

**Bromley Well**



# Supporting People With Physical Disabilities

## Newsletter Issue 9

Sue Fuller: 07484673090 [sue.fuller@bromleywell.org.uk](mailto:sue.fuller@bromleywell.org.uk)

Chetan Raval: 07421106922 [chetan.raval@bromleywell.org.uk](mailto:chetan.raval@bromleywell.org.uk)

Delivered by



Bromley Third Sector Enterprise

Funded by



THE LONDON BOROUGH  
[www.bromley.gov.uk](http://www.bromley.gov.uk)

**NHS**

**Bromley**

Clinical Commissioning Group

We support people with physical disabilities by helping them with a range of services:

- Transport solutions such as blue badge, taxi card, freedom pass and dial-a-ride
- Information, advice and emotional support
- Support at medical appointments, DWP assessments and tribunals
- Monthly workshops on a range of different topics and weekly drop-ins
- Telephone support service for those who may fall into isolation
- Grant applications
- Assistive technology

We aim to improve people's confidence, independence and awareness of the services that are available to them. We offer free workshops, providing useful information to help people to learn new skills as well as an opportunity to socialise.

## Drop-ins

We hold weekly drop-ins at two locations within the borough. These are at Mottingham and Cotmandene on alternate Thursdays. The sessions are for information and advice, emotional support and help with letters and paperwork. No appointment is necessary.

## Mottingham Community & Learning Shop

1-2 Cranley Parade, Mottingham, SE9 4DZ, Thursday 2-4pm, Tel: 020 8860 1150

**Future Dates:** 3rd, 17th and 31st October and 14th November.

## Cotmandene Community Resource Centre

64 Cotmandene Crescent, St Pauls Cray, BR5 2RG, Thursday 1-3pm, Tel: 020 8402 0123

**Future Dates:** 26th September, 10th and 24th October and 7th November.

## Monthly Workshops

In July our workshop was about dealing with debt and we invited a volunteer from the Chislehurst Debt Advice Service who came along to talk to our group. We learnt how to deal with different types of debt, how to avoid getting into debt with money saving tips and advice. We learnt about the work the service offers to clients and the support given to negotiate re-payment plans.



For our August workshop we continued with a similar theme, this time talking about budgeting, understanding our income and out goings and planning ahead in order to save money for the future. We also looked at money saving tips and ideas and some useful websites and apps.



## Future workshop dates:

Monday 14th October – Crime Awareness

## How to Contact Us:

If you are interested in attending one of our workshops or would like to find out more about our service please contact one of our Support and Information Officers:

Sue Fuller on 07484673090  
Sue.Fuller@bromleywell.org.uk or  
Chetan Raval on 07421106922  
Chetan.Raval@bromleywell.org.uk

# NEWS -

## Physical Disabilities

### Disability Sailing Group in Sevenoaks marks its tenth anniversary

A charity called Sailability, which operates from Chipstead Lakes, near Sevenoaks and provides sailing lessons for disabled people, has celebrated its first decade.



<https://www.bbc.co.uk/news/av/uk-england-kent-49023333/disability-sailing-group-in-sevenoaks-marks-tenth-anniversary>

### Transport for London – training shake-up to help disabled people

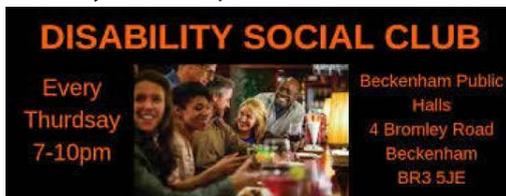
TfL to consider plans to improve training given to staff who help disabled passengers. This comes after columnist James Moore wrote about his experience during a recent tube journey.



<https://www.independent.co.uk/news/uk/home-news/disabled-transport-london-tube-tfl-train-bus-sadiq-khan-accessibility-a8989121.html>

### Disability Social Club in Beckenham

A social club for adults aged 18+ with disabilities, based at Beckenham Public Halls, every Thursday from 7-10pm.



For more information about the club, how it was created and future events coming up, see the link <https://disabilitysocialclub.com/>

### Supporting Employees to Return to Work after a Stroke



In response to The Stroke Association's recent research, Diane Lightfoot, CEO for the Business Disability Forum, talks to Sky News.

<https://businessdisabilityforum.org.uk/media-centre/news/ceo-diane-lightfoot-on-sky-news-on-retaining-stroke-survivors-in-the-uk-workforce>

### Hotel Rooms 'must be fully accessible'

One campaigner thinks the hospitality industry needs to do more to help disabled people.



For more information see [here](#)