

Supporting People With
Physical Disabilities

NEWSLETTER



Issue 15



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By Chetan Raval
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We work closely with our clients in person, via the telephone and by email offering emotional support and practical help to complete paperwork, forms and grant applications, as well as accompanying clients to medical appointments. We hold our workshops at Bromley Mencap's Community Hub in Bromley North and provide outreach at Cotmandene and Mottingham every month.

Monthly Workshops

We are now using a new venue for our workshops: **Bromley Mencap Community Hub, Station Road, Bromley, BR1 3LP.**



Station Road has excellent transport links. The closest train station to Station Road is Bromley North Station. It is also served by the 367, 61, 119 and 227 bus routes and is a 10-minute walk from Bromley Town Centre. There is a large pay and display car park next to the centre and pay and display parking in the surrounding streets.

South East London Community Energy (SELCE) Workshop

We held our final workshop at the United Reformed Church in Bromley in September. It was delivered by Chetan Raval on behalf of SELCE and covered topics such as heating your home to stay well during the winter and the Priority Services Register for people who are disabled or vulnerable. The Priority Services Register is a free support service



that makes sure extra help is available to people in vulnerable situations. [More information here.](#)

SELCE carries out home assessments and can provide replacement energy savings bulbs, heat reflectors for radiators and other energy-saving devices for free. Our clients will be contacting the charity directly to request home assessments and found this information very helpful due to the rising cost of energy bills. More information can be found on the flyer on page 6.

Budgeting Workshop

Our October workshop was presented by Sue Charles. Sue went through a budgeting plan with the group which covered outgoings such as rent, utilities, Council Tax, food, toiletries, clothing and footwear. This exercise gave everyone a sense of how much money they had left once essential bills had been deducted from their income (benefit payments, grants and salaries) and where to cut back. The group also discussed the support available to deal with increasing energy bills.



Dates for your diary

Upcoming Outreach:

Mottingham: 10am till 12.00 noon on Tuesday 15 November and Tuesday 13 December 2022.

Cotmandene: 2-4pm on Tuesday 22 November and Tuesday 13 December 2022.

In the News

Bristol inclusive cheerleading team in world championships

A disability-inclusive cheerleading team has been chosen to represent England in the world championships in the USA next year. [Read more about this amazing achievement.](#)

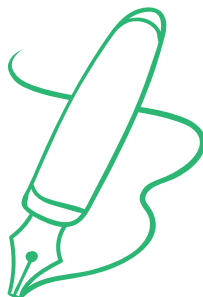


Cost of living: 'I may have to put my child in care due to bills'

Yvette Clements, 58, from Norwich, is a carer for her daughter, Rosey, who cannot regulate her body temperature and worries about the rising cost of energy bills. Read more about the devastating impact of the cost of living crisis for this family [here.](#)



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S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



When are the £400 energy rebate and other cost-of-living payments due?

All UK households will be given a £400 discount on their energy bills after the annual cost for a typical household rose to £2,500 from October. [More information here.](#)

Contact Us

Contact our Support Officers for more information on our services:

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On Facebook:

<https://www.facebook.com/BWPhysicalDisabilities/>

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