

December 2025



Bromley Well

NEWSLETTER

Supporting People With Physical Disabilities



Office: 0208 466 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 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

Our monthly meditation and sound bowl workshops continue to go from strength to strength.



Attendance has remained consistently high, and the feedback we receive is always incredibly positive. We've also welcomed several new people in recent months, including one who joined specifically to take part in these sessions, which is a wonderful testament to their impact.



Christmas Party

Monday 15 December | 11am to 1pm

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

We're hosting a joint Christmas celebration with the Learning Disabilities Pathway, with festive food and drinks, a fun Christmas quiz and plenty of seasonal music to get everyone in the holiday spirit.

If you haven't booked yet, please do so soon as spaces are limited. We're looking forward to celebrating with you!



**UPCOMING
WORKSHOPS**


Make a note of the dates for the start of our 2026 meditations and Sound bowl sessions.

All sessions take place on Mondays:

- 26 January
- 23 February
- 16 March

 **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).**



**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. **Please note, there are no sessions on Friday 26 Dec and Friday 2 January.**

CONTACT US:

 Caroline Hackett – 07938 740361
 caroline.hackett@bromleywell.org.uk

 Sue Charles – 07484 673090
 sue.charles@bromleywell.org.uk

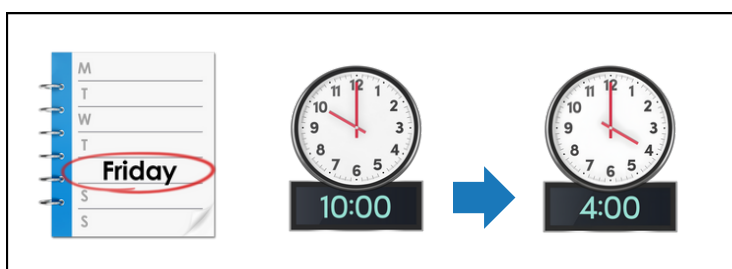


Correspondence Drop-ins

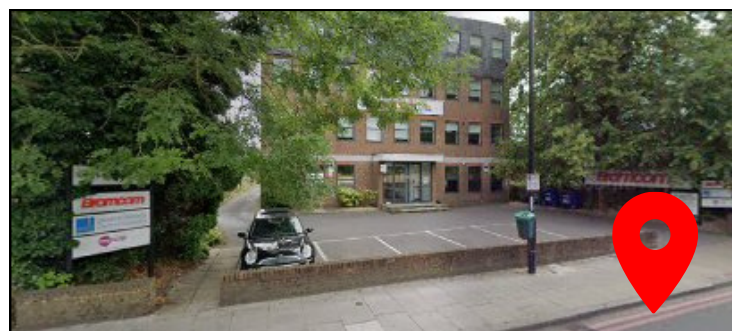


We can help you with:

- 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

MEDITATION MONDAYS

Sessions from 11am to 1pm

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



- **6 January**
- **23 February**
- **16 March**



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20 Widmore Road,
Bromley, BR1 1RY**

TELEPHONE

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

EMAIL

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