

Directory of Services for Carers

A comprehensive guide to services available to carers
in the London Borough of Bromley



Tenth Edition



Foreword

Welcome to Carers Bromley's Directory of Services for carers, a comprehensive guide to support and services available to carers in the London Borough of Bromley. This directory has been compiled by, and on behalf of, statutory sector and voluntary sector organisations in the borough. The aim of this guide is to provide information which will act as a signpost to support and services in the borough.

Are you a carer? A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability. Many carers don't recognise themselves as a 'carer', they think of themselves as just people trying to cope as best they can whilst helping to look after a relative or friend who is frail, ill or disabled.

As a carer, it is important to know what help is available. It is not always easy to know where to go to find this information and as a carer, you may have little time and energy to seek it out.

To find out more about Carers Bromley, please visit www.carersbromley.org.uk or call the Carers Helpline 0800 015 7700.

How to use this guide

Organisations are listed alphabetically, an index is provided at the end of the document.

To help with navigation the contents pages are organised by the type of service required. Pressing Ctrl and clicking on the service required will take you through to the index for that service. You can then navigate through to the relevant organisation by pressing Ctrl-click.

June 2017

TABLE OF CONTENTS

[EMERGENCY CONTACTS](#)

[ADVICE](#)

[ADVOCACY](#)

[BENEFITS & FORM FILLING](#)

[BEREAVEMENT](#)

[CARING FOR CHILDREN](#)

[COUNSELLING](#)

[DAY CENTRES](#)

[DEMENTIA](#)

[MENTAL HEALTH](#)

[RESPIRE](#)

[SUPPORT GROUPS](#)

EMERGENCY CONTACTS

Samaritans: 116 123

Call for free and in confidence to talk about anything that's on your mind

Bromley Council Social Services Emergencies: 0203 036 1574

NHS Non-Emergency Care: 111

Call for urgent medical advice in a non-emergency situation

Mental Health Urgent Advice Line:

0800 330 8590

If it is an emergency, and you are unable to contact your Oxleas Care-Coordinator, you can call Oxleas' 24 hour urgent advice line.

Affinity Sutton Housing Association emergencies: 0300 100 0303

Gas: 0800 111999

If you smell gas, think you have a gas leak, or are worried that fumes containing carbon monoxide are escaping from a gas appliance, call National Grid's free 24 hour number.

Electricity: 0800 316 3105

If you have an electrical emergency, contact UK Power Network's free 24 hour number.

Thames Water:

Metered Accounts: 0845 9200 887; Unmetered Accounts: 0845 9200 888; Leak Line: 0800 714 614

Domestic Violence: 0808 2000 247

National 24hr domestic violence helpline

Carers Bromley's Helpline: 0800 015 7700

[Return to table of contents](#)

ADVICE

Organisation	Location	Services	Contact Number
Age UK Bromley & Greenwich	Bromley	59+; local services, housing, managing finances, organising care and support	0208 315 1850
Bromley Citizens Advice	Bromley, Beckenham, Orpington	Housing, signposting, benefits	0208 315 1940
CASPA	Orpington	Under 25 (and families) on ASD; employment, signposting.	07957 924 287
Cotmandene Community Resource Centre	St Pauls Cray	Employment, benefits, housing, other services	020 8402 0123
Deaf Access	Bromley	Deaf/hard of hearing (and families); housing, health, benefits.	0208 315 2550
Headway South East London, North West Kent	Abbey Wood	16+, brain injury/stroke (and families); support planning, housing, health, benefits	0808 800 2244
Information Advice and Support, Blenheim Children's Centre	Orpington	Parents of children aged 4-19; SEN issues, school transitions	01689 881024
Kent Association for the Blind	Bromley	Visually impaired; signposting	0208 464 8406
Motor Neurone Disease Association	Northampton	MND sufferers (and families); MND, signposting	0208 650 5568
NHS Complaints Advocacy	London	Concern about NHS; signposting	0300 330 5454
Oxleas NHS Foundation Trust	Dartford	18+; community, mental health and learning disabilities	01322 625700
Parkinson's UK Bromley Branch	Bromley Borough	Parkinson's sufferers (and families); Parkinson's, benefits	0808 800 0303
Patient Advice and Liaison Service (PALS)	Princess Royal University Hospital	Those with concerns about care	01689 863252
Rethink Bromley Advocacy Service	Bromley	Mental health cared-for and their carers; health advice, benefits	0208 313 3034
Soldiers, Sailor and Airmen's Family Association (SSAFA)	London	Service, ex-service personnel (and families); housing, benefits, care planning	020 8639 0495
St Christopher's Bromley	Orpington	Life limiting conditions (and families) and bereaved;	01689 825755
Stroke Association	Penge	Anyone affected by a stroke; back care, bereavement, careers, complementary therapies, counselling. housing, health, care homes, benefits	0208 778 7177
The Hope Foundation	Bromley	Christian; bereavement, emergency support, care homes,	0208 464 3101

		benefits	
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

ADVOCACY

Organisation	Location	Services	Contact Number
Advocacy First	Bromley	19+; advocacy & support	0208 460 6712
Advocacy for All	Sidcup	14+; advocacy, befriending & support groups	0208 300 9666
Bromley and Lewisham Mind	Orpington	Mental health & dementia advocacy	01689 811222
Bromley Asian Cultural Association (BACA)	Bromley	Advocacy, support	Postal
Bromley Y	Bromley	11-23 years	0203 770 8848
Deaf Access	Bromley	Adults with hearing loss/deaf and families	0208 315 2550
Dyslexia Association	Bromley	Dyslexics	0300 999 1800
Headway	Abbey Wood	16+, brain injuries/strokes and carers	0808 800 2244
NHS Complaints Advocacy	London	Concerns about NHS care or treatment	0300 330 5454
Rethink Bromley	Bromley	Mental health issues (and carers)	0208 313 3034
Soldiers, Sailors & Airmen's Family Association (SSAFA)	London	Servicement, ex-servicemen, surviving dependents	0208 639 0495
St Christopher's Bromley	Orpington	Life limiting conditions, family support, bereavement	01689 825755
Stroke Association	Penge	Anyone affected by a stroke	0208 778 7177
The Junction	Penge	Adults with HIV, their families and carers	0208 776 5588
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

