

**Bromley Well**

# Mutual Carers Support Service



**Bromley Well** provides specialist support for mutual carers where one of the carers is aged 55+ with a disabled adult son/daughter/sibling living at home. The specialist support enables mutual carers to remain living independently in their own homes in the community.

## Support includes assistance with:

- Medical and professional appointments
- Letters and bills
- Emotional support
- Planning for the future
- Assistive technology
- Self-management
- Peer support groups
- Information workshops
- Healthy eating cookery sessions
- Independent living skills



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 Mutual Carers Support Worker will contact you to arrange a one to one meeting. Our Mutual Carers Support Worker can be contacted on 07719 426680.

Delivered by:



Funded by:



**South East London**