

**Bromley**

**Well**

# HOSPITAL AFTERCARE

**Open to people aged 50 and over**

## **Bromley Well**

Hospital Aftercare can support you for up to 6 weeks after your stay in hospital.

The Service is available to people aged 50+ who live in the London Borough of Bromley.

**To use the service contact Bromley Well:**

**Freephone**

**0808 278 7898**

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

**Or get in touch using [services@bromleywell.org.uk](mailto:services@bromleywell.org.uk) or call 07494 972 778 during office hours Monday–Friday 9am–5.30pm**

 **@bromleywell**

 **@bromleywellservice**

 **@bromleywellservice**

Service delivered by: Funded by:



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## **How can we help?**

For many people, particularly if you're living alone, returning home after a stay in hospital or following an accident can cause anxiety.

We can help you regain confidence and independence in your own home. We'll visit once a week at a time that works for you.

- Emotional support and companionship
- Practical tasks, help with shopping and other errands
- Going out for short walks if appropriate
- Providing access to information and other help available.

**Available during office hours only. Contact us yourself or a health or social care professional can do so on your behalf.**

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