

September 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 Sue Charles  
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 July we hosted a meditation workshop with lunch, followed in August by a sound-bowl meditation workshop, also with lunch provided. Both sessions were well attended, and participants told us they found them very beneficial.



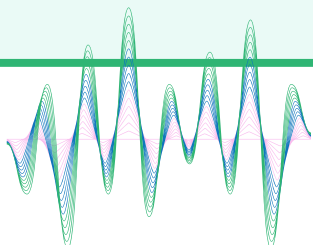
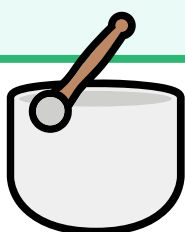
Thank you to everyone who joined us! If you have booked a place but are unable to attend, please let us know in advance so we can adjust the number of refreshments we provide.

## WHAT IS A SOUND-BOWL MEDITATION?

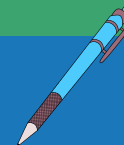
Sound-bowl meditation (sometimes called singing-bowl meditation) uses special bowls that create calming sounds and gentle vibrations.

These sounds can help people:

- relax
- reduce stress
- feel more present in the moment



## Save the Date



We'd love to see as many of you as possible at our forthcoming meditation sessions!

All sessions take place on Mondays:

- 22 September
- 20 October
- 17 November
- 15 December

🕒 Workshop: 11.00am – 12.00pm

🍽️ Drop-in: until 1.00pm

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

### Bromley Mencap office Drop-ins

This new weekly drop-in service runs every Friday from 10am-4pm in partnership with the Bromley Well Learning Difficulties Pathway and the Bromley Mencap Cost of Living Service. [Download the flyer here.](#)

## CONTACT US TO RSVP:

To register, please text or email us:

📞 Caroline Hackett – 07938 740361

✉️ [caroline.hackett@bromleywell.org.uk](mailto:caroline.hackett@bromleywell.org.uk)

📞 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**



**22 September**  
**20 October**  
**17 November**  
**15 December (Christmas Celebration)**



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

## TELEPHONE

**020 8466 0790**  
**07421 106922 or 07938 740361**

## EMAIL

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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 need to book.



## 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