



Health & Wellbeing Newsletter

Long Term Health Conditions service

Getting Ready For Spring

Spring is finally here and, with the success of the UK’s vaccination programme, it’s looking at long last like the country is moving forward following the immense challenges of Covid-19.

So what better time as we gradually emerge from lockdown to update you all on the latest advice for keeping well and managing our own health?

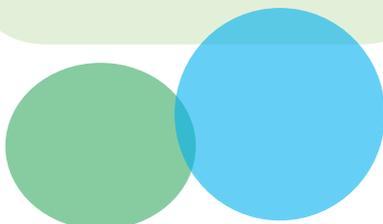
In this edition of the Bromley Well newsletter, we look at a range of subjects – including how to get fit for free, how to make the most of the borough’s green spaces, and the variety of free support available to people living in the area.

One thing the pandemic has done has been to make more of us focus on our physical health and mental wellbeing and not take these for granted.

Hopefully some of the tips in this newsletter 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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For the latest information about Covid -19 please see [Coronavirus \(COVID-19\) | London Borough of Bromley](#)

Fitness for free in Bromley

Getting Active Outdoors For Spring

Do you know that being active can help you prevent and manage long term health conditions such as diabetes, high blood pressure and heart disease?

Evidence has shown that physical activity:

- Keeps our heart healthy
- Helps us maintain a healthy weight
- Improves sleep
- Can enhance our emotional wellbeing and reduce symptoms of depression and anxiety



Bromley is London's greenest borough with over 160 parks, 52 allotments and 21 outdoor sports facilities. Find out more about your local parks at www.bromleyparks.co.uk

Bromley's extensive outdoor spaces offer a fabulous opportunity to **get fit for free!**

Walking is one of the best ways. Just ten minutes a day at a brisk pace can be really beneficial. Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Find out more at [One You \(www.nhs.uk\)](http://www.nhs.uk) where you can also download the useful Active 10 App.

National Walking Month May 1st to 31st 2021

When it's Spring and everything looks green, walking becomes easier and fun.

Let's walk more for our health. Physical activity is hailed as the "wonder drug." Check out some of the ideas below for getting out and about.



Mindful Walking

Using Mindfulness has been shown to have many benefits for our health and wellbeing. It can reduce stress, improve quality of sleep, and help us to be kinder to ourselves. There are lots of ways to practice mindfulness - including while you're walking!

Being mindful means rather than being inside our heads, we look around and notice what we see, hear and sense. You can practice mindful walking on any length walk, even if only for a couple of minutes. It can bring a new experience and enjoyment to your stroll.

Tips to make your walk more mindful:

- **Observe** – Become aware of the physical sensations of walking, take a moment to notice and observe how it feels.
- **Notice** – What is going on around you? What can you see? It might be people, cars, trees, shapes and even colours.
- **Listen** – Turn your attentions to sound. What can you hear around you - people talking, birds, traffic?
- **Feel** – Notice any physical sensations or feelings, maybe warm sunshine or a cool breeze, or maybe just the sensation of your foot on the ground.
- **Come Back** - Thoughts will intrude, you can just notice them and bring your attention back to your walking. Use the rhythm of your walking as a base for your awareness, a place you can mentally return to once you realise your mind has wandered off.

Contact the Long Term Health Conditions Team for more information on
07985 444210 / 07985 433045 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Health and Wellbeing Support

We at Bromley Well offer a programme of eight FREE weekly workshops for local residents with health conditions. These are aimed at supporting wellbeing through self-care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain, stress & anxiety.

Get in touch for further information and to reserve your place. You can attend as many or as few workshops during the programme as you wish.

This is a great chance to meet others and share your experiences over a cup of tea/ coffee from the comfort of your own room via Zoom (we can provide technical help if needed!). We hope you can join us!

Self-care techniques can help you:

- Eat well & drink sensibly
- Keep physically active
- Get good quality sleep
- Manage your pain
- Reduce stress and anxiety

Please see page 5 for more details!

