

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

SPRING IS HERE!

We hope that you've been able to enjoy some of the warmer weather as we slowly begin to put those cold winter days behind us.

This season can be a great time to try new things outdoors, so this edition of the Bromley Well Newsletter will discuss some options for positive changes you can make.

We also share information about how being involved in research can be a great way to access new information and community.

There is also further information on our free workshops and other great events and awareness days coming up over the next few months.

We hope you enjoy our Newsletter. Keep well and good luck with the small positive changes we know we can all make to help improve our wellbeing!



WHAT'S INSIDE?

Spring clean your health	2
Getting involved in research	3
Workshop invite	4
Workshop topics	5
Upcoming Events	6



Parkinson's is the second most common degenerative neurological disease.

World Parkinson's Day is in April this year and is all about raising awareness for Parkinson's Disease.

Find out more about how you can get involved at www.parkinsons.org.uk

Delivered by:



Funded by:





SPRING CLEAN YOUR HEALTH

Spring means the days are starting to get longer and hopefully, at some point, warmer. Many people use this as an opportunity to get motivated for change. This may be spring cleaning of your house (a great way to get your steps in!) but you can also see it as a time to look at some changes you can make to your health. Please see below 5 tips to hopefully inspire you:

- **Use the warmer weather to increase activity** – Bromley is London’s greenest borough so if you’re trying to increase your activity this spring why not go for a walk to explore some of our fabulous green spaces.
- **Add some new fruit and vegetables to your diet** – We could all eat more fruit and vegetables to increase fibre and nutrients in our diets, some examples of seasonal options to try are: pomegranate, artichoke, cabbage and many more.
- **Use the longer days to pick up a new hobby** – Our mental wellbeing can sometimes be affected by the longer nights and cold weather, so now the sun is out that little bit longer take that extra time for yourself and try something new or return to an old hobby. Learning new things and making time for hobbies enrich our lives and can increase our general wellbeing and confidence. For creative groups you can find options on [Simply Connect](#).
- **Practice mindfulness and self care to help with stress** – April is **Stress Awareness Month**, stress is something we all deal with but when this affects us long-term it becomes chronic and negatively affects our health. It is essential to make time for ourselves to relax but also to take ourselves out of the autopilot of every day, Good Thinking have a course on mindfulness [here](#). You can also incorporate observing what is going on around you on your walk, or as you are eating, it can be an everyday practice.
- **Reduce/stop smoking** – We may have missed **National No Smoking Day** on the 12th March but that doesn’t mean that you can’t try to reduce or stop your smoking. You can download the free **Smokefree app** here: <https://stopsmokinglondon.com/smokefree-app-for-london/>. Or get further advice from: **Stop Smoking London** <https://stopsmokinglondon.com/> Telephone helpline: 0300 123 1044

Contact the Long Term Health Conditions Team for more information
on 07985431484 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

GETTING INVOLVED WITH RESEARCH

Taking part in research can seem daunting and not easily accessible. But it is a great option to meet likeminded peers, share your experiences, and help develop the newest treatments for your long-term health condition. Here are two different ways to get involved with research:



Being a research participant

- Being a research participant involves directly taking part in a research study.
- In some research studies you might be:
 - Completing written questionnaires or surveys.
 - Asked questions during an interview or group session to talk about your experiences.
 - Trying out a new intervention or treatment.
- To be a research participant, you will need to give **informed consent**. This involves reading an information sheet so you fully understand what will happen during the study and signing a consent form.
- You may receive a small payment or voucher for taking part, but not always.

Patient & Public Involvement (PPI)

- Patient & Public Involvement (PPI) involves taking part in research indirectly.
- You might be helping before, during, or after a research study has begun, doing things like:
 - Checking consent forms and information sheets are accessible/readable.
 - Helping design and develop a new intervention.
 - Offering advice based on your experiences living with a long-term condition.
- Research grants often have budget set aside to pay for PPI, so you may get paid a small hourly fee for your time.

To find research opportunities check *Be Part of Research*, charities for your specific long-term health condition, or search social media hashtags:

<https://bepartofresearch.nihr.ac.uk/>

ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?

Join our welcoming health and wellbeing facilitators and other guests



FREE HEALTH & WELLBEING WORKSHOPS! For Bromley Residents

**WE PROVIDE OPPORTUNITIES TO SUPPORT YOU TO IMPROVE YOUR
OVERALL HEALTH & WELLBEING**

An eight-week workshop programme. Join us for just one or all of them!

STARTING TUESDAY 11th March 2025

FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

TOPICS COVERED

Good health - Self care

Eating well and drinking sensibly

Physical activity - the wonder drug

Sleep & Mindfulness

Stress busting

Pain & fatigue management

Ensuring good medical care

Planning for the future

VENUE

Community House Bromley, South Street, Bromley, BR1 1RH

**To book your place – please contact our Health and Wellbeing Facilitators on
07985431484 or 07399 202313**

HEALTH & WELLBEING PROGRAMME

Eight weeks of FREE sessions for Bromley residents! Online and in-person



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 & Drinking Sensibly

- 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 07985431484 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

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

❖ World Parkinson's Day – Friday April 11th 2025

❖ Stress Awareness Month – April (keep an eye out for events that may be running around self care [here](#))

❖ National Walking Month – May (the Ramblers are a walking group in Bromley for people of all skills, find out more [here](#))



Bromley Well

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

**How to refer yourself to Bromley Well, please see below:
www.bromleywell.gov.uk/refer**

Contact our Health and Wellbeing Facilitators about our FREE Fibromyalgia and Peer Support Groups. Also ask about our eight-week Health and Wellbeing workshops.



**Contact the Long Term Health Conditions Team for more information
on 07985431484 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk**

Delivered by:



Funded by:



Bromley Well