



## Are you aged 50+ and looking for practical or emotional support? Are you interested in opportunities to meet others?

### Our Older People Support Services can help you

The **Bromley Well** Older People Service provides practical, emotional and planning support options that promote independence and help to improve wellbeing.

### How we can help

- Information, advice and guidance and support with issues such as Housing Succession, Power of Attorney, Will Making and any other similar issues
- 1-2-1 emotional support face to face, over the telephone, instant messaging & home visits, if required
- Support through trained volunteers to accompany you to hospital appointments
- Handyperson services for minor adaptations to your home to support independence
- Support to develop Emergency Plans
- Access to support groups and networks, befrienders, social activities, friendship hubs, and leisure activities
- The opportunity to engage in forums and groups to influence and shape the **Bromley Well** services



**Our support sessions and activities are accessible at different locations throughout Bromley. Get in touch and find out more.**

To access the support please phone the Single Point of Access on **0300 3309 039** or email **spa@bromleywell.org.uk**  
**www.bromleywell.org.uk**

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