BENEFITS & FORM-FILLING

Biggin Hill Community Care Association	Biggin Hill	Retired people in Biggin Hill	01959 577400
Bromley Asian Cultural Association (BACA)	Bromley	Advocacy, support	Postal
Bromley Citizens Advice	Bromley, Beckenham, Orpington	Housing, signposting, benefits	0208 315 1940
Bromley Mencap	Bromley	People with disabilities	0208 466 0790
Bromley Y	Bromley	11-23 years	0203 770 8848
Burgess Autistic Trust	Lewisham	ASD and families	0208 464 2897
CASPA	Orpington	Under 25 (and families) on ASD	07957 924 287
Cotmandene Community Resource Centre	St Pauls Cray	Living in the Crays	020 8402 0123
Deaf Access	Bromley	Deaf/hard of hearing (and families)	0208 315 2550
Dyslexia Association	Bromley	Dyslexics	0300 999 1800
Headway South East London, North West Kent	Abbey Wood	16+, brain injury/stroke (and families); support planning, housing, health, benefits	0808 800 2244
Information Advice and Support, Blenheim Children's Centre	Orpington	Parents of children aged 4-19; SEN issues, school transitions	01689 881024
London Borough of Bromley	Bromley	Adult carers	0208 461 7777
Parkinson's UK Bromley Branch	Bromley Borough	Parkinson's sufferers (and families)	0808 800 0303
Rethink Bromley Advocacy Service	Bromley	Mental health cared-for and their carers	0208 313 3034
Soldiers, Sailor and Airmen's Family Association (SSAFA)	London	Service, ex-service personnel (and families)	020 8639 0495
St Christopher's Bromley	Orpington	Life limiting conditions (and families) and bereaved;	01689 825755
Stroke Association	Penge	Anyone affected by a stroke	0208 778 7177
The Hope Foundation	Bromley	Christian outreach	0208 464 3101
The Junction	Penge	Adults with HIV, their families and carers	0208 776 5588
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

BEREAVEMENT

Organisation	Location	Services	Contact Number
Bromley Mencap	Bromley	People with disabilities	0208 466 0790
Soldiers, Sailor sand Airmen's Family Association (SSAFA)	London	Service, ex-service personnel (and families)	020 8639 0495
St Christopher's Bromley	Orpington	Life limiting conditions (and families) and bereaved;	01689 825755
The Hope Foundation	Bromley	Christian outreach	0208 464 3101

CARING FOR CHILDREN

Organisation	Location	Services	Contact Number
Bromley Mencap	Bromley	People with disabilities	0208 466 0790
Bromley Parent Voice	West Wickham	Forum to pass parents' needs on to local organisations	07803 287838
Burgess Autistic Trust	Lewisham	ASD and families	0208 464 2897
CASPA	Orpington	Under 25 (and families) on ASD	07957 924 287
Dyslexia Association	Bromley	Dyslexics	0300 999 1800
Information Advice and Support, Blenheim Children's Centre	Orpington	Parents of children aged 4-19; SEN issues, school transitions	01689 881024
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

COUNSELLING

Organisation	Location	Services	Contact Number
Bromley Y	Bromley	11-23 years	0203 770 8848
Burgess Autistic Trust	Lewisham	ASD and families	0208 464 2897
CASPA	Orpington	Under 25 (and families) on ASD	07957 924 287
Cotmandene Community Resource Centre	St Pauls Cray	Living in the Crays	020 8402 0123
Deaf Access	Bromley	Deaf/hard of hearing (and families)	0208 315 2550
iCare Day Centre Trust	Orpington	Moderate to severe stroke sufferers and carers	01689 862883
Oxleas NHS Foundation Trust	Dartford	Community health, mental health & learning disabilities	01322 625700
Relate Bromley	Bromley	Relationship problems	0300 003 3225
St Christopher's Bromley	Orpington	Life limiting conditions (and families) and bereaved;	01689 825755
Stroke Association	Penge	Anyone affected by a stroke	0208 778 7177
The Junction	Penge	Adults with HIV, their families and carers	0208 776 5588
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

DAY CENTRES

Organisation	Location	Services	Contact No
Age Concern Orpington District Saxon Centre	Orpington	Frail/early stage dementia	01689 830055
Age UK – The Garden Rooms Chislehurst	Chislehurst	50+	020 8467 7751
Bertha James Day Centre	Bromley	55+ Day care, emergency respite, and drop in	0208 464 5361
Biggin Hill Community Care Association	Biggin Hill	Retired people in Biggin Hill	01959 577400

[Return to table of contents](#)

DEMENTIA

Organisation	Location	Services	Contact No
Age UK Bromley & Greenwich	Bromley	59+; local services, housing, managing finances, organising care and support, dementia care	0208 315 1850
Bromley and Lewisham Mind	Orpington	Mental health & dementia advocacy	01689 811222
Alzheimers Association	National	18+; helpline, support groups, educational sessions	0300 222 1122

MENTAL HEALTH

Organisation	Locations	Services	Contact No
Age UK Bromley & Greenwich	<u>Bromley</u>	59+;	0208 315 1850
Oxleas NHS Foundation Trust	Dartford	18+;	01322 625700
Rethink Bromley Advocacy Service	Bromley	Mental health cared-for and their carers	0208 313 3034

RESPIRE

Organisation	Locations	Services	Contact No
Biggin Hill Community Care Association	Biggin Hill	Retired people in Biggin Hill	01959 577400
Bromley Mencap	Bromley	People with disabilities	0208 466 0790
CASPA	Orpington	Under 25 (and families) with ASD	07957 924 287
Headway South East London, North West Kent	Abbey Wood	16+, brain injury/stroke (and families)	0808 800 2244
London Borough of Bromley	Bromley	Adult carers	0208 461 7777
St Christopher's Bromley	<u>Orpington</u>	Life limiting conditions (and families) and bereaved;	01689 825755
Stroke Association	Penge	Anyone affected by a stroke	0208 778 7177
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

SUPPORT GROUPS

Organisation	Locations	Services	Contact No
Bromley Asian Cultural Association (BACA)	Bromley	Advocacy support	By post
Bromley Mencap	Bromley	People with disabilities	020 466 0790
Bromley Y	Bromley	11 to 23 yrs	0203 770 8848
Burgess Autistic Trust	Lewisham	ASD and families	0208 464 2897
CASPA	Orpington	Under 25 (and families) on ASD	07957 924 287
Deaf Access	Bromley	Deaf/hard of hearing (families)	0208 315 2550
Dyslexia Association	Bromley	Dyslexics	0300 999 1800
Headway South East London, North West Kent	Abbey Wood	16+, brain injury/stroke (and families)	0808 800 2244
iCare Day Centre Trust	Orpington	Moderate to severe stroke sufferers and carers	01689 862883
Motor Neurone Disease Association	Northampton	MND sufferers (and families);	0208 650 5568
Oxleas NHS Foundation Trust	Dartford	18+; community, mental health and learning disabilities	01322 625700
Parkinson's UK Bromley Branch	Bromley	Parkinson's sufferers and families	0808 800 0303
Stroke Association	Penge	Anyone affected by a stroke	0208 778 7177
The Junction	Penge	Adults with HIV, their families and carers	0208 776 5588
The Maypole Project	Orpington	Children with complex medical needs	01689 889881

