

**Bromley Well**

**June 2026**

# NEWSLETTER

**Supporting People With Learning Difficulties**



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Service delivered by:



Incorporating Bromley Scope

Funded by:



**South East London**

By **Emma Andrew, Senior Information & Support Officer**

Email: [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk); Tel: 020 8466 0790 or 07482 558 660

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

### April – South East London Community Energy (SELCE) Workshop

SELCE joined us to talk about the support they offer. They brought along examples of energy-saving equipment and shared practical advice on how people can reduce energy use at home.

Everyone was also given a carbon monoxide alarm to take home.

SELCE can also offer home visits, giving free advice on how to make your home more energy efficient and how to access support with utility bills.



### May – First Aid Workshop

We invited the British Red Cross to deliver a First Aid workshop. The session included advice on burns and how to treat them, including important dos and don'ts. The group also learned about the recovery position, what to do if someone is having a stroke, how to use a defibrillator, bandaging, seizures, epilepsy and more.

It was a fantastic workshop, delivered by a very knowledgeable instructor. Everyone learned something new and left feeling more confident about what to do in an emergency.

## TOP TIPS



One useful tip was to open the front door for the emergency services if it is safe to do so, turn lights on at night, and keep a torch handy on each floor in case there are no lights available during an incident.



## ADHD 'Life Admin' Course

Our ADHD Life Admin Course for June is now fully booked. Our next course will run in September.

If you're interested in taking part, please contact Emma or Chetan to join the waiting list.

Email: [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk) or [Chetan.raval@bromleywell.org.uk](mailto:Chetan.raval@bromleywell.org.uk)

For more information on the course, please take a look at our [flyer](#).

## FRIDAY CORRESPONDENCE DROP-IN

Do you need support with paperwork? Pop in on Fridays from 10:00 am to 4:00 pm. No booking required.

## CELEBRATE LEARNING DISABILITY WEEK WITH US

Learning Disability Week takes place from Monday 15 June to Sunday 21 June, and we have two activities planned to bring people together, relax and celebrate in the community.

### TUESDAY 16 JUNE: RELAXATION SESSION

On Tuesday 16 June, we are holding a Relaxation Session at Ripley Arts Centre. This will be a calming session with meditation and sound bowls, with drinks and snacks included.




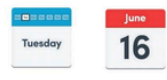



**The session costs £5 per person and must be booked in advance.**

Places are limited.

**Date:** Tuesday 16 June

**Time:** 10:00am – 12:00pm

**Location:** Ripley Arts Centre,  
24 Sundridge Avenue,  
Bromley, BR1 2PX

	<b>Learning Disability Week 2026</b> <b>Relaxation Session</b>
	
	<p>Date: Tuesday 16 June</p>
	<p>Start Time: 10:00 am End Time: 12 noon</p>
	<p><b>Where:</b> The Drawing Room, Ripley Arts Centre, 24 Sundridge Avenue Bromley, BR1 2PX</p>
	<p>Cost: £5 per person (Only 20 spaces available)</p> <p>Drinks and snacks are included.</p>

### THURSDAY 18 JUNE: BREAKFAST MEET UP

This year's theme is "Do you see me?", and we will be marking the week by getting together at The Richmal Crompton pub in Bromley for breakfast or brunch on Thursday 18 June. This will be a relaxed opportunity to socialise, build confidence and enjoy time together in the local community.

**Date:** Thursday 18 June

**Time:** 10:30am – 12:00pm

**Location:** Wetherspoon's – The Richmal Crompton,  
Westmoreland Place, Bromley, BR1 1DS

**People can either meet at Rutland House at 10am and walk to the pub together, or meet directly at The Richmal Crompton at 10:30am.** The event will finish at 12 noon. Please note that everyone will need to pay for their own breakfast.

**To register your place for either event, please email [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk) or phone/text 07752 466928.**

# LEARNING DISABILITY WEEK – BREAKFAST MEET UP

Join us for a relaxed breakfast meet up during Learning Disability Week.



**Thursday 18 June**



**Meet at Rutland House: 10:00am  
(we will walk to the pub together)**

**Or meet at the pub: 10:30am  
Finish time: 12 noon**



**Wetherspoon's – The Richmal Crompton  
Westmoreland Place,  
Bromley, BR1 1DS**



This year's theme is "Do you see me?"

We are celebrating by getting together in the community and enjoying breakfast at the Richmal Crompton pub. This is a chance to socialise, build confidence and enjoy time together.

**Important information**

- You will need to pay for your own breakfast

**Please contact us by telephone or email to book your place.**

**PHONE  
020 8466 0790**

**EMAIL  
[emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk)**

# SEEABILITY WORKSHOP

**Join us for a talk about eye health with a special guest from SeeAbility.**



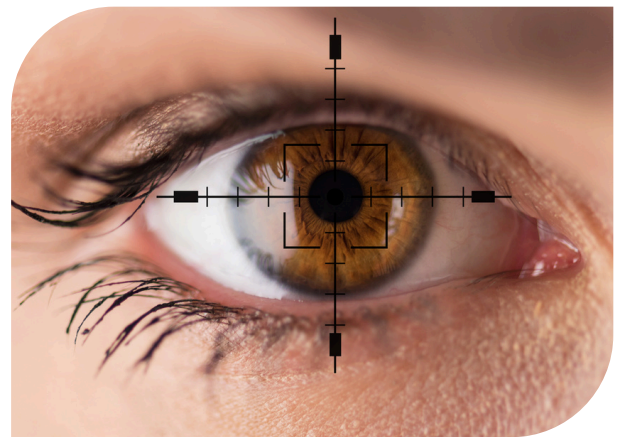
**Thursday 2 July**



**10am to 12 noon**



**Bromley Mencap Training Centre,  
44 Masons Hill,  
Bromley BR2 9JG**



**SEE ABILITY**

Live. Love. Thrive. Belong.

Learn how to look after your eyes, what to expect during an eye test, and about common eye conditions at our informative workshop.

**Please contact us by telephone or email to book your place.**

**PHONE**

**020 8466 0790**

**EMAIL**

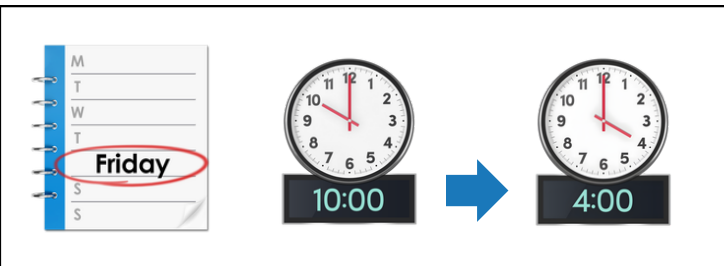
**[Chetan.raval@bromleywell.org.uk](mailto:Chetan.raval@bromleywell.org.uk)**

# 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.**



## 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