

Mental Wellbeing Newsletter

Mental Health Information, Advice & Support Service

Who are we?

The Bromley Well Mental Health Information and Advice Service provides support to people living in Bromley who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood. We offer emotional support and practical information on how to manage wellbeing, by exploring approaches to self-care, health and lifestyle. We also help people to develop links and activities in the community, build social networks, and access appropriate services. Find out how to get in touch on page 10.

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Quick guide to medications

News: Coping with Life Courses

We successfully completed our very first series of the Coping with Life courses, offering a free 3-week programme of resilience building sessions for people experiencing common mental health issues such as low mood, stress and anxiety.

We delivered sessions on:

- Low Mood and Other Emotions
- Stress and Poor Sleep
- Worry and Panic

100% of participants who attended, said they would recommend this course, and that they felt it made a difference to their ability to manage their own wellbeing moving forward. We also cover information on how to connect with local services such as the Recovery College, Recovery Works and Talk Together Bromley.



If you are interested in signing up for our next series, please visit page 4 for more information on how to register.

 @BromleyWell

The joy of movement

Research by Harvard Medical School (2016) showed that the simple act of movement could lead to lasting reductions in symptoms of anxiety and depression. In other words, the relationship between the brain and the body is so well connected, that any adjustments in how much you move your body can lead to adjustments in how you also think, feel and behave. Gentle movement or synchronized motion with the body, helps to: focus the mind, regulate your emotions and can aid physical wellbeing to support flexibility, mobility and balance, and can even contribute to improvements in muscle strength, bone density, blood flow, circulation, digestion, joint pain and much more!



Join the campaign **#medicinemovement**

Movement inspiration

Start with gentle movements

Low-impact exercises can improve your health and fitness without harming your joints. The NHS have a range of self-help guides online to help you the move gently, and build confidence with movement in the comfort of your own home. Including exercises for strength, flexibility and balance. Search NHS Fitness Studio, or website to download their free exercise guides now:



<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

Get your heart rate up

Engaging in activities such as walking, dancing, cycling, swimming and aerobics support full mind and body health. These activities involve synchronization of the body, and help to improve hand-eye coordination, support memory and aid mental resilience. One new NHS campaign suggests being active for just 10 minutes a day can boost your energy, clear your head and lift your mood. Download their free app, Active-10 today:

<https://www.nhs.uk/oneyou/active10/home>.

Music, movement and emotion

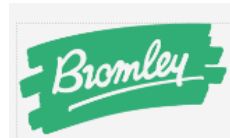
The use of music has often proved an effective form of therapy to help connect people to their emotions, as well as support their ability to move or express themselves more freely. Moving to, or listening to music has been found to lift and regulate mood, as well as support rehabilitation processes such as relaxation, comfort, relief and enjoyment. There are apps like YouTube or Spotify that offer free downloadable music, or you could find a common place to enjoy music with others through singing, playing an instrument or dancing. Find out more about local groups at www.bromley.gov.uk/directory/ to explore music and dance groups in the area.

Struggling to get going?

Bromley MyTime Active offers a low-cost exercise referral programme for people recovering from illness or long term health conditions to provide safe physical activity to increase wellbeing, called Fresh Start. Access up to 12 sessions of personal training for only £5.10 per session.

Contact: **020 8290 4000** for more information on making a referral, or speak to your local GP surgery.

Enjoy green space



Did you know? Bromley is the greenest borough in the whole of London? It celebrates over 160 parks, 52 allotments and 21 outdoor fitness hubs. Bromley Parks supports your local Council to maintain and develop the many green spaces the borough has to offer, and is often seeking volunteers who they call “Friends” to help manage local urban parks, countryside, churchyards and other heritage or archaeological sites in the borough to support green collaboration and activity within the local community. To find out more about the parks in Bromley, or how to volunteer your time visit: www.bromleyparks.co.uk.



