



Do you care for a relative, friend or neighbour? Our Adult Carers Support Service can help you.

The **Bromley Well** Adult Carers Service supports carers aged 19+, and it provides practical, emotional and planning support to help carers maintain their caring roles, increase their resilience, and support to plan for the future to avoid crisis.

How we can help

- Programmes to help you increase your confidence and resilience to manage your caring responsibilities & anxieties
- Information, advice and guidance
- Intensive support in emergency or crisis
- 1-2-1 support face to face, over the phone, online, via instant and video messaging
- Support to develop Emergency Plans
- Support to self-identify and register as a carer with the GP
- Sitting/Respite Service – *This service is chargeable at an affordable rate.*
- Practical training courses
- Support groups and therapy based group sessions
- Access to employment & education support services
- Opportunities to meet others, share your experience, and to have a voice and influence service provision through forums and other activities



Our support sessions and activities are accessible at different locations throughout Bromley. Get in touch and find out more.

To access the support please phone the Single Point of Access on **0300 3309 039** or email **spa@bromleywell.org.uk**
www.bromleywell.org.uk

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