

**Supporting People With
Learning Difficulties**

NEWSLETTER



Issue 16



Email: robert.morgan@bromleywell.org.uk



Or Call 0208 466 0790



To speak to Rob about the service

By Rob Morgan
Senior 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, ADHD coping mechanisms and day-to-day finances.

Monthly Workshops

Claiming Benefits

In July, we held a face-to-face workshop about benefits and what we might be entitled to claim. We spoke about the cost of living crisis and how important an extra income can be. We discussed:

- Disability Benefits
- Universal Credit
- Help with travel costs
- Grants
- Council Tax Discounts
- and many other schemes

If you would like to receive a copy of our Benefits Handout by email, including useful contact numbers and links, please contact Rob: robert.morgan@bromleywell.org.uk

We received some great feedback from our sessions:



"It was really useful to find out more about the things we could claim." – Peter

"I didn't know most of these [benefits] existed!" – Zamu



Future Drop-ins and Workshops

From October, we will be running a new drop-in service for people who require help with letters, bills, completing short forms, and writing and replying to emails. This will run from our new building, near Bromley North Station. Contact Rob if you would like to know more.

We will also be running a **Life Admin workshop** from our new building. This will be for people who have difficulties in prioritising tasks or managing anxiety around practical issues. Our support officers will help people to:

- Complete an initial assessment
- Create an action plan
- Work on coping mechanisms
- Increase independence and resilience

Contact Rob if you would like to learn more about these workshops.



In the News

Cost of Living Payment

The government has confirmed that around six million disabled people in the UK will receive their one-off £150 disability Cost of Living payment from 20 September.

Those being paid a qualifying disability benefit will be paid automatically from 20 September, with the vast majority of those eligible expected to receive their one-off payment by the beginning of October.

The payment will help disabled people with the rising Cost of Living, acknowledging the higher disability-related costs they often face, such as care and mobility needs.

You can find out more information here.

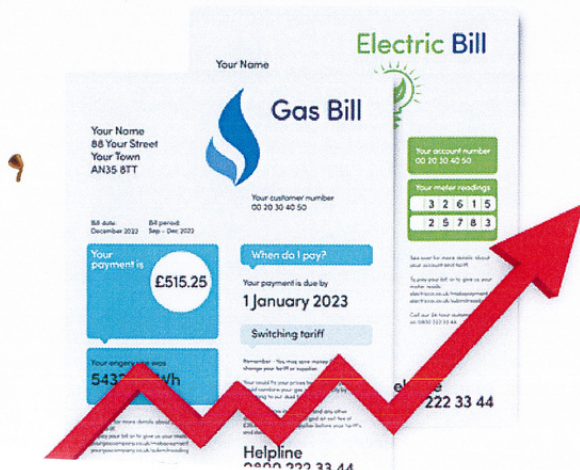


Useful Information and Resources

The DWP has created an easy read guide to the cost of living payments which you can download here.

Mencap has also created an easy read guide to the cost-of-living crisis.

Give us a call if you are having difficulties with your finances – we are always keen to help!



Online Support and

Resources

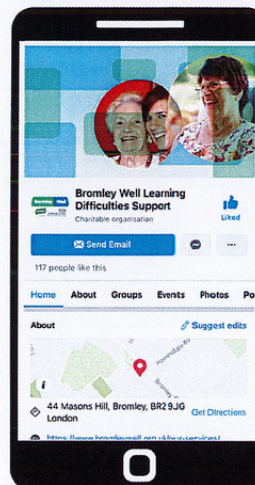


Please visit our Facebook page here.

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.

Here we continue workshop discussions so that the group can offer peer support. Please contact Rob for help with setting this up.



Get in touch



Call, text or email Rob Morgan if you would like any more information.



020 8466 0790



mobile 07482 558 660



robert.morgan@bromleywell.org.uk