

**September 2025**

# NEWSLETTER

**Supporting People With Learning Difficulties**



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Service delivered by:



Incorporating Bromley Scope

Funded by:



**South East London**

**By Emma Andrew**  
**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 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

### July Workshop Recap: SeeAbility

SeeAbility joined us to share information about opticians specifically trained to support people with learning disabilities or difficulties. [More info here.](#)



### August Workshop: First Aid

The British Red Cross delivered a fantastic first aid session, with demonstrations on choking, burns, recovery position, CPR, defibrillator use, and treating deep wounds. Our speaker Pam also gave some excellent tips, including unlocking the front door before starting CPR to allow quick access for emergency services.



### September Workshop: Know Your Numbers

We ran a blood pressure workshop as part of the Know Your Numbers campaign. Alongside this, Enable launched a free 12-week weight management programme in central Bromley for people with a learning disability and a BMI of 30 or above.



## ADHD 'Life Admin' Course

Our ADHD Life Admin Course is starting this September. Please contact Emma if you would like to be added to the waiting list. Email: [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk)

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

## IMPORTANT UPDATE: CORRESPONDENCE DROP-IN CHANGE

Our Drop-in at the Bromley Mencap office is now open longer.

From September, sessions run every Friday, 10am–4pm.

We'll be based downstairs — just head to the second door on your right.



## Save the Date: Workshop

**Date:** Friday 6 October

**Time:** 10am – 12pm

**Venue:** Scout Hut, 15 Prospect Place, Bromley, BR2 9HL

Join us for our next workshop, with a focus on anti-loneliness. Lizzie, Bromley Mencap Fundraising Manager, will also be giving a short talk on Gift Aid. More information coming soon!



# Correspondence Drop-ins



## We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.  
No need to book.



## You will find us at:

Bromley Mencap Office,  
Rutland House,  
44 Masons Hill,  
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898