

Newsletter



Issue 14



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or
call 0208 466 0790



to speak to Rob about the service

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Bromley

Clinical Commissioning Group

Supporting People with Learning Disabilities

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 and child protection meetings by phone, benefit letters by post and Freedom Pass renewals by email.

Outreach

Our face-to-face outreach sessions in Cotmandene and Mottingham are currently on hold. Instead, we have created an online space on Facebook to support some clients and for people to check-in. This is a private group where only members of the group can see what you have written or posted. We are available every working day and are currently in regular contact with many clients on this platform.

If you would like to learn more, please join the group <https://www.facebook.com/groups/BWLearningDifficulties> or contact Rob for help with setting this up.



Bromley Well LD Workshop Group

Private group · 41 members



Monthly Workshops and Drop-ins

We have held two online workshops over the past two months. These have, of course, been very different as we are not able to get together at the moment.

In March, we held an Exercise and Wellbeing workshop through our private group on Facebook. We discussed ways that we can stay healthy and continue to exercise during lockdown.



An outdoor walk



Meditation

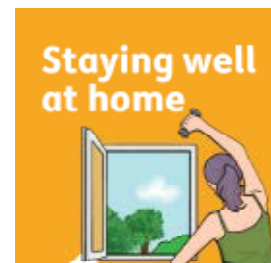
In April, we held a 'Coping Well with Covid' workshop. We discussed people's concerns around physical health, mental health, following government guidelines, and many other issues that have come up over this time. Our next workshops will be held virtually on 23rd May and 25th June.

If you would like more information about the Learning Disability Service or to book your place on the workshops, please call, text or email Rob Morgan on 020 8466 0790, mobile 07482 558 660 or email robert.morgan@bromleywell.org.uk

NEWS - Learning Disabilities

Coronavirus - Staying Well at Home

Easy Read Online has created a guide to help you stay well. It contains a lot of useful information about Covid-19 as well as maintaining our mental and physical wellbeing: https://www.easy-read-online.co.uk/media/53250/free-document-on-staying-well-at-home-easy-read_v1c.pdf Here is the latest Photosymbols poster following the new rules issued by the Government: <https://www.keepsafe.org.uk/resources>



Freedom Pass (an update)

For the people who had a Disabled Persons Freedom Pass which expired on March 31st, there were a lot of issues with the renewal process. Many passes were delayed but you should have received your new pass by now. If you still have not received your new pass or have an expired pass, please contact us or the Bromley Freedom Pass Department. <https://www.bromley.gov.uk/info/200022/help-with-transport/120/freedom-passes-for-people-with-disabilities>

THINGS TO DO DURING LOCKDOWN

Virtual Gallery and Museum Tours

From the Tate Modern to the Vatican Museum, many tours of global cultural heritage are available by clicking the link below: <https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>



Virtual Theatre and Plays

London's National Theatre has been keeping audiences on the edge of their sofas during lockdown by streaming plays from its archives on YouTube for free. Take a look here: <https://www.timeout.com/london/news/national-theatre-live-full-schedule-of-plays-streaming-on-youtube-each-thursday-for-free-042320>



Bromley Well Quiz Night

Bromley Well clients are eligible for a fortnightly quiz on alternate Thursdays from 7pm through our Bromley Well Quiz Group. Join us for some tricky questions plus a chat and a laugh:

<https://www.facebook.com/groups/bromley-wellquizgroup>

