

**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

#### 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**  
**www.bromleywell.org.uk**

**f @BromleyWellService** **t @BromleyWell**

Once we receive your referral, our Information and Support Officer will contact you to arrange a one to one meeting. Our Information and Support Officer can be contacted on 07484 673090.

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