



February 2026

## NEWSLETTER

### Supporting People With Learning Difficulties



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

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We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

## Monthly Workshop Highlights

### December – Joint Christmas Party

December's workshop was a huge success and enjoyed by everyone.

The session had a festive feel, with a buffet,



a holiday quiz and music to set the mood for our Christmas get-together. In total, 33 people attended from across our services.

### January – Coffee Morning

In January, we moved our workshops to Rutland House, where they are now held once a month on a Thursday from 10am–12pm.

Our January Coffee and Feedback Morning showed this to be a positive change, with people saying the venue feels familiar, central and welcoming.

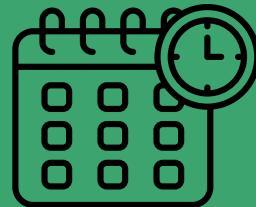


Participants also shared ideas for future workshop topics and helped shape plans for Learning Disability Week.

### ADHD 'Life Admin' Course

Our ADHD Life Admin Course runs regularly. If you're interested in taking part, please contact Emma to join the waiting list. For more information on the course, please take a look at our [flyer](#).

### Save the Dates



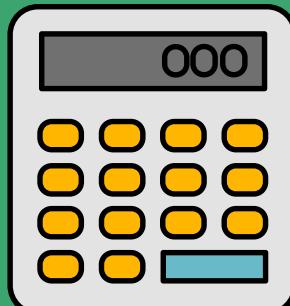
### 26 February Workshop

Our February workshop will focus on the upcoming election, following requests from people who attend our workshops. We will be talking about local MPs and councillors, how to register to vote, how postal voting works, and the Census, ahead of the by-election taking place on 7 May 2026.

### 12 March Workshop

For our March workshop, we'll be joined by Allison Gill, Cost-of-Living Advisor at Bromley Mencap.

The session will cover credit cards, interest-free payment options (such as Klarna and PayPal), understanding credit scores, making the most of benefits, and ways to avoid getting into financial difficulty.

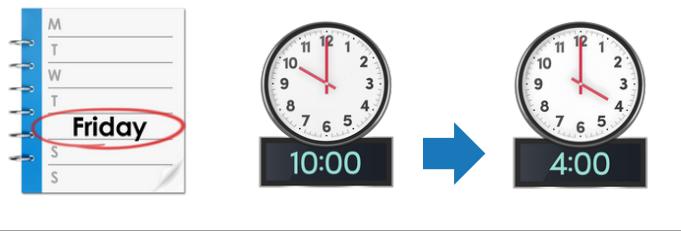


# Correspondence Drop-ins



## We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.  
**No sessions on Friday 26 Dec and Friday 2 January.**



## You will find us at:

Bromley Mencap Office,  
Rutland House,  
44 Masons Hill,  
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898



# LOWER MY DRINKING

GET HEALTHIER, FEEL BETTER!

**Free support to help you reduce your alcohol intake!**

The **Lower My Drinking App** is available to Bromley residents aged 18 or above. The free quiz is available to try and based on your results, you will receive tailored information to help monitor alcohol use or help to reduce alcohol consumption.

To find out more information scan the QR code or click on the link:  
**[www.bromley.gov.uk/substance-misuse/drug-alcohol-services](http://www.bromley.gov.uk/substance-misuse/drug-alcohol-services)**



## Drug and Alcohol Service

Bromley



### **Bromley's local community drug and alcohol services**

Change Grow Live Bromley offers a free and confidential service for adults over 18 who are Bromley residents and need help with their drug (including over the counter and prescription medication) and alcohol use or who are worried about a family member or a loved one. If you would like to find out more about the support, please contact us.

#### **Contact Information**

**Call: 020 8289 1999**

**Email: [referrals.bromley@cgl.org](mailto:referrals.bromley@cgl.org)**

**Website: [www.changegrowlive.org/service/bromley-drug-alcohol](http://www.changegrowlive.org/service/bromley-drug-alcohol)**