

May 2025

Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By **Caroline Hackett**
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We offer emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying people to medical appointments. We hold workshops and drop-ins and provide outreach at venues around the borough.

MONTHLY WORKSHOP: HEALTH & WELLBEING

In April, we hosted a special workshop with lunch, where people had the opportunity to have their blood pressure checked and receive ear exams – with the results visible on camera!

A big thank you to everyone who attended – it was wonderful to see you all and share such a positive, health-focused morning together.



INTRODUCING MEDITATION MONDAYS

Following feedback from the people we support, we're updating our monthly workshop format. Instead of covering different topics each month, we're excited to launch Meditation Mondays – a regular space dedicated to helping you relax, recharge, and refocus. Lunch included!



Please confirm your attendance in advance so we can order the right number of lunches. And don't forget to let us know if you have any food allergies or dietary requirements.

CONTACT US TO RSVP:

To register, please text or email us:

- ☎ Caroline Hackett – 07938 740361 |
- ✉ caroline.hackett@bromleywell.org.uk
- ☎ Sue Charles – 07484 673090 |
- ✉ sue.charles@bromleywell.org.uk

DROP-IN SESSIONS



Central Bromley Drop-ins

These are held at The United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY from 12-1pm and follow our monthly meditation workshops.

Orpington Drop-ins

These are held on the third Tuesday of each month, from 10am to 12 noon at St Paul's Cray Library and Community Support Centre, Mickleham Road, St Paul's Cray, BR5 2RW.

- **Tuesday 20 May**
- **Tuesday 17 June**

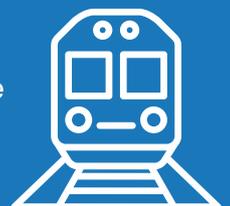


Save the Date

SHORTLANDS STATION NOW FULLY ACCESSIBLE

Shortlands Station has completed an £8 million upgrade, now offering step-free access to all platforms via new lifts and a footbridge. These improvements make the station safer and more accessible for disabled passengers and others with mobility needs.

Read the full story on the [Southeastern website](#).



MEDITATION MONDAYS

Sessions from 11am to 1pm

Join us each month to explore simple and effective ways to de-stress and clear your mind

Save the Date



- 19 May**
- 16 June**
- 21 July**
- 18 August**
- 22 September**
- 20 October**
- 17 November**
- 15 December (Christmas Celebration)**



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