plan. The NHS wants to get better at looking after people with cancer, lung and heart diseases, mental illness, dementia, learning disabilities, and autism. You can complete the survey here <https://www.healthwatch.co.uk/what-would-you-do-general>

At 42, I was diagnosed with a 'hidden disability'

Clare Empson has written a piece for The Telegraph about what it is like to find



out you have dyspraxia. She talks about the many aspects of the condition, such as trips and falls which she had attributed to 'clumsiness' as being indicators that there was a specific diagnosis. She writes, "Put simply it's a neurological disorder which means sometimes the wiring doesn't work. Messages from your brain just don't get through to the relevant parts of your body. Between 5 and 10 per cent of the population is thought to have dyspraxia, but it is still drastically under-researched.

I was 42 when I finally accepted I was dyspraxic, something I'd suspected for years. I'd been driving my three-year-old to a birthday party, following "dead simple" directions from my hostess, looking forward to the pirate-themed afternoon (with a glass of champagne for the adults). But we never got there. I drove round in circles for an hour before I and my tear-stained pirate conceded defeat." She goes on to say that, having been diagnosed, she has been able to access support and has developed a change of approach. For example, she will leave more time for planning a new journey.

<https://www.telegraph.co.uk/health-fitness/body/42-diagnosed-hidden-disability/>

June 2019

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

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

July 2019

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

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