

Supporting People With Learning Difficulties

NEWSLETTER

Issue 18



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Information & Support Officers

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

A specialist hypnotherapist joined us to deliver a workshop on alternative therapies, followed by a group mindfulness session.



Our last Workshop of the year was a feedback session to find out what topics everyone would like covered in the new year. We also discussed our Christmas traditions.



If you would like to join us in the new year for a workshop, [we are running a finance workshop on the 14th of January.](#)

Please email or call Rob or Emma for details and to reserve your place.

Outreach



During Self Care Week, we offered one-to-one sessions for people who wanted to explore a healthier lifestyle. We helped set goals such as incorporating more exercise into their routine. HealthWatch Bromley also came along to our correspondence drop-in and clients had the opportunity to discuss their experiences with doctors and health care.



We attended the Burnt Ash Job Centre with Richard Wiseman from the Employment and Education team (pictured with Emma above). We met people who were looking for support with finding work and enquiring about additional advice and support.

Our team also attended the Glades Shopping Centre in Bromley to meet members of the

public and to share the wonderful services we offer Bromley residents.



In December, the team attended the Dyslexia Association to give a talk about the support services we offer.

Correspondence Drop-ins

We are available on Mondays (excluding Bank Holidays) from 10am-12pm and 1pm-3pm at our new building on Station Road, near Bromley North Station.

This drop-in service is for people who require help with letters, bills, completing short forms, and writing and replying to emails.

For further information, [please download our poster](#).



ADHD Life Admin Course

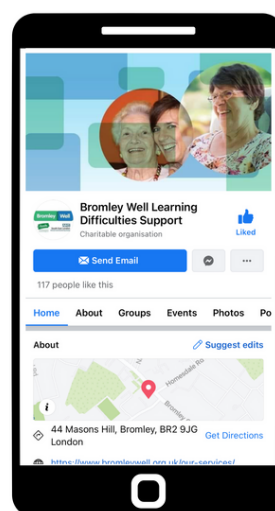
Clients have now completed the course and have set up their own WhatsApp groups to continue contact and offer peer-to-peer support.

"I feel largely thanks to this group, I can now articulate and break down barriers... I realise I can do things step by step and things are achievable. It has taken away any shame or embarrassment I previously had and I have embraced acceptance of myself"



We are running a new course in the new year. If you would like to join, we can add you to the waiting list.

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.

In the News

Living with learning difficulties: Emma's story

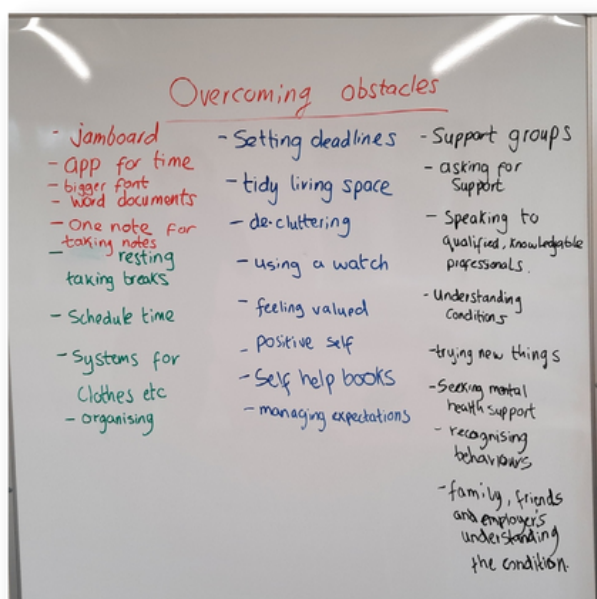
The emerging themes of loss, blame and anger are discussed within this article and may be interesting to people with learning disabilities because they can see if their experience is like Emma's in any way. [Read more here](#).

ADHD in adults is too often undiagnosed and misunderstood according to charity

Linda Saltwell of ADHD Aware says many people realise they need a referral only when they trip over information themselves. However, with the right treatment and support, people can and do thrive. Some of our most creative talent is found in the neurodiverse community.

[Read more here](#).

- Across the year, our pathway has supported over 500 clients with learning difficulties with issues such as housing, benefits, socialising and budgeting.
- The new 9-week 'Life Admin' Course received great feedback and is running again in the new year.
- Our new drop-in service has supported over 50 clients with learning difficulties around general correspondence.



“Thank you for running the ADHD course. I really enjoyed it and felt I gained a lot from it to help with my studies.”

“I am sleeping much better”

“It was really good to learn more about ADHD and make changes to cope better”

“I feel happier with myself”

We have plenty of plans for the new year, including:

- A tech-support drop-in for people to learn how to get the most out of their phones, tablets and laptops.
- Health drop-ins for people to get support following their annual health check.
- More ADHD courses and an ADHD peer-support group.



Get in touch



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