

**Bromley Well**



# Supporting People With Physical Disabilities

## Newsletter Issue 13

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**NHS**

**Bromley**

Clinical Commissioning Group

We support people with physical disabilities. Due to current government guidelines, we have suspended face-to-face appointments and outreach services. However, we are still offering support services via the phone, email and online meetings.

You can also find lots of useful information on our Facebook page and can take part in our regular quizzes by joining our virtual quiz group.

You can follow our Facebook page by clicking on the following link:

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

You can join our private Facebook group here:

[https://www.facebook.com/groups/BWPhysicalDisabilities/?source\\_id=100447464959432](https://www.facebook.com/groups/BWPhysicalDisabilities/?source_id=100447464959432)

### Monthly Workshops

We are currently holding our workshops via Zoom which gives clients the opportunity to chat and catch up as well as learn about something new.

At our recent workshops we have been discussing meditation and its benefits. We have been learning how to meditate and how it can reduce anxiety and improve our wellbeing.

Some clients who enjoy meditation have been sharing their experiences and useful tips with the group.

If you would like to find out more information about our workshops via Zoom or would like help setting Zoom up in order to join in, please contact us.

### Contact Us:

If you are interested in attending one of our online workshops or would like to find out more about our service, please contact the office on 020 8466 0790 or one of our Support and Information Officers:

Sue Fuller on 07484673090 or email [Sue.Fuller@bromleywell.org.uk](mailto:Sue.Fuller@bromleywell.org.uk)

Chetan Raval on 07421106922 or email [Chetan.Raval@bromleywell.org.uk](mailto:Chetan.Raval@bromleywell.org.uk)

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

**Alternatively you can call us in the office on 020 8466 0790.**

# NEWS - Physical Disabilities

### Motability Scheme

The Motability Scheme is now operating again. Orders can be placed by customers who are in the final three months of their lease or have had their lease extended due to COVID-19. Please click [here](#) for more information



### Dial-a-Ride

If you are a member of Dial-a-Ride, please be aware that the service is running reduced hours: from 8am-6pm Monday to Saturday (closed on Sundays and bank holidays). Social distancing measures are being followed wherever possible. Face coverings are compulsory on Dial-a-Ride but there are some exemptions. For example, if you have a physical or mental illness or impairment, or a disability that means you cannot put on, wear or remove a face covering; if putting on, wearing or removing a face covering would cause you severe distress; or if you are travelling with, or providing assistance to, someone who relies on lip reading to communicate. More information [here](#). To enquire about the type of journey you can request or make a booking, email [dar.reservations@tfl.gov.uk](mailto:dar.reservations@tfl.gov.uk) or call 0343 222 7777.



### Taxicard

Did you know you can now use your Taxicard for drivers to pick up and deliver essential supplies for you such as pre-bought items from the supermarket, pharmacy or takeaway outlets? Click [here](#) for more information.



### Coronavirus: 'Test and trace' access flaws

NHS England is facing the threat of legal action as campaigners have warned that the programme is not accessible to disabled people. Click [here](#) for more information



### Blind campaigner asks people to remove overhanging trees

A blind woman's campaign to remove overhanging foliage from pavements has been shared thousands of times on social media. Find out more about Ella's story [here](#).

