



Key Contacts for Carers

Bromley Well

0808 278 7898

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

Bromley Council provides support to carers and undertake Carers Assessments.

Carers Trust

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

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

Your GP You should always inform your GP that you are a carer, which 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

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