

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 physical health conditions such as high blood pressure, diabetes, heart disease, COPD - Chronic Obstructive Pulmonary Disease, etc.

This service provides free and person-centred, practical 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 lifestyle support face to face, over the telephone, virtually via Zoom, text /email and 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
- 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 use the service please call Bromley Well on freephone **0808 278 7898**
or Bromley Well Lifestyle Support on **07985 444210 / 07985 433045**
Email **enquiry@bromleywell.org.uk** **www.bromleywell.org.uk**

f @BromleyWellService **🐦 @BromleyWell**

Delivered by:



Funded by:



**South East London
Clinical Commissioning Group**