[Return to table of contents](#)

Advocacy First

Services provided to carers:

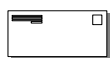
- Advocacy

Purpose of organisation: Speaking out for those who cannot speak for themselves. Whenever possible, clients are encouraged to make their own choices and decisions whilst receiving advocacy support.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access

Age range supported: Over 19 years



Advocacy First, Unit B, Clan Works, 1A Howard Road, Bromley
BR1 3QJ



0208 460 6712



info@advocacyfirst.org.uk



www.advocacyfirst.org.uk

[Return to table of contents](#)

Advocacy for All

Services provided to carers:

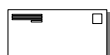
- Advocacy
- Befriending
- Support groups

Purpose of organisation: Working in South East London, South West London and Kent, Advocacy for All's aim is to make people's voice heard and their rights respected through advocacy, befriending, and speaking up.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access

Age range supported: 14+ years



Advocacy for All, 241 Main Road, Sidcup DA14 6QS



0208 300 9666



info@advocacyforall.org.uk



www.advocacyforall.org.uk

[Return to table of contents](#)

Age Concern Orpington District Saxon Day Centre



Saxon Day Centre, Lych Gate Road, Orpington, Kent BR6 0TJ (behind Walnuts Centre)



01689 830055



ageconcernorpington@live.co.uk



www.saxondaycentre.org.uk

Mainstream day centre operated by Age Concern Orpington. Cater for up to 60 elderly clients who are frail and/or suffering early stage dementia. Wheelchair users must be able to stand to transfer from wheelchair.

Qualified staff can help with personal care needs. Dedicated dementia unit, assisted bathing facilities, hairdressers, daily activities.

Clients may self-refer. Taster days are available. Between £17 - £33 daily depending on care needs. £7 for lunch and activities.

Services: Breakfast, lunch and take home sandwich service, transport, chiropody, opticians, hearing service, shopping service, exercise, group discussions, quizzes & games, entertainment.

Opening times: Monday to Friday, 10am to 3pm

[Return to table of contents](#)

Services provided to carers:

- Advice on accessing local services, housing, managing finances, and organising your care and support
- Advocacy
- Benefits advice
- Bereavement support
- Cafe/restaurant
- Carer support
- Chiropody/foot care/ nail cutting
- Complementary therapies
- Consumer advice
- Day care, Day centre, and Drop-in centre
- Debt advice
- Dementia support
- End of life advice
- Events
- Exercise
- Falls prevention
- Grooming/bathing
- Health & care services
- Health advice and Health promotion
- IT/computer training,
- Learning opportunities,
- Pets
- Practical support,
- Publications,
- Rooms for hire
- Shopping
- Skills exchange volunteering scheme
- Social activities
- Social care advice
- Support for local groups, clubs and services
- Support with recovery
- Tax information
- Therapeutic services,
- Transport and Minibus
- Visiting/befriending
- Volunteering:

For more on services available, please visit www.ageukbromleyandgreenwich.org.uk.

Purpose of organisation: Provides a range of high quality, professional services that respect older people's dignity, improve the quality of life and support older people to remain independent.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access and facilities

Age range supported: 59+ years



Age UK Bromley & Greenwich, Community House, South Street, Bromley BR1 1RH



0208 315 1850 or fax 0208 315 1878 (for advice only)



info@ageukbandg.org.uk



www.ageukbromleyandgreenwich.org.uk

[Return to table of contents](#)

Age UK – The Garden Rooms Chislehurst

Day centre for 50+ who have experienced physical disability, stroke, frail, isolated, short term memory loss, mild to moderate dementia. Should be weight bearing.

Activities include: Reading, Baking, Reminiscence, Singing, Computing, Arts & Crafts, Life Stories, Board Games, Seated Exercise, Wii. Artist in residence some days. Local schools help celebrate special occasions.

Opening times: Tuesday to Friday, 9am to 4pm with breakfast club

IT drop-ins: Every Wednesday 4pm – 5.30pm for people 50+ who want to learn more about how to use tablets, smart phones, email, digital photos, Skype. Each session costs £5.

Lunch Club: Tuesday – Friday 11.45am. £6 for a 2 course lunch, 50p tea/coffee.



The Garden Rooms, 85 High Street, Chislehurst, BR7 5AG



020 8467 7751



jloveridge@ageukbandg.org.uk



www.ageuk.org.uk/bromleyandgreenwich/our-services/dayopportunities/

[Return to table of contents](#)

Alzheimer's Association

Services provided to carers:-

- Understanding dementia and dealing with accidents
- Looking after yourself
- Counselling
- Carers' information and support programme
- Many other services

Purpose of the organisation:- To transform the landscape of dementia forever. Until a cure is found, to strive to create a society where those affected by dementia are supported and accepted, able to live in their community without fear or prejudice.



National dementia helpline: 0300 222 1122



www.alzheimersassociation.org.uk

[Return to table of contents](#)

Bertha James Day Centre

Day care, emergency respite and drop-in. A variety of activities are provided and varying levels of support are available depending on clients' needs. Costs vary on level of need but start at £9 per half day.

Activities include: Ladies and Gents Clubs, Exercise, Music and Animal Therapy, Singing, Model Railway, Arts & Crafts, Quizzes & Games, Cookery, Gardening.

Opening times: Monday – Friday, 8.30am – 4pm, Saturday, 9am – 3pm

Access and facilities: Disabled access and facilities

Age range supported: Senior citizens with simple to complex care needs including dementia



Bertha James Day Centre, 34 Masons Hill, Bromley, Kent, BR2 9HJ



0208 464 5361



admin@berthajames.org

[Return to table of contents](#)

Services provided to carers:

- Befriending
- Information to carers about other organisations
- Liaison with other organisations
- Respite care (at the Day Opportunities)
- Welfare benefits advice

Purpose of organisation: Provides information and assistance to the local community, and a range of activities and services for people including day opportunity projects for older people.

