



**Bromley Well** Community Befriending helps you get out and about, meet others, socialise and make new friends whether it's in your own home or out in the local area.

## How can we help?

Our service offers a vital lifeline to older people who are experiencing social isolation and or loneliness. Working with our trained volunteers, we provide:

- **Home Visiting:** A weekly one to one home visit from a volunteer for a good chat and perhaps a cup of tea
- **Telephone Befriending:** A weekly telephone call from a telephone companion
- **Out and About:** A Bromley Well volunteer companion will encourage and motivate you to get back into the community by accompanying you on walks and light shopping until you feel confident to do it alone
- **Community Hubs:** A place to socialise, make new friends and take part in fun activities
- **Monthly walking group and exercise class:** an opportunity to socialise, make friends and improve fitness.

Please register with Bromley Well to use the service:

Freephone

**0808 278 7898**

[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)

Contact Befriending Support

020 8315 1868 / 07498 250350

[Befriending@bromleywell.org.uk](mailto:Befriending@bromleywell.org.uk)

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**BTS**  
BROMLEY THIRD SECTOR ENTERPRISE

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