

October 2026



Bromley Well

NEWSLETTER

**Supporting disabled people and people
with long-term health conditions**

Service delivered by:



Funded by:



South East London

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By Emma Andrew, Senior Information & Support Officer

Email: emma.andrew@bromleywell.org.uk; Tel: 020 8466 0790 or 07482 558 660

We support people who have a learning disability or learning difficulty through one-to-one appointments, assisting in meetings and contacting organisations. Our approach is to run a person-centred service giving information, guidance and support. The Learning Difficulty Pathway has recently offered support with welfare benefits, grant applications and day-to-day finances at our weekly correspondence drop-in sessions. We also arrange monthly workshops and run a life admin course for people with ADHD.

'Know Your Numbers' Week

Know Your Numbers Week is an annual health campaign promoting regular blood pressure checks to prevent serious conditions like heart attacks and strokes.



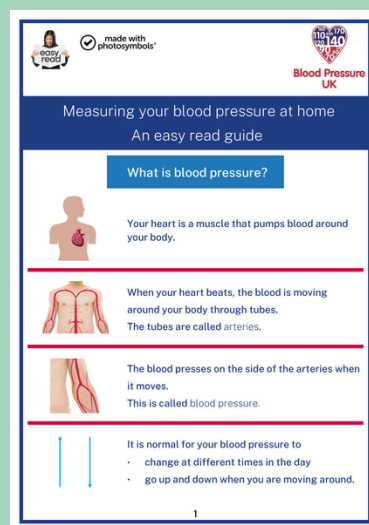
High blood pressure often has no symptoms, and millions of people in the UK may be unaware they have it. This is why outreach and regular blood pressure checks are so important.

On Monday 7 September, we joined up with the Bromley Public Health Team to take pulse and blood pressure checks in Mottingham High Street.

We also offered these checks at our workshop on Thursday 10 September, along with information on stopping smoking, weight management and other wellbeing support.



For more information, download "Keep your blood pressure healthy – Easy Read" from Blood Pressure UK [here](#).



Budgeting Workshop

Bromley Mencap's Cost of Living Coordinator, Allison Gill, recently led a practical budgeting workshop. The session also covered benefits and other financial support, how credit cards work, what a credit score means and different ways to pay for things. The workshop was a chance to think about everyday finances and prepare for some of the extra costs that can come with the festive season.



ADHD AWARENESS MONTH

October is ADHD Awareness Month, so it is a good opportunity to share information on our ADHD Life Admin course, which is available through Bromley Well.



Supporting people with Learning Difficulties

ADHD 4-WEEK LIFE ADMIN COURSE



Our support officers will assist you with a person-centred plan to create and achieve your goals.

You might want to better manage your paperwork or sort out a long-standing issue.

"I need someone to help me get everything organised"

"Things pile up and I don't know where to start"

We can help you:

- Complete an initial assessment
- Create your action plans
- Work on coping mechanisms
- Increase your independence and resilience

For more information and to sign up, please contact Bromley Well and quote 'ADHD Life Admin Course.'

Phone 0808 278 7898 or email emma.andrew@bromleywell.org.uk






The course runs for four weekly two-hour sessions and explores topics including diagnosis, medication, relationships and managing everyday life.

Our latest course has now finished, and we are building a waiting list for the next one.

Sign Up

Interested in joining the next course?

Call Bromley Well free on 0808 278 7898 or email emma.andrew@bromleywell.org.uk and quote "ADHD Life Admin Course – LD" to register your interest.

DYSLEXIA AWARENESS WEEK – 5 TO 11 OCTOBER

To mark Dyslexia Awareness Week, we are highlighting our weekly Correspondence Drop-in, which offers practical support with everyday paperwork and admin.

If you find letters, forms or other correspondence difficult to understand or complete, our team can help you work through them.



Correspondence Drop-in
Fridays, 10am–4pm
Rutland House

Bromley Well

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

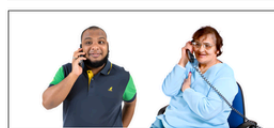


Pop into our office on **Fridays** from **10:00 am to 4:00 pm**.



