



Health & Wellbeing Newsletter

Long Term Health Conditions Service

Support to Stop Smoking

Stopping smoking can have an amazing benefits for your health and wellbeing and No Smoking Day took place last month on 11th March.

If you are thinking about quitting there is lots of support out there to help you do it!

- **Identify your smoking triggers** and plan ahead.
- Take it **one day at a time** and reward yourself everyday
- **Buddy up** with a friend to you can support each other
- Note how much cash you are saving and treat yourself

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Bromley Well also has put together a factsheet of online resources to help you with . Take a look on our website.

<https://www.bromleywell.org.uk/our-services/adults-with-long-term-conditions/health-factsheets/>



If you would like more information on ways to give up smoking, the NHS website **One You**, www.nhs.uk/oneyou/ has lots of fantastic tips and idea. You can also speak to your GP and or local pharmacist to find out more about support available in the borough

Bromley Well**WALKING AND
CYCLING GRANTS**
A TFL COMMUNITY PROJECT

Funded by

**TRANSPORT
FOR LONDON**

Amble To Ramble A Community Walking Project

From April 2020, Bromley Well was due to be starting a new community walking project to get more people living with long-term health conditions and experiencing associated issues, such as isolation and low mood, walking and talking.

Unfortunately due to Covid-19, this project has been postponed until such a time it is again safe to walk in groups & in parks. We will keep you posted as to when this will again commence but please, watch this space.



What you need to know:

Next group: TBC

Location: Bromley Parks

Cost: Free

Benefits: Receive individual support from a walking coach, receive a free walking kit and journal to track your progress, make new friends and graduate with confidence to continue walking.

T: 0300 3309039, or text 'AMBLE' to 07718 403 574

E: wellbeing@bromleywell.org.uk

W: www.bromleywell.org.uk

W: <https://www.bromleywell.org.uk/news/volunteers-wanted-for>

**For more information about all Bromley Well Services,
contact Single Point of Access: 0300 3309 039 Email: info@bromleywell.org.uk,
Or visit our website www.bromleywell.org.uk**

Fibromyalgia Virtual Support Group

Have you been diagnosed with Fibromyalgia?

The Bromley Well Long Term Health Conditions Service is running a virtual support group for people living with Fibromyalgia every fortnight on a Friday mornings starting at 11am via the free zoom video chat facility / App.

The group meets to share experiences and ideas about managing and living with fibromyalgia. The sessions are usually a group chat, and occasionally we may have an activity or speaker chosen by the group, previously we have had a session on learning to how to knit and a craft session

In November 2019, the group made craft Christmas cards in the session. Here are some of our excellent designs from the day!

The group also met with Bromley CCG Services in October 2019 to talk about how services can work together to improve support for people with fibromyalgia



If you are interested in meeting others living with the condition come along for a chat from the comfort of your own home via zoom. This is a free session but you need to book. **Please get in touch with us on 07985431484 or email enquiry@bromleywell.org.uk to find out more.**

Bromley Well Long Term Health conditions service welcomes two new members of staff to the team!

Silvia Richardson and Kristine Pzibilska have joined the Long Term Health Conditions Service, as our new Lifestyle Support Workers. Both Kristine and Silvia will be able to provide 1-2-1 support for anybody who is living with a long term health condition and would like help to keep healthy and well. They will also be co-facilitating our Health and Wellbeing Workshops going forwards. They look forward to meeting you!

If you have a long-term health condition and want to improve your health and wellbeing we lots of information and advice to help you. Just get in touch with us to find out more about the different ways we can support you to keep well and healthy.

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

Bromley Well Virtual Health & Wellbeing Workshops

Join us to learn more about improving your health and wellbeing

Welcome to the future with our new FREE virtual workshops for Bromley residents living with health conditions. Each week is designed to support your wellbeing through self-care & to help build your confidence in managing your health conditions / your health. All this from the comfort of your own home via the free zoom video call facility.

Adopting
Healthy Habits

Healthy Eating

Keeping Active

Sleep and
Relaxation

Coping with
Stress

Ensuring Good
Medical Care

Managing Pain

Planning for the
future

You can attend as many or as few workshops during the programme as you wish, but you do need to register to attend beforehand. Get in touch for further information & to reserve your place. Contact details at the bottom of the page. Come along & meet others for a chat. We hope you can join us!



“Gave me an overview of information, which allowed me to develop my own strategy for my health and wellbeing.”

“Being with like-minded individuals was helpful and it was helpful to find out what information was available.”

Our First Virtual Workshops

NEW VIRTUAL WORKSHOPS
Starting Wednesday 6th May to 24th June
2020
11am – 12:30pm
Via Zoom Video Chat

Requirements

- Smart Mobile Phone
- Laptop / Desktop Computer
- Email Address or Access to Email
- Technical Support Can be Provided

Contact Details Below for Further Info:

These sessions are free session but you need to book. Please get in touch with us on 07985 444210 / 07985 433045 or email: enquiry@bromleywell.org.uk