

Bromley Well



Long Term Health Conditions

The **Bromley Well** Long Term Health Conditions Support Service helps people aged 18+, who are Bromley residents and are living with health conditions such as high blood pressure, diabetes, heart disease, COPD - Chronic Obstructive Pulmonary Disease, etc.

This service provides free and person-centred practical, emotional and lifestyle planning support to help people manage their conditions, and increase their confidence and resilience.

How we can help

- Programmes to help you develop the skills and confidence to manage your condition
- 1-2-1 emotional support face to face, over the telephone, instant messaging & home visits in exceptional circumstances
- Opportunities to meet others and share your experiences
- Information, advice and guidance
- Access to support groups and networks
- Handyperson service for minor adaptations to your home
- Employment and education support
- Help with finding specialist services



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

Delivered by:



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Bromley
Clinical Commissioning Group