

Bromley

Well

Supporting People With Physical Disabilities

NEWSLETTER

Issue 16



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By Sue Charles
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.

Monthly Workshops

We are now using a new venue for our workshops: **Bromley Mencap Community Hub, Station Road, Bromley, BR1 3LP.**



Self Care Week Workshop

During our November workshop which coincided with Self Care Week, everyone created a personalised Healthy Living Plan. The plan included areas people wanted to make changes to including eating more healthily or incorporating exercise into their routine.



Keeping Well in the Winter Workshop

Our December workshop was about keeping well in the winter. How to stay warm and plenty of tips on what to watch out for during the winter months. We also had some festive fun with a quiz and enjoyed mince pies together.



Dates for your diary

Upcoming Outreach:

Mottingham: 10am till 12.00 noon on Tuesday 24 January, Tuesday 21 February, and Tuesday 21 March 2023.

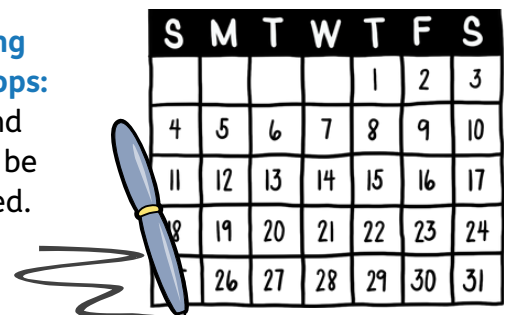
Cotmandene: 2-4pm on Wednesday 25 January, Wednesday 22 February, and Wednesday 22 March 2023.

Station Road Drop-in Service:

Mondays from 10am-12pm or 2pm-4pm.

Upcoming Workshops:

Dates and times to be confirmed.



In the News

Supporting People with Physical Disabilities

A person with glaucoma learned Braille in lockdown after losing sight

Remote learning was a struggle for many people during the Covid-19 pandemic but for Dawn Hopper, it presented a particularly tough challenge.

The 42-year-old was diagnosed with glaucoma three years ago and is now registered as severely sight impaired. Dawn said developing the new skill had helped her stay positive about the future. "Just because my eyesight has changed that doesn't mean I have to stop doing the things I enjoyed," she said. [Read more here.](#)



Guide dog shortage: The blind people who train their own guide dogs

In early January a shortage of available guide dogs was reported. For some visually impaired people, the wait is too long and they decide to train their own guide dogs. [Read all about Isabel's experience of training her own guide dog here.](#)

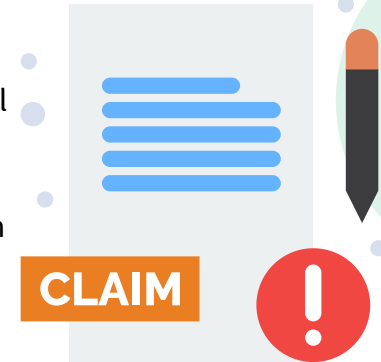
The Guide Dogs for the Blind Association is currently struggling to meet demand. The Covid pandemic paused breeding, training and socialising for five months. As well as fewer dogs, the number of those making it through the process dropped from 65% to less than 50% - the lowest in decades - and the average waiting time for a guide dog increased to 18 months.



Supporting People with Physical Disabilities

The number of new PIP claimants has doubled in a year

A new report by the Institute for Fiscal Studies (IFS) highlights that the number of working-age people who received Personal Independence Payments (PIP) doubled between July 2021 and July 2022.



[Read more on PIP claimants on the DR UK website.](#)

Sony unveils PS5 controller for disabled gamers

Sony has teamed up with accessibility experts to announce a PlayStation 5 controller for disabled gamers. Project Leonardo is a "highly customisable kit" of different buttons, triggers and sticks that lets players create a set-up that suits their needs. [More here.](#)



Contact Us

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