



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, in looking after their wellbeing. We offer peer support groups, activities, and one-to-one emotional and practical support.



Adults with Long Term Health Conditions

We provide practical lifestyle support for people living with long-term health conditions. Our services include one-to-one support and peer groups to help you manage your physical and emotional wellbeing.



Older People

We provide practical, emotional, and planning support for older people. We offer assistance with rights and advice information, hospital discharge, befriending, social activities, and respite services.



Advice Service

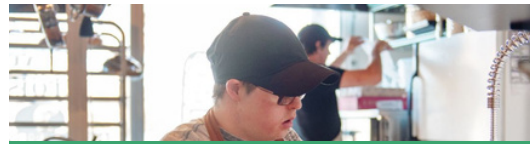
We provide information, legal advice and guidance on a range of subjects. These include debt management, problems with housing and rent, benefits and work, relationship issues and consumer rights. We also provide a form filling service.

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



Adults with Disabilities

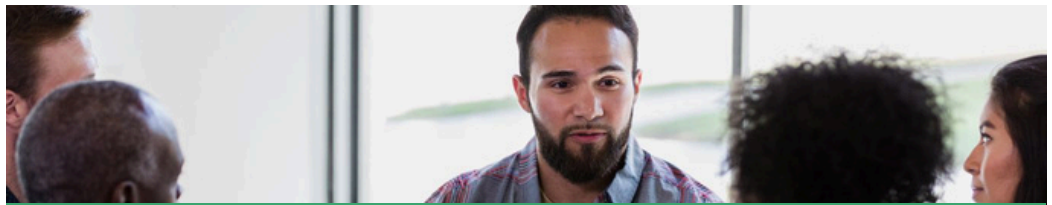
We support adults with physical or learning disabilities who do not receive services from Bromley Council. We offer one-to-one meetings and group activities covering health, life admin, future planning, and money management. We also run social events.



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 and support. We can also support you when you are in a job or volunteering.

Visit www.bromleywell.org.uk/events to see our events, support sessions and 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.

Or refer online

www.bromleywell.org.uk/refer

Interested in volunteering for Bromley Well services?
Email us at volunteering@bromleywell.org.uk



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You can also refer online
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Bromley Well

Delivery Partners:



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