

Bromley Well



March 2025

NEWSLETTER

Supporting People With Learning Difficulties



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Chetan Ravel
Information & Support Officer

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 January 'Eating Well on a Budget' session explored ways to make essential shopping go further with practical tips and tricks for saving money. We played fun games like Higher or Lower and Fakeaway vs Takeaway, while also learning about healthy plates and cost-effective cooking.



In February, we welcomed guest speaker Allison Gill, Cost-of-Living Advisor, who gave an informative presentation on budgeting and benefits—a crucial topic as the cost of living remains a concern for many people. We were also joined by Digital Champions, who provided hands-on support with online applications and digital queries.

For March's workshop, we invited Magpie Dance to showcase their work, encouraging everyone to get moving and experience the joy of dance-based exercise.



It was a fantastic session that got hearts racing while having fun!
Learn more about Magpie Dance [here](#).



UPCOMING WORKSHOP

Our next workshop will be on Monday 7 April from from 10am – 12pm
Venue: Bromley Scout Hut, 15 Prospect Place, Bromley, BR2 9HL

Beverley Nicklin from Trading Standards will be joining us to deliver a workshop on scams and how to avoid them.

To book, email emma.andrew@bromleywell.org.uk
or Chetan.raval@bromleywell.org.uk
or phone/text 07752 466928. Download the flyer [here](#).



COMMUNITY OUTREACH

In January, the Learning Difficulties Team attended the Bromley Health and Wellbeing Event at the United Reformed Church, sharing information about Bromley Mencap and Bromley Well Services.

In February, the team participated in the Clear Community Web Digital Horizons event, where they heard from speakers and joined discussions on digital inclusion and accessibility.



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Correspondence Drop-ins

Official

Do you need some help with reading and responding to letters? Attend our **FREE drop-in on Fridays!**

Pop into our office on Fridays from **10:00 am to 12:00 pm** or **1:00 pm to 3:00 pm**

Please note: the drop-in is closed from **12:00 pm to 1:00 pm**

You will find us at:
**Bromley Mencap office,
Station Road,
Bromley North,
BR1 3LP**

For more information, please contact Bromley Well:
EMAIL
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FREEPHONE
0808 278 7898

Service delivered by: Bromley Mencap
Funded by: Bromley Well, NHS South East London

CORRESPONDENCE DROP-IN

Our Drop-in runs every Friday from the Bromley Mencap Station Road office.

Simply pop in between 10am-12 noon and 1-3pm.

We can help you with letters, emails and any other literacy issues.