

August 2026

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 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.

Welcome Hannah!

We are delighted to share that Hannah Blake-Williams has recently joined our team and is with us on Mondays and Fridays.



Hannah has settled into the team amazingly well, and it already feels as though she has been part of our team for much longer. We know many of you will enjoy getting to know her over the coming weeks, and we are thrilled to have her on board

Meditation Mondays

Our Sound Bowl and meditation sessions continue to grow in popularity, and we are delighted that so many people are experiencing the positive benefits they can bring to both emotional wellbeing and physical health. The calm, welcoming atmosphere has created a safe space where people can relax, recharge, and enjoy time together. We have received wonderful feedback from attendees.



People regularly describe the sessions as calming, restorative, uplifting, and something they genuinely look forward to each month.

As more people are choosing to join us, we want to make sure everyone can continue to enjoy a peaceful and supportive experience. For this reason, **each session will now be limited to 12 participants**. Places will be allocated on a first come, first served basis, so please book early to avoid disappointment.

After each session, we warmly invite everyone to stay for light refreshments, including tea, coffee, biscuits, and fresh fruit.



This relaxed time together offers a wonderful opportunity to chat, make new connections, and continue building the supportive friendships that have become such an important part of these sessions. Please note that sandwiches will no longer be provided.

We also hold our monthly drop-in after the meditation session. This is for anyone who may need a little extra support, have questions, or simply want to chat with a member of the team. Whether you need advice, guidance, or someone to listen, we are here to help.

CONTACT US FOR MORE DETAILS:

- ☎ Caroline Hackett – 07938 740361
- ✉ caroline.hackett@bromleywell.org.uk
- ☎ Sue Charles – 07484 673090
- ✉ sue.charles@bromleywell.org.uk

MEDITATION MONDAYS

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



Monday 24 August



11am to 1pm



**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.



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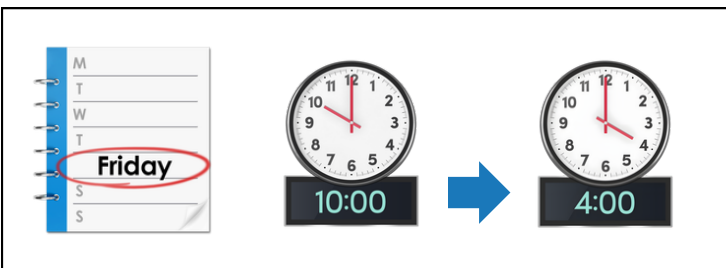
South East London

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



Free support is available to help you lose weight!

Please visit www.bromley.gov.uk/HealthyWeight to check your BMI and see if you are eligible for 12 weeks of free weight management support. Support is available for both adults and children.

Contact Information

Website: www.bromley.gov.uk/HealthyWeight



Are you aged 40–74 and eligible for your free NHS Health Check?

Even if you're feeling well, it's worth having your NHS Health Check now as it can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke. Some of the same risk factors for these conditions also link with dementia. During the check-up you'll discuss how to reduce your risk of these diseases and improve your chances of staying healthy.

Contact Information

Website: www.bromley.gov.uk/health-wellbeing/nhs-health-checks

Or ask your GP Practice to see if you are eligible and to find out more.