

Newsletter



Issue 11



Email
robert.morgan@bromleywell.org.uk



or
call 0208 466 0790



to speak to Rob about the service

Delivered by:



Bromley Third Sector Enterprise

Funded by:



www.bromley.gov.uk



Bromley

Clinical Commissioning Group

We support people who have a learning disability or learning difficulty through 1-1 appointments, assisting in meetings or contacting organisations.



Our approach is to run a person-centred service giving information, guidance and support. We aim to respond to a new referral within three working days. The Learning Disability Pathway has recently supported in such matters as hospital appointments, benefit assessments and tribunals, general correspondence, and Freedom Pass applications.

Outreach

We have continued to attend the outreach sessions in Cotmandene and Mottingham 2–4pm on alternate Wednesdays. If you find it easier to meet us at one of these venues rather than at our office on Masons Hill, please let us know and we will allocate you a time. Or you can turn just up on the day where we will see people on a first-come-first-served basis.

We have also continued to run sessions from Bromley Jobcentre Plus on Thursday afternoons, meeting people or supporting at their appointments. If you would like to meet us there, or if you have an appointment you would like us to support at, please ask your work coach or advisor and they will make you an appointment with us.

Monthly Workshops and Drop-ins

We have held another two workshops over the autumn. These were on the topics of 'Personal Safety' and 'Technology'.

During our discussion on Personal Safety we spoke about measures we can take to keep ourselves safe in the community through identifying our fears and reducing risks.



When we met to talk about Technology, we discussed the benefits of online services and what we can do when organisations are pushing us to use online services.

Many of us need to access payslips online or use other online services and we spent some time talking about how we can make sure we can access these safely.



We also spoke about phone Apps that can help us by reading the text on our smartphones and services that can help us plan a journey.

During the workshops we also completed the Mencap 'Going Out and Nightlife' survey. Completed surveys were returned to national Mencap.

Our next workshop will be 'Staying Warm in Winter' and we will be discussing the broad issue of how the cold can affect us. This will be in the Deaf Plus Room at Community House on Thursday 28th November at 4.30 pm.

Call, text or email Rob Morgan if you would like any more information about the Learning Disability service on 020 8466 0790, mobile 07482 558 660 or email robert.morgan@bromleywell.org.uk

NEWS - Learning Disabilities

Sunflower Lanyards for People with Hidden Disabilities



If you have a disability that may not be immediately obvious but would appreciate support, there is a lanyard you can wear to signal this.

In 2016, Gatwick launched the first-of-its-kind lanyard for passengers with hidden disabilities who may require additional support when travelling through the airport. By wearing the lanyard at Gatwick or other major UK airports, you could receive support with:

- Getting more time to prepare at check-in and security
- Getting a more comprehensive briefing on what to expect as you travel through the airport
- Staff assisting with reading a departure board or sign.

There are now similar schemes using this lanyard on some rail networks and supermarkets.

<https://disabilityhorizons.com/2019/08/the-hidden-disabilities-sunflower-lanyard-scheme-that-is-helping-people-with-hidden-disabilities/>

<https://www.hiddendisabilitiesstore.com/products-10/products.html>

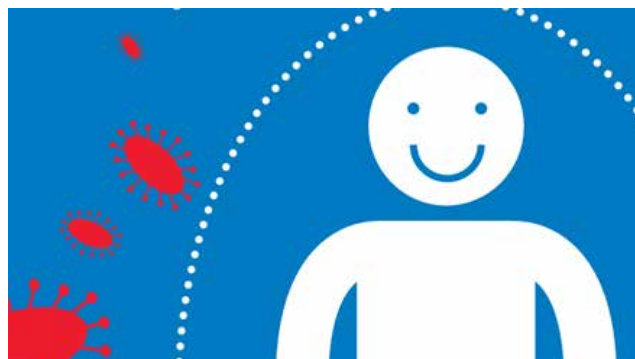
Easy Read Paper - Stigma and Mental Wellbeing

A study by HEAR has been published in easy read. This explains the terms and phrases used in the original publication to enable people with a learning difficulty to read how stigma, including hate speech and discrimination, can create and worsen mental health support needs. Download the easy read version [here](#)



Flu Jabs

As ever, this is the time of year we need to protect ourselves and vulnerable people we meet by getting the flu jab. If you have not done so, please ask your GP or surgery about getting your jab. Find the easy read guide here <https://www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability>



National Mencap – 'Going Out' Survey

National Mencap is conducting a survey to see how people with learning disabilities spend their time.

They want to know what you enjoy doing and how you could access fun things to do more easily. Go to the website to complete the survey <https://www.surveymonkey.co.uk/r/Mencap-going-out>



December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11 Cotmandene Outreach Session	12	13	14 Workshop at The Lodge	15
16	17	18 Mottingham Outreach Session	19	20	21	22
23	24 Christmas Eve	25 Christmas Day	26	27	28	29
30	31 New Years Eve					

For further details about any LD events on the calendar, please contact Rob by
email - robert.morgan@bromleywell.org.uk
phone - 0208 466 0790
or text - 0748 255 8660

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 New Years Day	2	3	4	5
6	7	8 Cotmandene Outreach Session	9 Bromley Jobcentre Support Session	10	11	12
13	14	15 Mottingham Outreach Session	16	17	18 Workshop at The Lodge	19
20	21	22 Cotmandene Outreach Session	23 Bromley Jobcentre Support Session	24	25	26
27	28	29 Mottingham Outreach Session	30	31		

For further details about any LD events on the calendar, please contact Rob by
email - robert.morgan@bromleywell.org.uk
phone - 0208 466 0790
or text - 0748 255 8660