

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 4

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It has been an exciting first year for the Bromley Well Pathway supporting people with Physical Disabilities. We have had over 300 referrals during the year. We have successfully delivered eleven workshops for our clients, covering topics such as good health, healthy eating, technology, emotional resilience and pain management.

We hold weekly outreach sessions at both the Mottingham and Cotmandene centres as well as providing information and support to clients by either a home visit or office appointment. We also support clients at assessments and hospital appointments.

Our workshops

At our September workshop, we talked about First Aid and how to treat minor accidents that might happen at home.

The workshop was well attended. One client said, *"The information was really useful and it was good to meet other people on the day."* One other client who had come along for the first time said, *"I enjoyed the company of the others and learnt a lot."*



In October, we invited along the London Fire Brigade who talked to the group about Fire Safety. We learnt about the main causes of fire in the home, different smoke alarms and what to do in the event of a fire. The group found the session informative and enjoyable.



Future Workshops

Monday 19th November – Dealing with Fuel Poverty and how to reduce your fuel bills

Monday 10th December – St John Ambulance – Life Saving

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.

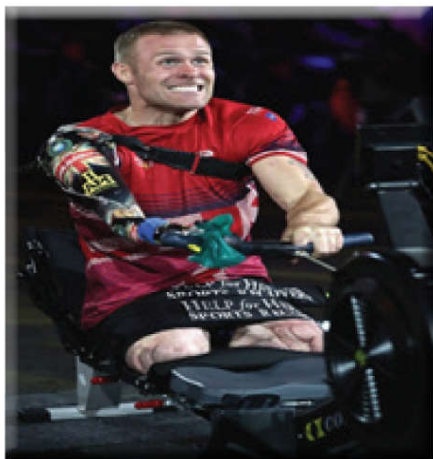
NEWS - Physical Disabilities

How Invictas Games Changed Me

Find out how Mark Ormond inspired others on social media and changed his life around after being injured in Afghanistan.

More here:

<https://www.bbc.co.uk/sport/av/get-inspired/45967595>



Disability News Service

Shadow minister for disabled people calls on government to invest more in step free access for rail travel.

More here:

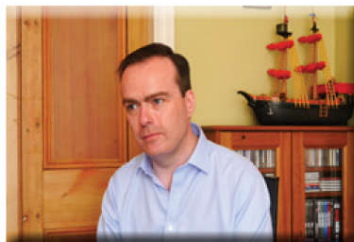
<https://www.disabilitynewsservice.com/disabled-shadow-minister-calls-for-government-to-fund-access-to-all-rail-stations/>



Dr Gregory Burke calls on high street to wake up and communicate with disabled people.

More here:

<https://www.disabilitynewsservice.com/high-streets-need-to-wake-up-to-the-need-to-communicate-with-disabled-people/>



No stopping Stuart Penn becoming a world class martial artist

Stuart Penn was born with one fully formed limb, but it has not stopped him becoming a world class para in Jiu-Jitsu.

More here:

<https://www.bbc.co.uk/news/av/world-europe-jersey-45972436/my-disability-is-my-advantage-says-martial-artist>



Cerebral Palsy Super Hero Creator

Farida Badwi has created a super hero with her condition cerebral palsy.

More here: <https://www.bbc.co.uk/news/av/world-africa-45998421/cerebral-palsy-super-hero-creator-i-decided-representation-matters>

