

**October
2026**

Bromley Well

NEWSLETTER

Supporting People with Physical Disabilities



Office: 020 8466 0790



Mobile: 07484 673090 or 07938 740361



sue.charles@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk

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

A time to pause, relax and recharge.

Join us for our regular wellbeing sessions, alternating each month between Sound Bowl and meditation sessions.

Each session offers a calm, welcoming space to support your emotional wellbeing, relaxation and overall health.

Meditation sessions help you:

- ✦ **Calm your mind**
- ✦ **Relax and unwind**
- ✦ **Recharge your energy**
- ✦ **Connect with others**

Our sessions are described by attendees as calming, restorative and uplifting, and many look forward to them each month.

Spaces are limited

To keep the sessions peaceful and supportive, we now have space for just 12 participants.

Places are first come, first served – book early to avoid disappointment.

Stay and Connect

After the session, stay for tea, coffee, biscuits and fresh fruit. It's a lovely opportunity to chat, meet others and enjoy time together.



Monthly Drop-In

Need a little extra support? Have a question or simply want someone to talk to? Our monthly drop-in takes place after the session, offering a friendly and relaxed space to chat with a member of the team

Voluntary Donations

At the request of one of our members, we will have a donation box available at the sessions. Donations are completely voluntary – there is absolutely no obligation to contribute.

Contact us for more details:

- Caroline Hackett – 07938 740361
caroline.hackett@bromleywell.org.uk
- Sue Charles – 07484 673090
sue.charles@bromleywell.org.uk
- Hannah Blake-Williams – 07889 934968
hannah.blakewilliams@bromleywell.org.uk

MEDITATION MONDAYS

Join us to relax and unwind, followed by a drop-in advice session and refreshments



Monday 19 October



**11am to 1pm
Please arrive promptly**



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

Come and enjoy a monthly session dedicated to helping you relax, recharge, and refocus. Why not stay for our drop-in session from 12 noon to 1pm? Light refreshments will be available but we will no longer be providing sandwiches.

Places are limited to 12 and will be allocated on a first come, first served basis. Booking is essential. Please tell us about any dietary requirements or allergies when you book.

Please contact us to book your place.



Telephone: 020 8466 0790



Email: caroline.hackett@bromleywell.org.uk

Service delivered by:



Funded by:



South East London

Map and directions

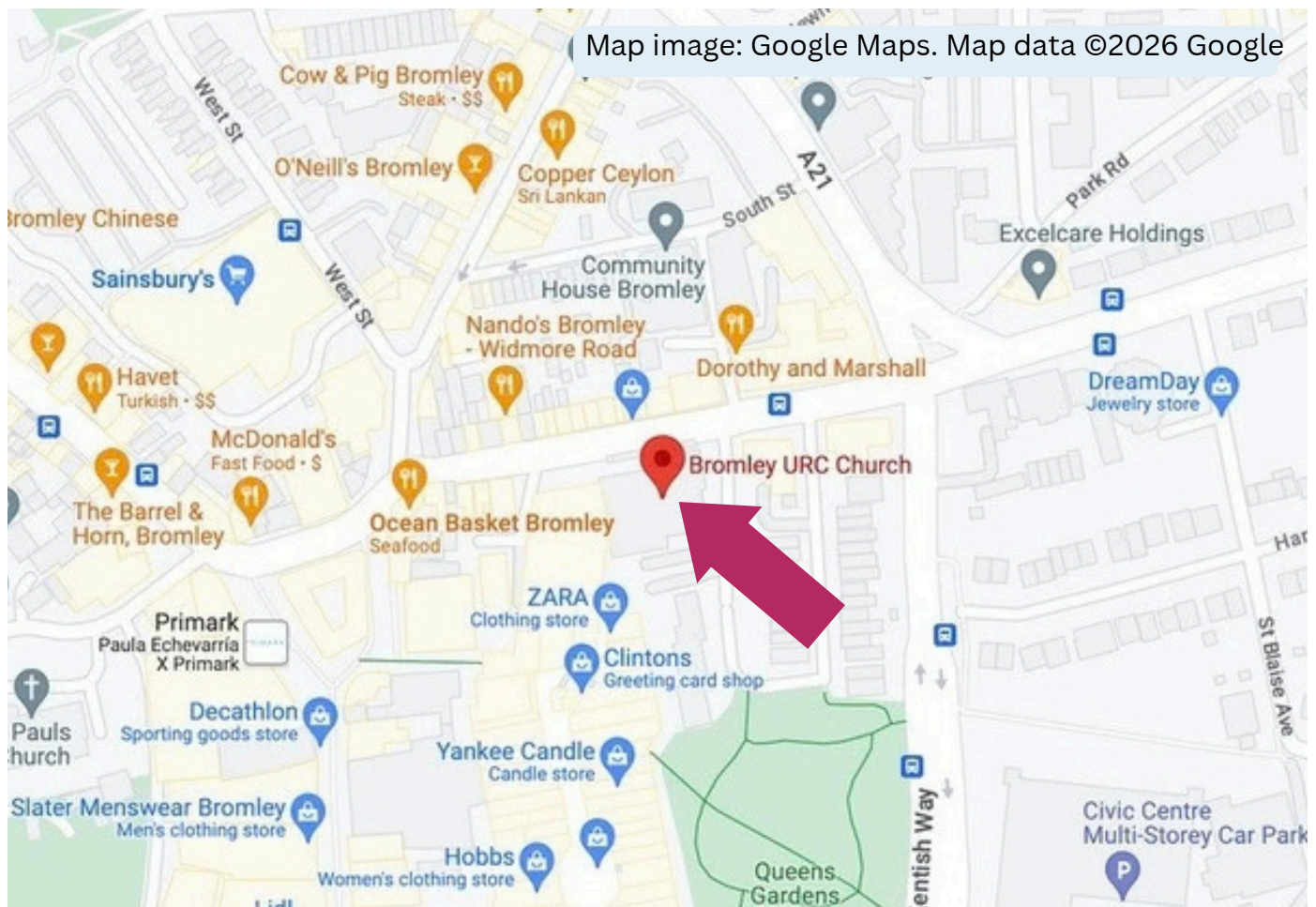
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes' walk away.



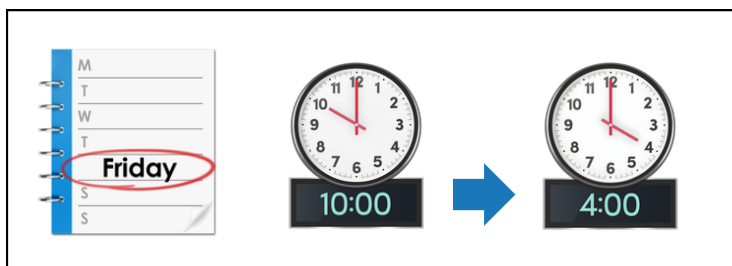
Our goal is to empower people with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.

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.**



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



Smoke Free

Bromley



SmokeFree Bromley is a free local stop smoking service for people of any age living in Bromley who want to stop smoking.

- One-to-one support for up to 12 weeks with a trained advisor.
- Free stop smoking aids, such as nicotine replacement therapy (NRT) and/or starter kits for vaping (adults only).
- Support by phone, in person, or online video.
- Local drop-in clinics – see SmokeFree Bromley website for opening times and locations.

Contact Information

Website: www.changegrowlive.org/service/smoke-free-bromley

Telephone: 0808 281 5933

Email: smokefreebromley@cgl.org.uk