

# Bromley

# Well

## Issue 18

### Supporting People With Physical Disabilities

# NEWSLETTER



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**By Chetan Raval and Sue Charles**  
Information & Support Officers

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 venues in St Paul's Cray and Mottingham every month.

## Monthly Workshops

### Mindfulness Workshop

Our workshop in March was presented by Michelle Tiedeman, Mental Health Practitioner.

Michelle discussed in detail our five senses: sight, hearing, taste, touch and smell. Each sense was demonstrated by an activity and the clients all got involved and enjoyed the workshop immensely.



Jamie and Nicola also spoke about an upcoming event at the United Reformed Church, Bromley on Tuesday 23rd May from 12noon–3pm. This FREE event is part of their United Voices project, supported by the Mayor of London, to bring people with access needs together and increase their collective voice. [Register here.](#)



### XbyX (United Voices) Workshop

Jamie Davies and Nicola Burgess from the Bromley charity, Experts by Experience, led a discussion about the barriers disabled people face daily and how these can be overcome. The group spoke about access to swimming pools, getting a doctor's appointment and dropped kerbs.



## United Voices

Bringing people together

**FREE**

Tuesday 23rd May 2023  
12:00 - 15:00

Bromley URC Church, 20 Widmore Road,  
Bromley, BR1 1RY

A welcoming space for people with access needs to speak up and be heard

Opportunities to share your experiences to shape future workshops



Empowering guest speakers on current issues affecting people with access needs



FREE lunch provided



Transport available on request

Register for this **FREE** event via the link: <https://bit.ly/UVevent> or contact us to book your place

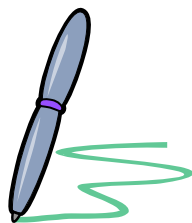
✉ [jamie@xbyxbromley.com](mailto:jamie@xbyxbromley.com) ☎ 07454 288762

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## Dates for your diary



### Upcoming Outreach:

**Cotmandene:** Every month from 2-4pm.  
The next sessions are Tuesday 30th May,  
Tuesday 20th June and Tuesday 25th July.

**The Mottingham Community Shop has closed.**  
Activities have moved to Mottingham library  
and information on drop-in sessions will be  
confirmed shortly.

### Upcoming Workshops:

- Loneliness on Tuesday 16th May
- Keeping safe from scams on Tuesday 13th June
- How to keep cool during the summer on Tuesday 18th July

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

## 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.

# In the News

## Barbie doll with Down's syndrome launched by Mattel

A Barbie with Down's syndrome is the latest doll to be released by Mattel in a bid to make its range more diverse. The US toy giant had faced previous criticism that the traditional Barbie did not represent real women.



In recent years it has created dolls with a hearing aid, a prosthetic limb and a wheelchair.

British model Ellie Goldstein, an advocate for inclusion, visibility and understanding of people with Down's syndrome, said she felt "overwhelmed" when she saw the doll. "Diversity is important...as people need to see more

people like me out there in the world and not be hidden away," she added.  
[More here.](#)

## People with sight loss able to climb mountains again, thanks to virtual reality headsets

Jason Turnbull, who works at Sight Scotland Veterans' Hawkhead Centre, has been producing films for veterans. He explains that because the VR headset lenses are close to the veterans' eyes, they can experience the video footage like those without vision loss.

Noreen Smith, a former army nurse who has macular degeneration, had to give up her hill walking due to her vision impairment. She said: "The VR is just wonderful. It is just like you are back there again. It brings back so many happy memories for me."

[Read the full story here.](#)

