

July 2025

Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



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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 to complete paperwork, forms and grant applications, as well as accompanying people to medical appointments. We hold workshops and drop-ins and provide outreach at venues around the borough.

MEDITATION MONDAYS

In May and June, we hosted a meditation workshop with lunch provided – and we had a fantastic turnout!



Thank you to everyone who attended and for the positive feedback we received about the session.

A big thank you as well to Sharon Morgan for joining us as our guest speaker, and for sharing how Bromley Well and Bromley Mencap can offer support.

BENEFITS OF MEDITATION

Haven't tried our meditation sessions yet? We'd love to welcome you!

Meditation offers a wide range of mental and physical health benefits, including:

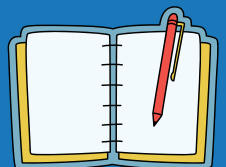
- **Reduces stress and anxiety**
- **Improves focus and concentration**
- **Enhances emotional balance**
- **Promotes better sleep**
- **Lowers blood pressure**
- **Reduces inflammation**
- **Boosts self-awareness**
- **Encourages creativity**
- **Improves mental clarity**



We'd love to see as many of you as possible at our next meditation session.

Monday 21 July from 11 AM to 1 PM, with lunch provided.

Please confirm your attendance in advance, by email, text or phone call, so we can order the right amount of lunches. Don't forget to let us know if you have any food allergies.



DROP-IN SESSIONS

Central Bromley Drop-ins

These are held at **The United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY** from 12-1pm and follow our monthly meditation workshops.

CONTACT US TO RSVP:

To register, please text or email us:

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☎ Sue Charles – 07484 673090

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MEDITATION MONDAYS

Sessions from 11am to 1pm

Join us each month to explore simple and effective ways to de-stress and clear your mind



**21 July
18 August
22 September
20 October
17 November
15 December (Christmas Celebration)**



**Bromley United Reformed Church,
20 Widmore Road,
Bromley, BR1 1RY**

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