

Newsletter



Issue 12



Email
robert.morgan@bromleywell.org.uk



or
call 0208 466 0790



to speak to Rob about the service

Delivered by:



Bromley Third Sector Enterprise

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Clinical Commissioning Group

We support people who have a learning disability or learning difficulty 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. The Learning Disability Pathway has recently supported in such matters as housing appointments, benefit assessments and tribunals, general correspondence and Freedom Pass Renewals.



Outreach

We have continued to attend the outreach sessions in Cotmandene and Mottingham 2pm – 4pm on alternate Wednesdays. If you would 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 just turn up on the day where we will see people on a first-come-first-served basis.



Monthly Workshops and Drop-ins

We held two workshops towards the end of last year. These were on the topics of 'Staying Well in Winter' and 'Coping with Christmas'. During our discussion on Staying Well in Winter, we spoke about measures we can take to keep ourselves and our homes warm and how we can avoid illnesses and the 'winter blues'.

When we met to talk about Coping with Christmas, we discussed the stresses and social pressures that can cause us to feel overwhelmed at Christmas. We also looked back on the workshops we have covered this year and which topics we would like to learn more about.



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

NEWS -

Learning Disabilities

Freedom Pass Renewals

For those with a Disabled Person's Freedom Pass expiring March 31st 2020, you should have received a renewal form, which you will need to complete and return.

More [here](#). If you need any support with your Freedom Pass Renewal please contact me – I'm happy to help!



Heart N Soul

Pino, from the creative arts charity 'Heart n Soul' is conducting a research project at the Wellcome Collection in London. He has a learning disability and says "I'm fed up with being treated like a child rather than an adult. I'm not a child – I don't play with toys."

Through the questionnaire, Pino and his co-researchers are looking to challenge society's attitudes towards people with learning disabilities and autism and find out how relationships between people who appear different can affect mutual wellbeing. "We hope you will give honest answers to questions like these, because we want to see a change in the way people with learning disabilities are treated." The Heart N Soul at The Hub research project runs until October 2020; the surveys will run until spring 2020. You can complete the survey [here](#).



Leighton Denny MBE

Leighton Denny has become an ambassador for the British Dyslexia Association. He was excluded from school at 15, leaving compulsory education without a single qualification to his name. He was one of around 10 per cent of the UK population that has dyslexia, a learning difficulty that can cause problems with reading, writing and spelling.

"When I was at school, dyslexia wasn't recognised, I was just classed as thick. I wanted to learn but I couldn't. I couldn't get my head around the way they were teaching me. My head works differently. I've got more of a creative approach to things and textbook education isn't very creative so I lost interest in things fast." Leighton is one of the UK's top nail and beauty experts, his star-studded client list featuring Kate Moss, Penelope Cruz and Adele. In 2015 he was awarded an MBE by the Queen for his services to business. More [here](#).









February 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|---------|---|--|--------|----------|--------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 Cotmandene Outreach Session | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 Mottingham Outreach Session | 13 | 14 | 15 | 16 |
| 17 Bromley Well Open Day | 18 | 19 Cotmandene Outreach Session | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 Mottingham Outreach Session | 27 Workshop (Benefits and Grants) | 28 | 29 | |

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

MARCH 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|---|----------|--------|--|--------|
| 24 | 25 | 26 | 27 | 28 | 29 | 1 |
| 2 | 3 | Cotmandene 4 Outreach  Session | 5 | 6 | 7 | 8 |
| 9 | 10 | Mottingham 11 Outreach  Session | 12 | 13 | 14 | 15 |
| 16 | 17 | Cotmandene 18 Outreach  Session | 19 | 20 | 21 | 22 |
| 23 | 24 | Mottingham 25 Outreach  Session | 26 | 27 |  Workshop (Exercise) | 29 |
| 30 | 31 | Cotmandene 1 Outreach  Session | 2 | 3 | 4 | 5 |

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