

# Newsletter



## Issue 9



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or  
call 0208 466 0790



to speak to Rob about the service

Delivered by:



Bromley Third Sector Enterprise

Funded by:



Clinical Commissioning Group

We support people who have a learning disability or learning difficulty through 1 to 1 appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. We aim to respond to a new referral within five working days. The Learning Disability service has recently supported in such matters as benefits tribunals, child protection meetings, giving budgeting advice and applying for Freedom Passes.



### Outreach

We continue to attend our outreach sessions in Cotmandene and Mottingham, 2pm–4pm, every other Wednesday. 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 turn just up on the day, when we see people on a first-come-first-served basis.



We also continue to run sessions from Bromley Jobcentre Plus on Thursday afternoons, meeting people or supporting at their appointments. If you'd like to meet us there, or have an appointment you would like support at, please ask your work coach or advisor and they will make you an appointment with us.

### Summer Meeting Place

Over the school Summer Holidays, we will be moving our Coffee Morning to The Bromley Mencap Lodge on Norman Park. We will be holding the event every Monday from 12 to 1pm throughout the summer.

This will be a great opportunity to meet other members of Bromley Well and have a chat. The idea is that people use this as a meeting place before going out together for the afternoon. We will be on hand to help plan where to go, what to do and how to get there.



## Monthly Workshops and Drop-ins

We have been very pleased with the turnout at our recent workshops. I would like to thank everyone who attended and participated so enthusiastically. In May we had a talk from Mina Kakaiya, Operations Manager for Healthwatch Bromley. She talked to us about the NHS Long-term Plan and asked our opinion on our recent visits to hospital, our GP and much more. She thanked us for the feedback and said that the group was "very engaging and delightful".

We completed a thought-provoking survey for The Ideas Alliance who are working on Bromley's new Learning Disability Strategy. We answered questions designed to highlight things we enjoy, our concerns, and our ambitions.



In June we spoke about Diet and Nutrition - what is healthy and how we can remind ourselves to make healthy choices.

We also talked about Beat the Heat, a guide to keeping cool in hot weather.





# NEWS -

## Learning Disabilities

### National Mencap Online Community

National Mencap has launched a new online community for families and people with a learning disability. The online community is for anyone with an interest in learning disabilities to share stories and ask questions. You could be a parent, a family member, a sibling, a friend or a person with a learning disability. They will also be running expert events, where you can post questions for an expert. It's free and you can sign up to join here – [healthunlocked.com/](https://healthunlocked.com/) by searching for 'Mencap' under Communities.

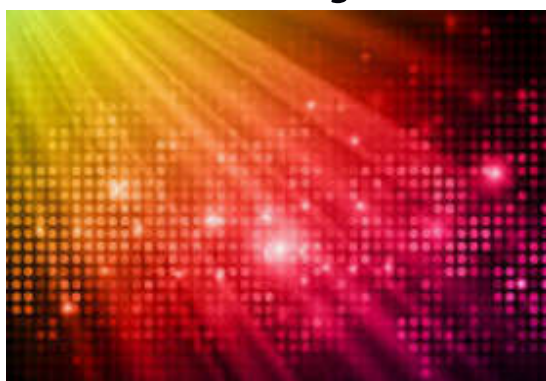


### Exams: Student with dyspraxia speaks out over extra time



During her GCSEs, Olivia Rogers refused to take extra exam time she is entitled to because of her dyspraxia. Now, the Swansea University student has said that it is important for people who need help to ask for it. She said: "I didn't really want to tell people, because I don't think I was even sure what it was - and you don't want to be different at that age." Watch her story here – <https://www.bbc.co.uk/news/av/uk-wales-48557051/exams-student-with-dyspraxia-speaks-out-over-extra-time>

### Freedom Nightclub



Freedom Nightclub is an exclusive nightclub in Dartford for adults with learning disabilities or autism. Freedom offers a safe environment for adults over 18 years old to enjoy a night out. Run by staff and volunteers from the Peppercorns day service, this monthly event takes place on the last Wednesday of every month from 7pm until 11pm. £5 entry and £1 for carers/helpers. The address is: Industry, Spital Street, Dartford DA1 2DJ. For information about this and other events for people with a learning disability, go to the Choice Support website – [www.choicesupport.org.uk/](http://www.choicesupport.org.uk/) and search for Freedom Nightclub.

### Molehill Mountain App

Molehill Mountain is a free App for both android and iphones designed to help autistic individuals understand and manage anxiety. It allows you to track your worries and the situations that trigger anxiety, get evidence-based daily tips to understand more about anxiety, and feel more confident to self-manage anxiety. Learn more or download the app here - <https://www.autistica.org.uk/get-involved/molehill-mountain-app>



# August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Workshop and Drop-in	4
5	6	7 Cotmandene Outreach Session	8	9	10	11
12	13	14 Mottingham Outreach Session	15 Bromley Jobcentre Support Session	16	17	18
19	20	21 Cotmandene Outreach Session	20	23	24	25
26 Bank Holiday	27	28 Mottingham Outreach Session	22 Bromley Jobcentre Support Session	30	31 Workshop and Drop-in	

For further details about any LD events on the calendar, please contact Rob by  
email - [robert.morgan@bromleywell.org.uk](mailto:robert.morgan@bromleywell.org.uk)  
phone - 0208 466 0790  
or text - 0748 255 8660

# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4 Cotmandene Outreach Session	5	6	7	8
9	10	11 Mottingham Outreach Session	12 Bromley Jobcentre Support Session	13	14	15
16	17	18 Cotmandene Outreach Session	19	20	21	22
23	24	25 Mottingham Outreach Session  Workshop + Drop-in	26 Bromley Jobcentre Support Session	27	28	29

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