

Bromley Well



Supporting People With Physical Disabilities

Newsletter Issue 8

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NHS

Bromley

Clinical Commissioning Group

Bromley Well continues to support people with physical disabilities with a range of services:

- Transport solutions such as the blue badge, Taxi card, Disabled Person's Freedom Pass 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

Volunteer Needed

Do you have a few hours a week to spare and like chatting to people on the phone? We are looking for a volunteer to support our Bromley Well telephone call service, which supports people with a physical disability and people with a learning disability. You will be given a list of clients to contact on a regular basis to ensure they are keeping well, looking after themselves and getting the support they need. If you like talking to people on the phone and are a good listener, you could really make a difference to our clients' lives and stop people falling into isolation. You will be provided with a mobile phone, be able to work from home, hours are flexible and full training will be given. To find out more information please contact Sue Fuller on 020 8466 0790 or email Sue.Fuller@BromleyWell.org.uk

Drop-ins

We hold weekly drop-ins at two locations within the borough 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
Thursday 2-4pm 11th July, 25th July, 8th August, 22nd August, 5th September, 19th September and 3rd October.



Cotmandene Community Resource Centre
64 Cotmandene Crescent, St Pauls Cray, BR5 2RG Thursday 1-3pm 18th July, 1st August, 15th August, 29th August, 12th September, 26th September and 10th October.



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

Sue.Fuller@bromleywell.org.uk or

Chetan Raval on 07421106922

Chetan.Raval@bromleywell.org.uk

Monthly Workshops

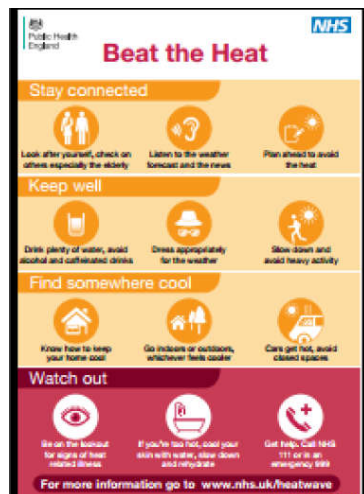
In May, we delivered an information session on grants and holiday companies that specialise in bespoke holidays for disabled people. We talked about local charities that can help in emergencies with grants towards white goods such as fridges, cookers and washing machines. We discussed the process of making the application usually through a third party such as Bromley Well. We also discussed various grants from Bromley Council such as the Bromley Welfare Fund and the Disabled Facilities Grant that can be considered for adaptations within the house following a visit from the occupational therapist. Finally we discussed an on-line search engine for grants by Turn 2Us.

Turn2Us works by entering your postcode into the search engine under grants, it then searches which charities would consider you.

TURN2US
Disabled Facilities Grants 

In our June workshop, we delivered Coping with Hot Weather. As it happened, on the day we had a major down pour! However, the workshop was well received and we discussed the impact on people and what precautions can be taken to enjoy the hot weather safely.

We also discussed who are most at risk and the importance of keeping hydrated by drinking plenty of fluids such as water, lower fat milks and tea and coffee. We discussed what signs to look out for, heat related illness and getting updates on the weather by TV and weather apps. A detailed hand out by Public Health England on "Beat the heat" was given to everyone.



Future workshop dates: Monday 29th July: Budgeting and Managing Debt, Monday 19th August: Stress Relief, Monday 16th September: Stop Loan.

NEWS -

Physical Disabilities



DISABILITY
SOCIAL

*** Spotlight * New social club for people with disabilities in Beckenham**

Launching this summer, a new Disability Social Club run by Disability Social Community Interest Company. They will be offering social meet ups and events for adults with disabilities in Beckenham every Thursday 7-10pm. The aim is to provide fun, social and relaxed events to enhance, social, emotional and physical wellbeing. Please note: no personal care will be provided. If required, please bring a support worker.

Social Buddies will be on hand to ensure a safe and relaxed environment. Find out more at their website: <https://disabilitysocialclub.com/>

World's first Master's degree in Disability, Design and Innovation will be available from September 2019

A new course has been developed by the Global Disability Innovation hub to encourage innovation in assistive technology and products. The MSc in Disability, Design and Innovation will be available from September 2019, delivered by UCL. [Read more](#)

Survey your local supermarket car park for accessibility

Disabled Motoring UK (DMUK) has launched its annual Baywatch campaign. This month, DMUK is asking as many people as possible to survey their local supermarket car park to investigate levels of disabled parking abuse. The survey only takes five minutes to complete, paper copies can be requested from the DMUK office (Tel 01508 489449) or you can click [here](#) to complete it online.

Trust me, I'm a disabled doctor

An A&E consultant, a psychiatrist, and two junior doctors swap notes on being disabled in the medical profession.

<https://www.bbc.co.uk/news/av/disability-48541314/trust-me-i-m-a-disabled-doctor>

Review required for assessment for disabled pensioners

Disability charities have called for a "radical overhaul" of the benefit assessment process after the government promised that hundreds of thousands of disabled pensioners would no longer be forced to undergo repeat tests.

<https://www.independent.co.uk/news/uk/politics/disabled-pensioner-benefits-amber-rudd-pip-dwp-a8807581.html>

BBC reporter Rory Cellan-Jones urges 'openness' on Parkinson's

Rory Cellan-Jones revealed he has been diagnosed with Parkinson's disease.

<https://www.bbc.co.uk/news/entertainment-arts-48458468>



Billy Monger: Amputee driver wins Pau Grand Prix two years after serious crash

Check how Billy Monger has made a comeback since his accident.

<https://www.bbc.co.uk/sport/motorsport/48329869>