Day opportunity services are open on Tuesdays and Thursdays with accessible transport available. A lunch club for retired people is held every Wednesday. Nail clipping and NHS hearing aid maintenance can be arranged on the premises. Escorted shopping scheme on Friday mornings. General advice sessions are held fortnightly..

Opening times: Day Centre open Tuesday and Thursday 10am to 3.30pm. Lunch Club Wednesday 12pm to 2.30pm

Access and facilities: Disabled access and facilities

Age range supported: Retired people



Biggin Hill Community Care Association, St. Mark's Centre, Church Road, Biggin Hill
TN16 3LB



01959 577400



bigginhillcommunitycare@gmail.com

[Return to table of contents](#)

Bromley and Lewisham Mind

Services provided to carers:

- Advocacy
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Respite and breaks, including sitting services
- Telephone support

Purpose of organisation: To enhance and enrich the quality of life of people with dementia and mental health needs.

Opening times: Monday to Friday, 9.30am to 4pm

Access and facilities: Disabled access

Age range supported: 18+ years



Bromley and Lewisham Mind, Anchor House, 5 Station Road, Orpington BR6 0RZ



01689 811222



email@blmind.org.uk



www.blmind.org.uk

[Return to table of contents](#)

Bromley Asian Cultural Association (BACA)

Services provided to carers:

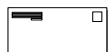
- Advocacy
- Befriending
- Form-filling
- Housing advice and information
- 1-1 support
- Skills training/awareness raising
- Social events and activities
- Support groups
- Transport
- Welfare benefits advice

Purpose of organisation: Non-political and non-religious group aiming to promote unity in diversity of cultures.

Opening times: Every Tuesday, 1 pm to 4 pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



Bromley Asian Cultural Association, c/o Bromley United Reformed Church, 20 Widmore Road, Bromley BR1 1RY

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Form-filling
- Housing advice and information
- Information to carers about other organisations
- Liaison with other organisations
- Telephone support
- Welfare benefits advice

Purpose of organisation: The Charity aims to improve access to high quality services by delivering free, independent, confidential and impartial advice and by leading the advice sector in the borough. It values diversity, and promotes equality. It seeks to exercise a responsible influence on the development of social policies and services to enable and to ensure individuals do not suffer through a lack of knowledge or an inability to express their needs effectively.

Opening times (as below):

Bromley Town -visit <https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100130>

Outreach Sessions (first come first served and subject to volunteer availability):

Beckenham & Penge outreach sessions

- Mondays from 10am to 1pm at Christ Church, 197 Anerley Road, Anerley
- Wednesdays from 10am to 12pm at Anerley Town Hall, Anerley Rd, Anerley
- Thursdays 12.30pm to 2.30pm at Penge Baptist Church, 121 Maple Rd, Penge

Orpington outreach sessions

- Tuesdays from 10am to 1pm at Cotmandene Community Resource Centre, 64 Cotmandene Crescent, St Paul's Cray
- Thursdays from 10am to 2pm and Friday from 1pm to 3pm at The Goodmead Centre (Hope Church), 36 Chislehurst Road, Orpington

Access and facilities: Disabled access and facilities

Age range supported: All ages



Bromley Citizen's Advice, Community House, South Street, Bromley BR1 1RH



0208 315 1940 (Monday to Thursday from 10am to 12pm and 2pm to 4pm and on Wednesdays from 10am to 12pm and 4pm to 6pm)



www.bromleycab.org.uk or www.adviceguide.org.uk

[Return to table of contents](#)

Bromley District Talking News

Services provided to carers: There are no services provided specifically to carers.

Purpose of organisation: To provide a free weekly digest of local news, views and information in audio format to blind or partially sighted residents in the Borough of Bromley

Opening times: Wednesday and Friday, 8.30am to 10.30am with telephone messages accepted at all other times

Access and facilities: No disabled access

Age range supported: All ages



Bromley District Talking News, Northlands, Freelands Grove, Bromley BR1 3LH



0208 290 0085



bdt@btinternet.com



www.bromleytn.org.uk

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Bereavement support
- Brokerage and support planning
- Careers advice
- Carers' Assessments
- Child minding advice
- Complementary therapies
- Counselling
- Employment support
- Form-filling
- Housing advice and information
- Information about health factors
- Information about nursing/residential homes
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Respite and breaks, including sitting services
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support
- Welfare benefits advice

Purpose of organisation: Seeking to promote the wellbeing and development of people with a disability of all ages, in all areas of their lives, and to support their families and carers in supporting them.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access

Age range supported: All ages



Bromley Mencap, Rutland House, 44 Masons Hill, Bromley BR2 9JG



0208 466 0790



enquiries@bromleymencap.org



www.bromleymencap.org.uk

[Return to table of contents](#)

Bromley Parent Voice

Services provided to carers:

- Signposting only to other services

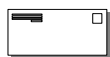
Purpose of organisation: Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the need of children and young people with a disability or additional need and their families.

The Forum believes that by working cooperatively with local service providers parents can contribute to improvements in services delivered for children and young people with additional needs. Parents and carers can get involved at different levels.

Opening times: 9.30am to 4.30pm (via telephone in first instance)

Access and facilities: Various locations

Age range supported: 0-25 years



Bromley Parent Voice, Hawes Down Centre, Hawes Lane, West Wickham BR4 9AE



Mobile: 07803 287838 (monitored daily)
Telephone: 0208 776 3170 (limited access)



info@bromleyparentvoice.org.uk



www.bromleyparentvoice.org.uk

[Return to table of contents](#)

Bromley X by X (Experts by Experience)

Services provided to carers:

- Information to carers about other organisations
- Skills training/awareness raising
- Social events and activities

Purpose of organisation: Speaking up for the rights of deaf and disabled people and carers to have choice and control over the services they use and promote equality of opportunity and social inclusion.

Opening times: Monday to Friday, 10am to 5pm

Access and facilities: Disabled access and facilities

Age range supported: 18+ years



Bromley X by X, Lewis House, 30 Beckenham Road, Beckenham
BR3 4LS



0208 650 2102



info@xbyxbromley.com



www.xbyxbromley.com

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Befriending
- Careers advice
- Counselling
- Employment support
- Form-filling
- Housing advice and information
- Liaison with other organisations
- Skills training/awareness raising
- Social events and activities
- Support groups and 1-1 support
- Telephone support
- Welfare benefits advice

Purpose of organisation: An agency offering free confidential counselling for young people in the Borough of Bromley.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access

Age range supported: 11 to 23 years



Bromley Y, 17 Ethelbert Road, Bromley BR1 1JA



020 3770 8848



info@bromleyy.org



www.bromley-y.org.uk

[Return to table of contents](#)

Services provided to carers:

- Careers advice
- Counselling
- Emergency support
- Employment support
- Form-filling
- Skills training/awareness raising
- Support groups and 1-1 support
- Support planning
- Telephone support
- Welfare benefits information
- Young carers activities

Purpose of organisation: Provide practical and emotional support to both people with Autistic Spectrum Conditions and families.

