

**Bromley**

**Well**

**Issue 24**

**Supporting People With Learning Difficulties**

# NEWSLETTER



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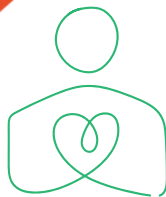
**South East London**

**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 and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

**MONTHLY WORKSHOPS****Our November workshop focused on Self-Care.**

During the session, we looked at the seven pillars of self-care as used by the NHS: mental, emotional, physical, environmental, spiritual, recreational and social.



Participants discussed how to have a well-balanced self-care routine, how to maintain safe boundaries/friendships, safe internet practice, and what to do when self-care is failing.

The workshop was very successful with great client participation and feedback.

**In December, we enjoyed another great workshop with our Loneliness Champion, Helayna Jenkins.**

Helayna spoke about her experiences which really encouraged clients to open up and discuss their own challenges and stigma attached to feeling alone and isolated.

Everybody, including staff, came away with so many useful tools and web links to follow up on.



In the words of Helayna,

*"Each and every person who attends will leave with the tools to be a Loneliness Champion"...*

and we most certainly did.

**A big thank you to all who attend our workshops – so many great ideas and fantastic input. As always, your support is essential to keep our workshops relevant and helpful for our clients.**

**OUTREACH**

The Learning Difficulties team had a lovely time visiting the Hope Café, situated inside the Walnuts Centre in Orpington, for their open day. We caught up with residents for a cup of tea, a slice of cake and some lively chat.



**A big thank you goes to the cafe manager Carol, her daughter, and team of volunteers for inviting us along so we could share our services with local people.**

## DATES FOR YOUR DIARY

### FREE ADHD LIFE ADMIN COURSE

This five-week course is for people with ADHD or those seeking a diagnosis who would like some extra support and guidance. Please contact Bromley Well SPA team if you would like to be added to our waiting list for our next course.



### CORRESPONDENCE DROP-IN:

**Come and see us on Fridays from 10am to 12pm or 1pm to 3pm at Station Road.** Download the flyer with further details [here](#).

This drop-in session is for you if you need help reading a letter or would like support sending an email. We can also help if you want to know if you can apply for benefits and don't know where to start.

**Contact SPA (Single Point of Access) for more information**  
Freephone 0808 278 7898 Email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)

## In the News

### HOSPITALS FAIL PEOPLE WITH LEARNING DISABILITIES, SAYS WATCHDOG

**The safety of people with learning disabilities in England is being compromised when they are admitted to hospital, a watchdog says.**

The Health Services Safety Investigations Body (HSSIB) reviewed the care people receive and said there were "persistent and widespread" risks. It warned staff are not equipped with the skills or support to meet the needs of patients with learning disabilities.

Senior investigator Clare Crowley said: "If needs are not met, it can cause distress and confusion for the patient and their families and carers, and raises the risk of poor health outcomes and, in the worst cases, harm." [Read more here](#).