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

Bromley Well

Service delivered by:
 **mencap**
Improving lives

Funded by:
 **Bromley Well**
www.bromleywell.org.uk

 **NHS**
South East London

UPCOMING WORKSHOP

Self-Care Week – 16 to 22 November



During Self-Care Week, we will be holding a Self-Care Workshop on Thursday **19 November**.

We will be discussing using the NHS App, healthy eating and other ways to look after your health and wellbeing.

Look out for more details about our November workshops and drop-ins on our website.

OUTREACH

Glebe School Transition Event



The team attended the Glebe choices transition event in September.

We spoke to students, staff and parents about Bromley Well and the support available to people living in the borough.

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

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Map and directions

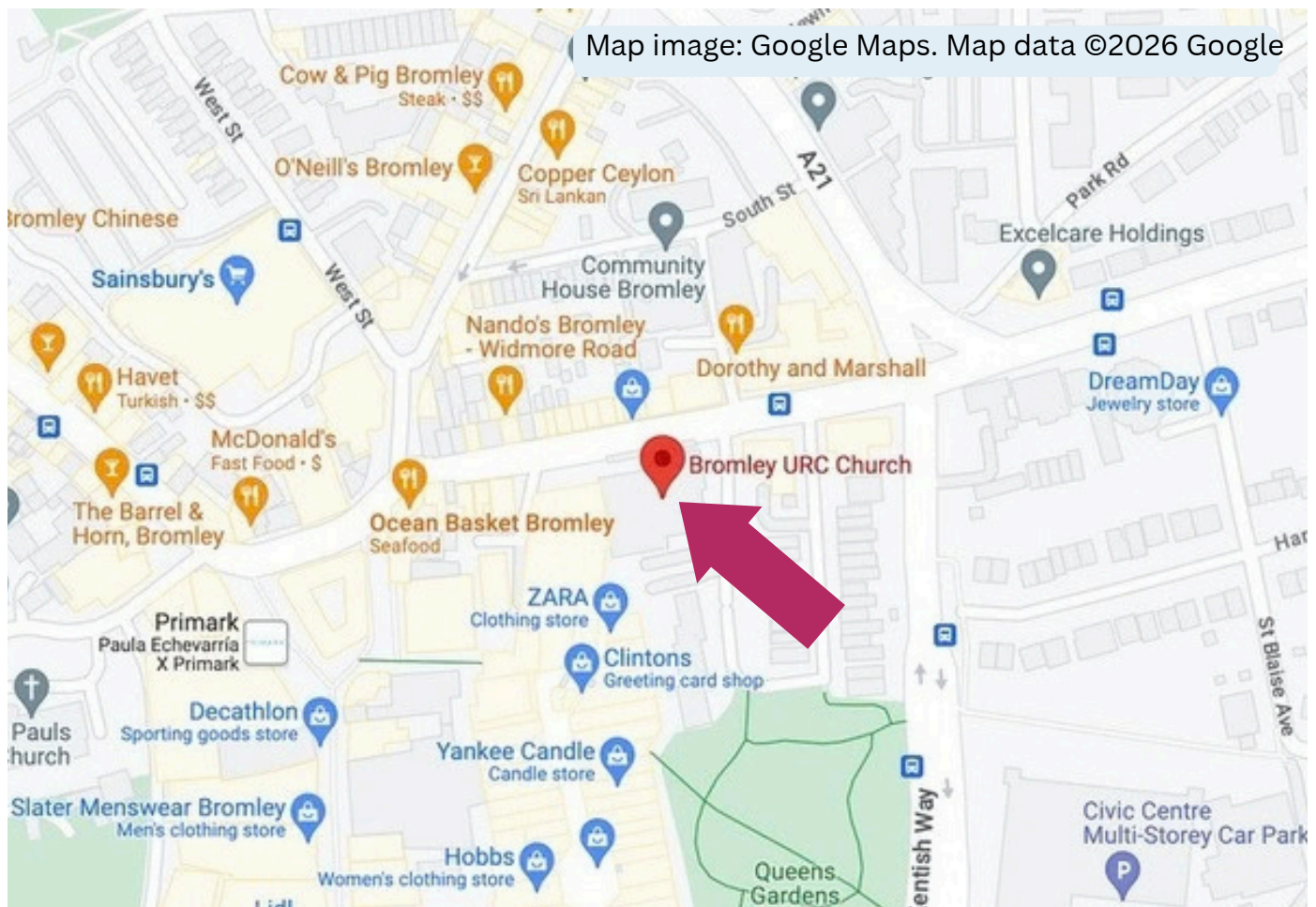
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



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.

