

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 7

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Bromley Well supports people with physical disabilities with a range of services:

- Transport solutions such as blue badge, Taxi card, Freedom Passes and dial a ride
- Information, advice and emotional support
- Support at medical appointments, DWP assessments and tribunals
- Monthly workshops on a range of different topics and weekly drop-ins
- Telephone support service for isolated people
- Grant applications
- Assistive technology

We continue to see a lot of demand for our workshops and have moved to a larger hall to accommodate more people.

Our workshops

In March, we delivered Healthy Eating, which covered the different types of food groups that go into a balanced meal. The group enjoyed an interactive exercise on placing food types on the Eat Well plate. We explained the benefits of using the traffic light system for foods and how it works. Some delegates downloaded the Change For Life App which can be used when shopping to make healthy impartial choices. Everyone was then issued with an Eat Well Plate to use at home as a guide, a copy of the traffic light system for foods when shopping and a copy of The Best 50 Superfoods. One delegate mentioned that they have made healthier choices and are eating more fruit and vegetables since coming on this workshop.



In our April workshop, we received a presentation from Bromley Trading Standards by Rob Vale. Rob presented a slide show covering a range of topics within his role. The event was interactive and involved everyone who attended. Rob discussed cyber fraud such as emails from the Inland Revenue demanding monies. Rob also discussed the types of door step crime such as rogue builders visiting the borough, what to look out for and the necessary checks such as Check a Trade before committing to a builder. We also discussed hints and tips to stay safe from telephone crime such as bogus calls from banks. Rob handed out a variety of materials to stay safe such as a No Cold Calling sticker for the front door, cup mats with the phone number of the Trading Standards Rapid Response Team and a booklet about cyber-crime.

Future workshop dates:

- Monday 13th May: Grants and specialist holidays
- Monday 10th June: Coping with hot weather
- Monday 15th July: Debt/Budgeting

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.

Mottingham Community & Learning Shop:

1-2 Cranley Parade, Mottingham, SE9 4DZ;
Thursday 2 - 4pm 16th May, 30th May, 13th June and 27th June

Cotmandene Community Resource Centre:

64 Cotmandene Crescent, St Pauls Cray, BR5 2RG; Thursday 1-3pm, 23rd May, 06th June and 20th June

NEWS -

Physical Disabilities

Blind Veterans UK in Bromley

Blind Veterans UK provide vision-impaired Armed Forces and National Service veterans with services and tailored support to discover life beyond sight loss. Support includes:

- helping veterans relearn vital life skills
- providing tools people need to be independent in their own homes
- offering new learning, training and recreation opportunities
- providing long-term nursing, residential and respite care.

In Bromley, they organise a pub lunch a few times a year for members to meet and socialise, as well as occasional outings. If you or anyone you work with has served in the UK forces and now have a sight difficulty you could become a member via their website <https://www.blindveterans.org.uk>

Free mini-course for over 50s with age related hearing loss

deafPLUS is running this free course, "Living with Hearing Loss" for over 50s in boroughs around London. It's run over 7 weeks, once a week for 2 hours each time, with speakers invited to talk about different topics e.g. communication, tinnitus, confidence and improving your health and wellbeing. Community House, South Street, Bromley BR1 1RH on Thursday 4th July-15th August 2019 from 11am - 1pm. Full details [here](#)



London Marathon 2019: Johnboy Smith on why 'there is life after disability'

Johnboy was just 16 years old when his life changed in a split second.

<https://www.bbc.co.uk/sport/disability-sport/47983114>

Alice Tai and Reece Dunn Win golds

Britain's Alice Tai won two gold medals and set a new world record on the final night of the British Para-swimming International Meet in Glasgow

<https://www.bbc.co.uk/sport/disability-sport/48087742>



Minister calls on businesses to reveal how many disabled staff they employ

Minister for Disabled People, Health and Work Sarah Newton has urged large employers to build more inclusive workforces and report how many disabled staff they employ.

<https://www.openaccessgovernment.org/minister-calls-on-businesses-to-reveal-how-many-disabled-staff-they-employ/54888/>



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

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