

Bromley Well



Are you aged 50+ and looking for practical or emotional support? Are you interested in opportunities to meet others?

Our Older People Support Services can help you

The **Bromley Well** Older People Service provides practical, emotional and planning support that promotes independence and helps to improve wellbeing.

How we can help

- Information, advice and guidance and support with issues such as Housing Succession, Power of Attorney, Will Making and any other similar issues
- Free form filling service
- 1-2-1 emotional support face to face, over the telephone, instant messaging & home visits, if required
- Support through trained volunteers to accompany you to hospital appointments
- Handyperson services for minor adaptations to your home to support independence
- Support to develop Emergency Plans
- Access to support groups and networks, befrienders, social activities, friendship hubs, and leisure activities
- The opportunity to engage in forums and groups to influence and shape **Bromley Well** services



Our support sessions and activities are accessible at different locations throughout Bromley. Get in touch and find out more.

To use Bromley Well services call
freephone **0808 278 7898** or email spa@bromleywell.org.uk
www.bromleywell.org.uk

 @BromleyWellService  @BromleyWell

Delivered by:



Funded by:



South East London