Opening times: Monday, Wednesday, Thursday, Friday 10am to 16.00pm

Access and facilities: Disabled access

Age range supported: All ages



Burgess Autistic Trust, 164a Lee High Road, Lewisham SE13 5PL



0208 464 2897



info@burgessautistictrust.org.uk



www.burgessautistictrust.org.uk

[Return to table of contents](#)

Services provided to carers:

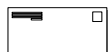
- Befriending
- Gardening
- Shopping
- Transport

Purpose of organisation: A registered charity which provides volunteer support to the older community, this can be through short-term shopping, befriending, transport to local places, gardening, basic DIY and other practical help.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: No public access

Age range supported: 65+ years



CarePlus, 30 Cedar Road, Bromley BR1 3BZ



0208 290 4992 or 07918 142792



info@careplusbromley.org.uk



www.careplusbromley.org.uk

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Counselling
- Employment support
- Form-filling
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Respite and breaks, including sitting services
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support

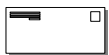
Purpose of organisation: To provide support and inspirational activities for children, young people and families affected by autism spectrum disorders and social and communication difficulties.

All activities are for CASPA members and they are open to new members. All children known to CASPA will have a diagnosis of autism (autism spectrum disorders) and/or social and communication difficulties. Many will have additional needs including ADHD, ODD, challenging behaviour and some will have other disabilities including cerebral palsy.

Opening times: Various times – please call to enquire

Access and facilities: Disabled access and facilities

Age range supported: 0 to 25yrs



CASPA, C/O The Link Youth Centre, Midfield Way, Orpington BR5 2QL



07957 924 287



helen@caspabromley.org.uk



www.caspabromley.org.uk

[Return to table of contents](#)

Cotmandene Community Resource Centre

Services provided to carers:

- Befriending
- Careers advice
- Counseling (via Family Matters_
- Employment support – Work Club weekly
- Form-filling via outreach such as Citizen's Advice Bureau
- Housing advice and information
- Information about nursing/residential homes
- Information to carers about other organisations
- Social events and activities
- Telephone support
- Welfare benefits advice (via Citizen's Advice Bureau)

Purpose of organisation: A drop-in centre offering information and advice from a range of different providers. There are also surgeries attended by local councillors, police, Citizens Advice Bureau, Bromley Mencap, Turnaround (support with reading and writing, Affinity Sutton, Bromley Drugs and Alcohol Service, National Careers Service, Stop Smoking Support, Training, activities and self-help groups.

Opening times: Mon-Thurs 9.30am-1pm and 2pm to 4 pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



Cotmandene Community Resource Centre, 64 Cotmandene Crescent, St Paul's Cray
BR5 2RG



020 8402 0123



ccrc@bromley.gov.uk

[Return to table of contents](#)

Services provided to carers:

- Physiotherapy
- Massage
- Wellbeing
- Podiatry & Chiropractic
- Yoga
- Pilates
- Walking group etc
- Classes

Purpose of organisation: Specialist physiotherapy provider. Provide NHS services and private clinics treating lower back pain, neck pain, shoulder problems, knee, ankle and foot pain, arthritis, repetitive strain injuries, work-related injuries, muscle tears, tendon and ligament problems, overuse injuries, tennis/golf elbow, growing pains, whiplash injuries, post-surgical rehabilitation. Can self-refer.

Opening times:

Beckenham – Wed 8am -5pm, Sat 9am – 1pm

Bromley – Mon 8am – 4pm, Tue 4.30pm – 7.30pm, Wed 8am – 4pm

Crystal Palace – Mon to Thu 8am – 8pm, Fri 8am – 4pm, Sat 9am – 1pm

Mottingham – Mon to Thu 8am – 9.30pm, Fri 8am – 6pm, Sat 8am – 1.30pm

Orpington – Mon to Thu 8am - 8pm, Fri 8am, - 4pm

Age range supported: All ages



The Spa at Beckenham, 24 Beckenham Road, Beckenham BR3 4PF

The Pavillion Leisure Centre, Kentish Way, Bromley BR1 3EF
Jubilee Stand, Crystal Palace Park, SE19 2BB

Old Bank House, Mottingham Road, London SE9 4QZ

Central Court, 1B Knoll Rise, Orpington BR6 0JA



020 88778 9050



enquiries@cppg.co.uk

[Return to table of contents](#)

Deaf Access

Services provided to carers:

- Advocacy
- Counselling
- Form-filling
- Housing advice and information
- Information about health factors
- 1-1 support
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support
- Welfare benefits advice

Purpose of organisation: To provide information, support, advice and services related to hearing loss for deaf and hard of hearing people, their families and carers.

Opening times: Monday to Friday, 9.30am to 1.30pm

Access and facilities: Disabled access and facilities

Age range supported: 18+ years



Deaf Access, Community House, South Street, Bromley BR1 1RH



Tel: 0208 315 2550, Minicom: 0208 315 2552

SMS Text: 077 3244 9349



information@deaf-access.co.uk



www.deafplus.org/where-we-are/bromley

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Befriending
- Careers advice
- Employment support
- Form-filling
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support
- Welfare benefits advice

Purpose of organisation: To help dyslexic people with any problems they may have.

