

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 1

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Referrals: We are seeing a steady flow of referrals and meeting new clients on a regular basis.

Workshops and Drop-ins

Since the last Bulletin we have held two more workshops which we combine with a drop-in for the last hour.

In March our workshop was about the internet and looking at useful websites for people with physical disabilities. This was well received by those that attended and it gave people the confidence to make better use of the internet to help them on a daily basis.

Our workshop in April discussed emergency situations and helped clients to become better prepared in the event of an emergency. We helped put together useful information that can be easily found and used by emergency staff.



Our workshops are informal and relaxed and are a good opportunity to meet people and to learn something new. Our next workshop is on 22nd May and will be about Emotional Resilience and Mindfulness.

If you would like to come along or would like to find out more information about our service please contact one of our Information and Support Officers: Sue Fuller on 07484673090, or Chetan Raval on 07421106922, or call us in the office on 020 84660790.

Outreach

Our weekly drop-ins take place on a Wednesday from 2 - 4pm alternating between Cotmandene and Mottingham. Please come along and find out what we do, to meet us and to have a chat.

NEWS -

Physical Disabilities

New App Helps with Street Navigation



This app is currently being trialled in Reading.

To find out more about how it helps people navigate around click on the link below.

<http://www.bbc.co.uk/news/av/uk-england-berkshire-43902385/new-app-helps-blind-people-navigate-streets-after-reading-trial>

British Paralympians in PyeongChang 2018

Have a look back at some of the highlights in South Korea.



Menna Fitzpatrick and Jen Kehoe

Click on the link below to see other successes.

<http://www.bbc.co.uk/newsround/4336330>

Boxing to Success



Kate Farley has cerebral palsy and is making a name for herself in the boxing world and wants to make it a Paralympic sport.

Click here to find out more.

<http://www.bbc.co.uk/news/av/uk-england-dorset-43843170/the-female-boxer-with-cerebral-palsy>

Disability-led Ensemble to Perform at the Proms

Bournemouth Symphony Orchestra's Resound ensemble will become the first disability-led group to play the BBC Proms this summer.

The group is led by James Rose who conducts using a baton strapped to his head. To find out more click the link below:

<http://www.bbc.co.uk/news/entertainment-arts-43801951>

