

Bromley Well

April 2026

NEWSLETTER

Supporting People With Learning Difficulties



Office: 0208 466 0790



Mobile: 07752 466928



chetan.raval@bromleywell.org.uk

Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Emma Andrew, Senior Information & Support Officer

Email: emma.andrew@bromleywell.org.uk; Tel: 020 8466 0790 or 07482 558 660

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 Workshop Highlights

February – Voting

In February, we held a workshop on voting ahead of the local elections in May.

We talked about the importance of bringing ID, how to apply for ID if you don't have it, and how to request a postal vote.

We also looked at who your local councillors are and how to contact them about issues that matter to you.



March – Scams

In March, we welcomed Beverley Nicklin from Bromley Trading Standards, who delivered an informative session on scams affecting people in Bromley. We shared practical tips on how to spot scams and what to do if you think you have been targeted.

One key piece of advice was to contact your bank by **calling 159** if you are worried you may have been scammed. This number safely connects you to your bank and is a useful way to get help fast.



April – South East London Community Energy (SELCE)

In April, we were joined by South East London Community Energy, who spoke about ways to reduce energy use and save money on household bills. The session included simple, practical tips and advice on where to go for additional support if you are struggling with costs.

Save the Date

Workshop: Thursday 14 May – First Aid

Our Information & Support Officer, Chetan Raval, has arranged a First Aid workshop with the British Red Cross.

It will be from 10am to 12pm at the Bromley Mencap Training Centre, Rutland House. More details coming soon.



ADHD 'Life Admin' Course

Our ADHD Life Admin Course runs regularly. If you're interested in taking part, please contact Emma to join the waiting list. For more information on the course, please take a look at our [flyer](#).

FRIDAY CORRESPONDENCE DROP-IN

Do you need support with paperwork? Pop in on Fridays from 10:00 am to 4:00 pm. No booking required.

FIRST AID WORKSHOP

Learn what to do in an emergency and how to treat injuries with the British Red Cross



Thursday 14 May



10am to 12 noon



**Bromley Mencap,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG**



First aid means helping someone who is hurt or unwell. The British Red Cross workshop will teach important skills to help in an emergency.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

Correspondence Drop-ins



We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm.**



You will find us at:

Bromley Mencap Office,
Rutland House,
44 Masons Hill,
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898



Sexual Health Bromley



Sexual Health Bromley provides a range of free sexual health services; these include a drop-in clinic at Beckenham Beacon and appointment booking at three different sites. Receive free contraception in clinic and through pharmacies. Home STI tests, free condom schemes, information, and advice on sexual relationships are also available.

To find out more information please visit:

Website: www.sexualhealthbromley.co.uk

Or call: 01689 866622