



Health & Wellbeing Newsletter

Long Term Health Conditions service

Autumn Arrives!

With summer fading and leaves falling from the trees, autumn marks a time for preparing ourselves for the health challenges that lie ahead in the winter months.

This year, more than ever, we are hoping that the trials of the past year and a half can be left behind us and present a rosier picture for all come the dawn of 2022.

Looking after your health has never been more essential and in this edition of our quarterly Bromley Well Newsletter we examine the huge value of self care – and the resources available to assist you with this.

There is also help at hand if you're looking to quit smoking, details of our Health and Wellbeing programme, plus the very latest cancer news and a detailed run-down of the current situation regarding covid-19 vaccinations and booster jabs.

As always, we hope our tips will help motivate you to make some of the small but important changes which can bring about a positive impact on our lives.

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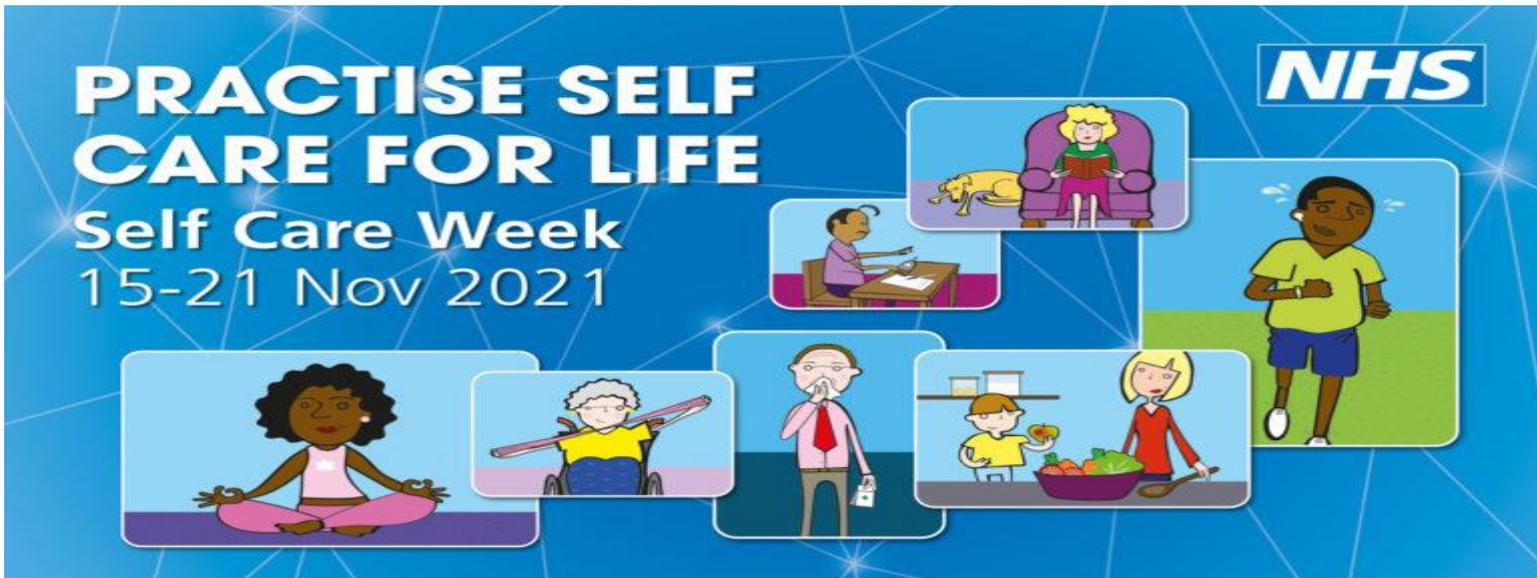
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For the latest information about Covid -19 please see [Coronavirus \(COVID-19\) | London Borough of Bromley](#)

The Importance of Self Care



We all say it: "Take care and look after yourself . . ." Well, did you know that November 15-21st is national self care week?

And the [Self Care Forum](#) is the national charity which aims to further the reach of self care and embed it into everyday life.

Self care refers to the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

Last year in Bromley borough we held 29 free online activities ranging from chair exercises to mindfulness and a vegetarian cooking demonstration! See our website for this week's programme, and events are being added throughout October.

www.bromleywell.org.uk/events

Bromley Well's **Fibromyalgia Support Group** is held every fortnight on a Friday.
See all our events at www.bromleywell.org.uk/events

National Self
Care Week
15-21
November

Contact the Long Term Health Conditions Team for more information on
07985 444210 / 07399 202313 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Let's Call It Quits



Don't just sit there fuming as the nights draw in. . . stub out those ciggies and turn October into a life-changing **STOPTOBER!**

We know quitting smoking can be hard, but a good first step is to visit [Quit smoking this Stoptober - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/quit-smoking-this-stoptober-better-health)

Did you know that it doesn't matter how long you've been a smoker, stopping today will bring immediate health benefits?

In fact, it is widely accepted that kicking your cigarettes into touch can be a major factor in improving your wellbeing.

Just to make sure you don't have to tackle this alone, smokers can also access support to stop smoking via Bromley Council's website: [https://www.bromley.gov.uk/info/200048/health-and-wellbeing/1309/get help to stop smoking](https://www.bromley.gov.uk/info/200048/health-and-wellbeing/1309/get-help-to-stop-smoking)

Additionally, you can take advantage of direct telephone or digital support from the team at Stop Smoking London: [StopSmokingLondon](https://www.stop-smoking-london.gov.uk/).