Opening times: By appointment

Access and facilities: Disabled access and facilities

Age range supported: All ages



Dyslexia Association of Bexley Bromley Greenwich & Lewisham, Community House,
South Street, Bromley BR1 1RH



General helpline: 0300 999 1800

Adult helpline: (Mon, Tues, Thurs and Fr, 12 Noon to 3pm) 07762 265827

Office Telephone: 0208 315 2526 (or helpline if no answer)



info@dyslexiawise.co.uk



www.dyslexiawise.co.uk

[Return to table of contents](#)

Services provided to carers:

- Food and groceries
- Furniture and toiletries
- Decorating, gardening, DIY and practical help
- Employment opportunities
- Business and life skills
- Internship schemes

Purpose of organisation: To see a Bromley where everyone can thrive by cutting out the root causes of vulnerability

Opening times: By referral (open Saturday 5.45pm – 6.30pm)

Access and facilities: Café on site, in exceptional circumstances can deliver or provide fares to attend

Age range supported: All ages



Food+ Bromley, Citygate Church, 22 Rectory Road, Beckenham BR3 1AA



0208 662 6850



peter.clyde@foodplusbromley.com



www.foodplusbromley.com

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Befriending
- Brokerage and support planning
- Employment support
- Form-filling
- Housing advice and information
- Information about health factors
- Liaison with other organisations
- 1-1 support
- Respite and breaks
- Skills training/awareness raising
- Support groups
- Telephone support
- Welfare benefits advice - signposting

Purpose of organisation: Offers a variety of services to survivors of brain injury and stroke and their carers.

Opening times: Mondays only from 10am to 4pm

Age range supported: 16+ years



Goldie Leigh Site, Headway Lodge, Lodge Hill,
Abbey Wood, SE2 0AY



0808 800 2244



helpline@headway.org.uk



www.headwayselnwk.org.uk

[Return to table of contents](#)

Healthwatch Bromley

Services provided to carers:

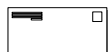
- Information about health factors
- Information about nursing/residential homes
- Information to carers about other organisations
- Liaison with other organisations

Purpose of organisation: To give citizens and local communities a stronger voice to influence and challenge how health and social care services are provided within Bromley and improve services. Healthwatch Bromley will also signpost people to help them make choices for accessing health and social care services.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



Healthwatch Bromley, Community House, South Street, Bromley BR1 1RH



0208 315 1916



admin@healthwatchbromley.co.uk



www.healthwatchbromley.co.uk

[Return to table of contents](#)

Services provided to carers:

- Complementary therapies
- Counselling
- Form-filling
- Information about health factors
- Information about nursing/residential homes
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Social events and activities
- Support groups
- Transport

Purpose of organisation: ICARE provides rehabilitation for moderate to severe sufferers of stroke - physiotherapy, speech therapy social integration whilst also offering support and advice for carers.

Opening times: Monday to Friday, 9.30am to 4.30pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



ICARE Day Centre Trust Ltd, Old School House, High Street, Green Street Green, Orpington BR6 6BJ



01689 862883



icare01@hotmail.co.uk



www.icaredaycentretrust.org

[Return to table of contents](#)

Services provided to carers:

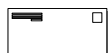
- Form-filling
- Telephone support
- 1-1 support

Purpose of organisation: Impartial information, advice and support for parents of children with Special Educational Needs aged between 2 and 19 years old. Impartial information and advice for all parents on making the transition from preschool to primary and primary to secondary school.

Opening times: Helpline is open Monday to Friday, 9.30am to 4pm

Access and facilities: Arrangements can be made to meet parents in local accessible Children and Family Centres.

Age range supported: Parents of children with SEN aged 2-19



Information and Advice Support, Blenheim Children and Family Centre, Blenheim Road, Orpington BR6 9BH



01689 881024/023



parentpartnership@bromley.gov.uk or choiceservice@bromley.gov.uk

[Return to table of contents](#)

Kent Association for the Blind (KAB)

Services provided to carers:

- Information to carers about other organisations
- Liaison with other organisations
- Skills training/awareness raising
- Telephone support

Purpose of organisation: Services for people with a visual impairment in the London Borough of Bromley. Offers practical advice on all aspects of visual impairment – you do not have to be registered as sight impaired to receive advice.

Opening times: Monday to Friday, 9am to 5pm (duty system in place 9am to 1pm daily).
Appointments needed to visit the Centre/Resource room

Access and facilities: Disabled access and facilities

Age range supported: All ages



Kent Association for the Blind, 18 Blyth Road, Bromley BR1 3RX



0208 464 8406



rehab.bromley@kab.org.uk



www.kab.org.uk

[Return to table of contents](#)

London Borough of Bromley Education, Care and Health Services for Adult Carers

Services provided to carers:

- Carers' Assessments
- Emergency support
- Employment support
- Form-filling
- Housing advice and information
- Information about nursing/residential homes
- Respite and breaks, including sitting services (may be provided by other agencies)
- Telephone support
- Welfare benefits advice

Purpose of organisation: Care and support to unpaid carers of a relative, friend or neighbour on a regular and substantial basis.

Opening times: Mon-Fri, 9am to 5pm (out of hours duty available)

Access and facilities: Disabled access and facilities

Age range supported: All ages



London Borough of Bromley, Education, Care and Health Services, Civic Centre,
Stockwell Close, Bromley
BR1 3UH



0208 461 7777 or Text Phone 0208 464 7350



BSSD@bromley.gov.uk



www.bromley.gov.uk

[Return to table of contents](#)

Motor Neurone Disease Association (West Kent)

Services provided to carers:

- Befriending
- Information to carers about other organizations
- Information to carers about Motor Neurone Disease
- Telephone support
- Liaison with other organisations
- Social events and activities
- Support groups

Purpose of organisation: To support individuals and families affected by Motor Neurone Disease. We do this by providing information, support group meetings, financial support and sustaining strong links to local Health and Social Care Professionals in Bromley. Trained volunteers are available to visit, provide emotional support and liaise with professionals where appropriate.

Opening times: Please contact 0208 650 5568 for further information on dates and venues

Access and facilities: Disabled access

Age range supported: All ages



MND Association, PO Box 246, Northampton NN1 2PR
the borough of Bromley or
08457 626262



0208 650 5568 – for



enquiries@mndassociation.org



www.mndassociation.org

[Return to table of contents](#)

NHS Complaints Advocacy (NHSCA)

Services provided to carers:

- Advocacy
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Telephone support

Purpose of organisation: The service can support people to raise a concern about NHS care or treatment. The service is free, confidential and independent of the NHS.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



NHS Complaints Advocacy London Borough of Bromley
VoiceAbility*, United House, North Road, London, N7 9DP



0300 330 5454



nhscomplaints@voiceability.org



* <http://voicability.org>

[Return to table of contents](#)

Services provided to carers:

- Bereavement support
- Carers' Assessments
- Counselling
- Emergency support
- Employment support
- Information about health factors
- Information to carers about other organisations
- 1-1 support
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support

Purpose of organisation: Oxleas provides a wide range of health and social care services, specialising in community health, mental health and learning disability services.