By Tina Penn
Mutual Carers Support Worker

The Mutual Carers Pathway provides specialist support to families where one of the carers is aged 55+ with a disabled son, daughter or sibling living at home.

Tina Penn, the Mutual Carers Support Worker, can be contacted on 07719 426680 or via email tina.penn@bromleywell.org.uk

OLDER CARERS WORKSHOPS & LUNCH

Due to several people being away on holiday during August, the monthly lunch was cancelled because of low attendance. While it was disappointing not to hold the event, it was lovely to hear that many people were enjoying well-deserved breaks and time away.

In September, Tina was delighted to welcome everyone back to the hall after the summer break.

We also welcomed Sara Lewis and Sarah Fischer, Project and Communications Officers from the Universal Care Plan Programme, who gave an informative presentation about how the Universal Care Plan works and the benefits it can offer.

They also brought along useful leaflets and resources for people to take away.



Our Digital Champions were on hand throughout the session, offering practical support with accessing the NHS App and helping people find and understand their care plans on their devices.



The session was very well received and gave everyone the chance to ask questions, learn more about digital health services and build confidence using them.



UPCOMING LUNCH EVENTS

- **Friday 13 November and**
- **Friday 18 December**

Please note the lunch on Friday 18 December will be at the slightly earlier time of 10.30am and will run until 2pm.

MUTUAL CARERS COFFEE MORNINGS

The coffee mornings continue to be a popular and valued part of the Mutual Carers service.

Over a cup of coffee and a chat, carers can catch up with friends, share experiences, support one another and take some time for their own wellbeing.

UPCOMING COFFEE MORNINGS

Time: 11am to 1pm at the Harvester

- **Friday 23 October**
- **Friday 30 October**
- **Friday 20 November and**
- **Friday 27 November**



LEARNING DISABILITY COOKERY CLASS

The August cookery class kept everyone busy in the kitchen, creating two delicious dishes.

First on the menu was a chicken Caesar salad with homemade garlic croutons, which proved to be a big hit, with plenty of clean plates all round.

For dessert, the group made frozen chocolate banana bites and enjoyed choosing from a variety of toppings. Biscoff biscuit was the clear favourite, adding the perfect finishing touch to a fun and tasty session.



In September, the class decided to try something new in the kitchen.

After plenty of discussion, everyone agreed to make an ambitious selection of four flans: tomato and broccoli, salmon and spinach, bacon and leek, and goat's cheese and onion.

The flans were a huge success, looking fantastic, smelling delicious and, most importantly, tasting great. They were enjoyed by everyone, and the group were incredibly proud of what they had achieved. Tina was especially pleased with the teamwork and support everyone showed throughout the session.



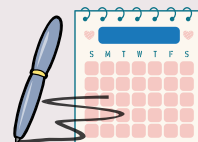
To round off the day, everyone made fruit smoothies using a range of different and exciting fruits, including some they had never tried before.



We also celebrated a very special 30th birthday with chocolate cake and a round of Happy Birthday. It was a lovely way to end another fun and successful cookery class.

SAVE THE DATE

DATES FOR THE NEXT COOKERY CLASSES:



**Friday 16 October
Friday 6 November and
Friday 18 December**

Please note that the class on 18 December will be held at St Augustine's Church hall from 3pm to 6pm.

To find out more about support for Mutual Carers, please contact Tina Penn:

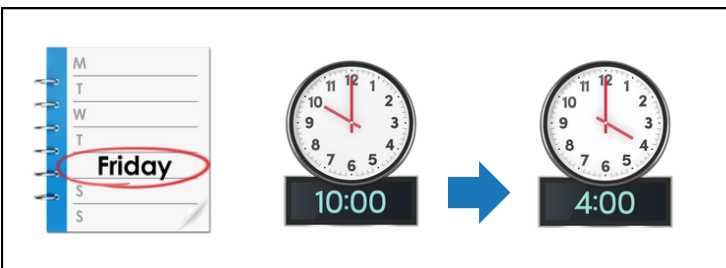
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