Amble to Ramble

A community walking project

Funded by



WALKING AND
CYCLING GRANTS
A TfL COMMUNITY PROJECT



TRANSPORT
FOR LONDON

From April 2020, Bromley Well will be starting a new community walking project to get more people living with long-term health conditions and experiencing associated issues, such as isolation and low mood, walking and talking. Small groups of people new to walking, will be supported by a walking coach to build stability, strength and confidence week by week to move from a gentle amble on week one, to a 3-mile ramble by week six.

What you need to know

Next group: May 2020, will run for 6 weeks

Location: Bromley Park

Cost: Free

Benefits: Receive individual support from a walking coach, receive a free walking kit and journal to track your progress, make new friends and graduate with confidence to continue walking with the Recovery College.



To find out more about the project, to volunteer as a group leader or wellbeing buddy, or to register for our next group please contact:

T: 0300 330 9039, or text 'AMBLE' to 07718 403 574

E: wellbeing@bromleywell.org.uk

W: www.bromleywell.org.uk

W: <https://www.bromleywell.org.uk/news/volunteers-wanted-for-exciting/>

How do I sleep healthily?

Sleep is essential for the effective use, maintenance and restoration of all nervous and immune systems within the human body, and plays a significant role in brain development producing various benefits for our physical and mental health. Often when we are feeling stressed or anxious, we can struggle to settle when it comes to bedtime. Many people often find that very normal needs during sleep such as, turning over, using the bathroom, getting too hot etc. become difficult, can disturb sleep and prolong staying awake. In order to understand your sleep needs, it may first be helpful to keep a sleep diary to monitor the things you are doing before, during and after sleep. Visit: www.nhs.uk and search “Sleep Diary” for a sleep diary and sleep support advice.



Once you understand your sleep pattern, it can be easier to implement a new routine to help support good sleep hygiene and quality sleep behaviour. Having regular poor sleep, can lead to increased feelings of panic, or worried thinking which over time can make you feel more tired, frustrated and low. Looking at ways to establish a healthy sleep routine can help you to improve mood and feel well.

Healthy sleep ideas

- 1. Support your diet** e.g. the body is restoring during sleep and often we can wake due to excessive thirst or hunger. Drink plenty of fluid, reduce alcohol in the week and think about small protein based snacks in the evening to support restoration throughout the night.
- 2. Relax before bed** e.g. turn off your mobile, connect with family or friends, do some yoga or stretching, read a book, do something creative or watch a film. Time to unwind is vital to help you decompress naturally before sleep, ahead of you hitting the hay!
- 3. Establish a sleep routine** e.g. relaxed before bed, have a hot shower or bath, have clean pajamas, keeping the bedroom cool and dimly lit, put essential oils on the pillow.
- 4. Practice mindfulness** e.g. use a sleep support app such as Sleepio, or a mindfulness guide such as the Pacifia App to help you ease gently into sleep.

For more information and advice visit:
www.sleepfoundation.org

Do you need help to cope with anxiety, stress or depression? We're here to help.

The Bromley Well Mental Health and Wellbeing Service offer free workshops for local people needing more support on ways to understand and cope with common mental health problems, as well as how to navigate local services in the community that may be able to help restore confidence and wellbeing.

Booking is essential. Workshops are free and attending all three is recommended. The next series will be taking place on:

Wednesday 4th March 2020

Coping with Low Mood and Other Emotions

Wednesday 11th March 2020

Coping with Stress and Poor Sleep

Wednesday 18th March 2020

Coping with Worry and Panic

If you are interested in hearing more about the workshops, or to book your place please email:
wellbeing@bromleywell.org.uk

Bromley Well Autism Service

Bromley Well

 @BromleyWell

Autism is a lifelong developmental condition that affects how people perceive the world and interact with others. People with autism see, hear and feel the world differently to other people. It is important to note that autism is not an illness, it just means that the brain works in a different way from other people. It's something people are born with or first appears when very young and is a spectrum; This means everybody with autism is different and their needs are different - where some autistic people may need little to no support, other people may require support from a carer every day.

