

# Health & Wellbeing Newsletter

Long Term Health Conditions service

## Here Comes The Sun!

Summer's finally here again and it's tempting to top up your tan with some much-needed sunbathing sessions.

But those sizzling temperatures can bring health risks too, so it's worth reading our guide to keeping cool in the heatwave and looking after your body.

This edition of the Bromley Well Newsletter also contains some helpful advice on maintaining a healthy lifestyle and tackles the vital importance of monitoring your blood pressure.

We also bring you a full list of the health resources available across the borough.

Enjoy the summer, everyone – but remember to stay safe!

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## Keeping Cool This Summer!

During hot weather or exercise, there's an increased risk of heat exhaustion or heatstroke.



Children, older people and those with long-term health conditions such as diabetes or heart problems are more at risk.

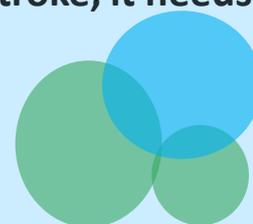
### To help prevent heat exhaustion or heatstroke:

- ❖ drink more cold drinks, especially if you're active or exercising
- ❖ wear light-coloured, loose clothing
- ❖ avoid the sun between 11am and 3pm
- ❖ avoid excess alcohol
- ❖ avoid extreme exercise
- ❖ if you're inside on a very hot day, close curtains, close windows if it's hotter outside than in your home and turn off electrical equipment and lights that get hot

This will also prevent dehydration and help your body keep itself cool.

**Heat exhaustion does not usually require emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.**

Source: [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk)



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

Contact our Lifestyle Support Workers for details about our FREE eight-week Health and Wellbeing workshops, see page 5 for more information. Also remember to ask about our Fibromyalgia and Peer Support Groups!



Contact the Long Term Health Conditions Team for more information on  
07985 44210 / 07399 202313 Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

Remember our FREE services also include legal advice across many subjects from debt management, the cost-of-living-crisis, to problems with housing and rent....as well as relationship issues.

Freephone:  
0808 278 7898

[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

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

**Bromley Well**

## Top Tips for Healthy Living



The British Nutrition Foundation's Healthy Eating Week is an annual event which takes place every June. This year's event saw some great presentations and information to help support the overall aim of finding your healthier you!

### Healthy Eating Recommendations

- Get your five portions (at least) of fruit/veg every day
- Choose wholegrains where possible
- Try to have 2 portions of fish each week, one of which should be oily
- Eat more beans and lentils and other plant-based proteins
- Use unsaturated oils and spreads
- Keep foods high in fat, salt or sugar to small portions - and try to have them less often
- Drink at least 6-8 cups/glasses of fluids per day

*Source: British Nutrition Foundation*

Carrying extra weight can make it harder for our bodies to fight against illnesses like cancer and heart disease.

Most people gain weight slowly over a long period and the pressures and strains of modern life don't always make it easy to remain slim.

However, small day-to-day changes can put us back on the right track and

[Better Health](#) has a range of tools to help you make the adjustments you need.



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# 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

- Know 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 the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your stress.
- Know where to go for 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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[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

## Local Support



### What to do when you feel unwell – One Bromley's guide

If you're not feeling well, choosing the right place to go for help can save you a lot of time and effort.

There are plenty of Bromley health services that offer advice, support, and treatment if and when you need it. They're very simple to use and often available without an appointment.

Use [One Bromley's](#) quick guide to help you decide what to do when you don't feel well. [What to do when unwell](#)

We know that loneliness can affect people of all ages at any time in their lives. Research has shown that people living with a long-term Health condition are more likely to experience isolation and loneliness. With this in mind please check out [Simply Connect Bromley](#).

Whether you are interested in crocheting, singing or making things in sheds, you should be able to find a welcoming group to join.

There really is something to suit everyone!

**Bromley Well**

Delivered by:

**BTSE**  
BROMLEY THIRD SECTOR ENTERPRISE

Funded by:

**Bromley**  
THE LONDON BOROUGH  
www.bromley.gov.uk

**NHS**  
South East London  
Clinical Commissioning Group

# The Silent Killer: High Blood Pressure

It's always important to know your blood pressure, there is even a national campaign, [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.

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.



## 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.

## Forthcoming Events



Join us on **Tuesday 17<sup>th</sup> October** for our **Women's Health Conference!** at 10am  
An opportunity to hear from experts in the **Menopause** and other topics related to women's health and wellbeing.

**Venue:** Community House, South Street Bromley, BR1 1RH.

October is Breast Cancer Awareness month.

Look out for : Know Your Numbers Week 4-10<sup>th</sup> September

The theme for 2023 is: **'Make the time, ease your pressure'**

Did you know that if you are a Bromley Resident you can now refer yourself to Bromley Well's FREE services by using the new online referral button at the top of our website?

You can see all the latest Bromley Well events here  
[Events - Bromley Well](#)

**Bromley Well** Supporting health, wellbeing and independence. Please see our website

[www.Bromleywell.org.uk](http://www.Bromleywell.org.uk) or call our free phone number **0808 278 7898**

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

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