Opening times: Monday to Friday, 9am to 4pm

Access and facilities: Disabled access and facilities

Age range supported: 18+ years



Oxleas NHS Foundation Trust, Pinewood House, Pinewood Place, Dartford DA2 7WG



01322 625700 or 0800 917 7159 (PALS Service)



oxl-tr.pals@nhs.net



www.oxleas.nhs.uk

[Return to table of contents](#)

Parkinson's UK Bromley Branch

Services provided to carers:

- Helpline/telephone support
- Group support and 1-1 group support
- Social activities
- Support Officer to support and assist carers and people with Parkinson's Disease
- Welfare benefits advice

Purpose of organisation: To support people with Parkinson's Disease and their families

Opening times: Second Saturday of the month 2pm to 4pm meeting at St George's Church, Bickley Park Road, Bickley

Drop-Ins: Third Tuesday of the month 2pm to 4pm
St John's Church Hall, 249 Eden Park Ave, Beckenham

First Wednesday of the month 10am to midday St Marks Community Centre, Church Road, Biggin Hill

Second Wednesday of the month 2pm to 3.30pm Christ Lutheran Church, Poverest Road, Petts Wood

Short Mat Bowls: Second and fourth Thursday of the month 2pm to 4pm St Johns Church Hall, Eden Park Avenue, Beckenham

First and third Monday of the month 2pm to 4pm at Azelia Halls, 258 Croydon Road, Beckenham

Indoor Bowls: Every Friday of the month 2pm to 5pm
Bromley Indoor Bowls Centre, Orpington

T'ai Chi: Every Friday of the month 11 am to 12 midday
St Johns Church Hall, Eden Park Avenue, Beckenham

Access and facilities: Disabled access and facilities



0808 800 0303



bromleyparkinsonsuk@hotmail.co.uk

[Return to table of contents](#)

Princess Royal University Hospital Patient Advice and Liaison Service (PALS)

Services provided to carers:

- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Telephone support

Purpose of organisation: PALS is a confidential service helping patients, families and carers to sort out any concerns about care.

Opening times: Monday to Friday, 8.30am to 4.30pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



PALS Office, Princess Royal University Hospital, Farnborough Common, Farnborough
BR6 8ND



01689 863252



kch-tr.PALSkent@nhs.net



www.slh.nhs.uk

[Return to table of contents](#)

Relate Bromley

Services provided to carers:

- Counselling

Purpose of organisation: Relate provides counselling for individuals, couples and families. They can help you work through any relationship problems you may be facing with partners, family members, friends or colleagues, no matter how big or small. Relationship counselling is for everyone – if you are seeking couple counselling you don't have to be married or in a civil partnership, or even living together to seek our help; or you can come by yourself.

Opening times: Monday, Tuesday, Wednesday from 9am to 4pm, Thursdays from 9am to 1pm, and Friday from 9am to 3pm (counselling appointments are available outside these hours, in the evenings and on Saturday mornings).

Access and facilities: Disabled access and facilities

Age range supported: Adults and families



Relate Bromley, Community House, South Street, Bromley BR1 1RH



0300 003 3225



appointments@relate-londonse.org



www.relate-londonse.org

[Return to table of contents](#)

Rethink Bromley Advocacy Service

Services provided to carers:

- Advocacy to those with mental health issues
- Information about health factors (advice line)
- Information about other organisations
- Liaison with other organisations
- 1-1 advocacy support for those with mental health issues
- Telephone advocacy support to those with mental health issues
- Welfare benefits advice (advice line)

Purpose of organisation: Provides advocacy to anyone with a mental health problem (including carers) within the borough of Bromley. Additionally there is a National Rethink Advice and Information line offering advice and support to carers of people with mental health problems and service users.

Opening times: Mon-Fri, 9am-5pm. Advice line open Mon-Fri 9am – 5pm

Access and facilities: Disabled access and community bases

Age range supported: 18+ years (advice line is any age)



Rethink Bromley Advocacy Service, Room 2, 12 Farwig Lane, Bromley BR1 3RB



0208 313 3034
0300 5000 927 (National Advice Line)



bromley.advocacy@rethink.org



www.rethink.org

[Return to table of contents](#)

Royal Voluntary Service Community Transport

Services provided to carers:

- Befriending and Transport

Purpose of organisation: A friendly, community, door to door scheme designed to help you get out and about to attend any health appointments, shopping, etc. When you reach your destination, a volunteer will lend a hand if needed. By arrangement, drivers can accompany you on any visit you and can carry bags into the house.

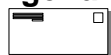
RVS also provide a Befriending Service to ensure that users are less isolated by providing company for them.

A one off registration fee of £10 is required prior to any transportation taken. Costs are 90p per mile but no cash is taken. Invoices are sent out at the end of each month.

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: User cannot travel in their own wheel chair, but a folding wheelchair can be brought along. Must be able to get in/out of a car.

Age range supported: 55+ years



Royal Voluntary Service Community Transport, Crown Meadow Court, 23 Brosse Way,
Bromley BR2 8FE



07736 924 070 Transport Service Manager



cheryl.pullar@royalvoluntaryservice.org.uk



www.royalvoluntaryservice.org.uk

[Return to table of contents](#)

Services provided to carers:

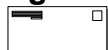
- Advocacy
- Befriending
- Bereavement support
- Brokerage and support planning
- Carers' Assessments
- Emergency support
- Form-filling
- Housing advice and information
- Liaison with other organisations
- 1-1 support
- Telephone support
- Welfare benefits advice

Purpose of organisation: A local branch meeting the needs of Servicemen, ex Servicemen and/or their surviving dependents. These needs can range from a wet room, to stair lift, to care home top up fees, etc.

Opening times: Available during most reasonable hours.

