

April 2026

**Bromley Well**

# NEWSLETTER

Supporting People With Physical Disabilities



Office: 0208 466 0790



Mobile: 07484 673090 or 07938 740361



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

**By Caroline Hackett**  
**Information & Support Officer**

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We offer emotional support and practical help with paperwork, forms and grant applications, and we can also accompany people to medical appointments. We run monthly meditation and sound bath workshops, as well as drop-ins.

### **Meditation Mondays**

Our sound bowl and meditation sessions continue to grow in popularity, with many people now coming to Bromley Well specifically to take part.

Attendance has been consistently high, with 21 participants joining us in March.



Our next session will focus on meditation. Discover ways to de-stress and unwind. Our regular drop-in service will then follow, where we can give you advice and support. A light lunch is available for everyone to enjoy after each session.

As demand increases, all sessions must now be booked in advance. When making a booking, please let us know of any food allergies or intolerances.

We look forward to seeing you soon!



**UPCOMING WORKSHOP**

**Make a note of the date of our upcoming meditation session.**

**All sessions take place on Mondays:**

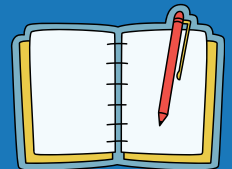
**The next session is on 20 April**

**Workshop: 11.00am – 12.00pm**

**Drop-in: until 1.00pm**

**Lunch provided (please let us know if you are attending so we can cater for you and any dietary requirements/allergies).**

**FRIDAY DROP-IN AT RUTLAND HOUSE**



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



### **CONTACT US:**



Caroline Hackett – 07938 740361  
[caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)

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# MEDITATION MONDAYS

**Join us to relax and unwind, followed by lunch and a drop-in advice session**



**Monday 20 April**



- **11am – 12 noon**
  - **Drop-in from 12 – 1pm**
- Please arrive promptly**



**Bromley United Reformed Church,  
20 Widmore Road, Bromley, BR1 1RY**

Come and enjoy a relaxing guided meditation session dedicated to helping you relax, recharge, and refocus.

Afterwards, stay for our drop-in from 12 noon to 1 pm – lunch is included.

**Booking is essential. Please tell us about any dietary requirements or allergies when you book.**

You're welcome to bring a yoga or Pilates mat if you'd like to lie on the floor; a blanket may help you stay comfortable.

**Please contact us to book your place.**

 **Telephone: 020 8466 0790**  **Email: [caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)**

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# Map and directions

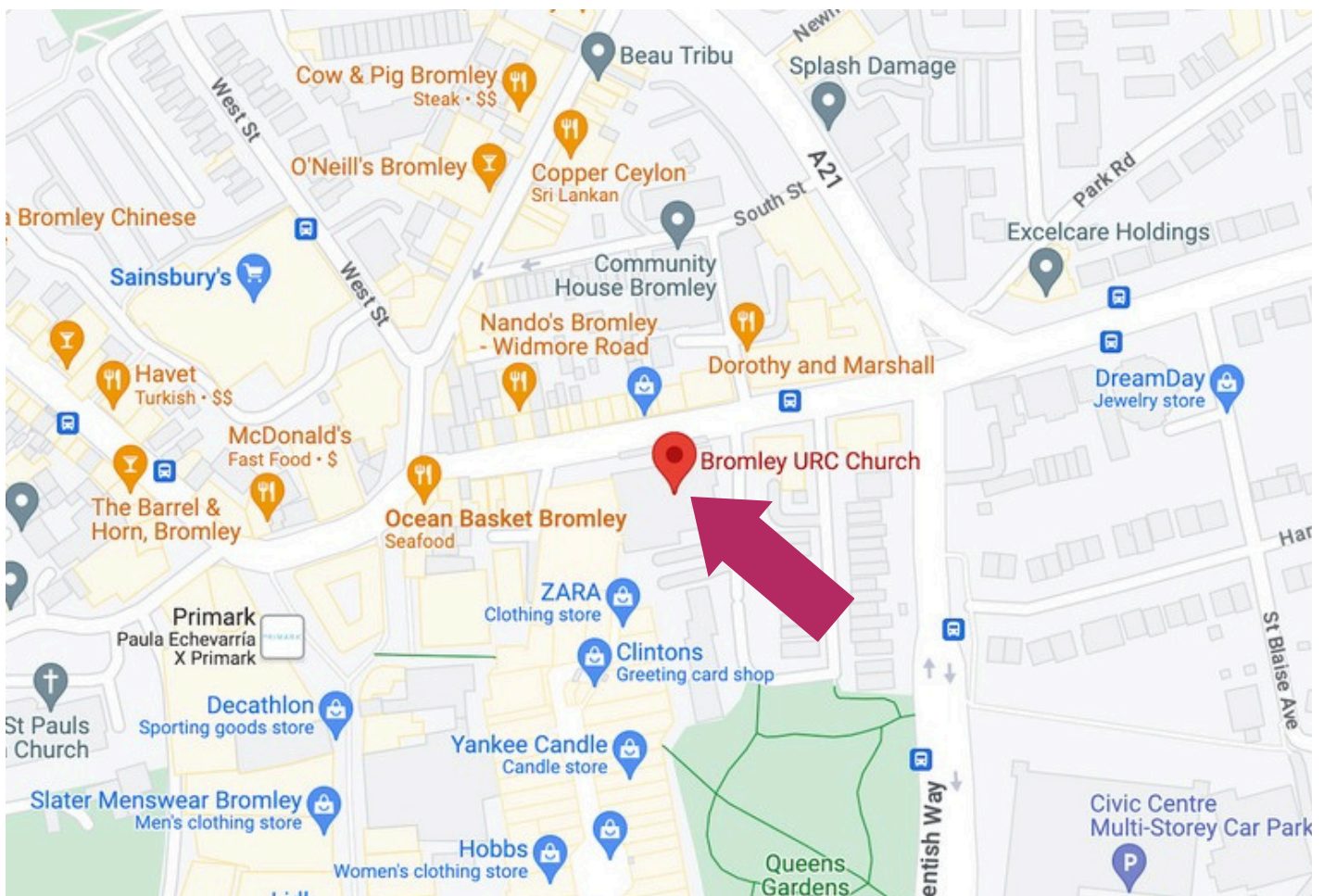
## Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

**Buses:** 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

**Trains:** Bromley North and Bromley South stations are both a few minutes walk away.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.

# 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](http://www.sexualhealthbromley.co.uk)**

**Or call: 01689 866622**