

Bromley

Well

Issue 23

Supporting People With Physical Disabilities

NEWSLETTER



Office: 0208 466 0790



Mobile: 07421 106922, 07938 740361 or 07484 673090



chetan.raval@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk
sue.charles@bromleywell.org.uk

**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 and provide outreach at venues around the borough.

MONTHLY WORKSHOPS

Our November workshop celebrated National Self-Care Week.

The theme for 2023 was "Mind & Body."

We discussed why self care is important and how to incorporate it into your daily life.



Our December workshop was all about keeping well in the winter and was followed by a fun festive quiz and mince pies.

We discussed how to keep warm, eat well and stay healthy. We spoke about those who are most vulnerable during the winter months.

We gave tips to help each other, for example:

- **Eat at least one hot meal a day**
- **Lots of hot drinks**
- **Wrap a scarf loosely around your mouth**
- **Be as active as you can**
- **Wear sensible shoes**



UPCOMING WORKSHOPS AND DROP-IN DATES

Keeping Well Workshop

Monday 15 January from 11 am–1 pm

Venue: Bromley United Reformed Church, Widmore Road, Bromley, BR1 1RY

We will be discussing keeping well after the Christmas festivities and how to look at ways to kickstart a healthy 2024.

After every workshop, we have a drop-in service until 1pm for our clients who require support or guidance. This could be from general advice to helping with the completion of certain forms.



Drop-in sessions

St Paul's Cray Library: Tuesday 30th January from 10am–noon



Mottingham Library:

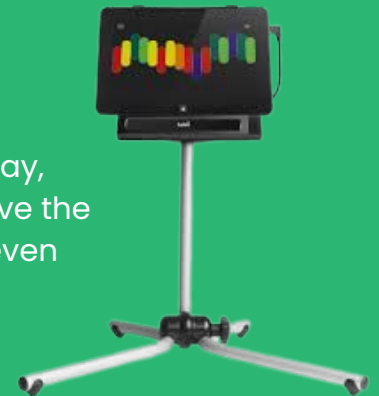
Times and dates to be confirmed.

IN THE NEWS

THE CLARION: THE ACCESSIBLE MUSICAL INSTRUMENT TRYING TO FIND ITS SOUL

Traditional instruments are not always as inclusive as they could be but now another instrument is about to open up the music scene like no other as it is officially recognised by the classical music world. The Clarion – an entirely digital instrument that made music accessible once again. The Clarion is essentially software that can mimic the sound of any instrument you desire and works on technology including iPads, but this doesn't make it a lesser instrument.

Barry Farrimond-Chuong from Open Up Music is one of the designers behind the software. He explains that most musical instruments require two hands and ten very dexterous fingers to play, but with the Clarion, you play with the part of the body that you have the most agency and control over. This could be your eyes, hands, or even one leg with the help of motion cameras. [Read more here.](#)



THE PRO GAMER WHO HAS TO RELY UPON SOUND ALONE

In the competitive world of professional gaming, one gifted player goes by the username Rattlehead (real name Carlos Vasquez). Carlos describes himself as "completely blind" but this does not prevent him from winning gaming tournaments in the US.

Instead of being able to see the game, Carlos relies upon hearing it to make his attacking and defensive moves. "I'm able to pick up on the specific sounds of the characters,"

he says as a growing number of games have accessibility features. However, this hasn't always been the case. While the major games studios are now embracing accessibility, it was previously independent hobbyist developers who often led the way, including some that are visually impaired themselves. [Read more here.](#)



Contact Us

Chetan Raval: Telephone 07421106922
or email chetan.raval@bromleywell.org.uk

Sue Charles: Telephone 07484 673090
or email sue.charles@bromleywell.org.uk

Caroline Hackett: Telephone 07938 740361
or email caroline.hackett@bromleywell.org.uk

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

