



# Key Contacts for Carers

## Bromley Well

0808 278 7898

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

Bromley Well provides support to unpaid carers, including Young Carers living in Bromley borough.

## Bromley Council

[www.bromley.gov.uk/carers](http://www.bromley.gov.uk/carers)

Bromley Council provides support to carers and undertakes Carers Assessments.

## Carers Trust

[www.carerstrust.org](http://www.carerstrust.org)

Carers Trust is a national organisation that works to transform the lives of unpaid carers through research and policy.

## Carers UK

[www.carers.org](http://www.carers.org)

Carers UK is a national organisation who can provide advice, information and support.

**Your GP** You should always tell your GP that you are a carer and ask them to register you as a carer. This will help you to discuss the needs of the person you care for if you are patients of the same practice.



WORKING TOGETHER TO IMPROVE HEALTH AND CARE



[www.selondonics.org/OneBromley](http://www.selondonics.org/OneBromley)

**A carer is anyone who cares, unpaid, for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.**

**- Carers Trust**