

**Bromley Well**



# Supporting People With Physical Disabilities

## Newsletter Issue 6

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**NHS**

**Bromley**

Clinical Commissioning Group

We continue to see a steady flow of referrals to our service. We make home visits and arrange appointments in the office and support our clients through:

- Information, advice and emotional support
- Help with completing 'non-benefit' forms
- Support at medical appointments, DWP assessments and tribunals
- We hold monthly workshops and weekly drop-ins
- Offer a telephone support service for isolated people
- Grant applications

Demonstrations were given from the Strength and Stability classes, which provide slow and controlled seated exercises suitable for people with a physical disability.

Matt Yule, our Adult Support Services Manager, then spoke to the group about Tai Chi. He has been learning this Chinese Martial Art for several years and demonstrated some movements while explaining the health benefits from the exercises.

An information pack was given out at the end to those who attended with more information about clubs and activities in the borough.

## Our workshops



In January we teamed up with the Learning Disability pathway. Rosie from The St John Ambulance came to talk to us about life saving. We learnt simple life saving techniques to help us to confidently provide first aid. We heard how first aid helps people every day, from the advantages of correctly administering a burn to saving a life.

Afterwards, some of our attendees agreed to continue to learn and share their first aid skills by becoming Community Champions.

At our February workshop, we delivered information about social clubs, classes and activities in the borough that are accessible to people with physical disabilities. Chris King from Primetime gave an informative talk about the classes they run from various locations across the borough.

## Future workshop dates:

- Monday 18th March: Healthy Eating
- Monday 15th April: A presentation from Trading Standards
- Monday 13th May: Grants
- Monday 10th June: Coping in hot weather

If you are not already receiving information about the workshops and would like to find out more, please contact us. These events are free, informative and an opportunity to meet people. Refreshments are served.

## Drop-ins

We hold weekly drop-ins at two locations in the borough. We are at Mottingham and Cotmandene on alternate Thursdays. These sessions are for information and advice, emotional support and help with letters and paperwork.

## Details and dates:

### Mottingham Community & Learning Shop:

1-2 Cranley Parade, Mottingham, SE9 4DZ; Thursdays 2-4pm, 21st March, 4th April, 18th April and 2nd May

### Cotmandene Community Resource

**Centre:** 64 Cotmandene Crescent, St Pauls Cray, BR5 2RG; Thursdays 1-3pm, 14th March, 28th March, 11th April and 25th April

# NEWS - Physical Disabilities

## Motor Neurone Petition

The Motor Neurone Disease Association has a petition to "Change the law so that everyone with a terminal illness can access the welfare benefits they need quickly and sensitively." You can sign the petition here: <https://e-activist.com/page/33936/petition/1>



## Have you seen your GP recently?

Did you experience any difficulties getting an appointment? The regulator for health in England – The Care Quality Commission – is seeking to learn more about the experiences of disabled people and their families when using the NHS. The survey can be completed online here: <https://www.cqc.org.uk/share-your-experience-finder?refer=disabilityrights> or if you prefer to speak on the telephone call 0330 995 0400.

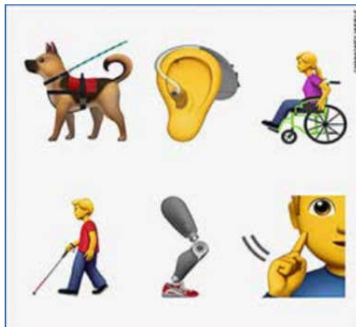


## First Accessible/Electric Dual Charging Bay

The latest NCP car park to open in Salford, Stanley Street, has installed dual electric charging/accessible bays. These are believed to be the first installed in the UK. More here <https://www.disabilityrightsuk.org/news/2019/january/disabledualchargingparkingbay>

## Disability-themed emojis approved for use

The introduction of dozens of new accessibility-themed emojis has been welcomed by disability rights campaigners. <https://www.bbc.co.uk/news/technology-47144091>



## James Moore wins National Television Award 2019 for Best Newcomer

The actor, who has Cerebral Palsy, gave an emotional speech at the awards ceremony and thanked ITV for tackling disability on the television. <https://inews.co.uk/culture/television/james-moore-nta-2019-speech-emmerdale-actor-ryan-stocks-disability/>



## How to Contact Us:

If you are interested in attending one of our workshops or would like to find out more about our service please contact one of our Support and Information Officers:  
**Sue Fuller** on 07484673090 or email [Sue.Fuller@bromleywell.org.uk](mailto:Sue.Fuller@bromleywell.org.uk)  
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