

Bromley

Well



Mutual Carers Support Service

Bromley Well provides specialist support for mutual carers where one of the carers is aged 55+ with a disabled adult son/daughter/sibling living at home. The specialist support enables mutual carers to remain living independently in their own homes in the community.

Support includes assistance with:

- 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



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 Mutual Carers Support Worker will contact you to arrange a one to one meeting. Our Mutual Carers Support Worker can be contacted on 07719 426680.

Delivered by:



Funded by:



**South East London
Clinical Commissioning Group**