



Bromley

Well

LONG TERM HEALTH CONDITIONS

The **Bromley Well** Long Term Health Conditions Service provides practical lifestyle support to people aged 18+, who are Bromley residents living with physical health conditions.

This includes conditions such as high blood pressure, diabetes, heart disease, long covid, HIV, Chronic Obstructive Pulmonary Disease (COPD), cancer & many more.

This free service helps people to manage their conditions, while increasing their confidence and resilience.

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How can we help?

- **Programmes** to help you develop the skills and confidence to manage your condition
- **1-2-1 lifestyle support** face to face, over the phone, online, text & email
- **Opportunities to meet others** and share your experiences
- Information, **advice** and guidance
- Access to **support groups** and networks
- Help with finding specialist services

Our health & wellbeing programme and support groups are accessible face to face at different locations throughout Bromley as well as online options.

Please register with Bromley Well to use the service:

Freephone

0808 278 7898

www.bromleywell.org.uk/refer

Contact the Long Term Health Conditions team on

07985 444210

enquiry@bromleywell.org.uk

 **@bromleywell**

 **@bromleywellservice**

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Service delivered by:



Funded by:




South East London