

Bromley

Well

Issue 22

Supporting People With Learning Difficulties

NEWSLETTER



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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 at our weekly correspondence drop-in sessions. We also arrange monthly workshops.

MONTHLY WORKSHOPS



Our July workshop was led by Jamie Davies from Bromley Experts by

Experience, a local user-led charity for deaf and disabled people and carers. Jamie talked to us about the inequalities faced by people with disabilities and how we could combat them.

August workshop: Picnic in the Park

Following the success of our last picnic in the park, we listened to your requests and arranged another get-together in Norman Park. As well as enjoying the glorious weather, we asked for your feedback on the service and updated you on news within the service.



Rock on!

We attended the music event at Chislehurst Rocks to spread awareness of our service. We handed out information and goodies and it was a great opportunity to talk with members of the public.

Our colleagues from Citizens Advice were also in attendance, alongside Age UK and other Bromley Well pathways.



The weather was glorious (if not a little windy) but a good day was had by all who came along!

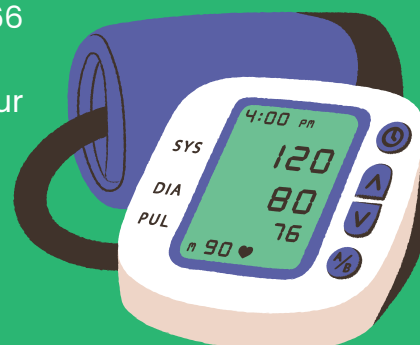
UPCOMING WORKSHOP

September Workshop: Blood Pressure – “Know your numbers”

The date, time and venue will be confirmed shortly.

Please keep checking the [Bromley Well website](#) or call our friendly admin team

on 0208 466 0790 to reserve your place to have your blood pressure checked.



DATES FOR YOUR DIARY

FREE ADHD LIFE ADMIN COURSE

This five-week course is for people with ADHD or those seeking a diagnosis who would like some extra support and guidance. Please contact Bromley Well SPA team if you would like to join as we only have six places per course. This course enables you to meet with peers and set goals in a safe environment.



CORRESPONDENCE DROP-IN: CHANGE OF DAY AND TIME

Starting from Friday 29th of September, come and see us on Fridays from 10am to 12pm or 1pm to 3pm at Station Road. Download the [flyer with further details here](#).

This drop-in session is for you if you need help reading a letter or would like support sending an email. We can also help if you want to know if you can apply for benefits and don't know where to start.

**Contact SPA (Single Point of Access) for more information
Freephone 0808 278 7898 Email spa@bromleywell.org.uk**

In the News



NHS ENGLAND: CONSTIPATION ADVICE

Constipation can cause serious health issues, especially for people with learning disabilities. Here is some [easy-read information](#) on how to avoid it.

TOMMY JESSOP DOCUMENTARY

Line of Duty star Tommy Jessop has travelled to Hollywood to pitch a brand new concept for a movie or TV show – a superhero with Down's syndrome. He has written his own screenplay with his brother Will Jessop. You can watch Tommy and Will's journey to Hollywood in a [new documentary](#). Read more [here](#).

