



February 2026

Bromley Well

# NEWSLETTER

## Supporting People With Physical Disabilities



Office: 0208 466 0790



Mobile: 07484 673090 or 07938 740361



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Service delivered by:



Incorporating Bromley Scope

Funded by:



South East London

By Caroline Hackett  
Information & Support Officer

We support adults with physical disabilities by providing information, advice and guidance on a range of issues. We offer emotional support and practical help with paperwork, forms and grant applications, and we can also accompany people to medical appointments. We run monthly meditation and sound bath workshops, as well as drop-ins.

## Meditation Mondays

Our monthly meditation and sound bowl workshops are going from strength to strength.

Attendance remains consistently high, feedback is always uplifting, and we've been delighted to welcome new people.



Some attendees are now coming along specifically for these sessions, which really shows how valuable they are.

## Christmas Party Recap

In December, we also enjoyed a joint Christmas party celebration with music, a quiz and some amazing food. A few people even enjoyed a Bucks Fizz (or two!).

Well done to our quiz winners, who went home with a tub of chocolates.



### Save the Dates

YOU'RE INVITED!

UPCOMING WORKSHOPS

Make a note of the dates for our upcoming meditation and sound bowl sessions.

All sessions take place on Mondays:

- 23 February
- 16 March

⌚ Workshop: 11.00am – 12.00pm

🎂 Drop-in: until 1.00pm

굶 Lunch provided (please let us know if you are attending so we can cater for you and any dietary requirements/allergies).

### FRIDAY DROP-IN AT RUTLAND HOUSE



Do you need support with paperwork? Pop in on Fridays from 10:00 am to 4:00 pm. No booking required.

### CONTACT US:

📞 Caroline Hackett – 07938 740361  
✉️ [caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)

📞 Sue Charles – 07484 673090  
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# Correspondence Drop-ins

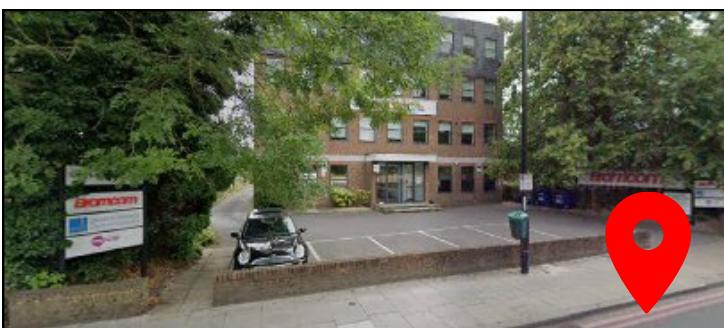


## We can help you with:

- Reading and responding to letters
- Blue badge applications
- Freedom pass applications
- Universal Credit migration
- Digital/Tech problems
- Council tax support



Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.  
**No sessions on Friday 26 Dec and Friday 2 January.**



## You will find us at:

Bromley Mencap Office,  
Rutland House,  
44 Masons Hill,  
Bromley, BR2 9JG



For more information, please contact Bromley Well:

Freephone 0808 278 7898

Service delivered by:

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# LOWER MY DRINKING

GET HEALTHIER, FEEL BETTER!

**Free support to help you reduce your alcohol intake!**

The **Lower My Drinking App** is available to Bromley residents aged 18 or above. The free quiz is available to try and based on your results, you will receive tailored information to help monitor alcohol use or help to reduce alcohol consumption.

To find out more information scan the QR code or click on the link:  
**[www.bromley.gov.uk/substance-misuse/drug-alcohol-services](http://www.bromley.gov.uk/substance-misuse/drug-alcohol-services)**



Drug and  
Alcohol Service

Bromley



## **Bromley's local community drug and alcohol services**

Change Grow Live Bromley offers a free and confidential service for adults over 18 who are Bromley residents and need help with their drug (including over the counter and prescription medication) and alcohol use or who are worried about a family member or a loved one. If you would like to find out more about the support, please contact us.

### **Contact Information**

**Call: 020 8289 1999**

**Email: [referrals.bromley@cgl.org](mailto:referrals.bromley@cgl.org)**

**Website: [www.changegrowlive.org/service/bromley-drug-alcohol](http://www.changegrowlive.org/service/bromley-drug-alcohol)**