

**Supporting People With
Physical Disabilities**

NEWSLETTER



Issue 14



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By Sue Charles
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We work closely with our clients in person, via the telephone and by email offering emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying clients to medical appointments. We currently hold our workshops at the United Reformed Church in Bromley and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

Our workshops have been very interactive and interesting, with great participation by those attending.

'How to Prioritise' Workshop

In July, our guest speaker, Richard Wiseman from our Employment and Training Service, delivered a workshop on life and work skills. He focused on how to prioritise and organise tasks, deadlines and jobs in order of importance. It was a great presentation and really practical. Those who attended gathered a lot of good ideas (including our team members). Thanks to Richard for covering this topic so well.



Cost of Living Crisis Workshop

Chetan Raval presented lots of useful information about what is on offer to help with the current cost of living crisis depending on the type of benefit you receive.



The presentation was very timely as this is a topic at the forefront of everyone's mind.

Dates for your diary

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Upcoming Outreach:

Mottingham - 10am till 12.00 noon on Tuesday 20 September and Tuesday 25 October

Cotmandene - 10am till 12.00 noon on Tuesday 27 September.

Contact Us

Contact our Support Officers for more information on our services:

Chetan Raval on 07421106922

Email

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Sue Charles on 07484 673090

Email

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On Facebook:

<https://www.facebook.com/BWPhysicalDisabilities/>

Alternatively, you can call the office on 020 8466 0790.

In the News

Commonwealth Games: Biggest Para-sports programme to date

Birmingham 2022 included a fully integrated para-sports programme, with 42 events across eight sports.

The retired five-time Paralympic gold medallist swimmer Ellie Simmonds said: "More events show how powerful the Para-sport movement is... Para-athletes are now seen as professional athletes and are inspiring the next generation."



Shortage of personal assistants concerning

A disabled member of the House of Lords says she "fears" disabled people could end up living in care homes if a shortage in personal assistants is not addressed.

Baroness Jane Campbell, a cross-party peer, and others have been struggling to recruit PAs in recent years. The government said £500m will be used to "develop the existing workforce".

The Baroness is a wheelchair user with the muscle wasting condition spinal muscular atrophy (SMA).

According to the Local Government Association (LGA) about 70,000 people in England use PAs. It described the current lack of workers as "severe" in a [recent report](#).



Not having reasonable adjustments caused me to get an infection

In 2018, Jo was in a cycling accident which caused an injury to her leg and she developed post-traumatic stress disorder (PTSD). When she went back to work after time off to recover, she found the system wasn't designed for her. As a reasonable adjustment, Jo required a leg stool at work to stop her leg from getting infected but she didn't get a leg stool for three months resulting in an infection. This was despite two occupational therapist assessments.

As a disabled person, Jo has experienced negative attitudes from many including her employer who responded by saying she should not be at work if prone to infection. [More here.](#)

Inclusive Barbies are a major step

"It's a major step in the toy industry and in my life. It made me feel proud of who I was."

James Stewart is among those celebrating the new Barbie dolls that were released in August.

Mattel, the company that makes them, has released a range of more diverse dolls.

For the first time, Barbie is seen with a hearing aid, a prosthetic limb and a wheelchair, while a Ken doll has the skin condition vitiligo. [Read more of the story here.](#)

Barbie



Disabled people face barriers everywhere

Read Disability Rights UK's Media and Communications Manager, Anna Morell's [day in the life feature](#) explaining why we need the social model of disability across all of society.

