



# Health & Wellbeing Newsletter

## Long Term Health Conditions Service

### COVID: THE FIGHT CONTINUES

IT'S been a summer unlike any other, but the team at Bromley Well have remained fully operational and continue to provide a full service for London's largest borough.

Pictured below is a reminder of the official advice from Bromley Council if you suspect you might have symptoms of coronavirus. More COVID-19 information and guidance is available at [www.bromley.gov.uk/covid-19](http://www.bromley.gov.uk/covid-19)

**Stay Safe**  
Follow the guidance

**Wash your hands regularly**

**Don't touch your face**

**Keep your distance**

**Follow face covering guidance**

**If you develop symptoms:**  
high temperature › dry cough › loss of taste/smell  
(other flu symptoms)

**Contact NHS Test and Trace and stay at home**

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)  
or call **119** if no internet access  
**111** for general queries  
More information: [www.bromley.gov.uk/covid-19](http://www.bromley.gov.uk/covid-19)

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Did you know that Bromley Well has put together several factsheets of online resources to help you?

Subjects include diabetes, angina, sleep issues, alcohol and pain management. Take a look on our website to find out more.

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

## Fibromyalgia Virtual Support Group

### Have you been diagnosed with Fibromyalgia?

A virtual support group is run every fortnight by the Bromley Well Long Term Health Conditions Service for people living with Fibromyalgia. This takes place on Friday mornings and is available from 11am via the free Zoom video chat facility/app.

It offers an opportunity to share experiences and ideas about managing and living with the condition. The sessions usually involve a group chat and occasionally feature an activity or speaker chosen by the group. Previous events have included tuition on how to knit and a craft session.

The next group will be held on September 4th, with another session planned on the 18th, followed by October 2<sup>nd</sup> and 16<sup>th</sup>.

If you are interested in meeting others living with the condition, join us for a chat from the comfort of your own home via Zoom. This is a free session but you will need to book in advance. **Please get in touch with us on 07985431484 or email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk) to find out more. We look forward to meeting you!**



## Bromley Well Long Term Health conditions team welcomes a new member of staff!

Nicola Fishman, who some of you may know from her role in the community with the Bromley Dementia Hub, has joined our team as Community Engagement Officer. She would be delighted to hear from any groups or individuals supporting long-term health conditions. Either email [nicola.fishman@bromleywell.org.uk](mailto:nicola.fishman@bromleywell.org.uk) or ring 0793 1253008.

If you have a long-term health condition and want to improve your health and wellbeing we've 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](mailto:enquiry@bromleywell.org.uk) [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



## The Silent Killer: High Blood Pressure

KNOWING your blood pressure is important all year round, but now a national campaign is highlighting the need for one vital week.

High blood pressure, known officially as hypertension, is dubbed “the Silent Killer” as it has no symptoms but can lead to heart attacks and strokes, along with other illnesses.

Around a third of people in the UK have it, but most don't know - and the only way to find out for sure is to have a blood pressure check.

Now charity [Blood Pressure UK](#) are raising awareness with their **Know Your Numbers! Week** from **September 7<sup>th</sup> to 13<sup>th</sup>**.

The group is encouraging people to check their pressures at home, using a simple and reliable monitor. If the result is too high, you can take appropriate action.

- Normal blood pressure is 120/80 mmHg or less. High blood pressure is 140/90 mmHg or above.
- Low blood pressure is considered to be 90/60 mmHg or below.
- Reducing your pressure by even a small amount can help lower your risk of serious health conditions.



### Keeping Your Blood Pressure Healthy– Why is it important?

High blood pressure can increase your risk of other serious health conditions. If detected early, it can be treated, but the only way to know you have it is to have a check.

For more information about all Bromley Well Services, contact  
Single Point of Access: 0300 3309 039 Email: [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
Or visit our website [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



- ❖ The Chartered Society of Physiotherapy (CSP) will be utilising **Older People's Day** on Thursday, October 1<sup>st</sup>, to promote the importance of physiotherapy. In partnership with Age UK, it will stress the benefits of remaining active and how that helps to reduce and prevent falls.
- ❖ Keep a lookout for Bromley Well's programme of events for **Self Care Week** - from Monday, November 16 to Sunday, November 22. Latest developments will be posted on our website [www.bromleywell.org.uk](http://www.bromleywell.org.uk) and on our Twitter feed @BromleyWell
- ❖ Remember, next month is **Stoptober** – the annual campaign which helps smokers quit the habit. Well done to everyone who gives it a go!
- ❖ Finally, our next newsletter will be available in a shiny new format! To keep up-to-date with all our news, sign up [HERE](#) to receive your copy.

## 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 is designed to support your wellbeing through self-care and to help build your confidence in managing your health and wellbeing. And of course all this is available 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

The sessions are held over an eight-week cycle and you can attend as many or as few as you wish. All are free, but you will need to register beforehand in order to attend. Get in touch for further information and to reserve your place. Contact details at the bottom of the page. Come along and meet others for a chat. We hope you can join us!

### Our Virtual Workshops

VIRTUAL WORKSHOPS 2020  
Starting 1<sup>st</sup> September to 20<sup>th</sup> October  
11am – 12:30pm  
Via Zoom Video Chat  
Don't Zoom? Ask us about our YouTube

### 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 but you need to book. Please get in touch with us on  
07985 444210 / 07985 433045 or email: [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)