

Bromley Well

October 2026

NEWSLETTER

Supporting People with Learning Difficulties



Office: 020 8466 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.

'Know Your Numbers' Week

Know Your Numbers Week is an annual health campaign promoting regular blood pressure checks to prevent serious conditions like heart attacks and strokes.



High blood pressure often has no symptoms, and millions of people in the UK may be unaware they have it. This is why outreach and regular blood pressure checks are so important.

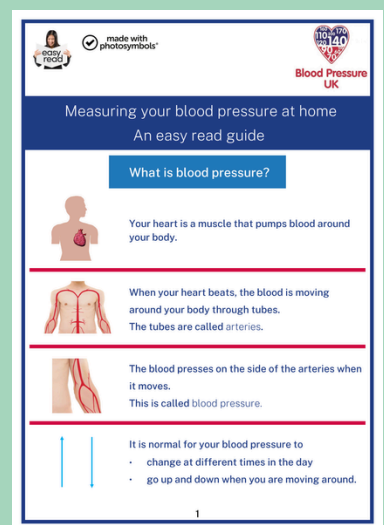
On Monday 7 September, we joined up with the Bromley Public Health Team to take pulse and blood pressure checks in Mottingham High Street.



We also offered these checks at our workshop on Thursday 10 September, along with information on stopping smoking, weight management and other wellbeing support.



For more information, download "Keep your blood pressure healthy – Easy Read" from Blood Pressure UK [here](#).



Budgeting Workshop

Bromley Mencap's Cost of Living Coordinator, Allison Gill, recently led a practical budgeting workshop. The session also covered benefits and other financial support, how credit cards work, what a credit score means and different ways to pay for things.

The workshop was a chance to think about everyday finances and prepare for some of the extra costs that can come with the festive season.



ADHD AWARENESS MONTH

October is ADHD Awareness Month, so it is a good opportunity to share information on our ADHD Life Admin course, which is available through Bromley Well.



Supporting people with Learning Difficulties

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



Service delivered by:   

Funded by:   

South East London

The course runs for four weekly two-hour sessions and explores topics including diagnosis, medication, relationships and managing everyday life.

Our latest course has now finished, and we are building a waiting list for the next one.

Sign Up

Interested in joining the next course?

Call Bromley Well free on 0808 278 7898 or email emma.andrew@bromleywell.org.uk and quote "ADHD Life Admin Course – LD" to register your interest.

DYSLEXIA AWARENESS WEEK – 5 TO 11 OCTOBER

To mark Dyslexia Awareness Week, we are highlighting our weekly Correspondence Drop-in, which offers practical support with everyday paperwork and admin.

If you find letters, forms or other correspondence difficult to understand or complete, our team can help you work through them.



Correspondence Drop-in
Fridays, 10am–4pm
Rutland House

Bromley Well

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

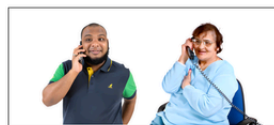


Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.



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

Bromley Well

Service delivered by:
 **mencap**
Improving lives together

Funded by:
 **Bromley Well**
www.bromleywell.org.uk

 **NHS**
South East London

UPCOMING WORKSHOP

Self-Care Week – 16 to 22 November



During Self-Care Week, we will be holding a Self-Care Workshop on Thursday **19 November**.

We will be discussing using the NHS App, healthy eating and other ways to look after your health and wellbeing.

Look out for more details about our November workshops and drop-ins on our website.

OUTREACH

Glebe School Transition Event



The team attended the Glebe choices transition event in September.

We spoke to students, staff and parents about Bromley Well and the support available to people living in the borough.



Smoke Free

Bromley



SmokeFree Bromley is a free local stop smoking service for people of any age living in Bromley who want to stop smoking.

- One-to-one support for up to 12 weeks with a trained advisor.
- Free stop smoking aids, such as nicotine replacement therapy (NRT) and/or starter kits for vaping (adults only).
- Support by phone, in person, or online video.
- Local drop-in clinics – see SmokeFree Bromley website for opening times and locations.

Contact Information

Website: www.changegrowlive.org/service/smoke-free-bromley

Telephone: 0808 281 5933

Email: smokefreebromley@cgl.org.uk