Bromley Well have launched a brand new service supporting residents of Bromley, aged **16+** who live with autism. Support through this service includes support with:

- social and leisure activities
- health matters (Inc. doctors appointments and hospital visits)
- money management (Inc. grants and benefits)
- communication management (Inc. letters, forms)
- housing
- and support to transfer to a new service



The service also offers monthly workshops and peer support activities on the last Tuesday of every month from 12.30pm-2.30pm at: The Meeting Room, Community House, South Street, Bromley BR1 1RH.

For more information on the service, please contact Chris Towers on:

Telephone: 0208 466 0790 or 07597 048 674

Email: chris.towers@bromleywell.org.uk

Website: www.bromleywell.org.uk

Getting a diagnosis

Autism can present differently in both men and women although there are common signs including: finding it difficult to understand how others think of feeling, being anxious about social situations, taking things literally, having the same routines and finding change difficult amongst other less common behaviours such as avoiding eye contact. If you are concerned that you might be autistic and would like to talk to someone about being assessed for Autism, visit:

<https://www.nhs.uk/conditions/autism/getting-diagnosed/how-to-get-diagnosed/> for more information.

The National Autistic Society

This service champions the rights and interests of all people with autism and aims to provide individuals with autism and their families with help, support and accessible services. Includes online forums, training and employment workshops, a monthly magazine, a parent-to-parent helpline service, and befriending services.

Visit: www.autism.org.uk



Tesco Sunflower Lanyard Scheme

Our local high street is changing, and become more aware of people living with hidden disabilities, such as autism, MS and hearing loss.

So Tesco Stores are introducing a new scheme and invite anyone with a hidden disability to collect a free lanyard from customer services to receive a little extra help whilst shopping.

Find out more at:
www.tesco.com/help/invisibledisability

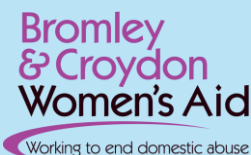


Support for survivors of domestic abuse

Are you a survivor of domestic abuse and need help to manage your wellbeing? Bromley, Lewisham and Greenwich Mind have partnered with Bromley and Croydon Women's Aid on behalf of Bromley Well, to provide a new support programme for female survivors of domestic abuse who are experiencing common mental health problems. The project is called Surviving Well and is accessible for any women 18+ living in the London Borough of Bromley.



Meet others, get support and advice in private weekly sessions, or access free, confidential support on a one-to-one basis with one of our mental health or domestic abuse advisors. Our new programme will help you to: improve your self-esteem and confidence, manage your emotional wellbeing and create safer and healthier relationships for the future. To find out more about the support and register, please contact: wellbeing@bromleywell.org.uk for more information, visit www.bromleywell.org.uk or follow us [@bromleywell](https://twitter.com/bromleywell).



Bromley and Croydon Women's Aid One Stop Shop

provides a weekly space for female and male survivors of domestic abuse or violence to access free and confidential information, advice or support on issues relating to living with or leaving the perpetrator, housing, finances, immigration. Support from local solicitors and the police is also available.

The one stop shop takes place every Thursday 1:30pm-4pm at Community House, Relate Office, Bromley, BR1 1RH.



The Women and Girls Network

are currently taking referrals for a new programme called Moving Forward, which is a 6-8 week programme designed to help young women aged 16+ to work through the impact of domestic or sexual violence. Invitation to attend the course is through referral only via groups@wgn.org.uk and women will not be able to turn up on the day. Women can self-refer by calling: 020 7610 4678 and someone from the WGN Admin and Bookings team will be able to take a referral over the phone.



One in Four

is a local charity providing support to people who have experienced child sexual abuse and trauma.

The service is able to provide survivor counselling, workshops, advocacy and has a website full of resources, advice, information and support to help you in your journey towards recovery. Fees for support are income-dependent.

Website:

<https://www.oneinfour.org.uk/>

A quick guide to common medications

Generally, medications prescribed to support your mental health can help reduce the associated symptoms or help you cope better. Whether you are offered medication or not depends on: your diagnosis, your symptoms, and how severely the condition affects you.

