

December 2025

NEWSLETTER

Supporting People With Learning Difficulties



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chetan.raval@bromleywell.org.uk

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

October – Loneliness workshop

During our workshop, we talked about how loneliness can affect people with learning difficulties and what we can do to reduce the stigma around it.

Through group discussions, we connected with each other on a deeper level, shared stories and experiences, and felt part of a wider, diverse community – discovering the things that connect us all as human beings.



November – Self-Care Week

In November, we ran a workshop to celebrate Self-Care Week (17–23 November).



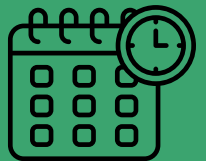
We were joined by our wonderful Physical Difficulties Information and Support Officer, Caroline Hackett, who kindly delivered a relaxing meditation session for everyone.



ADHD 'Life Admin' Course

Our ADHD Life Admin Course runs regularly and the next dates are being planned. If you're interested in taking part, please contact Emma to join the waiting list: emma.andrew@bromleywell.org.uk. For more information on the course, please take a look at our [flyer here](#).

Save the Dates



Christmas Party

In December, we'll be holding a joint festive workshop with our Bromley Well and Bromley Mencap friends to celebrate the season together.

Date: Monday 15 December

Time: 11am to 1pm

Venue: Bromley United Reformed Church,
20 Widmore Road, Bromley, BR1 1RY



Spaces are limited.



To book, please phone 020 8466 0790 or email chetan.raval@bromleywell.org.uk

January 2026 Workshop – New venue

From 2026, workshops will be held downstairs at Rutland House in the Training Centre.

We will be holding our next workshop on Thursday 22 January from 10am to 12pm at our new workshop venue.

COFFEE MORNING: CATCH-UP AND WORKSHOP IDEAS

**Join us to meet friends, share a cuppa, and help
plan this year's workshops.**



Thursday 22 January 22 2026



10am to 12 noon



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



Come along and bring your ideas for the topics you'd like us to cover in 2026. We're now downstairs at Rutland House with step-free access.

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

PHONE

020 8466 0790

EMAIL

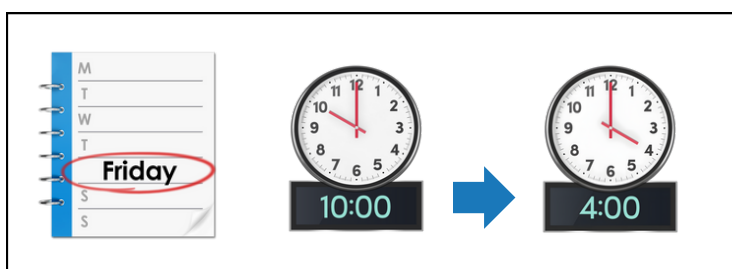
Chetan.raval@bromleywell.org.uk

Correspondence Drop-ins

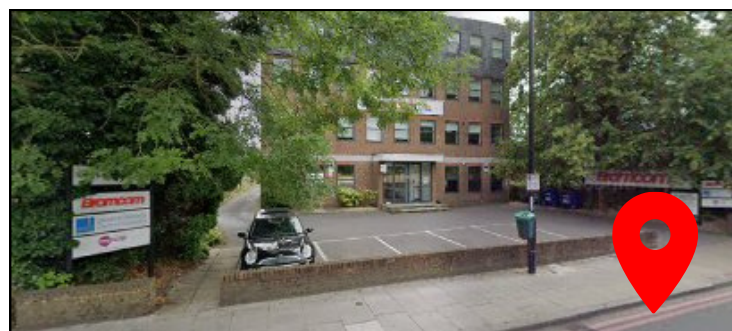


We can help you with:

- 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 sessions on Friday 26 Dec and Friday 2 January.



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