Access and facilities: Not applicable

Age range supported: From serving Military age (no upper age limit)



Address not available



020 8639 0495



London.SE@ssafa.org.uk



www.ssafa.org.uk

[Return to table of contents](#)

St Christopher's Bromley

Services provided to carers:

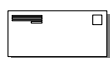
- Advocacy
- Bereavement support
- Complementary therapies
- Counselling
- Emergency support
- Information about health factors
- 1-1 support
- Respite and breaks, including sitting services
- Support groups
- Telephone support
- Transport
- Welfare benefits advice

Purpose of organisation: Care of the patient with life limiting conditions, family support and follow-up bereavement support

Opening times: Monday to Friday, 9am to 5pm

Access and facilities: Disabled access and facilities

Age range supported: All ages



St Christopher's Bromley, Caritas House, Tregony Road, Orpington BR6 9XA



01689 825755



info@stchristophers.org.uk



www.stchristophers.org.uk

[Return to table of contents](#)

Services provided to carers:

- Advocacy
- Back care advice
- Befriending
- Bereavement support
- Careers advice
- Carers' Assessments
- Complementary therapies advice
- Counselling
- Emergency support
- Employment support
- Form-filling
- Housing advice and information
- Information about health factors
- Information about nursing/residential homes
- Information to carers about other organisations
- Liaison with other organisations
- 1-1 support
- Respite and breaks, including sitting services advice and signposting
- Skills training/awareness raising
- Social events and activities
- Support groups and carer drop-in sessions
- Telephone support
- Transport advice and application
- Welfare benefits advice

Purpose of organisation: To eradicate stroke in the world by creating awareness and educating the public on the meaning, effects and risk factors of stroke

Opening times: Monday to Thursday, 9am to 4.30pm

Access and facilities: Unknown

Age range supported: Anyone affected by Stroke



Stroke Association, Yeoman House, 65 Croydon Road, 7th floor, Room 8, London SE20 7TS



0208 778 7177 07961007954



janet.soile@stroke.org.uk



www.stroke.org.uk/support/bromley

[Return to table of contents](#)

The Hope Foundation

Services provided to carers:

- Befriending
- Bereavement support
- Emergency support (bags of food)
- Form-filling
- Information about nursing/residential homes
- 1-1 support

Purpose of organisation: The Hope Foundation is the community outreach arm of the Bromley Christian Centre, whose aim is to improve the quality of life for people in different levels of society within the London Borough of Bromley. This initiative was set up to help needy families and individuals by providing food and other essentials to those in difficulty. Included in the projects are home-starter kits. They also have a Parish Nurse working with The Hope Foundation who promotes whole person health care.

Opening times: Tuesday to Friday, 9.30am to 4.30pm

Access and facilities: Disabled access

Age range supported: All ages



The Hope Foundation, 2 Masons Hill, Bromley BR2 9HA



0208 464 3101



office@bccweb.com



www.bccweb.com

[Return to table of contents](#)

The Junction

Services provided to carers:

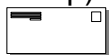
- Advocacy
- Counselling
- Form -filling
- Housing advice and information
- Information about health factors
- Skills training/awareness raising
- Social events and activities
- Support groups
- Telephone support
- Welfare benefits advice

Purpose of organisation: The Centre offers emotional and practical support for people living with HIV, their family and carers. As well as the drop in sessions, family space is available on two Friday evenings a month.

Opening times: Tuesday and Thursday, 11am to 4pm

Access and facilities: Disabled access and facilities

Age range supported: 18+ years (but there is no age restrictions for family to attend “Family Space” Group).



The Junction, 207A Anerley Road, Penge SE20 8ER



0208 776 5588



themanager@bromleypositive.org or thejunction207@btconnect.com



www.bromleypositive.org.uk

[Return to table of contents](#)

The Maypole Project

Services provided to carers:

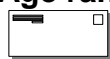
- Advocacy
- Befriending
- Counselling
- Emergency support
- Form-filling
- 1-1 support
- Respite and breaks
- Skills training/awareness raising
- Support groups
- Telephone support

Purpose of organisation: Aims to alleviate the chronic stresses faced by families where there is a child who has complex medical needs through the provision of psychological and social support, as well as providing respite breaks, information and advocacy.

Opening times: Monday to Friday, 9am to 5pm (although these days and times can be extended to match families' needs)

Access and facilities: Disabled access and facilities

Age range supported: All ages



The Maypole Project, 51 High Street, Green Street Green, Orpington BR6 6BQ



01689 889881



info@themaypoleproject.co.uk



www.themaypoleproject.co.uk

[Return to table of contents](#)

INDEX

TABLE OF CONTENTS	3
EMERGENCY CONTACTS	4
ADVICE.....	5
ADVOCACY	7
BENEFITS & FORM-FILLING	9
BEREAVEMENT	10
CARING FOR CHILDREN	10
COUNSELLING	11
DAY CENTRES.....	11
DEMENTIA.....	12
MENTAL HEALTH.....	12
RESPIRE.....	12
SUPPORT GROUPS	13
Advocacy First	14
Advocacy for All.....	15
Age Concern Orpington District Saxon Day Centre	16
Age UK Bromley & Greenwich.....	17
Age UK – The Garden Rooms Chislehurst	18
Alzheimer’s Association	19
Bertha James Day Centre	20
Biggin Hill Community Care Association.....	21
Bromley and Lewisham Mind.....	22
Bromley Asian Cultural Association (BACA).....	23
Bromley Citizens Advice	24
Bromley District Talking News	25
Bromley Mencap.....	26
Bromley Parent Voice	27
Bromley X by X (Experts by Experience).....	28
Bromley Y	29
Burgess Autistic Trust.....	30
CarePlus.....	31
CASPA (Children on the Autistic Spectrum Parents Association)	32
Cotmandene Community Resource Centre	33
Crystal Palace Physio Group	34
Deaf Access	35
Dyslexia Association of Bexley Bromley Greenwich & Lewisham	36
Food+ Bromley	37
Headway South East London, North West Kent.....	38

Healthwatch Bromley	39
ICARE Day Centre Trust	40
Information Advice and Support, Blenheim Children’s Centre	41
Kent Association for the Blind (KAB)	42
London Borough of Bromley	43
Education, Care and Health Services for Adult Carers	43
Motor Neurone Disease Association (West Kent).....	44
NHS Complaints Advocacy (NHSCA).....	45
Oxleas NHS Foundation Trust.....	46
Parkinson’s UK Bromley Branch.....	47
Princess Royal University Hospital Patient Advice and Liaison Service (PALS).....	48
Relate Bromley	49
Rethink Bromley Advocacy Service	50
Royal Voluntary Service Community Transport	51
Soldiers, Sailors, & Airmen's Family Association – SSAFA	52
St Christopher’s Bromley	53
Stroke Association	54
The Hope Foundation	55
The Junction	56
The Maypole Project.....	57

**Carers Bromley
Anglesea Place
1 Kent Road
St Mary Cray
Orpington
BR5 4AD**

**Carers Helpline 0800 015 7700
Email help@carersbromley.org.uk
Web www.carersbromley.org.uk**



**'Like' us on Facebook at
[Facebook.com/CarersBromley](https://www.facebook.com/CarersBromley)**



'Tweet' us [@CarersBromley](https://twitter.com/CarersBromley)