

Bromley Well Carer Support Services



Bromley Well is a service commissioned by the London Borough of Bromley and South East London NHS Commissioning Group to help people living in Bromley borough to improve and maintain their health and wellbeing. The service is delivered by Age UK Bromley & Greenwich, Bromley, Lewisham & Greenwich Mind, Bromley Mencap and Bromley Citizen's Advice Bureau.

The Bromley Well Carer Support services provide free support and guidance to unpaid carers living or caring for someone in the London Borough of Bromley including:

- [Adult Carers](#) (over the age of 19 caring for a friend, relative or child with additional needs)
- [Mental Health Carers](#) (over the age of 19 caring for a friend or relative with a mental health condition)
- [Mutual Carers](#) (caring for a disabled, adult relative living at home, who in return, is caring for the older person over the age of 55)
- [Young Carers](#) (a child aged between 4 and 19 who has caring responsibilities for a relative)

Bromley Well Carer Support Services offer:

- Information, support, research and guidance for carers
- One to one practical and emotional support by phone, messaging and face to face
- Help to plan for the future, including emergency situations
- Support to help carers through changes in their caring roles; including navigating the care system
- Free activities, groups, workshops, and courses to build resilience, enhance skills, meet other carers and have some fun!
- Grant applications for carers that are in financial difficulty who require funds for something that will help them with their caring role
- A referral to one of our partner charities who provide free short breaks for unpaid carers
- Quarterly Carers Forums to share information and feedback on the issues facing carers in Bromley
- Free Quarterly Carers Newsletter in the post or more regular updates via e-mail. Past Newsletters are available to view via our website:
www.bromleywell.org.uk/our-services/carers/

[Watch the interview](#) with Jennifer Bysouth, Carer Support Services Coordinator.

Please visit Bromley Well's website for more information on how to refer yourself or a carer you are supporting: www.bromleywell.org.uk/for-professionals/make-a-referral/



Carers Week celebration 2019