



**Bromley Well** provides free support for people who care, unpaid, for a relative, partner or friend.

## Are you a Carer?

You are a carer if you:

- Look after someone with a long term health condition, illness or disability
- You're supporting them to do everyday tasks e.g. washing / dressing / feeding
- You do this unpaid.

## How can we help?

We provide **free, practical and emotional support**. We'll help you increase your resilience, build on your existing skills and introduce new ones. As well as advice and information about your rights as a carer, we also provide opportunities for you to meet and socialise with others.

Call Freephone

**0808 278 7898**

**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer) or  
[email carers@bromleywell.org.uk](mailto:carers@bromleywell.org.uk)**

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