

**Bromley Well**



# Information, support and workshops for people with physical impairments/disabilities

**Bromley Well** is a service that can offer support and information for people aged 18 years and over, who do not receive services from the London Borough of Bromley.

- Information, support and advocacy
- Monthly workshops
- Weekly drop-in sessions
- Outreach support
- Emotional support
- Employment support

#### Training and information on life skills such as:

- Healthy lifestyles
- Wellbeing
- Debt and managing money
- Assistive technology
- Planning for the future

We work with disabled people with a range of physical impairments and mobility difficulties.



To make contact or refer someone to the Bromley Well service please call freephone **0808 278 7898** or email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

[f @BromleyWellService](https://www.facebook.com/BromleyWellService) [@BromleyWell](https://twitter.com/BromleyWell)

Once we receive your referral, our Information and Support Officer will contact you to arrange a one to one meeting.

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