

Bromley

Well

HOSPITAL AFTERCARE

Open to people aged 50 and over

Bromley Well Hospital Aftercare can support you for up to 6 weeks after your stay in hospital.

The Service is available to people aged 50+ who live in the London Borough of Bromley.

How can we help?

For many people, particularly if you're living alone, returning home after a stay in hospital or following an accident can cause anxiety.

We can help you regain confidence and independence in your own home. We'll visit once a week at a time that works for you.

- Emotional support and companionship
- Practical tasks, help with shopping and other errands
- Going out for short walks if appropriate
- Providing access to information and other help available.

Available during office hours only. Contact us yourself or a health or social care professional can do so on your behalf.

**To use the service contact
Bromley Well:**

Freephone

0808 278 7898

www.bromleywell.org.uk/refer

**Alternatively get in touch using
services@bromleywell.org.uk or call
07494 972 778 during office hours
Monday-Friday 9am-5.30pm**

 **@bromleywell**

 **@bromleywellservice**

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