

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 10

Sue Fuller: 07484673090 sue.fuller@bromleywell.org.uk

Chetan Raval: 07421106922 chetan.raval@bromleywell.org.uk

Delivered by



Bromley Third Sector Enterprise

Funded by



THE LONDON BOROUGH
www.bromley.gov.uk

NHS

Bromley

Clinical Commissioning Group

We support people with physical disabilities by improving their awareness of services that are available to them to maintain independence and resilience. We offer free workshops, providing useful information to help people to learn new skills and an opportunity to socialise. We also hold regular drop-in sessions. We support people with:

- Transport solutions such as Blue Badge, Taxicard, Disabled Person's Freedom Pass and Dial-a-Ride applications
- Information, advice and emotional support
- Support at medical appointments, DWP assessments and tribunals
- Telephone support service for those who may fall into isolation
- Grant applications
- Assistive technology

Drop-ins

We hold weekly drop-ins at two locations in the borough, Mottingham and Cotmandene, on alternate Thursdays. The sessions are for information and advice, emotional support and help with letters and paperwork. No appointment is necessary.

Mottingham Community & Learning Shop

1-2 Cranley Parade, Mottingham, SE9 4DZ, Thursday 2-4pm, Tel: 020 8860 1150

Future Dates: 14th and 28th November, 12th December. Our first drop-in for 2020 will be 9th January.

Cotmandene Community Resource Centre

64 Cotmandene Crescent, St Pauls Cray, BR5 2RG, Thursday **2-4pm, please note the new time.** Tel: 020 8402 0123

Future Dates: 7th and 21st November, 5th and 19th December. Our first drop-in for 2020 will be 16th January.

Monthly Workshops

Our workshops continue to be popular with our clients. In September we invited Karen O'Neil, an Awareness Officer from England Illegal Money Lending Team. She told us about Loan Sharks, how they operate and why people use them. A number of actual cases were discussed, and how the criminals were finally brought to justice. The organisation has helped over 29 000 people and wiped clean over £75 million in illegal debts.



In our October workshop we had a visit from Adam, a Police Community Support Officer. He spoke to us about policing and the challenges they face in Bromley, and about scams happening in our area. We heard about bogus builders and how they work and were shown examples of flyers that might arrive through our letter boxes. Adam spoke about nuisance telephone calls and how to deal with them. At the end of his talk, there were various leaflets to take home with more tips, advice and useful telephone numbers.



Future workshop dates:

Monday 18th November -Stress Relief

Monday 16th December – Coping with the Cold Weather and Christmas Quiz

Contact Us:

If you are interested in attending one of our workshops or to find out more about our service please contact our Support and Information Officers:

Sue Fuller on
07484673090
Sue.Fuller@
bromleywell.org.uk or
Chetan Raval on
07421106922
Chetan.Raval@
bromleywell.org.uk

NEWS -

Physical Disabilities

One in Five Accessible Parking Bays Abused

The results of Disabled Motoring UK's Baywatch survey are in, and although there has been a slight improvement, one in five accessible supermarket parking bays are being used by people who are not displaying a blue badge. Read [more](#)



Support to Travel to NHS Appointments

If you are someone, or know someone, who finds it difficult to travel to appointments, please do have a look at Healthwatch's article [here](#)

healthwatch

The Circle's Paddy Smyth: 'People tell me I've given disabled kids hope.'

The 31-year-old who has Cerebral Palsy recently took part in the programme The Circle, and used it as a platform to raise awareness about the condition. Click on the link below to read more.

<https://www.bbc.co.uk/news/newsbeat-50123740>



Microphones could diagnose 'noisy' arthritic knees

Technology used by engineers to listen for faults in bridges, could be used to diagnose 'noisy' arthritic knees, a study suggests. Click on the link below to find out more.

<https://www.bbc.co.uk/news/health-50071602>



Amazing dog does the laundry, pays in shops and even gets money from the cash machine

Morris, the black Labrador, has transformed a disabled person's life giving her independence for the first time in three decades. Click on the link below to find out more.

<https://www.mirror.co.uk/news/uk-news/amazing-dog-laundry-pays-shops-20455752>



Local News GO Project

Bromley X by X's GO Project supports disabled people to have the confidence to get online (GO) and sharpen your online skills! They are offering weekly drop in sessions until December and will be holding accessible training sessions on how to use social media and staying safe online.

For more information or to book call 0208 650 2102 or email barry@xbyxbromley.com

