



Bromley Well

Supporting health, wellbeing
and independence

Contact Bromley Well Monday-Saturday 9am-5pm
Freephone **0808 278 7898** Email **spa@bromleywell.org.uk**
www.bromleywell.org.uk

 **@BromleyWellService**  **@BromleyWell**

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Bromley Well

Bromley Well is a service which helps you improve and maintain your health and wellbeing.

Our services are free (a few services make a small charge) and confidential.

We help people who live in Bromley borough. Get in touch to use our services yourself, or with their permission, you can contact us on behalf of someone else.

Services include...

Older People

Bromley Well helps people over the age of 55 living in Bromley to maintain their independence and improve their wellbeing. We provide practical, emotional and planning support including social activities, advice and rights information, a handyperson service, sitting service and help to plan for possible emergencies.



Support for people with advanced illness and frailty

As part of the health and care team at another local service (Bromley Care Coordination) we support people with advanced illness and frailty, enabling them to remain at home and live well. We'll help you and your family get the right services, support and benefits you're entitled to, in the right place and at the right time.



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Support for Carers of all ages

Are you a Carer?

A Carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.

Bromley Well supports:

- Young people aged 4-19 who care for others
- Adults aged 18+ who care for others

We provide information and guidance about caring, the chance to take part in social activities with other carers, all kinds of training including (but not limited to) training in practical, caring skills, and emotional support to help your own wellbeing.

Our Young Carers Support Service provides a dedicated service for children and young people aged 4-19 to help them manage caring relationships whilst enjoying childhood.

And, if necessary, the “cared for” person can be referred to other, appropriate **Bromley Well** services.



People with Long Term Health Conditions

Bromley Well helps people aged 18+ who are living with physical health conditions such as high blood pressure, diabetes, heart disease, COPD (Chronic Obstructive Pulmonary Disease) cancer and many more. We provide practical lifestyle support to help you look after your physical and emotional wellbeing, help you manage your condition and increase your confidence and resilience.



- Regular workshops on good health and self-care
- One to one practical and emotional support in person, virtually or by phone or messaging
- Health factsheets providing information and tips on health conditions, wellbeing and self-care.

Adults with Learning Difficulties

Bromley Well's Information and Support Officer helps people aged 18+ with:

- Health matters including doctor's appointments and hospital visits
- Planning for the future and emergencies
- Writing letters, forms and applications
- Managing your money and grants
- Finding leisure and sport activities to keep you fit and healthy
- Meeting new friends
- We also have workshops you can go to, a regular newsletter and there's a monthly, social get-together.

Adults with Physical Disabilities

Bromley Well's Information and Support Officer helps people aged 18+ with:

- Any health matters including doctor's appointments and hospital visits
- Planning for the future and emergencies
- Managing day to day correspondence
- Applying for small grants
- Applying for help with transport
- Finding leisure and sport activities to keep you fit and healthy
- Meeting new friends
- We also have workshops you can go to, a regular newsletter and there's a monthly, social get-together.



Help to find volunteering, training and paid employment

Our Employment Advisors help people with learning disabilities, people with physical disabilities, and people with long term health conditions to find work, training or volunteering roles.

You can come to regular workshops and clubs and also have one to one advice and meetings. We'll help you think about your strengths, skills and interests and what sort of work you'd like to do. We'll help with CV writing, online job applications and support you at interviews.



Supporting your Mental Wellbeing

Are you feeling low, stressed and worried? Finding it harder to cope with everyday life?

Bromley Well Mental Wellbeing Service helps people aged 18+. We offer a series of telephone appointments to help you first understand and then consider ways to look after yourself and manage your wellbeing.

We'll provide you with information and advice on appropriate services and therapies available locally as well as helping you create a self-care plan to maintain and improve your mental wellbeing and the next steps you want to take.

There's also a range of friendly, supportive groups and workshops where you can meet others with similar experiences and learn about practical techniques to help manage and maintain your wellbeing.

Please note: If you need urgent help, phone the NHS 111 team or NHS Oxleas urgent advice line on **0800 330 8590**. Call **999** if you are worried about immediate risk of harm to self or others.

Advice Service

Bromley Well Advice Service provides information, legal advice and guidance on a range of subjects including the management of debt, problems with housing and rent, benefits and work, relationship issues and consumer rights.

If you don't have someone who can help you **fill in forms**, get in touch to use our free form filling service. As well as helping you complete forms on any of the above, we can help with Attendance Allowance, Personal Independence Payment and many more.

Want to get involved and help us?

Volunteer with **Bromley Well**.

There are many different roles available, from regularly chatting to people who might be living alone or feeling isolated, to helping in our call centre.

By volunteering you can meet and make friends, use your life experience and skills to benefit others and even learn some new skills yourself.

We'd love to hear from you whether you're recently retired, or maybe looking to build work experience, or just want to help and have time to give.



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