

June 2026

Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Caroline Hackett
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We offer emotional support and practical help with paperwork, forms and grant applications, and we can also accompany people to medical appointments. We run monthly meditation and sound bath workshops, as well as drop-ins.

Meditation Mondays



Our Sound Bowl and meditation sessions continue to attract increasing interest, with many people reporting significant benefits to both their emotional wellbeing and physical health.

The calming and supportive environment has encouraged more people to attend. Numbers have remained steadily strong throughout, demonstrating the positive impact and value these sessions are bringing to those involved.

We have also received a great deal of encouraging feedback, with attendees sharing how relaxing, restorative, and uplifting they find the experience.



Following every session, everyone is invited to stay and enjoy a light lunch, providing another opportunity for social connection, conversation, and ongoing support within the group.



UPCOMING WORKSHOP

Join us for our monthly meditation sessions and learn simple ways to relax, de-stress and unwind. After each session, our regular drop-in service will be available, where you can speak to us for advice and support.

- Date: Monday 15 June
- Time: 11.00am – 12.00pm
- Drop-in: 12:00pm – 1.00pm
- Lunch provided

Please book in advance and let us know if you are attending, so we can plan catering and note any dietary requirements or allergies.

FRIDAY DROP-IN AT RUTLAND HOUSE



Do you need support with paperwork? Pop in on Fridays from 10:00 am to 4:00 pm. No booking required.

CONTACT US:

- Caroline Hackett – 07938 740361
- caroline.hackett@bromleywell.org.uk
- Sue Charles – 07484 673090
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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