



Bromley Self Care Week

Monday 15th Nov – Friday 19th Nov



Join us in person and online
Workshops, info, top tips and advice on self care

<http://www.bromleywell.org.uk>
Self Care Information Hub



[@bromleywell](https://twitter.com/bromleywell)



[@BromleyWellService](https://www.facebook.com/BromleyWellService)



Date	Activity	Time	Venue	Contact
Monday 15 th November	Healthy Eating Workshop at Bromley URC	11am-1pm	Bromley URC, Widmore Road	Chetan chetan.raval@bromleywell.org.uk 020 8466 0790
Monday 15 th November	Young Carers Cookery Workshop Age 6 - 12	4.30pm-6.30pm	Azelia Hall, Beckenham	Lorna lorna.hammer@bromleywell.org.uk
Tuesday 16 th November	Health and Wellbeing workshop for people with long term health conditions: Physical Activity	11am-12.30pm	Online – we can help to get you started!	Email: Dean.Baldwin@bromleywell.org.uk Phone: 07985 431484
Tuesday 16 th November	Meet Macmillan Cancer Support & Local Cancer Experts	2pm-3pm	Online	Nikki Fishman nicola.fishman@bromleywell.org.uk
Tuesday 16 th November	Bromley Self Care Week: Pet Corner Club - Special Edition for Self Care Week!	4:30-5:15pm	Online/ Zoom	Lorna Hammer lorna.hammer@bromleywell.org.uk

Date	Activity	Time	Venue	Contact
Wednesday 17th November	Bromley Self Care Week: Dance for People with Learning Disabilities	11am – 12:30pm	Bromley Central Library, 4th Floor, High Street, Bromley, BR1 1EX	Florence at Magpie Dance florenceroxburgh@magpiedance.org.uk
Wednesday 17th November	Bromley Self Care Week: Dance for People with Learning Disabilities	1:30pm - 3pm	Bromley Central Library, 4th Floor, High Street, Bromley, BR1 1EX	Florence at Magpie Dance florenceroxburgh@magpiedance.org.uk
Wednesday 17th November	Bromley Self Care Week: Meet the Long Term Health Conditions Team	1:30pm - 2pm	Zoom	Nicola Fishman nicola.fishman@bromleywell.org.uk
Wednesday 17th November	Memory Singers	2pm-2.30pm	Bromley United Reformed Church, 20 Widmore Road	Victoria.Lawrence@bromleydementiahub.org.uk

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Wednesday 17th November	Bromley Self Care Week: Be Scam Aware and Protect Yourself	2pm – 2:30pm	Zoom	Nicola Fishman nicola.fishman@bromleywell.org.uk
Wednesday 17th November	Young Carers Book Club	4.25pm-5.15pm	Zoom	Lorna lorna.hammer@bromleywell.org.uk
Wednesday 17th November	Bromley Self Care Week: Keeping well together this winter	2:30pm – 3:30pm	Online - Zoom	https://us02web.zoom.us/j/82176734234?pwd=VkFqZEpoT1Y0U2hiZlQzUFQwTXIvQT09 Zoom Link
Wednesday 17th November	Adult Carers Peer Support Group with Bromley Mindfulness	2pm – 5pm	Community House, South Street Bromley BR1 1RH	Adult Carers Team carers@bromleywell.org.uk 020 8315 1925

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Thursday 18th November	Bromley Self Care Week: Medicines, Pharmacy and Self Care	10am - 11am	Microsoft Teams	Nikki Fishman nicola.fishman@bromleywell.org.uk
Thursday 18th November	Bromley Self Care Week: Free Ballet for Everyone!	10am – 11am	Bromley Central Library, 4th Floor, High Street, Bromley, BR1 1EX	Florence at Magpie Dance florenceroxburgh@magpiedance.org.uk
Thursday 18 th November	Practising Self Care for Life for people with Learning Difficulties/Disabilities	12 noon – 1pm	Online - Zoom	Rob robert.morgan@bromleywell.org.uk
Thursday 18th November	Bromley Self Care Week: Join us if you have a Long Term Health Condition and would like some peer-to-peer support!	1:30am - 3am	Online - Zoom	Nikki Fishman nicola.fishman@bromleywell.org.uk
Friday 19 th November	Cook along with Ollie!	12 noon – 1pm	Join in or watch on Zoom	To book your place email: nicola.fishman@bromleywell.org.uk

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Friday 19th November	Memory Box Dementia Cafe	2pm-3.30pm	Emmanuel Church, The Grove West Wickham Kent BR4 9JS	Email memoryboxcafe@gmail.com or 020 3759 9024.
Friday 19th November	Bromley Self Care Week: Free Body Conditioning for Everyone!	4pm - 5pm	Main Hall, Melvin Hall, Melvin Road, Penge, London SE20 8EU	Florence at Magpie Dance florenceroxburgh@magpie-dance.org.uk
Friday 19th November	Bromley Self Care Week: Free Contemporary Dance for Everyone!	5pm - 6pm	Main Hall, Melvin Hall, Melvin Road, Penge, London SE20 8EU	Florence at Magpie Dance florenceroxburgh@magpie-dance.org.uk