



Health & Wellbeing Newsletter

Long Term Health Conditions Service

While you are enjoying your summer, here are some of our upcoming Bromley Well activities and events to promote health and wellbeing.

The Bromley Well Long Term Health Conditions Team look forward to seeing you there!

This year as we all learn to live alongside Covid 19 it has never been more important to look after one's own health.

Here at Bromley Well we want to help you live your best life. On our [website](#) you will find a variety of [factsheets](#) covering a wide range of health related topics ranging from fibromyalgia, cancer and HIV.

Our specially designed **FREE** workshops will help you get the most from your health professionals, will give you tips on how to get a better night's sleep, to eat well and show how mindfulness and other techniques can help reduce your stress.

What's Inside?

Making the most of Summer! p.1

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Our next edition will tell you how to join September's National Know Your Numbers campaign!

Keeping Your Blood Pressure Healthy– Why is it important?

High blood pressure usually has no symptoms, which is why it is often referred to as the silent killer.

Having high blood pressure can also increase your risk of other serious health conditions.

However, if detected early, it can easily be treated, but the only way to know you have it have it checked.

Forthcoming Events

This year's **Healthy Eating Week** aims to help everyone learn more about what we can all do to have a healthier and more sustainable diet by focusing on **five themes**:

- **Focus on fibre** - for meals and snacks. Eat more wholegrain foods, fruit and vegetables, beans, peas, and lentils.
- **Get at least 5 A DAY** - put plenty on your plate. Have at least 5 portions of a variety of fruit and vegetables every day.
- **Vary your protein** - be more creative. Eat a wider variety of protein foods and choose plant protein sources more often.
- **Stay hydrated** - fill up from the tap. Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.
- **Reduce food waste** - know your portions. Aim for the right amount when you shop, cook, and eat to avoid throwing food away.



Fibromyalgia Support Group

- Do you have Fibromyalgia?
- Do you want to meet others living with the condition?

Held **fortnightly** on **Mondays from 13:00 to 14:30**. Come and share your experiences and ideas about managing your symptoms over a cup of tea/coffee and some refreshments.

This is a **FREE** session but you need to book. Please contact us on **07399 202313** or **07985 444210**. We hope you can join us!

Venue:
United Reform
Church,
20 Widmore
Road,
Bromley,
BR1 1RY

Friday
Online
sessions
also
available!

Contact the Long Term Health Conditions Team for more information on

07985 444210 / 07399 202313 Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

NEW!

Bromley United Reformed Church Health and Wellbeing Workshop Sessions for people living with health conditions

**Now face-
to-face
again!**

Our programme is a series of eight FREE weekly workshops for Bromley residents with health conditions, aimed at supporting wellbeing through self-care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain, stress & anxiety etc. **These workshops are now being held face-to-face again or online – the choice is yours!**

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 and to reserve your place. Contact details are at the bottom of the page.

This is a great chance to meet others and share your experiences over a cup of tea/ coffee and some refreshments. We hope you can join us.

Self-care techniques can help you:

- Eat well & drink sensibly
- Keep physically active
- Get good quality sleep
- Manage your pain
- Reduce stress and anxiety



United Reformed Church

**20 Widmore Road,
Bromley, BR1 1RY**

**Every Tuesday from 7th June
to 26th July 2022.
Time: 11.15 am – 12:45 pm.**

**Get in
touch to
find out
more!**

Online too!

Tuesday mornings 11 - 12.30

**With Dean Baldwin our Lifestyle
Coordinator. FREE to attend for
Bromley residents but please
remember to call or email to
book your place!**

Contact the Long Term Health Conditions Team for more information on
07985 444210 / 07399 202313 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Free Health Coaching For Bromley Residents

Bromley Well Long Term Health Conditions Team has supported over 1000 Bromley residents living with health conditions such as diabetes, hypertension, arthritis, asthma, irritable bowel, fibromyalgia and many more.

We help people stay well and remain independent by developing self-care skills in areas such as nutrition, physical activity, sleep, pain management, emotional wellbeing, mindfulness, and talking to healthcare professionals

We also provide people with opportunities to meet others and share experiences, and we're helping people access other local support services.

If you have a long term health condition and want to improve your health and wellbeing, The Bromley Well Long Term Health Conditions Team has 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.

If you would like to receive our newsletter by post please contact Nicola Fishman, Community Engagement Officer
nicola.fishman@bromleywell.org.uk

Bromley Well

Supporting health, wellbeing and independence

Bromley Well provides help for you to stay emotionally and physically well and to remain independent.

Services includes support for Long term Health Conditions, Older people, Carers, Learning difficulties, Physical disabilities, Mental Wellbeing, Volunteering, Employment and Training.

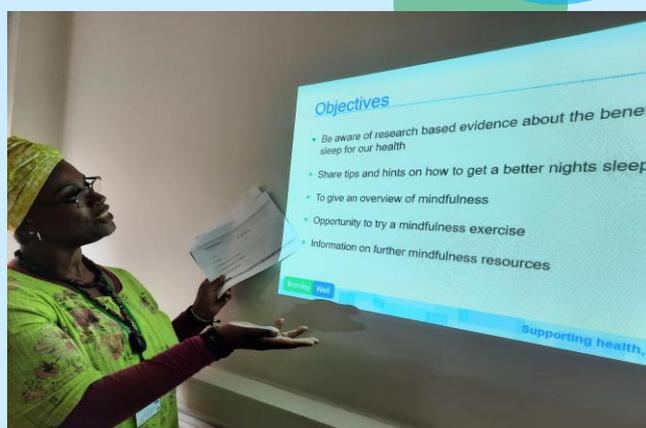
Bromley Well Services

www.bromleywell.org.uk

Email: spa@bromleywell.org.uk

Contact Single Point of Access:
 Freephone 0808 278 7898

The Bromley Well Long Term Health Conditions Lifestyle Support Workers are keen to help!



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 07985 444210 / 07399 202313 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk