



**Bromley Well**

# NEWSLETTER

**Supporting People With Physical Disabilities**



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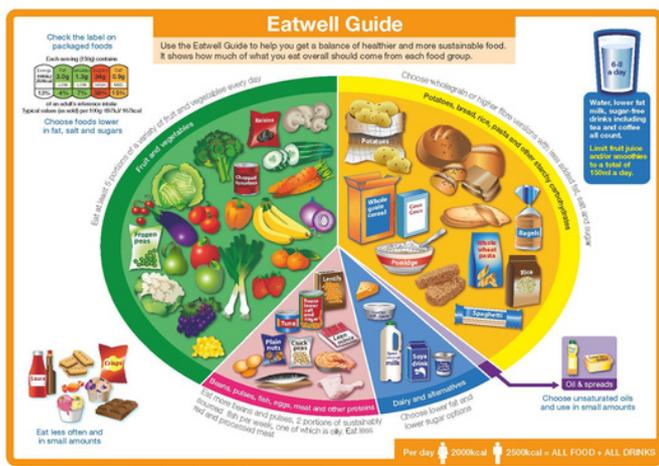
**By Chetan Raval  
Information & Support Officer**

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 topic for our January workshop was 'Keeping Well' and was an opportunity to discuss ways to take care of your health and wellbeing.**

We looked at how making small changes to eating habits can support a healthier lifestyle. The Eatwell Guide was given out to participants and we also investigated the traffic light system on food labels which allows people to make better choices when shopping.



**In February, we gathered feedback to find out what clients would find useful in future workshops.**

- The following topics came up:
- Assistive technology including the use of smartphone apps,
  - meditation to help with wellness,
  - local crime and scam prevention.

Thank you for your valuable feedback.

**UPCOMING WORKSHOPS AND DROP-IN DATES**

**The Cost-of-Living Crisis and Digital Champions**  
**Monday 15 April from 11 am-1 pm**  
**Venue:** Bromley United Reformed Church, Widmore Road, Bromley, BR1 1RY

**Meditation for Wellness**  
**Monday 13 May from 11 am-1 pm**  
**Venue:** Bromley United Reformed Church, Widmore Road, Bromley, BR1 1RY

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 26th March from 10am-noon



## IN THE NEWS

### LONDON MARATHON 2024: EQUAL PRIZE MONEY FOR WHEELCHAIR AND ABLE-BODIED RACES

The London Marathon is to become the first marathon in the world to offer equal prize money for its wheelchair and able-bodied races. All winners in the elite races of this year's London Marathon will receive £43,500.



London Marathon event director Hugh Brasher said: "We have made great strides in recent years towards our ambition to make the London Marathon the most diverse and equitable marathon in the world and this is another important step towards achieving that goal." Read the full article on the [BBC Sport website](#).

### NEW ONLINE DIAL-A-RIDE BOOKING SYSTEM

Transport for London (TfL) has introduced a new mobile Dial-a-Ride booking system for customers, offering members and caregivers access to an additional channel to the existing telephone booking system. Dial-a-Ride members can use a new user-friendly mobile app to book journeys and manage their bookings. Customers can also track their driver, update any details related to their ride, and cancel a trip without having to call the contact centre.

Further details about how to download our Dial-a-Ride app can be found on the [TfL website](#). Please contact the Dial-a-Ride team on 0343 222 7777 if you require any more information.



## Contact Us

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