

# HEALTH & WELLBEING NEWSLETTER

## Long Term Health Conditions

### SUMMER IS HERE!

Now the rain is being broken up more frequently by sunshine we think that it is safe to announce that summer is here! The Long-Term Health Conditions team loves summer as it often motivates people to start making changes, the sun is out (some of the time), evenings are longer, there are so many events going on and going outside for even a short walk is much more enjoyable.

The Summer Edition of the Bromley Well Newsletter gives information on staying safe in the heat, the power of Vitamin D and some of the best ways to exercise self-care in time for International Self-Care Day! Please turn to Page 6 for some exciting news!

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!



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July includes **Alcohol Awareness Week** from the 3rd July to the 9th July.

Did you know that both men and women are now advised to only drink 14 units of alcohol or below a week? Having less alcohol can help with your mood and your sleep but also has benefits for major organs like your heart.

Here are some tips to help you cut down:

- **Make a plan** - Before you start drinking, set a limit on how much you're going to drink.
- **Set a budget and stick to it**
- **Let friends and family know it is important to you**
- **Take small steps by just making it a smaller glass**
- **Have a lower-strength drink**
- **Stay hydrated** - Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks.
- **Take a break** - Have several drink-free days each week.



# HEATWAVE HEALTH!



Heatwaves may be the last thing on our minds at the moment. But that does not mean that we shouldn't be prepared for one when it does come.

Heatwaves can cause health issues such as dehydration and overheating – which can be especially problematic for those with heart, breathing problems or those with health conditions that cause them to struggle with staying cool. Here are some tips on how to avoid this:

- Stay out of the sun between 11am and 3pm.
- Wear light coloured, loose breathable clothing.
- Drink water consistently throughout the day even when you don't feel thirsty.
- Avoid excess alcohol consumption.
- During the day close the curtains and open the window (if there is a cool breeze) and keep the windows open in the night.

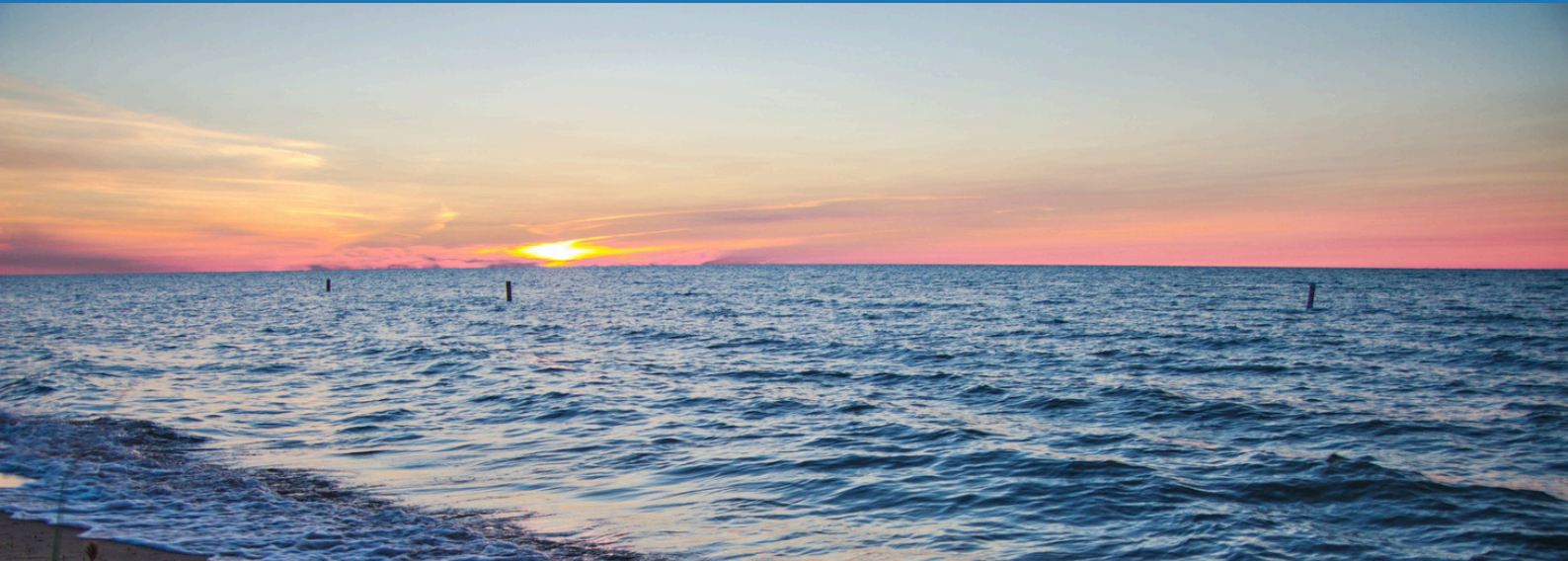
## Why is Vitamin D so important?