Our **Lifestyle Support Workers** also facilitate a number of **online peer support groups with activities and guest speakers.**

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

What our clients say :

"Inspired to make some positive lifestyle changes for the better"

"The programme is very empowering"

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Health & Wellbeing Programme

Eight weeks of free sessions



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

- Know 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 the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your stress.
- Know where to go for 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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Tips to Avoid Becoming a Victim of Scammers

Experts from Bromley Trading Standards are regular guest speakers at our workshops and always deliver sound advice on **scammers and doorstep crime**. Here are some top tips!

- Avoid dealing with anyone on the doorstep.
- Don't ring phone numbers on postcards or business cards sent in the post - make your own checks before deciding whether to proceed.
- If you receive an email from a company you don't know, don't click "Unsubscribe", move it to your spam/junk folder.
- Do not reply or click on links or attachments, forward it to report@phishing.gov.uk
- The Royal Mail website has more information at <https://www.royalmail.com> – search "Text Email Scams"
- Report suspected scam texts by forwarding them to 7726
- Do not click on links in texts unless certain the sender is genuine
- Avoid entering any personal details using the telephone keypad. Your bank will **never** ask you to enter your PIN number.
- If you think you've been scammed, contact your bank as soon as possible, especially if you have lost money or given bank details.
- Tell someone you trust so they can help you to get the help you need or call **Citizens Advice on 0808 223 1133**.
- Consider changing your passwords and having your devices checked by a professional.

If you or anyone you know has been affected by fraud or any scam, **report it to Action Fraud by either calling 0300 123 2040** or online at www.actionfraud.police.uk

You can also visit www.bromley.gov.uk/scams

Forthcoming Events for Spring

World Hypertension Day: Monday 17th May 2021

This year's theme is "Measure Your Blood Pressure Accurately, Control It, Live Longer"

Hypertension (high blood pressure) may not present with any symptoms, but if untreated, may increase the risk of serious problems such as heart attacks and strokes. More than 1 in 4 adults in the UK have high blood pressure, although many won't realise it.

To find out what your blood pressure is you can get it checked at:

- your GP Surgery
- some pharmacies
- as part of your NHS Health Check
- using a home blood pressure machine



You can find more information about high blood pressure and its signs and symptoms at the NHS UK website: [High blood pressure \(hypertension\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/health-conditions/high-blood-pressure/)

Free Lifestyle Support For Bromley Residents

Bromley Well Long Term Health Conditions Team has supported over 1,600 Bromley residents living with health conditions such as diabetes, hypertension, arthritis, asthma, irritable bowel, fibromyalgia and many more, to stay well and remain independent.

We help people develop self-care skills in areas such as nutrition, physical activity, sleep, pain management, emotional wellbeing, mindfulness, and talking to healthcare professionals

We also provide people with opportunities to meet others and share experiences and we're helping people access other local support services.

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

World No-Tobacco Day: Monday 31st May 2021



Need help and information on quitting? Get in touch or look at our stop smoking factsheet, available on our website www.bromleywell.org.uk

Contact the Long Term Health Conditions Team for more information on

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Knit to help others...and yourself!



NIFTY with the knitting needles and have a little extra time on your hands amid the drudgery of the pandemic?

Well, your crafty skills could help raise vital funds to give struggling older people a boost.

Launched in 2003 to help combat loneliness in later life, the Big Knit project asks you to create little woolly hats for Innocent Smoothie drinks bottles.

For every titfer (rhyming slang for hat!) you make for Age UK Bromley & Greenwich, Innocent Smoothies will pay 25p. And this money goes into running activities for older people like Befriending Hubs and Art classes.

Since the Big Knit began, UK helpers have knitted and crocheted millions of tiny hats to help Age UKs across the country – and we can always use more!

You don't have to be an expert knitter to help out as this project is suitable for beginners too. Feel free to design your own hat or download patterns at [The Innocent Big Knit/Age UK](https://www.innocent.co.uk/big-knit)

Once they're finished, just send your hats to Age UK Bromley & Greenwich at Community House, South Street, Bromley, BR1 1RH. Or, if you need help getting them to us, please ring 020 8315 1883/1873.