



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
- 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
- Access to technology and digital literacy clubs where you can learn about tablets, smart phones, emailing, digital photos, Skype, and much more



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

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