Selective serotonin re-uptake inhibitors (SSRIs) are a widely used type of mental health medication. It is thought that SSRI's work by increasing brain levels of serotonin, a neurotransmitter thought to have a positive influence on mood, emotion and sleep. Whilst low mood, depression, anxiety and related mental health conditions are not caused solely by low serotonin levels, a rise in serotonin can improve symptoms and make people more responsive to other types of intervention, such as talking therapy.



Common medications

Sertraline. Prescribed to treat anxiety, depression, OCD, panic disorder, PTSD and social anxiety.

How long does Sertraline take to start working? For depression - up to 2 weeks to notice benefits, 4 weeks or longer to feel the full benefits. For anxiety – up to 4 weeks.

Common side effects: dizziness, headaches, sleepiness, or difficulty getting to sleep, diarrhoea, feeling sick, dry mouth, sore throat, teeth grinding, changes in appetite, nightmares, agitation, nervousness, tense muscles, problems with focusing and concentration. *Side effects are usually mild and disappear within a few weeks*

Citalopram. Prescribed to treat anxiety and depression.

How long does Citalopram take to start working? For depression – between 1-2 weeks to notice initial benefits, 4 weeks or longer to feel full effects. For anxiety – up to 4 weeks.

Common side effects: difficulty sleeping or sleepiness, dry mouth, nausea or vomiting, headaches, loss of appetite, weight loss, agitation, anxiety, trembling, confusion and nervousness, diarrhoea, itching or prickling of the skin. *Side effects are usually mild and disappear within a few weeks.*

Fluoxetine. Prescribed to treat the following conditions: bulimia, depression, OCD

How long will Fluoxetine take to start working? For depression – Begin working within 1-2 weeks, begin to feel improvements between 4-6 weeks.

Common side effects: anxiety, headaches, tiredness, diarrhoea, nausea, not feeling hungry, weight loss, nervousness, anxiety, restlessness, poor concentration, feeling tense, unusual dreams, sweating, feeling shaky or chills, palpitations, indigestion, rash, hives, skin itching. *Side effects are usually mild and disappear within a few weeks.*



HeadMeds is a project set up by Young Minds, with the aim of providing people with straightforward, reliable information about mental health medication. The website provides in-depth information about a range of mental health medications, including: use and action of the medication, warnings and safety, as well as in depth information around side effects and how the medication impacts lifestyle.

Visit: <https://youngminds.org.uk/find-help/medications/> for more information.

Do you care for someone living with a mental health problem?

A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability. A mental health carer is someone looking after a person with a mental health condition. If you are, or think you might be a carer and would like to talk to someone about what support is available, you can contact our service by calling Bromley Well on: **0300 330 9039** or emailing: wellbeing@bromleywell.org.uk.

What's On for Mental Health Carers?

Coping with Life as a Carer Course

Dates: Due to start mid-April 2020

Times: Thursday daytimes from 10:45am-12:15pm

Venue: TBC

A free eight week course helping you to understand the impact that caring can have on your mental health, how caring can play a role in stress, anxiety and depression and learn skills to help you cope and manage your responses.

1:1 Appointments for Mental Health Carers at Green Parks House: Booking Necessary

For carers of current or recent inpatients at Green Parks House. To book a 30-minute appointment please call our Carers Support Advisor on 07718 403 572 Held at: Green Parks House, Princess Royal Hospital, Farnborough Common, BR6 8NY every Wednesday from 16:00pm-17:30pm.

Skills and Information Groups

Monday 30th March 2020

Topic: Psychosis – An Insight to Lived Experience

2pm-4pm at Orpington Village Hall, 311 High Street, Orpington, BR6 0NN. **Guest Speakers:** Neil Springham, Head of Psychological Therapies at Oxleas NHS Foundation Trust

Monday 27th April 2020

Topic: Psychosis – An Insight to Lived Experience

2pm – 4pm Bromley, Lewisham and Greenwich Mind, Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY. **Guest Speakers:** Neil Springham, Head of Psychological Therapies at Oxleas NHS Foundation Trust



We have recently become partners with the Carers Trust, who are offering a grant fund for individual carers aged 16 and over. We are working with our Adult Carers team to support carers who may be eligible to access grants of up to £300 for items or activities that could benefit their caring role for example, breaks for carers, with or without the person they care for, items for the home including cookers, fridges, beds and washing machines, courses and materials to develop carers' skills and personal development, home repairs, short-term or time limited replacement care, driving lessons and other travel costs relating to caring roles.

