

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 5

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Following feedback from people who use the service, our weekly outreach sessions at Cotmandene and Mottingham have changed

- We are now having drop-in sessions at Cotmandene Community Resource Centre on alternate Thursdays between 1pm and 3pm.
- Mottingham Community and Learning Shop drop-in sessions are on alternate Thursdays between 2pm and 4pm (see page 3 for all the dates).

Our workshops

In November we invited the Green Doctors, who are part of Groundwork London, to talk to the group about reducing fuel bills and becoming energy efficient. They presented a variety of ways to reduce fuel bills within the home and also signed up several people to have a home visit by the Green Doctors who would install energy saving systems from smart plugs and LED lights to water saving shower heads and much more for free. The group found the energy saving tips very useful.



In our December workshop, we presented a talk combined with a slide show about Keeping Well in the Winter – along with some festive fun to end the year. We discussed the increased risks to health due to winter, how to keep well and promoted the benefits of having a flu jab for people who are most at risk. The event was well received and a lot of useful information was passed on. After the workshop one of our new clients was encouraged to book an appointment for a flu jab!



If you are interested in attending, or would like to find out more about our service, please contact one of our Support and Information Officers:

Sue Fuller on 07484673090 email sue.fuller@bromleywell.org.uk

Chetan Raval on 07421106922 email Chetan.raval@bromleywell.org.uk

Alternatively, you can call us in the office on 020 8466 0790.



NEWS -

Physical Disabilities

Changing Places & Motorway Services

A new partnership with Muscular Dystrophy UK and the Department for Transport will bring Changing Places accessible toilets to the majority of motorway service areas — making journeys easier for disabled people across England. More here

<https://www.disabilityrightsuk.org/news/2018/december/changing-places-accessible-toilets-be-brought-majority-motorway-service-areas>

New Bromley Vue Cinema

The new Vue cinema complex has opened close to Bromley South station. It has a Changing Places accessible toilet complete with a changing table, hoist and also autism friendly film showings. More details on accessibility here <https://www.myvue.com/cinema/bromley/accessibility>



Nike signs first athlete with cerebral palsy



A runner known as Justin 'Magic' Gallegos has made history after he was unveiled as the first ever Nike athlete with cerebral palsy.

Nike surprised the unsuspecting American student at the end of his first ever half marathon in Oregon, USA. As Justin was catching his breath, representatives of Nike handed him a three-year contract.

Writing on Instagram, Justin says: "I'm still at loss for words! Thanks to everyone for the love and the support not only the past couple days but the last seven years of my life!"

<https://www.bbc.co.uk/news-round/45809943>

Stephen Hawkins

Life in pictures of the world famous physicist who was diagnosed with a rare form of motor neurone disease at the age of 22.

<https://www.bbc.co.uk/news/world-43395807>

