

July 2025

NEWSLETTER

Supporting People With Learning Difficulties



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Chetan Raval
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 and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

MONTHLY WORKSHOP HIGHLIGHTS

May Workshop Recap: Bromley Experts by Experience

In May, we welcomed Jamie from X by X, a local Deaf and Disabled People's Organisation led by those with lived experience. Their mission is to remove barriers for disabled people and speak up on key issues. They run regular forums on topics like welfare reform, accessible transport, and disability rights.



June Workshop Recap: Building Confidence

Our June session was led by Richard Wiseman from Bromley Well's Employment & Education team. He gave a brilliant talk on building confidence and resilience, especially for job interviews.

Participants explored body language, practiced power poses, and learned how to make a strong first impression.



ADHD 'Life Admin' Course

Our current ADHD Life Admin course is underway.

Due to high demand and a long waiting list, we're planning another course to start in September 2025.

For more information on the course, please take a look at our [flyer here](#).

IMPORTANT UPDATE: CORRESPONDENCE DROP-IN CHANGE

Our Friday drop-in sessions at Station Road will end on Friday 25 July.

We're planning to restart the service at the Bromley Mencap office, 44 Rutland House, BR2 9JG.

However, due to ongoing building works, we don't yet have a confirmed start date. In the meantime, one-to-one appointments will be available at Rutland House instead.

To book an appointment after 25 July, please call us on 0208 466 0790.



UPCOMING WORKSHOP

July Workshop with SeeAbility

This July, we'll be joined by SeeAbility, a charity dedicated to supporting people with learning disabilities to look after their eyesight and maintain good eye health throughout their lives.

Please let us know if you will be attending.

To register your place, please email

chetan.raval@bromleywell.org.uk or phone 020 8466 0790.

More details on the [Bromley Well website](https://www.bromleywell.org.uk) here.

Supporting people with Learning Difficulties

SEEABILITY WORKSHOP

Join us for a discussion on eye health with special guest Stephen Kill from SeeAbility

Monday 7 July

10am to 12 noon

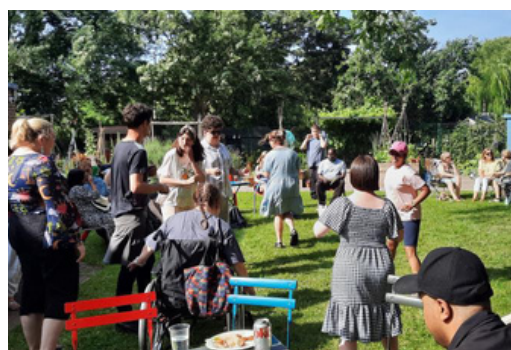
Bromley Scout Hut, 15 Prospect Place, Bromley, BR2 9HL

Learn how to look after your eyes, what to expect during an eye test, and about common eye conditions at our informative workshop.

Please contact us by telephone or email to book your place.

PHONE 020 8466 0790	EMAIL Chetan.raval@bromleywell.org.uk
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LEARNING DISABILITY WEEK CELEBRATION



We held a fantastic garden party to celebrate Learning Disability Week in June.

Everyone enjoyed live music, sunshine, and a free afternoon tea buffet – over 50 people joined us for a brilliant day at The Lodge, Norman Park!



COMMUNITY OUTREACH

Our team has been busy engaging with local partners and community groups to strengthen support for people with learning disabilities:

May

- Met with Bromley Council's LD team to share Bromley Well service updates and explore future collaboration.
- Attended the Frontline Forum to connect with local services and stay informed on key issues

June

- Took part in the Melvin Hall Coffee Afternoon in Penge, sharing Bromley Well flyers to support future engagement.
- Met with Ignition Brewery in Sydenham to explore links with their inclusive social clubs for neurodivergent people.