

Bromley

Well

**LONG TERM HEALTH
CONDITIONS**



The Bromley Well Long Term Health Conditions Service provides practical lifestyle support to adults, who are Bromley residents living with physical health conditions.

This includes conditions such as high blood pressure, diabetes, heart disease, long covid, HIV, Chronic Obstructive Pulmonary Disease (COPD), cancer & many more.

This free service helps people to manage their conditions, while increasing their confidence and resilience.

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LONG TERM HEALTH CONDITIONS

How can we help?

- Programmes to help you develop the skills and confidence to manage your condition
- 1-2-1 lifestyle support face to face, over the phone, online, text & email
- Opportunities to meet others and share your experiences
- Information, advice and guidance
- Access to support groups and networks
- Help with finding specialist services

Our programmes and support groups are run in person at different locations throughout Bromley, as well as online options.

Please register with Bromley Well to use the service:

Freephone

0808 278 7898

www.bromleywell.org.uk/refer

Contact the Long Term Health Conditions team on

07399 202313 or 07985 444210

enquiry@bromleywell.org.uk

 **@bromleywell**

 **@bromleywellservice**

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Service delivered by:



Funded by:




South East London