



*Our services  
are free and  
confidential for  
those who live in  
Bromley  
borough*

**Bromley Well**

**Supporting your health,  
wellbeing and independence**

**Advice & information  
Practical lifestyle support  
Physical and emotional wellbeing**



## Unpaid carers

We support carers of all ages (including Young Carers aged 4-19) to look after their own wellbeing. We offer peer support groups, activities and one-to-one emotional and practical support.

A carer is someone who provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.



## Older People

We provide practical, emotional and planning support for older people.

We can help with a range of rights and advice information, support if you're being discharged from hospital, as well as befriending, social activities and respite services.



## Adults with Long Term Health Conditions

We provide practical lifestyle support to help those living with long term health conditions such as arthritis, fibromyalgia, long COVID, chronic pain, irritable bowel disease, high blood pressure, HIV, diabetes, heart disease and many more.

We offer one-to-one support as well as a range of peer groups to help you manage your physical and emotional wellbeing.



## Advice Service

We provide information, legal advice and guidance on a range of subjects including the management of debt, problems with housing and rent, benefits and work, relationship issues and consumer rights.

We also provide a form filling service.

**Call Freephone 0808 278 7898**  
Lines are open Monday – Saturday 9am – 5pm



## Adults with Disabilities

We support adults with physical or learning disabilities who do not receive services from Bromley Council.

We offer one-to-one meetings and group activities covering a range of issues from health matters and dealing with life admin, to managing money, working, planning for the future and social activities.



## Support for your Mental Wellbeing

If you are feeling low, stressed and worried, Bromley Well can assist you to find and access local services and resources that help.

Please note: If you need urgent help, phone the NHS 111 team or NHS Oxleas urgent advice line on 0800 330 8590. Call 999 if you are worried about immediate risk or harm to self or others.



## Volunteering, Training and Employment

We support people with learning difficulties, physical disabilities and those with long term health conditions to find work, training or volunteering roles.

We hold workshops, job clubs & provide one to one advice, as well as helping with CV writing, online applications and support at interviews. We can also support you when you are in a job or volunteering.

Visit the Events section of our website to see all our support sessions, events and activities, which are held at different locations throughout Bromley borough. For most events, you must register with Bromley Well before attending.



**SCAN THE QR CODE USING THE CAMERA APP ON YOUR SMARTPHONE**

[www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events)

Or refer online

[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)

Interested in volunteering for Bromley Well services?  
Email us at [volunteering@bromleywell.org.uk](mailto:volunteering@bromleywell.org.uk)



Call Freephone  
**0808 278 7898**

Lines are open Monday – Saturday 9am – 5pm

Or email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk) or refer online  
[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)



Or scan the QR code above using the camera app on your Smartphone

**Bromley Well**

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