

August 2026

NEWSLETTER

Supporting People with Learning Difficulties



Office: 0208 466 0790



Mobile: 07752 466928



chetan.raval@bromleywell.org.uk

Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Emma Andrew, Senior Information & Support Officer

Email: emma.andrew@bromleywell.org.uk; Tel: 020 8466 0790 or 07482 558 660

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.

Learning Disability Week Recap

To mark the week, we held two special events alongside our regular weekly drop-in.

On Tuesday 16 June, we were very lucky to hold a meditation and sound bowl session at the Ripley Arts Centre in Bromley.

The session was delivered by Caroline Hackett from the Physical Disabilities Team, who kindly led a relaxing meditation workshop.



It was a very successful event and we had wonderful feedback while we also provided a healthy spread with sandwiches, fruit and plenty of water to keep us hydrated.

Later that week, on Thursday 18 June, we held a Learning Disability Week workshop linked to this year's theme, Do You See Me?



The group came up with the idea of going for brunch at our local Wetherspoons, giving everyone the chance to spend time together in the community.

We met new people, talked about upcoming events and enjoyed a relaxed morning together. Some people also used the Wetherspoons app to order their food, with support from the team. It was a lovely outing, with plenty of conversation, laughter and good cheer.

ADHD 'Life Admin' Course

During June, we also ran our ADHD Life Admin course. The course has now been condensed into four sessions instead of five.

It covers topics including diagnosis and options, medication, coping mechanisms, strategies, peer support and more.

The next course will start in September.

ADHD Course Dates:

- Wednesday 3 September
- Wednesday 10 September
- Wednesday 17 September
- Wednesday 24 September

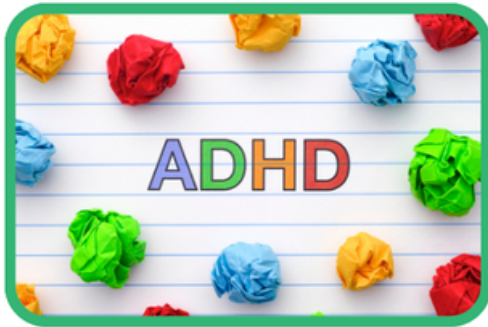


Time: 1:00pm – 3:00pm

Location: Bromley Mencap, Rutland House

Please get in touch if you would like to join the next course.

ADHD 4-WEEK LIFE ADMIN COURSE



Our support officers will assist you with a person-centred plan to create and achieve your goals.

You might want to better manage your paperwork or sort out a long-standing issue.

"I need someone to help me get everything organised"



"Things pile up and I don't know where to start"

We can help you:

- **Complete an initial assessment**
- **Create your action plans**
- **Work on coping mechanisms**
- **Increase your independence and resilience**



For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

Phone 0808 278 7898 or email emma.andrew@bromleywell.org.uk

WORKSHOP HIGHLIGHTS

SeeAbility eye care workshop



In July, we invited SeeAbility to deliver an eye care workshop for people we support.

SeeAbility is a charity that supports people with eye care and sight loss. An interesting and surprising fact we learned is that the charity has been working since 1799, when it began as a school for blind people. The workshop was informative and interactive, with lots of ideas and suggestions shared by the people who attended

We learned about SeeAbility's Easy Eye Care project, which supports people with learning disabilities to access eye care in a way that works for them.



This can include extra time for appointments, breaking appointments down into smaller steps, and making reasonable adjustments.

We also discussed how often people should have an eye test. For most people, this should usually be at least every two years. Some opticians can also arrange home visits for people who are unable to attend an appointment in store because of access needs or disability.



At the end of the workshop, everyone received a free glasses wipe to take home, which was very well received.

Walking and cycling workshop at The Lodge

On 6 August, we held a walking and cycling workshop at The Lodge with the helpful bike team.

The team supported people to adjust their bikes, showed everyone how to use a trike safely, and made sure safety helmets were worn.

For those who did not join the bike ride, there was the option of a leisurely walk around the park, followed by a drink at the outside café at The Lodge.

It was a lovely opportunity to enjoy the outdoors, have a natter and catch up with one another.



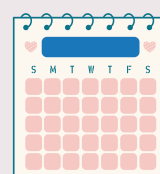
UPCOMING WORKSHOP

From 7–12 September, it will be Know Your Numbers Week.

This is a nationwide campaign encouraging people to be aware of their blood pressure and understand what their numbers mean.

Our team will be supporting the campaign by offering blood pressure checks at our workshop on **Thursday 10 September.**

We will explain what the numbers mean and share information about how to look after your health and wellbeing. Please book your place in advance.



'KNOW YOUR NUMBERS' WORKSHOP

Join us for a health-focused workshop offering free blood pressure checks and information on healthy living



Thursday 10 September



10am to 12 noon



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



Come along to have your blood pressure checked and your pulse checked. These quick checks can help you understand more about your health.

You can also find out more about stopping smoking, weight management and other wellbeing support.

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

PHONE

EMAIL

020 8466 0790

Chetan.raval@bromleywell.org.uk



Free support is available to help you lose weight!

Please visit www.bromley.gov.uk/HealthyWeight to check your BMI and see if you are eligible for 12 weeks of free weight management support. Support is available for both adults and children.

Contact Information

Website: www.bromley.gov.uk/HealthyWeight



Are you aged 40–74 and eligible for your free NHS Health Check?

Even if you're feeling well, it's worth having your NHS Health Check now as it can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke. Some of the same risk factors for these conditions also link with dementia. During the check-up you'll discuss how to reduce your risk of these diseases and improve your chances of staying healthy.

Contact Information

Website: www.bromley.gov.uk/health-wellbeing/nhs-health-checks

Or ask your GP Practice to see if you are eligible and to find out more.