**Vitamin D is important for things such as bone health and immunity.**

**A large portion of our Vitamin D comes from the sun rays which stimulates the body to make the vitamin. Therefore, a lot of us living in the UK are deficient. Here are some ways to ensure we have the right amount:**

- **Go outside everyday to get some UV related vitamin D but ensure you are protected from the sun.**
- **Ensure your diet is full of Vitamin D rich food such as oily fish, eggs and also foods that have been fortified with Vitamin D.**
- **Cod liver oil tablets can be taken as it contains a lot of Vitamin D.**
- **Vitamin D supplementation through your doctor if you are really deficient.**

# INTERNATIONAL SELF-CARE DAY



Self-care is taking the time to take care of yourself through the physical, mental, emotional and spiritual aspects of your life to increase your resilience and also help with your overall wellbeing. **International Self-Care Day** is on 24th July this year, look at some of our tips to start your Self Care journey:

- **Start small** - start with areas that are already part of your day to day life by doing things for yourself like prioritising good sleep hygiene, taking time to exercise and ensuring you are eating a balanced diet.
- **Know your limits** - sometimes people, especially those with Long Term Health Conditions can become burnt out because they are trying to do too much, sometimes saying no to things or asking for help can be huge for your health.
- **Do what you love** - with the hussle and bussle of daily life it is easy to forget to take time for yourself to do things you enjoy, but whether what you love is reading, cuddling or walking your pet, making a great meal, listening to music, it can increase your resilience to do it daily.
- **Schedule your self-care time** - schedule and guard that time with everything you have.

**Contact the Long Term Health Conditions Team for more information**  
**on 07985 444210 / 07399 202313**  
**Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**  
**[www.bromleywell.org.uk](http://www.bromleywell.org.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 9th July 2024

FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

### TOPICS COVERED

**Sleep & Mindfulness**  
**Planning for the future**  
**Eating well and drinking sensibly**  
**Pain & fatigue management**

**Stress busting**  
**Good health – Self care**  
**Ensuring good medical care**  
**Physical activity – the wonder drug**

### VENUE

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

**To book your place – please contact our Health and Wellbeing Facilitators on  
07985 444210 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.

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## EXCITING NEWS!

### One Bromley Wellbeing Hub NOW OPEN

Do you know there's a new Wellbeing Hub just opened in the Glades? Designed to help Bromley residents improve their health and wellbeing, the new hub offers the following free services.

- Vital 5 checks by Mytime Active
- Information, advice and support services by Bromley Well
- NHS health Checks by Bromley GP Alliance
- Smoke Free Bromley
- Other health and wellbeing initiatives

Conveniently located in the Glades shopping centre, Unit 260, Upper Level, opposite M&S Tuesday to Saturday 10.30am to 6.30pm

Why not check it out and see how it could help keep you fit and well this summer.

Please see Page 7 for additional information on the services available.

### KNOW YOUR NUMBERS

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.

Every year there is a national campaign, **Know Your Numbers**. This year's it is from the 2-8th September.

The charity Blood Pressure UK are 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. Your blood pressure can also be taken at your GP surgery and at some pharmacies.

- 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.


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



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# One Bromley Wellbeing Hub

One Bromley Wellbeing Hub services focus on reducing the five leading causes of poor health in our communities (Vital 5) which can lead to long-term conditions. There is also additional support for carers, befriending services, advice on the cost of living, NHS Health Checks, and more. See below for the list of services and how to access them.

 <p><b>Vital 5 Check</b> Mytime Active</p>	<p>Get on top of your health by checking your Vital 5 – This easy to access check will measure your blood pressure, weight and mental health. It will also tell you if you are drinking at safe levels and can give you advice on how to quit smoking. The Vital 5 service will be offered as walk in and booked appointments. It is open to all aged 18 years and over (excluding pregnant women).</p>
<p><b>Smoke Free Bromley</b> Commissioned by The Bromley Public Health Team</p>	<p>Get face-2-face advice from a trained smoking cessation advisor. You can receive behavioural support to help you quit smoking, including CO monitoring, nicotine replacement therapy and access to a free vape starter kit for eligible residents. An advisor will be available in the Hub on Thursdays, Fridays and Saturdays. You can pop in and see them or contact Smoke Free Bromley to arrange an appointment, or to access remote support. All you need to do is Text: <b>QUIT to 66777</b>, Phone: <b>0800 999 1072</b> or email: <a href="mailto:smokefree.bromley@nhs.net">smokefree.bromley@nhs.net</a></p>
<p><b>Cost of living, wellbeing support and advice</b> Bromley Well</p>	<p>Bromley Well – an Assessor will be available for wellbeing support and cost of living issues, providing initial advice and referral to other Bromley Well Services including Befriending, support for unpaid Carers, Disabilities, Long Term Health Conditions and Employability Support. A Bromley Well Adviser from the team at Citizens Advice Bromley will be able to provide information on issues such as managing debt, benefits, housing, council tax, and employment support. Service is for Bromley Borough residents only.</p>
<p><b>NHS Health Checks</b> Bromley GP Alliance</p>	<p>NHS Health checks are available for patients in Bromley (resident or registered with a Bromley GP Practice) between the ages of 40 – 74 who do not have a long term condition such as diabetes or hypertension. This check includes measurements of your height and weight, waist, blood pressure, blood cholesterol and sugar levels. By appointment only on 020 3930 0240.</p>



One Bromley is a partnership of NHS, health, care and voluntary organisations, working together to improve health and wellbeing in Bromley.

Find out more at [www.selondonics.org/OneBromleyWellbeingHub](http://www.selondonics.org/OneBromleyWellbeingHub)

June 2024

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

Also check out our website for additional events being held in the coming months!

- ❖ London Festival of Architecture has been going on through June and is still open
- ❖ International Self-Care day on 24th of July
- ❖ Alcohol Awareness week 3rd July – 9th July
- ❖ Friday 5th July Community Event at Kent Cricket look out for our stand if you are there watching the cricket that day
- ❖ Disability Pride Month 1st July



**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.**

**Freephone 0808 278 7898  
Email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

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



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