

Bromley Well



Information, support and workshops for people with Learning Difficulties or Disabilities

Bromley Well is a service that can offer support and information for people aged 18 years and over, who do not receive services from the London Borough of Bromley.



- Information, support and advocacy
- Monthly workshops
- Weekly drop-in sessions
- Outreach support
- Emotional support

Training and information on life skills such as:

- Healthy lifestyles
- Wellbeing
- Debt and managing money
- Assistive technology
- Planning for the future

To make contact or refer someone to the Bromley Well service please call freephone **0808 278 7898** or email **spa@bromleywell.org.uk**
www.bromleywell.org.uk

f @BromleyWellService **t @BromleyWell**

Once we receive your referral, our Information and Support Officer will contact you to arrange a one to one meeting. Our Information and Support Officer can be contacted on 07482 558660.

Delivered by:



Funded by:



**South East London
Clinical Commissioning Group**