Good luck everyone – and a Happy Stoptober to you all!

Contact the Long Term Health Conditions Team for more information on

07985 444210 / 07399 202313

Email enquiry@bromleywell.org.uk

www.bromleywell.org.uk

Health & Wellbeing Programme

We offer eight weeks of free sessions for Bromley residents who have a long term health condition. Feel free to take part in just one . . . or try them all!

Week 1: Good Health & Self-Care

- Learn about Bromley Well and how we can support you.
- Understand what good health means to you.
- Know how to adopt healthy habits.

Week 2: Eating Well

- Discover the latest, research-based recommendations for healthy eating.
- Understand the importance of eating well for our bodies and our minds.
- Get tips for weight management.

Week 3: Physical Activity

- Learn why physical activity is known as “The Wonder Drug”.
- Identify simple, effective ways to build physical activity into your life.

Week 4: Sleep & Mindfulness

- Learn how sleep benefits our bodies and our minds and receive tips on getting a good night’s sleep.
- Learn how mindfulness can help us manage stress and experience a mindfulness exercise.

Week 5 Stress Busting

- Understand how stress impacts on your physical and emotional wellbeing.
- Find practical advice, tips and techniques for beating your stress.
- Know the places where you can go to receive further support.

Week 6 Pain Management

- Understand the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your pain.
- Know where to go for further support.

Week 7: Ensuring good medical care

- Understand medication adherence and why it is important for our health.
- Learn how to communicate effectively with healthcare professionals.

Week 8: Planning for the future

- Think about what self-care changes you would like to make.
- Know how to set achievable goals to help you make those changes.

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www.bromleywell.org.uk

Finding a Healthier You for Winter



Check out the link below to find the answers to all your questions about COVID-19 vaccinations and the UK's booster jabs programme.

[Coronavirus \(COVID-19\) vaccines - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Unsure how you're faring amid the coronavirus pandemic and the unsettling changes it has brought about?

Why not take the **How Are You? Online Quiz** to discover how your health scores - and to view simple tips to get you started on the road to wellbeing.

This quick, simple, but informative quiz could be the first step to a happier and healthier you!

It can be found at www.nhs.uk/oneyou/how-are-you-quiz



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Cancer News

In Bromley cancer rates are rising with nearly 1,600 new cancer registrations annually. Did you know that Cancer has overtaken cardiovascular disease as the major cause of death in our local population?

The good news though is that survival rates are increasing. However, many cancers are still detected late. Treatment is more likely to be successful when cancer is diagnosed at an early stage.

However, we can all reduce our cancer risk. The most important things we can do are:

- Be smoke-free (see page 3 for help to quit!)
- Maintain a healthy weight
- Enjoy the sun safely
- Cut down on alcohol
- Eat a high fibre diet
- Cut down on processed and red meat
- Be more active

Remember.... if it's not normal for you, tell your doctor.

Source: www.cancerresearchuk.org/about-cancer

Are you someone who can promote health and wellbeing in your Bromley community?

You might be...

- Faith leaders
- Community groups, clubs and societies
- Public-facing businesses - barbers, hairdressers, beauticians, personal trainers,
- Support workers - domiciliary workers or work in social care

As part of our November self care events, and in partnership with Cancer Research UK, we'd love you to attend our free cancer workshop (more details on page 7)

No prior cancer-related knowledge or experience is required.

Cancer Workshop



Talk Cancer live online workshop Cancer awareness training

Date: Wednesday 17th November
Time: 10.30am – 12.30pm (2 hours)
Venue: Online (laptop or desktop)

What is Talk Cancer?

Delivered by Cancer Research UK trainers with nursing and pharmacy backgrounds, our workshops equip and empower you to raise cancer awareness in your community by:

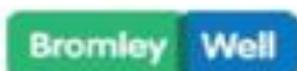
- Increasing your knowledge of key messages around cancer prevention, screening and early diagnosis
- Building your confidence to talk to the public about cancer
- Helping you to encourage people to make healthy changes, access local services and visit their GP promptly with any concerns

Who is it for?

Anyone who can promote health and wellbeing in their community.

How do I sign up?

For more information or to sign up contact nicola.fishman@bromleywell.org.uk



Together we will beat cancer

And Finally.....!



Calling all health and social care professionals!

Are you someone who looks after Bromley residents?

Do you know about Bromley Well and the significant role we play in promoting individuals' health, wellbeing & independence?

If not, why not fix that by joining our half-hour Introduction to Bromley Well Zoom? Sessions are held on **the last Monday of each month from 10-10.30 am**. To book your FREE place, email: nicola.fishman@bromleywell.org.uk

In the next edition of our Newsletter:

- A new and healthier you for 2022!
- Flu and Covid 19 booster jabs update.

Similarly, are you a community group who would be interested in hearing our Community Engagement Officer answer your questions all about Bromley Well, its history, the charities involved and its services?

To book our free speaker, email: nicola.fishman@bromleywell.org.uk

Bromley Well - Supporting health, wellbeing and independence.

Please see our website

www.Bromleywell.org.uk or call our free phone number **0808 278 7898**

Email: spa@bromleywell.org.uk