For more information about this scheme and whether you might be able to benefit, please contact: wellbeing@bromleywell.org.uk or call 0300 3309 039 today.

What else is on in Bromley Well?

Carers Coffee Mornings

Our colleagues at the Adult Carers Service run a regular drop-in for carers to offer a safe space to connect with other like-minded carers and to access advice from advisors who can guide you in your caring role. Coffee mornings run every Monday throughout February at St Christopher's Hospice, Caritas House, Tregony Road, Orpington, BR6 9XA, and run from 10am-12pm. Just turn up, or make contact with the team ahead of the event by calling 0208 315 1925.

Health and Wellbeing Workshops

Our colleagues at the Long Term Health Conditions Service run a regular health and wellbeing programme for people living with long-term health conditions who need support to manage their lifestyle and wellbeing. The workshops are free to attend and cover topics such as diet and nutrition, sleep, mental health, and pain management. Refreshments are provided. For more information, or to register contact the team on: 0208 315 2530 or enquiry@bromleywell.org.uk.

Other Drop-Ins and Support Groups

Outreach for people with learning and physical disabilities provided regularly by our partner Bromley Mencap.

For more information visit: www.bromleywell.org.uk/events or follow @bromleywell on Twitter.

Free peer support groups for people living with Fibromyalgia take place on the last Friday of every month in Community House, Bromley, BR1 1RH. Contact the team on: 0208 315 1932 to sign up.

Outreach support provided by Citizens Advice in different locations across Bromley every month to offer information and advice on common issues such as benefits, housing, work, debt, healthcare and education. Visit: www.bromleycab.org.uk for more information.

For further information about what's on at Bromley Well and the different services available: Visit: www.bromleywell.org.uk/events.

**WIGGLE IT
WAGGLE IT
MOVE IT
GROOVE IT
JUST DON'T
SIT ON IT**

on your
feet
Britain



“Get up offa that thing!”

Do you sit at a desk all day? Well, in the famous words of James Brown, finding time to take a stand, to sit less and move more in the working day can help improve productivity, and reduce the risk of cardiovascular disease. On 24th April 2020, On Your Feet Britain are asking all workers across the country to take a stand for their physical health at work. For ideas on how to get involved or how to become a move champion, visit: www.onyourfeet.com.

Every Mind Matters

Every Mind Matters is an online platform designed to help you make a start on managing your wellbeing by taking simple steps to understand and cope with feelings of stress, anxiety, low mood or when we are struggling to sleep. From tips on how to get more physical activity, to mindful breathing exercises and advice on how to reframe unhelpful thoughts, all the information and advice in Every Mind Matters has been developed with experts and approved by the NHS and has been endorsed by Royal College of General Practitioners.



Visit their website for more support, information and advice, including videos, and downloadable resources you can access on your mobile e.g. a personalised Mind Care Plan tailored to your needs.

Website: www.nhs.uk/mental/health with pages with tips for your mind, and your body.

Now access free workshops with Talk Together Bromley delivered in collaboration with Bromley Healthcare and Every Mind Matters.

Managing stress & Building Resilience Workshops

Learn simple steps to better mental health:

- Feel more in control**
- Relax more**
- Reduce stress**
- Achieve more**

Book your **FREE** workshop now at: talktogetherbromley.co.uk

Talk together
Bromley

Delivered by Bromley Healthcare for the **NHS**

Like our newsletter? Thank you for taking the time to read our newsletter. We are a small team and we write, design and print this newsletter in-house. Please contact us if there is something you would like us to include in future editions.



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