

# Bromley

# Well

## Issue 17

### Supporting People With Physical Disabilities

# NEWSLETTER



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**By Maria Carver-Carter**  
**Information & Support Officer**

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We work closely with clients in person, via the telephone and by email offering emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying clients to medical appointments. We hold workshops and drop-ins at Bromley Mencap's Community Hub in Bromley North and provide outreach at Cotmandene and Mottingham every month (online until further notice).

## Monthly Workshops

Our workshops take place at the Bromley Mencap Community Hub, Station Road, Bromley, BR1 3LP.

Due to unforeseen circumstances, our January workshop speaker from Bromley Experts by Experience (X by X) was unable to attend. We used this time instead to gather feedback on our workshops and listen to ways to make them even better.



As a group, there were many fantastic ideas for workshop topics including self-help and mindfulness as clients felt wellbeing was important in the current climate of bills and the daily stresses of life.

Other ideas were basic first aid, summer meet-up sessions in Queens Park, Bromley, and talks from the local police highlighting scams that are happening in our borough. We have taken these ideas on board and are looking at ways of incorporating them at future events and keeping themes relevant to you.



Following your feedback, we will be running a special Mindfulness workshop this month. [Download the flyer here for more information.](#)

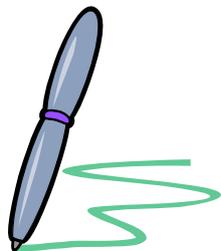


## Stress Management Workshop

On 21st February we held another successful workshop on 'Stress Management' led by Richard Wiseman and Jodie Miles from our Employment and Training Team. It was a really fun workshop and we learned different strategies to manage all that life throws our way at times.



## Dates for your diary



### Upcoming Outreach:

**Mottingham:** Every month from 10am till 12.00 noon.

The next session is on Tuesday 21 March 2023.

**Cotmandene:** Every month from 2-4pm.

The next session is on Wednesday 22 March 2023. These sessions are online until further notice.

### Upcoming Workshops:

- Mindfulness on Tuesday 14th March from 11am-12:30pm
- Bromley Experts by Experience 'United Voices Project' on Tuesday 25th April. Time TBC.

# In the News

## Aaron Fotheringham: Extreme wheelchair athlete

Who knew wheelchair skating could be possible? Aaron Fotheringham had a number of unsuccessful hip surgeries which meant he needed to

use a wheelchair to get around. But his disability did not stop him and he now performs death-defying stunts.

He was even the first-ever skater to land a somersault in a wheelchair.



## Contact Us

Contact our Support Officers for more information on our services:

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Follow our [Facebook page](#).

Alternatively, you can call the office on 020 8466 0790.

## Cornel Hrisca-Munn: Amazing drummer

Cornel was born with a deformed leg and no forearms in Romania. He was adopted and moved to the UK where he took up the drums in his teenage year. Sometime later, he was placed second in a national



drumming competition. His videos on [YouTube](#) also went viral and it is safe to say his musical abilities are a gift no disability could stop.