



# Health & Wellbeing Newsletter

## Long Term Health Conditions Service

Another year has sped by and we'll shortly be moving on the next – but, sadly, problems like health issues don't necessarily take a back seat during the festive holidays.

While some of us enjoy relaxing times with our families and friends, others will still be struggling with their long term conditions, irrespective of the antics of Santa and his team of flying reindeer!

With that in mind, we've taken this opportunity to list the most helpful links that are available over this holiday period for those who might need support.

We've also included a timely reminder about the huge range of workshops we offer for those affected by long term health issues. Who knows? Maybe 2024 will be the year you finally try them and discover the invaluable help they can provide!

**Season's Greetings!**

### What's Inside?

New Year, New You! p.2

**FREE** Support from your Long Term Health Conditions Team p.3

Helpful links p.4

Tips for the Festive Period p.5

Festive Cheer! p.6

Bromley Well Opening Times over the Holidays p.7

Remember our services also include legal advice across many subjects from debt management to problems with housing and rent - as well as relationship issues.

**Freephone 0808 278 7898**

<https://www.bromleywell.org.uk>

**Email: [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**



Open a new door in 2024!

**Why not kick off the New Year by trying out one (or maybe all!) of our fabulous free weekly workshops?**

**This is a great chance to meet others and share your coping techniques and experiences over a calming cup of tea or coffee. See our full programme at: [Events - Bromley Well](#) - and for more details about our Health and Wellbeing events, just check out Page 3!**

**These relaxed and informative sessions are held both face-to-face and online. Just choose which you prefer.**

**We very much hope to see you in 2024!**



**Free Health and Wellbeing Sessions for Bromley residents living with long term health conditions**



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# 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.

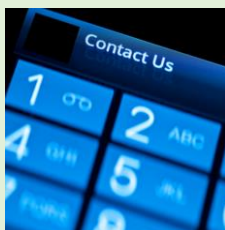
Contact the Long Term Health Conditions Team for more information on  
**07985 444210 / 07985 431484** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

## Help is at hand..



We know that for many people the festive holidays and Winter can be a season of stress and worry. So at [Bromley Well](#) we have put together this comprehensive list showing where you can find support so you don't need to search for it yourselves.

For [Urgent support - Bromley Well](#)



Our wonderful Bromley Community has rallied together to provide warm spaces where you can go to keep warm during this particularly challenging winter.

Click on the icons on the map to see where they are and what they offer

[Bromley Warm Centres Map - Bromley Well](#)



[Health and wellbeing information hub - Bromley Well](#)



Please visit our website for a comprehensive list of where you can get support

[Cost of living - Bromley Well](#)



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# Festive Tips!



**Even though they're supposed to be a time of joy, holiday periods can be particularly challenging for some. Here are a few tips to help us stay well and enjoy the festivities.**

- ❖ Focus on relaxation and your breathing
  - ❖ Listen to your favourite music
  - ❖ Go for a mindful relaxing walk
  - ❖ Try guided meditation using online videos
  - ❖ Get creative and maybe try painting or drawing
  - ❖ Avoid caffeine after 12pm
  - ❖ Don't eat too close to bedtime.
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- ❖ Don't think about 'banning food' from your diet
  - ❖ Recognize what is a 'luxury item' and aim to eat it rarely
  - ❖ Recognize what is a 'healthy' item and aim to eat it regularly
  - ❖ Be conscious of portion sizes
  - ❖ Be conscious of preparation methods
- 
- ❖ Base your meals on starchy & fibre rich foods
  - ❖ Eat lots of fruit and vegetables
  - ❖ Eat more fish – especially oily fish
  - ❖ Cut down on saturated fat and sugar
  - ❖ Eat less salt – 6g max daily for adults
  - ❖ Drink plenty of water
  - ❖ Don't skip breakfast!



Sources: The LTHC Team and [8 tips for healthy eating - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Calling all Bromley Carers and those living with Long Term Health Conditions

Join us for a

# CHRISTMAS PARTY

Wednesday 20th December 2023  
2:00pm – 4:00 p.m  
Community House  
South Street, Bromley  
BR1 1RH

- Refreshments
- Singing
- Christmas Quiz



It is essential you book for this FREE event, limited places available!

Call: 020 8315 1925

Email: [carers@bromleywell.org.uk](mailto:carers@bromleywell.org.uk)



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**Bromley Well**

# Christmas Helpline Opening 2023/24

**Saturday 23rd December – 9am – 5pm**

**CHRISTMAS EVE Sunday 24th December – CLOSED**

**CHRISTMAS DAY Monday 25th December – CLOSED**

**BOXING DAY Tuesday 26th December – CLOSED**

**Wednesday 27th December – 9am – 5pm**

**Thursday 28th December – 9am – 5pm**

**Friday 29th December – 9am – 5pm**

**Saturday 30th December – 9am – 5pm**

**NEW YEAR'S EVE Sunday 31st December – CLOSED**

**NEW YEAR'S DAY Monday 1st January – CLOSED**

**Tuesday 2nd January – SERVICES RESUME (9am-5pm)**

**Freephone 0808 278 7898 | [www.bromleywell.org.uk](http://www.bromleywell.org.uk)**