

As part of our support for unpaid carers, **Bromley Well** provides specialist support for mutual carers where one of the carers is aged 55+ with a disabled adult son, daughter or sibling living at home.

How can we help?

This specialist support enables mutual carers to remain living independently in their own homes in the community. Support is available with the following:

- Medical and professional appointments
- Letters and bills
- Emotional support
- Planning for the future
- Assistive technology
- Self-management
- Peer support groups
- Information workshops
- Healthy eating cookery sessions
- Independent living skills, like budgeting, travelling safely and first aid.

To make contact or refer someone to the Bromley Well service:

Freephone

0808 278 7898

www.bromleywell.org.uk/refer

Once we receive your referral, our Carers Team will contact you.

 @bromleywell

 @bromleywellservice

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