



## Long Term Health Conditions

The **Bromley Well** Long Term Health Conditions Support Service helps people aged 18+, who are Bromley residents and are living with physical health conditions such as high blood pressure, diabetes, heart disease, long covid, HIV, Chronic Obstructive Pulmonary Disease (COPD), cancer & many more.

This service provides free and person-centred, practical lifestyle planning support to help people manage their conditions, while increasing their confidence and resilience.

### How we can help?

- Programmes to help you develop the skills and confidence to manage your condition
- 1-2-1 lifestyle support face to face, over the telephone, virtually via Microsoft teams, text & email
- Opportunities to meet others and share your experiences
- Information, advice and guidance
- Access to support groups and networks
- Access to our handyperson service for minor adaptations to your home
- Help with finding specialist services



**Our 8 week health & wellbeing programme, support sessions and activities are accessible at different locations throughout Bromley as well as online. Get in touch to find out more.**

To use the service please call Bromley Well on freephone **0808 278 7898**  
or Bromley Well Lifestyle Support on **07985 444210 / 07399 202313**  
Email **[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)** **[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

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