

**Bromley**

**Well**

**Issue 23**

**Supporting People With Learning Difficulties**

# NEWSLETTER



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Delivered by:



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**South East London**

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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 WORKSHOPS

**Our October workshop was all about dyslexia in celebration of Dyslexia Awareness Week.**

We discussed how dyslexia can affect memory, organisation, timekeeping, concentration, multitasking and communication. We also shared some useful strategies to help such as the use of colour overlays and reading pens.



We also visited the Dyslexia Association and discussed the topic of *Change* with the group and the support we can offer.



## OUTREACH

In September, the team went to the Open Forum at Stepping Stones which is a group of individuals with disabilities who meet weekly to discuss issues and difficulties.

We also attended the Gateway Club's Annual General Meeting and spoke to members.

The Gateway Club provides activities and events for people with learning disabilities. During the visit,



we participated in a drumming workshop which was a lot of fun.

In October, we visited the Gateway Enterprise Café at the Walnuts Centre. The café is run by a team of volunteers and we spoke to everyone about the support we can offer.

Lastly, we attended the Market Place event for parents and carers of children and young people with special educational needs and/or disabilities (SEND). We met with members of the public to discuss the support available for young people transitioning to adulthood.



## UPCOMING WORKSHOP

**Self Care Workshop**  
**Monday 13th November**  
**from 10am - 1pm**  
**Bromley Scout Hut,**  
**15 Prospect Place, Bromley,**  
**BR2 9HL**



Join us to learn more about the seven pillars of self-care and how to use them in your daily life. Call us on 0208 466 0790 to reserve your place.

## DATES FOR YOUR DIARY

### FREE ADHD LIFE ADMIN COURSE

The next course starts in the **NEW YEAR**, so register your interest now.

This five-week course is for people with ADHD or those seeking a diagnosis who would like some extra support and guidance. Please contact Bromley Well SPA team if you would like to join as we only have six places per course.



### CORRESPONDENCE DROP-IN:

Come and see us on **Fridays from 10am to 12pm or 1pm to 3pm at Station Road**. Download the flyer with further details [here](#).

This drop-in session is for you if you need help reading a letter or would like support sending an email. We can also help if you want to know if you can apply for benefits and don't know where to start.

Contact SPA (Single Point of Access) for more information  
Freephone 0808 278 7898 Email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)

## In the News



### NATIONAL SHORTAGE OF MEDICINES FOR ADHD

There is a current disruption to the supply of some medicines used to manage ADHD symptoms. The disruption is caused by manufacturing issues and increased global demand.

**Currently, the NHS expects the supply disruptions to be resolved by December 2023**, although this may change. If you have concerns, please contact your care coordinator or the clinician who prescribes your medication. You can read more [here](#).

