

Bromley

Well

Issue 19

Supporting People With Learning Difficulties

NEWSLETTER



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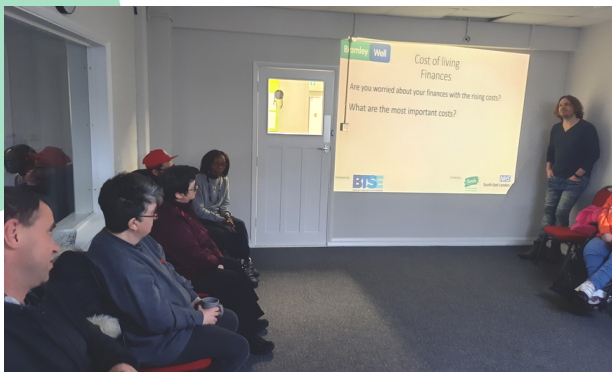
emma.andrew@bromleywell.org.uk

By Emma Andrew
Information & Support Officer

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, ADHD coping mechanisms and day-to-day finances.

Monthly Workshops

In January, we had a workshop on finances as we are all feeling the pinch with the current cost of living. During the workshop, we looked at ways to reduce our costs and increase our finances.



In February, we held a housing workshop and were joined by Alexander from the London Borough of Bromley Housing Team.

"I just had a question to ask and find it much easier talking to a person and find forms too difficult. I was pleased I came; it was really helpful!"

Derick

Alexander explained how to make a successful housing application to Bromley Council and answered all questions posed about housing issues. It was a very well-attended workshop with great feedback from clients.



ADHD Life Admin Course

We held our first peer support group meet-up last month. This was a fantastic opportunity for people to share lived experiences.

If you have an ADHD diagnosis and would like to sign up for our upcoming course, please contact Emma Andrew to reserve your place. It is proving very popular and we are now taking bookings for July onwards.



Correspondence Drop-ins

Did you know we have a drop-in for correspondence?

Do you need help reading a letter? Need support sending an email?

Do you want to know if you can apply for benefits and don't know where to start?



Come and see us on Mondays from 10am – 12pm or 1pm – 3pm at Bromley Mencap, Station Road, Bromley, BR1 3LP.

There is no need to book, just turn up!

Clear Community Web Drop-in

Clear Community Web has joined us for a drop-in at Station Road every Monday since January and has supported clients with various technical questions. We want to say a big thank you to them for their support. The drop-in sessions have now finished but they will be holding a one-off session on **Monday 13th of March from 10am-12pm.**



In the News

How I cope with imposter syndrome while having learning disabilities

Read more about how Collin Diedrich, PhD, a research scientist with learning disabilities copes with imposter syndrome. Collin holds a doctorate in molecular virology and microbiology, as well as a certificate in disability legal studies. Collin states, "To me, imposter syndrome is the feeling that I don't belong or deserve my success, and that everyone around me will think I'm a fraud".

Come along if you would like support with remembering passwords, attaching a document to an email, or any other technology problems.

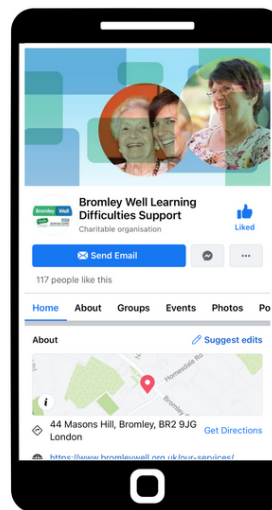
Save the date

Our next workshop topic is 'Keeping safe in the community' and will be on **Saturday 11th March from 10am – 12pm.** Members from our Community Police are attending to answer any questions you may have, so please book your place in advance by contacting Emma or the office to register interest.

Email emma.andrew@bromleywell.org.uk or telephone 0208 466 0790 or 07752 466928.

[More information here.](#)

Online Support and Resources



Please visit our [Facebook page here.](#)

Information from workshops and updates on the service can be found here, as well as useful information about learning difficulties.

We also have a [private Facebook group.](#)

Please contact us for help with setting this up.

Cost of living and support for people with a learning disability or autistic people

The existing disadvantage people with a learning disability and autistic people experience is likely to mean that the current rising costs of fuel, food and other essentials will place them at greater risk of both immediate hardship and reduced opportunity and wellbeing.

The Local Government Association has set up a [cost-of-living hub](#), with case studies, resources, data and a new bulletin to help councils deliver support to residents.



By Lauren Titheridge
Information & Support Officer

We support people aged 16 and over who have an Autism diagnosis, or believe they have Autism and are seeking a diagnosis, through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. If you would like to find out more about the service and join the activities listed below, please contact Lauren Titheridge, our Information and Support Officer (Autism). Telephone 020 8466 0790 or email lauren.titheridge@bromleywell.org.uk

Ways to receive support



Find us on
Facebook

Social media

Find us on social media for up-to-date guidance and information for people with Autism here:

[Facebook page](#), [Facebook group](#),
[Instagram](#).



WhatsApp group

[Autism Parents & Carers Group](#):

A space to chat about supporting someone with Autism aged 16 plus.



Newsletter

You can also sign up to our regular e-newsletter with details, including Zoom links, for all of our upcoming events.



Drop-ins

Our catch-up sessions run on alternate Fridays on Zoom and TV and Film Club runs on alternate Wednesdays on Zoom.



Monthly Workshops

We also hold monthly workshops which can be attended in person or on Zoom.

Workshop Review

In February, we held a workshop on **Building Confidence and Self-Esteem**.



We discussed our own experiences with confidence and how confident we felt within ourselves. As a group, we also discussed the challenges with socialising and conflict and how this may affect our self-esteem. We learned ways of improving our self-esteem such as stepping out of our comfort zone and trying new things.



Peer Activities

Our Peer Activities Coordinators run monthly quizzes on Zoom. These take place on the last Thursday of each month.

If you would like to know more about our social activities for March, please subscribe to our newsletter by contacting Lauren Titheridge.

Upcoming Workshop

Wednesday 19th April at 1:30pm

Our guests Healthwatch Bromley will be talking about access to health and social care services.

Email to reserve your place:
lauren.titheridge@bromleywell.org.uk



In the News

Inside Our Autistic Minds:

Chris Packham's new documentary sees him tackle the subject of autism in the new two-part BBC Two documentary, Inside Our Autistic Minds. During the programme, Chris gives a group of autistic people the platform to create short films to highlight exactly how they're feeling and experiencing life.

You can watch the documentary on [BBC iPlayer here](#).



Photo attribution: [Jo Garbutt](#)

Jason Arday to become youngest ever black professor at Cambridge

Academic Jason Arday was diagnosed with global development delay and autism spectrum disorder at the age of three and did not learn to speak until he was 11. Furthermore, he could not read or write until he was 18.

Now aged 37, he is about to become the youngest black person ever appointed to a professorship at the University of Cambridge and will be taking up his new role as Professor of Sociology of Education shortly.



UNIVERSITY OF
CAMBRIDGE

[Read more about his inspirational story here.](#)

